



## Roadmap Summary for the Return of Sport

We have created a summary of the Government's roadmap out of lockdown for England containing key dates of the earliest indication for the return of for sport, gyms and spectators in England.

With a number of details still to be confirmed, this information will remain subject to change as British weight Lifting works to manage a safe and responsible return for our activities, however, we are keen to share as much detail as possible to support our clubs, volunteers, event organisers and other stakeholders in their planning.

### Step 3 – From May 17

#### Summary of changes

- New guidance on [meeting friends and family](#) will emphasise personal responsibility rather than government rules. Instead of instructing you to stay 2m apart from anyone you don't live with, you will be encouraged to exercise caution and consider the guidance on risks associated with COVID-19 and actions you can take to help keep you and your loved ones safe. Remember that the risks of close contact may be greater for some people than others and in some settings and circumstances, there will be specific guidance that you will need to follow even when you are with friends and family.
- Indoor entertainment and attractions such as cinemas, theatres, concert halls, bowling alleys, casinos, amusement arcades, museums and children's indoor play areas will be permitted to open with COVID-secure measures in place.
- Indoor hospitality venues such as restaurants, pubs, bars and cafes can reopen.
- All holiday accommodation will be open (including hotels and B&Bs). This can be used by groups of up to 6 or 2 households (each household can include a support bubble, if eligible).
- Funeral attendance will no longer be limited to 30 people, but will be determined by how many people the COVID-secure venue can safely accommodate with social distancing.
- The rules for care home residents visiting out and receiving visitors will change, allowing up to five named visitors (two at any one time), provided visitors test negative for COVID-19.
- All higher education students will be able to access in-person teaching.
- Support groups and parent and child group gathering limits will increase to 30 people (not including under 5s)
- There will no longer be a legal restriction or permitted reason required to travel internationally. There will be a traffic light system for international travel, and you must



follow the [rules when returning to England depending on whether you return from a red, amber or green list country](#).

- Indoor gatherings of either six people (the 'rule of six') or two households can take place. Organised indoor adult and children sport and physical activity can return (including exercises classes) subject to sport-specific guidance. For organised indoor sport and physical activity, there's no limit on group numbers so long as people adhere to capacity restrictions on indoor facilities. The maximum occupancy of each indoor facility should be limited by providing a minimum of 100 square foot per person. This is equivalent to one person per 9.3 square metres or approx. one person per 3.05m<sup>2</sup>.
- Up to 30 people can meet outdoors. Organised outdoor sport and physical activity can take place in any numbers, subject to sport-specific guidance.
- All sports facilities can open. This includes facilities which can be used for sport but are primarily used for leisure (such as trampoline parks, bowling alleys and ice rinks) or which provide physical activity which is not a recognised sport (such as airsoft venues).
- Spas and steam rooms will be allowed to re-open.
- Both outdoor and indoor gatherings or events, organised by a business, charity, public body or similar organisation, can be organised, subject to specific conditions: that they comply with COVID-Secure guidance including taking reasonable steps to limit the risk of transmission, complete a related risk assessment; and ensure that those attending do not mix beyond what is permitted by the social contact limits (unless another exemption exists, such as for organised sport or exercise, supervised activities for children or a significant life event).
- Spectators will be permitted to view events on both public and private land in Step 3, but need to adhere to social distancing rules and social gathering limits (groups of 30 outdoors and six people/two households indoors). Spectators are allowed indoors, but the total number of all participants, coaches, officials and spectators must be aligned with the ventilation rates permitted by the particular venue.
- During Step 3, the government will also allow some larger performances and sporting events in indoor venues to admit spectators with a capacity of 1,000 people or half-full (whichever is a lower number), and in outdoor venues with a capacity of 4,000 people or half-full (whichever is a lower number). In the largest outdoor seated venues, where crowds can be spread out, up to 10,000 people will be able to attend (or a quarter-full, whichever is lower).
- Travel: You can leave your home to exercise and take part in informal and organised sport and physical activity. Car sharing will be permitted in Step 3 for sport and physical activity. The [guidance for safer travel](#) will be updated ahead of Step 3 to provide further information about this.
- Hospitality: Clubhouses and facilities that serve food and drink can open. In Step 3, both indoor and outdoor hospitality will be permitted. The [guidance on hospitality settings](#) will be updated ahead of Step 3 to provide further information about this.



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- The latest Government Guidance can be found [here](#). Sport England have also created a list of Frequently Asked Questions [here](#)

#### **Step 4 - June 21 at the earliest**

- Before Step 4 begins, the government will complete a review of social distancing and other long-term measures that have been put in place to cut transmission. This will inform decisions on the timing and circumstances under which the rules on 1 metre plus, the wearing of face coverings and other measures may be lifted.
- Full capacity venue will be possible dependent on the success of pilot events. At this step, the intention is to "remove all legal limits on social contact".