

COVID-19: Gym and Leisure Facilities Webinar Question + Answer Session.

Can I attend the gym with my friends?

Yes, as long as you abide by the rule of 6 (unless organised).

What constitutes organised sport and physical activity?

Organised sport and physical activity must be formally organised by a qualified instructor, club, national governing body, company or charity and follow sport-specific guidance where appropriate. All relevant precautions must be taken including a suitable and sufficient risk assessment.

Can I attend a sporting event?

Yes, the event organiser must have controls in place to ensure the safety of spectators, such as social distancing measures, ventilation and hygiene provisions. Capacity restrictions will also apply.

Can contact sports go ahead?

Yes, organised contact combat sports can take place indoors and outdoors for adults in Phase 1 (pad work only) of the combat sport framework, in line with the relevant NGB guidance i.e. British Judo Association.

<https://www.gov.uk/guidance/coronavirus-covid-19-grassroots-sports-guidance-for-safe-provision-including-team-sport-contact-combat-sport-and-organised-sport-events>