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More active
More often

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COVID-19 – Northern Ireland, outdoor sports training and physical activity

6th April 2021

Following the [Executive's announcement](#) on the 1st April, from the 12th April:

- To allow outdoor sports training to resume by sports clubs affiliated with recognised sports Governing Bodies, in small groups of up to 15 people but with all indoor spaces closed except essential toilet facilities.
- To extend the provision for up to 15 people (including coaches), as previously agreed, to also include structured outdoor sports training organised by clubs/individuals affiliated to recognised sports governing bodies or **representative organisations for sport and physical activity**.

Guidance that ukactive members you must follow to deliver outdoor physical activity

- Social distancing and cleanliness must remain
- Social distancing and cleanliness will be promoted by the instructor(s) at the beginning and throughout classes.
- Group classes will be organised in a series of formations to comply with social distancing, with appropriate spacing between participants monitored by the instructor throughout the class.
- Nothing will be passed to/from the instructor to the customer – including personal items, water bottles, bibs etc.
- Equipment will not be shared during the session
- All equipment will be cleaned in between sessions
- Customers should not cluster in groups before/after sessions.
- Contact details of all participants must be kept in line with guidance
- Booking systems are recommended
- Maximum of 15 people (including coach/instructor)
- All indoor spaces closed except essential toilet facilities.
- All wider Coronavirus regulations must remain - Northern Ireland - [Coronavirus \(COVID-19\): regulations, guidance and what they mean for you](#)

Further details and guidance on sport, please speak to your NGB, Sport NI have updated guidance to reflect changes:

- [Return To Sport | Sport NI](#)
- [Pathway out of Restrictions for outdoor sport | Sport NI](#)