

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. 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, and outdoor sport and physical participation events held.

Indoor gyms, fitness and dance studios, indoor sports facilities are now able to open, which means that in tiers 1 and 2 activities which would be held there, such as yoga and Pilates, dance classes, badminton, table tennis, indoor bowls etc. can be held in village and community halls. However, in tier 3 the effect of the restrictions on gatherings and social interactions is that Guidance has been issued that such activities should be restricted to elite sportsmen and sportswomen or one to one training (or a single household/bubble) with exceptions for people with disabilities, education, and supervised activities for under – 18s. At present even static classes (e.g., yoga, Pilates) are not encouraged in tier 3.

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 household/bubble groups.
2. **Governing body guidance:** Sport and exercise should take place in accordance with guidance to deal with COVID-19 risks issued by the relevant governing body for the sport or activity. 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.
3. **Changing facilities:** People should be encouraged to arrive ready changed and, where possible, travel home to change/shower. If needed, use of any changing rooms should be managed in a similar way as for toilets.
4. **Payments:** Cash transactions should be avoided – online payments and booking used where possible to manage demand.
5. **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).
6. **Dance and exercise:** Temporary floor markings are encouraged to define spacing per individual (e.g., chalk)

7. **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.
8. **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.
9. **Parents and spectators:** Social distancing among spectators such as waiting children or parent chaperones will need to be managed if there is insufficient room in the hall, e.g., waiting in the entrance hall, car park, or car. Outdoors, spectators should be in groups of 6 or less (unless they are “qualifying groups” – see Appendix D”). In tier 3, spectators are not permitted.
10. **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. Halls should check the steps they are taking to avoid transmission and how many facilities they are operating in.
11. **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. Any other gathering in an outdoor space must not be any larger than 6 people, aside from the exception for organised sport and exercise classes.

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>.