

Tier 1 Very High Alert

From 2 December



Outdoor informal sport/activity



Can happen. Rule of six.

Outdoor 1:1 coaching



Can happen. Coach/participant(s) to be socially distant.

Outdoor group coaching/activity (organised)



Can happen. **Children** - follow organiser/sport specific guidance or DfE guidelines for out of school settings. **Adults** - Follow NGB or organised activity/event guidance.

Outdoor exercise classes/Personal Training (organised)



Can happen. Follow outdoor event guidance/NGB guidance.

Indoor & outdoor sports facilities



Can remain open.

Outdoor competitions



Can happen. Follow NGB/organiser guidance.

Outdoor sport/activity events (organised) inc. organised group walks



Can happen. Follow outdoor event guidance.

Outdoor spectating and supervision



Can happen, but to be minimised and avoided where possible. Rule of Six, as long as groups don't mix.

Indoor informal sport/activity



Can happen. Rule of Six.

Indoor 1:1 coaching / 1:1 Personal Training



Can happen. Coach or PT and participant to be socially distant.

Indoor group coaching/activity (organised)



Can happen. Sub groups - Rule of Six. Coach can work across sub-groups and is not included in the Rule of Six. Organisers to follow indoor facility guidance. Exemptions apply - see Sport England FAQs.

Indoor exercise classes



Can happen. Follow indoor facility guidelines. Participants must be socially distant.

Indoor competitions



Can happen. Rule of Six. Follow NGB/organiser guidance. Exemptions apply - see Sport England FAQs.

Indoor spectating and supervision



Can happen. Rule of Six. Larger groups only if in the same household/bubble.

Travelling to take part in sport/activity (within area)



Can happen.

Travelling to take part in sport/activity (into/out of area)



Can happen. If you travel into high (tier 2) alert areas, you should follow the rules for activity in these areas. People should not travel into very high (Tier 3) alert areas to take part in sport and physical activity.

For more information and FAQs, visit: sportengland.org/returntoplayfaq

Tier 2 Very High Alert

From 2 December



Outdoor informal sport/activity  Can happen. Rule of six.	Outdoor 1:1 coaching  Can happen. Coach/participant(s) to be socially distant.	Outdoor group coaching/activity (organised)  Can happen. Children - follow organiser/sport specific guidance or DfE guidelines for out of school settings. Adults - Follow NGB or organised activity/event guidance.	Outdoor exercise classes/Personal Training (organised)  Can happen. Follow outdoor event guidance/NGB guidance.
Indoor & outdoor sports facilities  Can remain open.	Outdoor competitions  Can happen. Follow NGB/organiser guidance.	Outdoor sport/activity events (organised) inc. organised group walks  Can happen. Follow outdoor event guidance.	Outdoor spectating and supervision  Can happen, but to be minimised and avoided where possible. Rule of Six, as long as groups don't mix.
Indoor informal sport/activity  Can happen from same household/bubble only.	Indoor 1:1 coaching / 1:1 Personal Training  Can happen in a gym or sport facility. Coach or PT and participant to be socially distant.	Indoor group coaching/activity (organised)  Can happen when socially distanced i.e. exercise classes/ 1x1 tennis. Organisers to follow indoor facility guidance. Exemptions apply - see Sport England FAQs.	Indoor exercise classes  Can take place. Follow indoor facility guidelines. Participants must be socially distant.
Indoor competitions  Can only happen if exemptions apply - see Sport England FAQs.	Indoor spectating and supervision  Can happen in the same household/bubble only.	Travelling to take part in sport/activity (within area)  Can happen. Minimise number of journeys where possible.	Travelling to take part in sport/activity (into/out of area)  Can only happen to fulfil a fixture or attend an organised sporting event. People should not travel into very high (Tier 3) alert areas to take part in sport and physical activity. Exemptions apply - see Sport England FAQs.

For more information and FAQs, visit: sportengland.org/returntoplayfaq

Tier 3 Very High Alert

From 2 December



Outdoor informal sport/activity



Can happen. Rule of six.

Outdoor 1:1 coaching



Can happen. Coach/participant(s) to be socially distant.

Outdoor group coaching/activity (organised)



Can happen. **Children** - follow organiser/sport specific guidance or DfE guidelines for out of school settings. **Adults** - Follow NGB or organised activity/event guidance.

Outdoor exercise classes/Personal Training (organised)



Can happen. Follow outdoor event guidance/NGB guidance.

Indoor & outdoor sports facilities



Gyms, leisure centres, sports facilities & pools can remain open, however trampoline parks, indoor ice rinks, bowling alleys and snooker and pool halls must close. Exemptions apply - see Sport England FAQs.

Outdoor competitions



Can happen. Follow NGB/organiser guidance.

Outdoor sport/activity events (organised) inc. organised group walks



Can happen. Follow outdoor event guidance.

Outdoor spectating and supervision



Can happen, but to be minimised and avoided where possible. Rule of Six, as long as groups don't mix.

Indoor informal sport/activity



Can happen from same household/bubble only.

Indoor 1:1 coaching / 1:1 Personal Training



Can happen in a gym or sport facility (not in private homes). Coach or PT and participant to be socially distant.

Indoor group coaching/activity (organised)



Coached activity cannot go ahead. Individual activity can only happen from same household/bubble. Organisers to follow indoor facility guidance. Exemptions apply - see Sport England FAQs.

Indoor exercise classes



Cannot take place.

Indoor competitions



Can only happen if exemptions apply - see Sport England FAQs.

Indoor spectating and supervision



Can happen in the same household/bubble only.

Travelling to take part in sport/activity (within area)



Can happen. Minimise number of journeys where possible.

Travelling to take part in sport/activity (into/out of area)



Can only happen for individual activity or with same household/bubble only. Exemptions apply - see Sport England FAQs.

For more information and FAQs, visit: sportengland.org/returntoplayfaq