

Sport, exercise and organised activities

What restrictions are in place?

At alert level 2 you must:

- Wear a face covering (unless you have a reasonable excuse not to wear a face covering) in all indoor public places, including when not seated in a pub, café or restaurant.
- Meet no more than 5 other people at a café, restaurant, pub or other public premises (unless with your household of a larger number). This applies to both outdoor and indoor areas of the premises.
- Work from home if you can.
- Self-isolate for 10 days if you test positive for COVID-19. If you are a close contact of someone who has tested positive and you are aged 18 or over and not fully vaccinated, you must also self-isolate for 10 days.
- Not take part in an organised event indoors of more than 30 people or outdoors for more than 50 people. All organised events must be organised by a responsible body and have a risk assessment.

At alert level 2 you should:

- Follow guidance on limiting the number of people you meet who you don't live with.
- 'Flow before you go'. Take a lateral flow test if you don't have symptoms before going out, especially when meeting others. If it is positive, do not go out and take a PCR test within 24 hours.
- If you meet people other than your household meet them outdoors wherever possible. If meetings indoors make sure it is well ventilated.

What sport and leisure facilities can remain open at alert level 2?

- Leisure and fitness facilities, including gyms and swimming pools.
- Community centres.
- Sport courts, golf courses.

- Playgrounds and public parks.
- Ice skating rinks.

What kind of exercise is permitted?

There are no legal restrictions on this, but to avoid increasing the burden on the NHS and the emergency services, we continue to advise people not to take unnecessary risks while exercising or taking part in any activity.

Which sport, leisure and recreation facilities can open?

All sporting facilities can open at the revised alert level two.

Outdoor sport and leisure facilities, such as parks, children's playgrounds, tennis courts, golf courses, outdoor swimming pools and bowling greens, can open.

Indoor sport facilities such as gyms, fitness facilities, ice rinks, leisure centres and swimming pools can also open. All venues should undertake full Covid risk assessments to identify the mitigations they will put in place for activities being within their premises and the actions required of all patrons.

People should ensure that they adhere to all mitigation measures including maintaining social distancing and hand hygiene when visiting these facilities. The operators of these facilities must take all reasonable measures to manage risk and maintain physical distancing.

Who can I exercise with?

You can exercise with a group of up to 50 people outdoors and 30 people indoors as part of an organised activity.

In addition to this, children and young people aged under 18 can take part in organised activities for the development and wellbeing of children, which could include organised sporting activities. There are no set limits on the numbers of children that can take part in these organised activities. However, as a regulated event organisers should be mindful of the requirements around having a risk assessment, taking reasonable measures, and ensure they limit the number of places to that which can be safely accommodated in the space available, both indoors and outdoors. There are no limits on adults supervising or spectating at such organised activities for children.

What do you mean by an organised activity?

Organised activities encompass a broad range of activities that can be attended by people of any age. This includes activities such as exercise classes, meetings of religious groups and support groups. During these activities, up to 50 people of any age will be able to gather from a mix of households as long as they remain outdoors. If the organised activity is taking place indoors, the maximum number of people that can take part is 30. Children under the age of 11 are not included in the 30/50 figure and neither are carers of any person in attendance or any person working or providing voluntary services at the event.

In the case of team sports there will be an exception, with up to 50 spectators being able to gather outdoors and 30 indoors - this is in addition to those taking part. There will be no limit on the number of participants for community team sports events and officials, coaches, people employed for or volunteering at the event count as participants. This excludes professional or elite sports.

Organised activities do not include activities such as parties or wider social gatherings of families and friends beyond the arrangements for meeting other people. Organised activities must not take place in private homes, including in the gardens or grounds. Organised activities must not involve the consumption of alcohol.

An organised activity must be organised by a business, public body or a charitable, benevolent, educational or philanthropic institution, a club or political organisation, or the national governing body of a sport or other activity. The organiser of the activity must meet requirements in the regulations to undertake a full Covid risk assessment and to take all reasonable measures to minimise the risk of exposure to coronavirus and must carry out a risk assessment.

Are spectators allowed at sporting events?

No spectators are allowed for professional or elite sport events.

Up to 30 spectators are allowed at community indoor team events and up to 50 spectators at outdoor team events.

Can ice rinks open?

Yes, ice rinks can open for the public. However, professional ice hockey matches must be held behind closed doors.

Can multiple group activities of 30 people be allowed if there's sufficient space?

Simultaneous gatherings of groups and individuals in the same location are allowed, where there is sufficient space to do so safely and independently (i.e. the separate

gatherings of groups and individuals must not be in the same place to do something together).

Can waves / staggered starts of 50 people be allowed for outdoor events?

Events involving waves or staggered starts are not be allowed if there is any risk that the limit on the size of a gathering applicable at the time is breached during any stage of the activity.

Can 2m social distancing be breached for team sports?

The sport specific action plan must address the issue of how the sport can best mitigate the risk of lack of physical distancing in competitive matches and training.

Do I need to wear a face covering when exercising?

Gyms and leisure centres are indoor public places so you will need to wear a face covering when you go there and you will need to keep it on depending on what you are doing. If you are preparing to exercise, changing or undertaking any activity that isn't strenuous, especially when in close contact with other people, you will need to wear a face covering.

It is not recommended that face coverings be worn by individuals whilst they are undertaking any physical exertion, but face coverings must be worn when their activity stops, when they are not directly participating (e.g. watching others), or moving between rooms etc. Gym and leisure centre operators will be expected to give you further information about the systems put in place and what you will be expected to do, including any mitigating actions as informed by their Covid risk assessment.