



LOCKDOWN

1 Lockdown Restrictions

- Outdoor exercise with own household or one other person - stay in local area
- Training and competition for elite athletes permitted

2 By the end of this Cautious First Steps phase...

- Outdoor sports facilities re-open for training and organised group activities
- Outdoor competitive sport can resume with no spectators
- Outdoor sport for children can resume with accompanying responsible adults allowed to attend

3 By the end of this Gradual Easing phase...

- Leisure centres and all indoor sports facilities reopen, including swimming pools and gyms
- Indoor group activities and classes resume
- Leisure activity venues reopen, including soft play
- Indoor activities for children can resume with accompanying responsible adults allowed to attend

4 By the end of this Further Easing phase...

- Limited number of outdoor spectators allowed
- Limited number of indoor spectators allowed

5 Preparing for the Future

- Further outdoor spectators allowed
- Further indoor spectators allowed

RELAXATIONS

EXAMPLES OF WHAT THIS MIGHT MEAN FOR YOU

