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FAQ – indoor gym settings, Step 2, England

7th April 2021

The Government have announced that from Step 2 (12th April) the following restrictions will be lifted

- Indoor Gym, leisure centres and swimming pools re-open for individual use
- spas to reopen (excluding saunas and steam rooms)
- Indoor sports courts can re-open
- Indoor PT/1:1 coaching/teaching can commence
- Group Exercise not allowed
- Climbing walls can re-open
- **All Covid-secure guidelines must be followed**
- Indoor Sport allowed for under 18's
- Parent and child groups of up to 15 people (not counting children aged under five years old) can restart indoors
- Café/restaurant areas can offer outdoor seating, following relevant guidance
- Outdoor skating rinks, trampoline parks and water parks can re-open

Sector Specific Guidance

- [Providers of grassroots sport and sport facilities](#)
- [grassroots sports guidance for the public and sport providers](#)
- [ukactive operational framework](#)
- [Sport England FAQ's](#)

General

Do customers need to wear face coverings in a facility

Face coverings are required in most indoor settings. Although this does not include gyms and leisure centres, where possible and practical, **visitors should be encouraged to wear masks in enclosed public areas when not engaging in sport or physical activity** (and may be required to do so in some areas such as shops within the facility). All businesses are required to remind customers to wear face masks where mandated.

People are not required to wear face coverings while taking part in sport and physical activity. All forms of face coverings may restrict breathing efficiency and should not be used during exercise except on specific advice from a physician.

Do facilities still need to have the QR code

Yes, you will need to continue all covid protocols from beforehand – for further details [follow this link](#)

Can a business training individuals to be personal trainers deliver training session in the gym for groups of 6 from Step 2?

Yes, this is allowed as it is for training/educational purposes, all Covid Secure guidelines must be maintained.

Can changing rooms open



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Yes, changing rooms can open from Step 2, following all covid secure guidelines, we would continue to recommend that people are advised to turn up 'exercise ready'

Do customers have to book to attend

No, however, you must have a system in place to manage occupancy to make sure you do not go over your max capacity and social distancing remains

Can 1 PT train 2 people from the same household at the same time?

A PT can coach/instruct 1:1/bubble/household but social distancing must remain

Group Ex

What counts as 'group' exercise

For over 18's, indoor exercise is only allowed for individual use, and 1:1/bubble/household coaching/instructing – any coaching/instructing more than this is counted as a group (whether delivered in person, or virtually), there are exceptions for people with disabilities

Can indoor 'group ex' start from the 12th for support for people with medical conditions (eg. exercise referral or a Falls and Frailty or Pulmonary session)?

These can resume for individuals at Step 2 and groups at Step 3.

Swimming

Can I still offer family swim?

Yes, you can continue to offer these sessions, but you will need to have a process in place that social distancing remains between groups

Can I offer swimming lessons?

All under 18 sport and lessons can resume, if you are teaching/instructing anyone over 18, this must be 1:1/bubble/household

Can I use my flumes and wave machines?

Not in Step 2 - pools with interactive features (eg. flumes and wave machines) should switch those features off until Step 3, but can remain open for exercise

Can Hydro Pools open at Step 2 for GP/Exercise Referrals

These can resume for individuals at Step 2 and groups at Step 3 under the medical exemption

Can Outdoor Pool Inflatables sessions commence?

Yes, following covid guidelines

Childrens Activities

What can children take part in?

All children can take part in indoor childcare and supervised activities, including sport and physical activity (such as community sport clubs) subject to restrictions on size of group as set out in the [out-of-school settings guidance](#). From 12 April, these activities can also take place



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at indoor skating rinks and trampolining parks, which are otherwise closed to the public (except where exemptions apply).

Parents/Spectators

Are parents/guardians allowed to watch children's activities?

Parents/guardians will be allowed to watch if it is for safeguarding aspects, and it is advised that only one parent/guardian attend and must follow all Covid secure measures

Can spectators watch activities

No, spectators are not allowed in step 2 - This doesn't apply to carers for disabled people, or adults needed to supervise under-18s in a safeguarding role. Where it's necessary for them to be present, supervising adults should not mix with others from outside their household or support bubble.

Disability

What is the guidance for disabled people?

For details around activities for people with disabilities, [Sport England](#) have further guidance

Room hire

Can sports committees (eg. cricket/hockey club's) meet indoors from step 2?

No sport committees can meet indoors from Step 3 and in groups of six outdoors at Step 2.

For further details on sport guidance, please check with the relevant NGB's, a list of current guidance is available via [London Sport](#), also, Sport England have further details around volunteers and wider [FAQ's](#).