



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 1 (phase 2) came into force on 29 March 2021 and will be valid until step 2 comes into force which will be no earlier than Monday 12 April 2021.

Summary

- You should minimise travel, however, travel for sport and exercise is permitted.
- Outdoor gatherings of either six people (the 'rule of six') or two households can take place.
- Recreational outdoor sports facilities can reopen. This includes open air gyms for training and sports courts. These can be used by groups of up to six people or with members of up to two households adhering to social distancing and government guidelines.
- Organised adults and children's outdoor sport including organised outdoor training sessions can take place whilst adhering to social distancing and Government guidance on the number of participants allowed to take part. It must be formally organised by a qualified instructor, club, national governing body, company or charity and follow sport-specific guidance where appropriate. Indoor facilities, such as changing rooms, should not be used as part of this, although toilet facilities can be accessed.
- Organised outdoor sport and activity includes:
 - Organised outdoor group activities (e.g. outdoor exercise classes, group cycle rides, walking groups etc.).
 - Outdoor team sports (including adapted versions for 'higher risk' team sports).
 - Other organised outdoor sports, such as, but not limited to, tennis, golf, horse riding, water sports will be able to resume.
 - Organised sport participation events (road races, running and cycling events, triathlons etc.).
- Spectators are not allowed at any grassroots sport and physical activity sessions or events. This does not apply to carers for disabled people, or adults needed to supervise under-18s in a safeguarding role. Where it's necessary for them to be present, supervising adults should not mix with others from outside their household or support bubble
- Informal sport and physical activity is not covered by any exemptions, and should follow the legal gathering limits for outdoors: the 'rule of six' or two households.
- Disabled people can take part in organised outdoor and indoor sport without being subject to social contact limits. There are also exemptions for education and elite sport.



- For more information on what is and is not allowed now from March 29 you can check out Sport England's list of frequently asked questions [here](#).

Step 2 - April 12 at the earliest

- Indoor leisure facilities such as gyms can reopen. These must only be attended/used in line with the wider social contact limits at this stage - as a single household or bubble indoors; or in a group of 6 people or 2 households outdoors.
- Businesses eligible to host childcare and supervised activities for children will now be able to host these activities (including sport) for all children, regardless of circumstances.
- Outdoor 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 work purposes, or supervised activities for children). This could enable spectators at a grassroots sports match or a village fete, provided people do not mix beyond groups of 6 people or two households. More guidance will be provided nearer the time from Government to local authorities on how smaller outdoor events like these should be run safely.
- The roadmap also sets April as the date when pilot events will begin to test out how enhanced testing and other measures can allow for the safe return of spectators to events without the need for social distancing.

Step 3 - May 17 at the earliest

- 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 allowed at elite sporting events and performance events. Attendance at these events will be restricted to 50% of capacity up to 1,000 people for indoor events, and 50% of capacity up to 4,000 people for outdoor events.

Step 4 - June 21 at the earliest

- Full capacity venues possible dependent on the success of pilot events. At that step, the intention is to "remove all legal limits on social contact".