

Appendix K

Indoor and outdoor exercise and sport

This Appendix contains key points from Government guidance relating to sport and exercise in village and community halls and associated outdoor areas.

Governing body guidance: Sport and exercise can only take place until Step 4 in accordance with guidance issued by the relevant governing body for the sport. ACRE recommends village and community halls require hirers to comply with such guidance, rather than trying to adapt hiring conditions and policies for each specific activity. However, sports played as individuals rather than as teams, such as badminton and table tennis, are not required to produce such guidance.

Where halls are used, the important 5 points of the COVID-19 secure guidelines set out in Section 2.1 of the ACRE Information Sheet should be in place and are not repeated here (social distancing, cleanliness, handwashing etc). A village hall which has undertaken a COVID-19 risk assessment and is following the steps identified to minimise transmission should satisfy most points in the Government guidance for providers of grassroots sport and gym facilities, the full text of which is contained here:

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities>.

Organised team sports can be played **outdoors**, including cricket, at Step 1B (29th March) without spectators (except carers of disabled children or supervisors). Personal training outdoors is also permitted at Step 1B. At Step 2, spectators are limited to “rule of 6” groups.

Informal or “kickabout” exercise: Can only take place within “rule of 6” groups, from Step 1B until Step 3.

Organised Sports Participation Events (eg races, walks): These can take place from Step 1B, subject to compliance with the guidance: [Coronavirus \(COVID-19\): grassroots sports guidance for safe provision including team sport, contact combat sport and organised sport events - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/coronavirus-covid-19-grassroots-sports-guidance-for-safe-provision-including-team-sport-contact-combat-sport-and-organised-sport-events).

Indoor gyms, fitness and dance studios, indoor sports facilities are able to open from Step 2, but only for single household use and 1:1 training, other group activity cannot take place until Step 3. Therefore yoga and pilates, dance classes, badminton, table tennis, indoor bowls etc can only be held as group activities in village and community halls from Step 3, or as single household activities or for 1:1 training. Exemptions for elite sportsmen and sportswomen, organized sport for people with disabilities, education and supervised activities for under – 18s already apply.

Combat sports: Combat sports, including martial arts, are subject to phased introduction which permits children to take part in contact training indoors in “training bubbles” of up to 15 at Step 1B, and adults to take part in small “training bubbles” with 100 sq ft per person at Step 2 once the guidance for the sport has been approved. [Coronavirus \(COVID-19\): grassroots sports guidance for safe provision including team sport, contact combat sport and organised sport events - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/coronavirus-covid-19-grassroots-sports-guidance-for-safe-provision-including-team-sport-contact-combat-sport-and-organised-sport-events)

Key Points:

1. **Social interaction before and after sport:** This should be extremely limited in line with the gathering limits for rule of 6 or 2 household groups.
2. **Changing facilities:** Until Step 3 these can only be accessed for use of toilets, first aid purposes. . People should be encouraged to arrive ready changed and, where possible, travel home to change/shower (there is an exemption for disabled players). If needed, use of any changing rooms should be managed in a similar way as for toilets.
3. **Payments:** Cash transactions should be avoided – online payments and booking used where possible to manage demand.
4. **Capacity figures and ventilation** may need attention by some hirers: Doors should be fixed open where possible for ventilation (except fire doors), use of outdoor space encouraged where possible. Capacity may be reduced below that already reached for social distancing where high intensity exercise activity takes place, activity is not static, equipment is involved, or an instructor needs to move between groups of socially distanced people. For high intensity exercise (e.g. Zumba) 100% fresh air is required, air should not be recirculated from one space to another, and the capacity of 100 sq. ft (9.29 sq. m) net indoor facility space available per person (including changing rooms, toilets, entrance etc) should be used (section 5 of the guidance).
5. **Dance and exercise:** Temporary floor markings are encouraged to define spacing per individual (e.g. chalk)
6. **Equipment:** People should avoid use of shared objects unless they can be cleaned between users, should bring their own equipment such as mats as far as possible and their own water bottles.
7. **Social distancing:** The usual social distancing requirements for the tier between individuals from different households apply. Where needed, the number of people each person has contact with should be reduced by using “fixed teams or partnering” or creating distinct groups which always work together.
8. **Parents and spectators:** Social distancing among spectators such as waiting children or parent chaperones will need to be managed, e.g. waiting in the entrance hall, car park, or car. Outdoors, spectators should be in groups of 6 or 2 households until Step 3.
9. **Instructors running classes or clubs in several venues:** The instructor needs to take particular care to avoid risk of transmission from one class or venue to another.
10. **Amateur sports clubs:** A phased approach to return is recommended in consultation with volunteers, supported by training for volunteers around compliance with COVID-19 Secure guidelines and according to guidance from the governing body. When running activities for children the guidance for out-of-school-settings should also be used:

<https://www.gov.uk/government/publications/protective-measures-for-holiday-or-after-school-clubs-and-other-out-of-school-settings-for-children-during-the-coronavirus-covid-19-outbreak/>

Outdoor sports facilities

The relevant guidance for outdoor sports is:

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-providers-of-outdoor-facilities-on-the-phased-return-of-sport-and-recreation>.

Businesses, charities, philanthropic and benevolent organisations, public bodies, political

organisations and venues following COVID-19 Secure guidelines can host larger groups in outdoor spaces, provided they take reasonable steps to mitigate the risk of transmission, in line with COVID-19 Secure guidance and including completion of a risk assessment, subject to the rule of 6. Any other gathering in an outdoor space must not be any larger than 6 people or 2 households until Step 3, when up to 30 people can attend.

FAQs: Sport England have posted answers to FAQs here:

<https://www.sportengland.org/how-we-can-help/coronavirus/return-play/frequently-asked-questions-return-sport-and-activity>.