



Covid 19 supplementary information. January 4<sup>th</sup>, 2021

UK Government has recently issued information on the new tier 4 alert levels, including what it means and why it is being introduced.

The specific guidance can be found here <https://www.gov.uk/guidance/tier-4-stay-at-home#sports-and-physical-activity>

You may find the [Sport England](#) guidance helpful if you run other activities.

Tier level	Government advice	Sport England advice	ITF England interpretation
Tier 1 – medium alert	Organised indoor sport, physical activity and exercise classes can continue to take place, if the rule of 6 is followed. There are exceptions for indoor disability sport, sport for educational purposes, and supervised sport and physical activity for under-18s, which can take place with larger groups mixing	<p><b>Outdoors:</b> Classes and organised adult sport can take place.</p> <p><b>Indoors:</b> Classes and organised adult sport must follow the rule of six. This will mean people from different households could play three on three volleyball, or four people from different households could play doubles tennis or badminton. Group activities such as training sessions and exercise classes can take place in larger numbers, provided people are in separate groups (up to six people) which do not mix.</p> <p><b>Indoors and outdoors:</b> Organised activities for elite athletes, under-18s and disabled people can continue</p>	<p>Adult and junior Taekwon do classes can be held. The rule of 6 applies to social interaction, so make sure that there is no social mixing in your class.</p> <p>Implement your Covid 19 risk management procedures and follow the latest government advice on social distancing and hygiene.</p>
Tier 2 – high alert	Organised indoor sport, physical activity and exercise classes will only be permitted if it is possible	<b>Outdoors:</b> Classes and organised adult sport can take place.	Adult and Junior Taekwon do classes can be held. The rule of 6 applies to social

	<p>for people to avoid mixing with people they do not live with (or share a support bubble with). There are exceptions for indoor disability sport, sport for educational purposes and supervised sport and physical activity for under-18s, which can take place with larger groups mixing</p>	<p><b>Indoors:</b> Classes and organised adult sport can take place for a household or bubble, or in group activities - such as classes - provided there is no mixing between households. People can also play certain sports which do not involve close proximity or physical contact with one person from another household, such as a singles tennis match or badminton match.</p> <p><b>Indoors and outdoors:</b> Organised activities for elite athletes, under-18s and disabled people can continue.</p>	<p>interaction, so make sure that there is no social mixing in your class. Implement your covid 19 risk management procedures and follow the latest government advice on social distancing and hygiene.</p> <p>The wording of this advice seems to imply that more emphasis should be given on avoiding social mixing, so unless there is a family involved, do not allow any social mixing before during or after your class.</p>
<p>Tier 3 - very high alert</p>	<p>Organised indoor sport, physical activity and exercise classes cannot take place indoors. There are exceptions for indoor disability sport, sport for educational purposes and supervised sport and physical activity for under-18s</p>	<p><b>Outdoors:</b> Classes and organised adult sport can take place, but people should avoid higher-risk contact activity.</p> <p><b>Indoors:</b> Classes and organised adult sport cannot take place, unless done with only people from the same household or bubble.</p> <p><b>Indoors and outdoors:</b> Organised activities for elite athletes, under-18s and disabled people can continue</p>	<p>Adult Taekwon do classes cannot be held. Face to face training for under 18's can recommence.</p> <p>Implement your covid 19 risk management procedures and follow the latest government advice on social distancing and hygiene.</p>

Tier level 4	<p>Indoor gyms and sports facilities will close.</p> <p>Outdoor sports courts, outdoor gyms, golf courses, outdoor swimming pools, archery/driving/shooting ranges, riding centres and playgrounds can remain open for individual exercise, and for people to use with others within your household, support bubble, or with one person from another household.</p> <p>Organised outdoor sport for under 18s and disabled people will be allowed.</p>	<p>In tier 4 the exemptions are only for:</p> <ul style="list-style-type: none"> <li>• Elite sport that follows the government's elite sport guidance</li> <li>• Sport as part of the curriculum in education</li> <li>• Supervised outdoor sport and physical activity for under-18s (including those who were under 18 on 31 August 2020)</li> <li>• Outdoor activities for disabled people.</li> </ul>	<p>Adult Taekwon do classes cannot be taught.</p> <p>Outdoor 1:1 training sessions are allowed</p> <p>Training sessions for under 18's can only be carried out if outdoors.</p> <p>Implement your covid 19 risk management procedures and follow the latest government advice on social distancing and hygiene.</p>
	<p>Community centres and halls must close except for a limited number of exempt activities, as set out below.</p> <ul style="list-style-type: none"> <li>• childcare purposes and supervised activities for children</li> </ul>	<p>There is no advice from Sport England under the heading "supervised activities for children"</p>	<p>This is an example of another anomaly in the advice. It could be argued that Taekwon do classes fall under the term "Supervised activities for children" Our interpretation is that if the government's intent is to allow supervised <i>sporting</i> activities for children it would have been more specific in its wording and would have consulted with Sport England on this issue. This is incompatible with the thrust of the advice to close leisure and sporting facilities and to only allow outdoor sporting activity for under 18's. Our interpretation is that Taekwon do classes for under 18's should not be continued in community facilities.</p>