



Guidance on the phased return of sport and recreation

Lee Monk: lee.monk@activeessex.org

Hollie Wood: hollie.wood@activeessex.org

A large, solid purple circle on the right side of the page, partially cut off by the edge. It contains white text.

CHANGING
1 MILLION
LIVES
TO GET ESSEX ACTIVE

National lockdown: Stay at Home



Exercising

You should minimise time spent outside your home, but you can leave your home to exercise. This should be limited to once per day, and you should not travel outside your local area. You can exercise in a public outdoor place:

by yourself

- with the people you live with
- with your support bubble (if you are legally permitted to form one)
- in a childcare bubble where providing childcare
- or, when on your own, with 1 person from another household
- This includes but is not limited to running, cycling, walking, and swimming. Personal training can continue one-on-one unless everyone is within the same household or support bubble.

Public outdoor places include:

- parks, beaches, countryside accessible to the public, forests
- public gardens (whether or not you pay to enter them)
- the grounds of a heritage site
- playgrounds
- Outdoor sports venues must close, for example:
 - tennis courts
 - golf courses
 - swimming pools

Children under 5, and up to 2 carers for a person with a disability who needs continuous care, are not counted towards the gatherings limits for exercising outside.

If you (or a person in your care) have a health condition that routinely requires you to leave home to maintain your health - including if that involves travel beyond your local area or exercising several times a day - then you can do so.

When around other people, stay 2 metres apart from anyone not in your household - meaning the people you live with - or your [support bubble](#). Where this is not possible, stay 1 metre apart with extra precautions (like wearing a face covering).



Government Guidance

Sport England have worked with the government to help answer some of the key questions people in the sport and physical activity sector will have as it eases some of its lockdown restrictions.

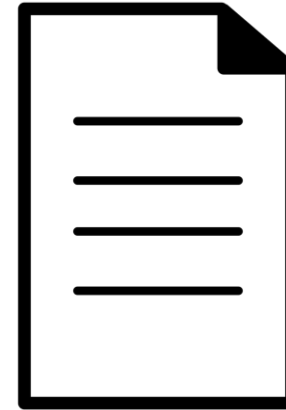
They'll continue to update this page as the government issues more information. [Read More](#)



[Working safely during coronavirus. Guidance for people who work in grassroots sport and gym/leisure facilities](#)



[Guidance for the public on the phased return of outdoor sport and recreation in England](#)



[Guidance for personal trainers and coaches on the phased return of sport and recreation in England](#)



[Elite sport return to training guidance: Step One](#)



[Return to recreational team sport framework](#)



[Guidance for providers of outdoor facilities on the phased return of sport and recreation in England](#)

Sport England Return Guidance and Resources



There's a lot for sport and physical activity providers to consider as lockdown restrictions evolve. We've got guidance on a range of topics to help you plan for the return to play. See resources [here](#).

[Guidance on inclusion and accessibility](#)

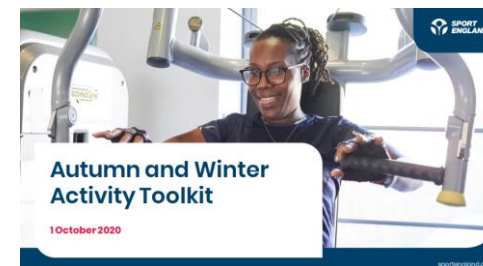
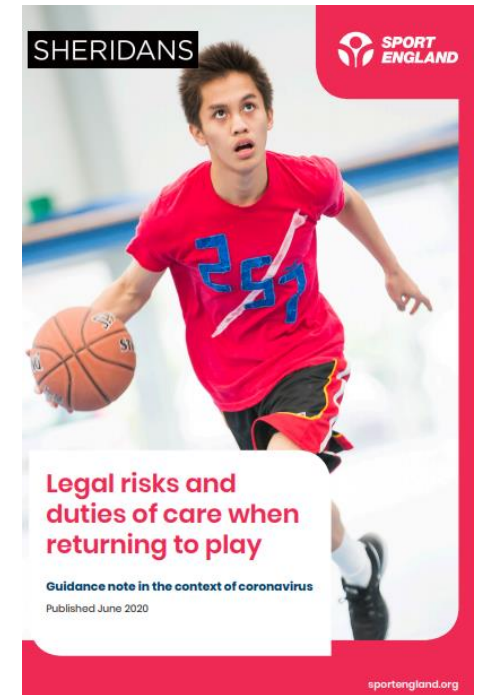
[Research on attitudes to sport and physical activity](#)

[Legal risks and duties of care](#)

[Hygiene guidance](#)

[Getting back to volunteering](#)

[Sport England Winter Activity Toolkit](#) - This toolkit is designed to help you encourage your adult communities to get and stay active (while complying with national and local restrictions) and to help you respond to the needs of your target audiences. Check the latest government guidelines before sending out any messages or communications.



ReOpen: Sport and physical activity sector facility reopening guidance
Planning for the safe reopening of sport and physical activity sector facilities

1. CIMSPA guidance - social distancing in the sport and physical activity sector
2. Covid-19 reopening checklist spreadsheet
3. CIMSPA Covid-19 posters
4. CCLS Cleaning Training Layout
5. CCLS Cleaning Plan
6. CCLS Updates – Webinar
7. Slip Safety Services - Slip Safety Services have put together some pointers and resources on cleanliness post reopening.
8. Gladstone, software provider Gladstone have written a guide to how a leisure management system (LMS) can help with facility reopening.

Click here for further [info](#)

Updated guidance on outdoor training and coaching in England can be found [here](#)

Following the recent announcement of the sport and physical activity sector's reopening* CIMSPA has created The Ultimate ReOpen 2.0 Guide - Webinar Series. The member exclusive webinar series has been designed to support you and your professional career as we progress into the next phase of our current climate. More info [here](#)



Further Support for reopening:



[COVID-19 A framework for the re-opening of the gym and fitness industry ukactive](#)



[afPE Interpreting the Government Guidance in a PESSPA Context](#)

