



the national governing body for group exercise

## Covid-19 Regulations and Support regarding Outdoor Exercise

(Updated 31 July 2020)

As the official regulations on outdoor exercise and sport diverge further between our home nations, we have put together a quick reference for our group exercise instructors. All guidelines are very clear that any meetings must take place outdoors and social distancing must be maintained at all times. Further guidance on safety can be found [here](#). As always, we recommend following the links to the appropriate Government website for full details.

If you are based in [Wales](#) the regulations have been updated in that up to 30 people can meet outdoors regardless of how many households they are from, although 'physical distancing must be maintained at all times'.

In addition, from Monday 3<sup>rd</sup> August, children under 11 will no longer have to social distance and swimming pools can reopen from 10 August.

In [Scotland](#), up to 15 people from **five** different households can meet outdoors, while also following the 2m distancing rules. Group exercise instructors could therefore hold five outdoor sessions per day as long as the total makeup of the five groups each day was no more than 15 people (including the instructor) and the sessions did not overlap, ie there is a sufficient gap between each session to alleviate groups of people gathering above 15.

For [Northern Ireland](#) the 30 person limit does not apply to a gathering where that gathering has a 'recognised person responsible for organising and operating the gathering' and it is organised or operated for . . . recreational, outdoor sports, social, community, educational, work . . . purposes.

The person responsible when organising or operating the gathering must;

(a) have carried out a [risk assessment](#) which meets the requirements of the [Management of Health and Safety at Work Regulations \(Northern Ireland\) 2000](#), whether or not that person is subject to those Regulations; and

(b) take all reasonable measures to limit the risk of transmission of the coronavirus, including implementing the preventive and protective measures identified in the risk assessment and comply with any relevant guidance issued by a Northern Ireland Government Department.

**PLEASE NOTE:** Should local lockdown occur in the area in which you operate or a nationwide lockdown occurs, you must adhere to Government guidance and cease teaching classes until it is deemed safe to do so by your local authority.

During this period of uncertainty, many instructors have successfully put their classes online and there is [comprehensive guidance available](#) on the website for anyone wishing to explore this option.

Also available is the EMD UK Group Ex Support Pack which includes the Return to Play documents with covid-19 risk assessments. The pack is available as a [free download here](#).