



Covid 19 supplementary information. December 1st 2020

UK Government has recently issued information on local COVID alert levels, including what they mean, why they are being introduced and what the different levels are.

The specific guidance can be found [here](#)

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 restart. 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>

<p>Tier 2 – high alert</p>	<p>Organised indoor sport, physical activity and exercise classes will only be permitted if it is possible 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>Outdoors:</b> Classes and organised adult sport can take place.</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's 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>Adult and Junior Taekwon do classes can restart. The rule of 6 applies to social 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 restart. 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>