



the national governing body for group exercise

## **Covid-19 Regulations and Support regarding Group Exercise**

**(Updated 13 November 2020)**

As the official regulations on group 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 in [our Group Ex Support Pack 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**

Gyms, leisure centres, swimming pools and private sports clubs may remain open for individual training only.

Fitness, exercise and dance classes are not permitted indoors, however outdoor, non-contact classes, consisting of no more than 15 people (including the instructor) are allowed.

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

### **Scotland**

Depending on the Level that applies to your area -

#### **Outdoors**

Group exercise and training can take place in groups of up to 30 people (including coaches) in all Levels, while following all existing risk assessment, physical distancing and hygiene guidance.

#### **Indoors**

In **Levels 0 – 3**, gyms and indoor leisure facilities can remain open.

**Level 0** - Contact and non-contact physical activity is permitted indoors for all age groups.

**Level 1 & 2** - Organised exercise (such as exercise classes) are permitted indoors, provided appropriate safety measures are followed.

#### **Level 3 -**

- Adults over 18 can only exercise individually or with members of their own household, however indoor 1:1 coaching and personal training is permitted.
- No group exercise classes are permitted indoors.

#### **Level 4 -**

- Gyms and indoor leisure facilities must close.
- Indoor sport and physical activity is not permitted between different households.

Coaches can take multiple indoor sessions per day, however the numbers allowed in each session will depend upon the protection level restrictions in place in the given location.

To confirm which Level applies to you and to check what activities are permitted, follow the [link here](#).

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

## **Wales**

As the Welsh Government promised, businesses which were required to close during the firebreak may now reopen, the requirement to stay home has been removed along with the very tough restrictions on meeting people.

All sport and leisure facilities are now allowed to be open. The operators of these facilities must take all reasonable measures to manage risk and maintain physical distancing.

You can play sport or exercise in a group of up to 30 people outdoors or 15 people indoors, including the instructor, if this is part of an organised activity managed for example by a gym, a leisure centre or a sports club. Children aged under 11 and those organising the activity (such as coaches) are not included in these numbers, but the organisers will need to take all reasonable measures to reduce the risk of spreading the virus.

Exercise classes are able to run for groups of up to 15 people indoors but consideration should be taken around the size of the space to ensure 2m physical distancing is maintained. (EMD UK recommends a 3m space for classes with wider movements).

The Welsh Government 'expect all reasonable measures to be taken to minimise the risk of exposure to the virus. This means physical distancing and limiting face to face interaction, and improved hygiene (cleaning and sharing of equipment, hand washing and respiratory hygiene etc.)'

For full details, access the [Welsh government website here](#)

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](#).