

British Weight Lifting Updated Covid-19 Guidance – 19 July 2021

Contents

1. Latest Government guidance for England – Step 4 (19 July 2021)
2. BWL NGB recommendations for England
3. Guidance from the English Government and other providers
4. Coronavirus guidance for Scotland
5. Coronavirus guidance for Wales
6. Coronavirus guidance for Northern Ireland

Latest Government guidance for England – Step 4 (19 July 2021)

The Government's roadmap for the easing of lockdown restrictions in England is made up of four steps.

Step 4, which began on 19 July is now in force.

Summary of guidance from 19 July:

- No limits on how many people can meet
- 1m-plus guidance removed (except in some places like hospitals and passport control when entering)
- Face coverings no longer required by law, although the Government still "expects and recommends" them in crowded and enclosed spaces, to protect themselves and others. Where worn correctly, this can reduce the risk of transmission.
- There are no set restrictions on how many people can take part in sport and physical activity, indoors and outdoors.
- All forms of activities can take place without set restrictions.
- All sports facilities can open, including ancillary facilities. There are no indoor capacity limits, however, venues may put in place some restrictions and guidance for enclosed areas.
- Organised sport participation events such as (but not limited to) races, rides and organised walks can take place outdoors with no capacity caps for participants or spectators.
- Government guidance for sport and physical activity will provide advice on how to reduce transmission when you're exercising.

British Weight Lifting NGB recommendations for England

British Weight Lifting would recommend maintaining the following mitigations to keep your staff and members safe:

- Complete a health and safety risk assessment that includes risks from Covid-19. This should consider the points identified in the Government's ['Guidance on Coronavirus \(Covid-19\) measures for grassroots sports participants, providers and facility operators'](#).
- Do not admit customers who have suspected or confirmed COVID-19 or if they have been asked to self-isolate by NHS Test and Trace
- Continue with the hygiene and cleaning regimes you have established during the pandemic - cleaning surfaces (especially high touch points) that people touch/share regularly.
- Avoid sharing equipment where possible and practical; if equipment is shared then regular cleaning protocols should be implemented
- Do not allow any shared use of water bottles, chalk etc...
- Provide hand sanitiser and encourage staff and members to sanitise and wash their hands frequently.
- Keep spaces well ventilated by opening doors and windows. Identify poorly-ventilated areas in the venue and take steps to improve air flow.
- There is no longer a legal requirement for clubs to display the COVID-19 QR code poster at the entrance to premises. However, clubs/facilities are advised to continue displaying QR codes for customers wishing to check in using the NHS COVID-19 app, and you may also wish to continue collecting customer contact details to support NHS Test and Trace.
- Face coverings are no longer mandatory however you may wish to advise members to use a face covering before/after their sporting activity if in a crowded indoor facility, but you don't have to wear one during sport. Please be aware and supportive of staff and customers who would like to continue wearing face coverings. Consideration should also be given to the continued use of face coverings for staff if in close contact roles.
- Make sure that you inform staff and customers how to visit your facility safely and ensure they are kept up to date with any changes that may be made.
- Communicate regularly, consistently and clearly with your members and volunteers so they are aware of the guidance and expectations when visiting your club/facility.

Guidance from the English Government and other providers

Government Guidance for England

The Government have released guidance which sets out information for the public and sport providers on how to organise and participate in grassroots sport and physical activity as safely as possible. This guidance can be accessed [here](#).

UK Active draft guidance for facilities moving to Step 4 in England

Following the Prime Ministers Announcement that England will move to Step 4 on the 19 July, UK Active have pulled together some key considerations for your facilities.

To read the document click [here](#).

Sport England Frequently Asked Questions

Sport England have developed some FAQs with the Government and they're intended to support you in preparing to restart and to understand what the next step of the roadmap means for you.

These can be found [here](#).

Coronavirus guidance for Scotland

The Scottish Government updated the [official guidance for the COVID-19 protection level](#) for each local authority area on 16 July 2021.

Scotland uses a level system and is in Level 0. [Find out what you can do at Level 0.](#)

This guidance allows for participation in a wider range of sports and physical activity. During participation you should ensure you are applying physical distancing and good hygiene rules and follow [all other Scottish Government COVID-19 guidance](#).

Sport Scotland has developed sport specific guidance for Local Authorities, clubs, and others, on the phased return of sport and physical activity in Scotland from 16 July 2021. This can be found [here](#).

For all other information please visit the Scottish Government [website](#).

Coronavirus guidance for Wales

Wales continues to make progress as it heads towards Alert Level 0, providing increasing opportunities for sport and physical activity.

From Saturday 17th July, the legal restrictions on the number of people who can gather outdoors is removed. Risk assessments and reasonable measures must be undertaken.

Organised indoor events can take place for up to 1,000 seated or 200 standing. Ice rinks, leisure centres, and indoor facilities can also reopen.

You can read the latest guidance and updates on the [Welsh Government website](#).

Sport Wales will also update guidance as soon as it is available [here](#).

Coronavirus guidance for Northern Ireland

Regulations and guidance remain in place in Northern Ireland to help stop the spread of COVID-19.

For more information on the latest Government guidance including exercising and sport click [here](#).

Sport Northern Ireland have also provided guidance via their website [here](#).