



the national governing body for group exercise

Covid-19 Regulations and Support regarding Outdoor Exercise

(Updated 7 September 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 or official website for full details.

If you are based in [Wales](#) the regulations state that 'Organised outdoor activities, including team sports and classes, involving up to 30 people are allowed to take place. All activity should be consistent with the [Welsh Government's guidance regarding health, social distancing and hygiene](#), i.e. that participants and others must be able to maintain a safe two metre distance, that good hygiene practices are in place, and that it is clear that anyone who is symptomatic - or suspects they may have been exposed to the virus - does not take part.

If outdoor group exercise classes are being organised in a work setting, the person responsible has a duty to carry out an appropriate [risk assessment](#) in advance and take all reasonable measures to minimise risk of exposure to coronavirus.

Those organising such events will generally hold a duty of care to those attending the gathering, which means they should ensure the event is as safe as possible.

In [Scotland](#), outdoor coaching and personal training can take place in groups of up to 30 (including the instructor), when following health, physical distancing and hygiene guidance. There is now no limit on the number of households that may take part in a session, and an instructor may deliver to multiple groups of up to 30 in a day, however not at the same time. Further details can be found on the [CIMSPA website](#).

In [Northern Ireland](#) the limit for outdoor gatherings was reduced from 30 to 15 with effect from 22 August. The 15-person limit for gathering does not apply to gatherings of a particular nature, including those organised for:

- cultural, entertainment, recreational, outdoor sports, social, community, educational, work, legal, religious or political purposes

Certain conditions must be met including a [risk assessment](#). Reasonable steps must be taken to implement the risk assessment issues and to follow [Departmental guidance](#). Although this may increase the number of risk assessments required to be undertaken, if all the guidance is not followed then the number of participants must be limited to 15, including the instructor.

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. See here for current guidance for [Scotland](#).

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](#).