

Covid-19 Regulations and Support regarding Group Exercise

(Updated 16 October 2020)

As the official regulations on outdoor exercise and sport diverge further between our home nations, we have updated the quick reference for our group exercise instructors. All guidelines are very clear that 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.

Here's a roundup of rules for group exercise across the UK:

Northern Ireland

Group exercise classes can continue to run outdoors for up to 15 people (including the instructor). This can only be done when a full risk assessment has taken place and the classes are following all COVID-19 compliancy measures.

[Read more on Sport NI website here.](#)

Scotland – central belt

The central belt is for these purposes defined as covering the health board regions of Lothian, Lanarkshire, Forth Valley, Ayrshire & Arran, and Greater Glasgow & Clyde.

If you are operating within the central belt then no indoor group exercise classes can take place until at least the 26th October.

sportscotland have today confirmed to us that outdoor group exercise classes can continue in the central belt where all COVID-19 compliancy measure are met.

[Find more about central belt restrictions here.](#)

Scotland – outside central belt

Both indoor and outdoor group exercise classes can continue where all COVID-19 compliancy is met. Outdoor groups must not exceed 30 people including the instructor.

[Read more about Scotland restrictions here.](#)

Wales

Group exercise classes can continue to take place indoors and outdoors, capped at 30 people including the instructor, as long as all COVID-19 compliancy measure are met.

[Read more on the Welsh Government website here.](#)

PLEASE NOTE: Wales First Minister Mark Drakeford has announced that a final decision on the proposed 'fire breaker' will be made on Monday 19th October. After this time, we will issue guidance for instructors operating in Wales as soon as we have it.

During this period of continuing uncertainty, many instructors are successfully delivering 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](#).