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Members Update – 25th May 2021

Latest Update

England

- Confirmation that areas where the new COVID-19 variant is spreading (This new variant is sometimes referred to as the variant first identified in India) remain open and follow Step 3 guidance

Scotland

- Confirmation that close contact mouth/nose treatments can resume from the 31st May

Please read this guidance in-line with the ukactive [operational procedures](#)

England

Following the Prime Ministers announcement and release of the [road map document](#) on Monday 22nd February, please see latest updates. [On 10th May](#), the Prime Minister confirmed England will move into Level 3 from the 17th May.

Roadmap Announcement

All dates subject to change following Government announcements – [for latest Government guidance](#).

If details for Step 1 needed, please get in contact and we can share

England is currently in Step 3 (from the 17th April)

Step 2

- Indoor Gym, leisure centres and swimming pools re-open for individual use
- Group Exercise not allowed
- spas to reopen (excluding saunas and steam rooms)
- Indoor sports courts can re-open
- Indoor 1:1/bubble PT/coaching/teaching can commence for adults
- Climbing walls can re-open
- All Covid-secure guidelines must be followed, including details around [Test and Trace](#)
- 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



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- Government guidance for [Providers of grassroot sport and sports facilities](#)

Step 3 (from 17th May) – latest [Government guidance](#)

- Organised adult Indoor group sports and exercise classes can resume.
- Saunas and steam rooms within spas and indoor leisure facilities will also be able to reopen with 50% capacity
- All Covid secure guidelines must be followed
- Childrens play areas can re-open – [BALPAA guidance](#)
- Indoor cafes and restaurants can re-open
- The following can also re-open indoors
 - Adventure playgrounds and activities
 - bowling alleys
 - skating rinks
 - games, recreation and entertainment venues such as escape rooms and laser quest
 - snooker and pool halls
 - trampolining parks
 - water and aqua parks

Step 4 (not before 21st June)

- All other areas can re-open
- No legal limit on social contact

If your facility is in an area where the new COVID-19 variant is spreading (This new variant is sometimes referred to as the variant first identified in India.), you can remain open and follow Step 3 guidance

Scotland

Current Guidance

As of the 17th May, all areas of Scotland moved into level 2 – [apart from Glasgow](#) which will remain in Level 3 (updated on 21st May)

Read the [timetable for easing restrictions](#) and view the [Coronavirus section](#) for all updates.

For further details of sports guidance please follow the [Sport Scotland guidance](#)

From 31 May 2021, it will be permitted to temporarily remove a client's face covering for the purposes of carrying out a treatment to the mouth/nose area. This will require a specific standard of PPE – a Fluid Resistant Surgical Face Mask (Type IIR mask) and eye protection (goggles or a full face visor) - to be worn by the practitioner.

From 26th April (level 3)

- Indoor Gym, leisure centres and swimming pools re-open for individual use
- Indoor Group Exercise not allowed



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- Indoor 1:1 PT/coaching/teaching can commence for adults, but social distancing must remain
- All Covid-secure guidelines must be followed
- Changing rooms can open, but it is advised that people attend 'exercise ready'
- You must display the max occupancy in signage at the front of the facility,

From 17th May (level 2)

- all areas of Scotland moved into level 2 – apart [from Glasgow and Moray](#) which will remain in Level 3 (this will be reviewed in 7 days)
- All Covid-secure guidelines must be followed
- Indoor Gym, leisure centres and swimming pools remain open
- adult outdoor contact sports and **indoor group exercises can resume.**
- Changing rooms can open, but it is advised that people attend 'exercise ready'
- You must display the max occupancy in signage at the front of the facility,
- Saunas and steam rooms within spas and indoor leisure facilities will also be able to reopen with 50% capacity

Early June

- all of Scotland will move to level 1

by end of June

- all of Scotland to move to level 0

The latest FAQ's from Sport Scotland are available here - [Sport Scotland guidance](#)

Wales

Current Guidance

As of 17th May all of Wales is in Level 2 of the [Coronavirus Control Plan](#).

From 17th May

- Wales moved to level 2
- Gyms, leisure centres and fitness facilities can reopen.
- Spa's and saunas can open
- Steam rooms may open
- Up to 30 people can take part in organised indoor activities (inc group ex and swimming lessons) and up to 50 people in organised outdoor activities
- Indoor recreation facilities, such as trampoline parks and indoor play centres can reopen
- You should ensure that you maintain social distancing from the people you are exercising with if they are not in your household or extended household.
- All Covid secure guidelines must be followed



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The Welsh Government updated the 'Sport, recreation and leisure: [Guidance for a safe return](#)

Northern Ireland

Following the [executives announcement](#) on 20th May, the next relaxations will commence on Monday 24th May:

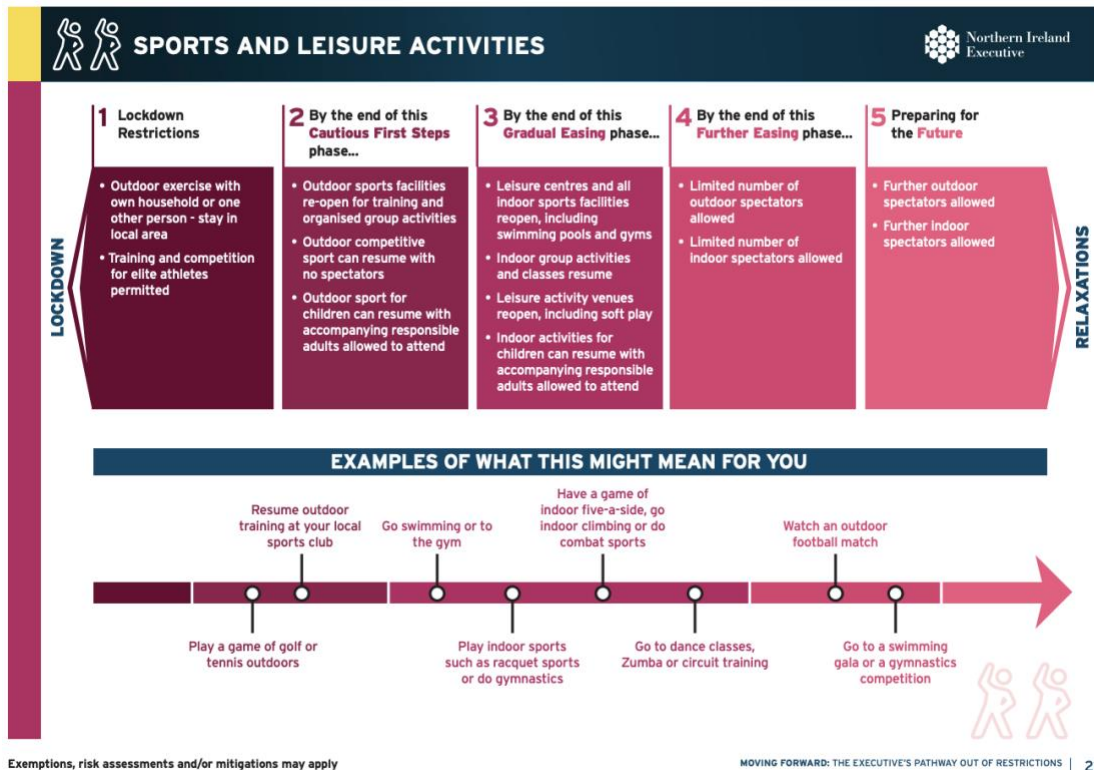
Current guidance (from 24th May)

- Return of indoor group exercise and training (Includes soft play areas, leisure centres, gyms, swimming pools, equestrian centres, venues relating to motor sport and activity centres)
- no max limits – to remain based on 100sqft and then social distancing inside the facility
- Changing rooms can open, but it is advised that people attend 'exercise ready'

Full Northern Irish Government guidance can be found here: [COVID-19: Guidance on the safe return of sport](#)

Review Update

On the 2nd March, the Executive announced its '[Pathway out of Restrictions](#)', which includes a 5 step approach for numerous sectors (including Sport and Leisure Activities), there are no dates associated with the different steps, but as an overview



Further details are [available here](#)

Northern Ireland Review Date – 13th May 2021

ukactive will update all relevant guidance and links as these become available. If you have not been able to find the link you need, or if you have any further questions relating to the content of this update, please contact the team using membership@ukactive.org.uk or by calling us on 0208 158 9700