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## **Members Update – 30<sup>th</sup> April 2021**

### **Latest Update**

#### **Wales**

- Update on what is allowed from 3<sup>rd</sup> 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 22<sup>nd</sup> February, please see latest updates:

#### **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 2 (from the 12<sup>th</sup> 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
- Government guidance for [Providers of grassroot sport and sports facilities](#)

#### **Step 3 (not before 17th May)**

- 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.
- All Covid secure guidelines must be followed
- Childrens play areas can re-open
- Restrictions on meetings outdoors will be lifted



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- 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 21<sup>st</sup> June)**

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

#### **Scotland**

##### **Current Guidance**

As of the 26<sup>th</sup> April, all areas of Scotland moved into level 3

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 26th April (level 3)**

- Indoor Gym, leisure centres and swimming pools re-open for individual use
- Indoor Group Exercise not allowed
- 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,
- Outdoor group coaching for organised sport and physical activity including aerobics and fitness classes can take place with up to 30 people at any one time in Level 3, including the coach, if physical distancing is always maintained.

#### **From 17th May**

- all level 3 areas - or as many as possible - will move to level 2.
- adult outdoor contact sports and indoor group exercises can resume.

#### **Early June**

- all of Scotland will move to level 1

#### **by end of June**

- all of Scotland to move to level 0



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

## Wales

Current Guidance

Wales is in Level 4 of the [Coronavirus Control Plan](#). However, some restrictions have been eased.

[Welsh Coronavirus regulations: frequently asked questions](#)

Following the [announcement from the First Minister](#) on 22<sup>nd</sup> April, the below timescales were given:

### **Current Guidance from 26<sup>th</sup> April:**

- Organised outdoor activities for up to 30 people can again take place (previously Monday 3 May)
- Outdoor swimming pools can open

### **From 3rd May – Wales will move into Alert level 3**

- Gyms, leisure centres and fitness facilities can reopen.
- Spa's and saunas can open (steam rooms must remain closed)
- The resumption of indoor supervised activities for children
- Indoor organised activities for up to 15 adults (such as exercise classes and swimming lessons) will return

### **From 17th May – (indicative date as depends on incoming Welsh Government)**

- Wales will move to level 2 (up to 30 people in a class)
- Steam rooms may open

## Northern Ireland

Following the [executives announcement](#) on 15<sup>th</sup> April:

Current guidance (from 30<sup>th</sup> April)

- Gyms, swimming pools and indoor exercise facilities open for individual use
- 1:1 PT/coaching can commence, but social distancing must remain

From 24<sup>th</sup> May (indicative date, TBC)

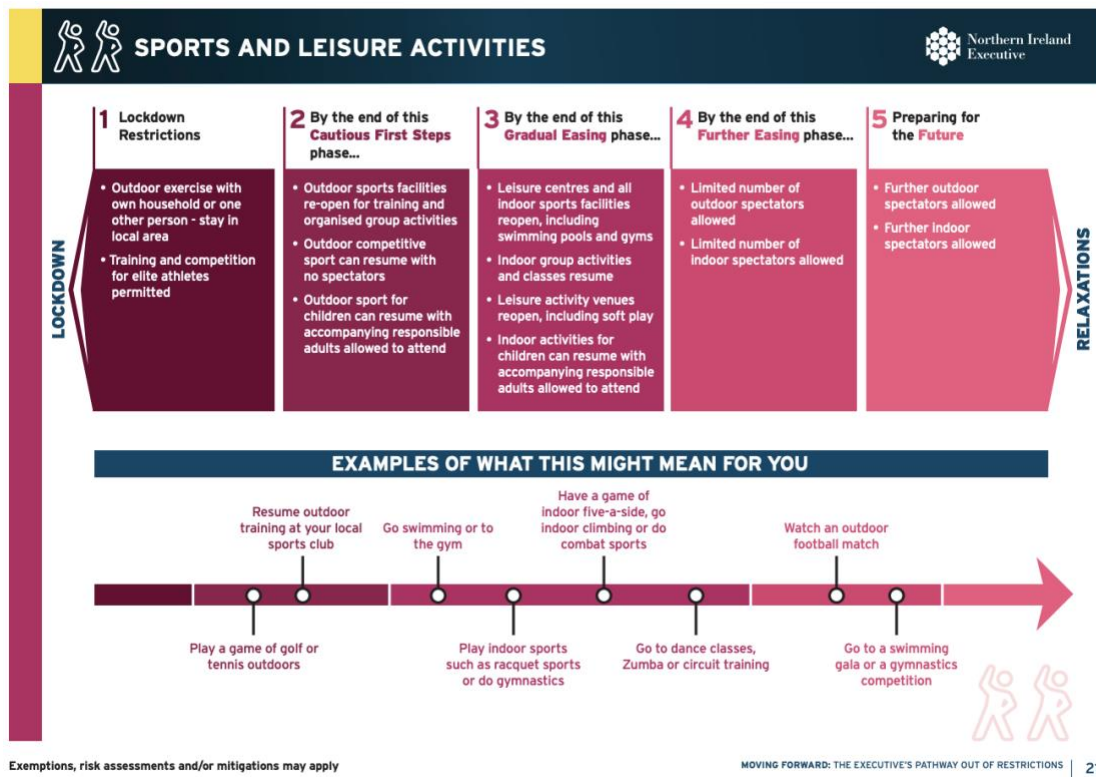
- Return of indoor group exercise and training (with mitigations)

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 – 13<sup>th</sup> 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](mailto:membership@ukactive.org.uk) or by calling us on 0208 158 9700

**previous updates:**

**22<sup>nd</sup> April**  
**Scotland**



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- Indoor facilities open from 26<sup>th</sup> April for individual use
- Slightly updated guidance on operational procedures (changing rooms and signage)

#### **Wales**

- Move to level 3 from 3<sup>rd</sup> May

#### **Thursday 15<sup>th</sup> April**

##### **Northern Ireland**

- Indoor facilities open from 30<sup>th</sup> April for individual use
- Return of indoor group exercise and training, with mitigating factors from 24<sup>th</sup> May (indicative date, TBC)

#### **Friday 9<sup>th</sup> April**

##### **Wales**

- Indoor facilities open from 3<sup>rd</sup> May
- Organised outdoor activities for up to 30 people can again take place from 26<sup>th</sup> April

##### **England**

- Gov guidance released for Step 2

#### **Tuesday 6<sup>th</sup> April**

##### **Northern Ireland**

- Outdoor activities from 12<sup>th</sup> April

##### **England**

- Step 2 commencing on 12th April
- [Link to QR details](#)

#### **Thursday 1<sup>st</sup> April**

##### **Wales**

- Indoor facilities planned to open from 10<sup>th</sup> May