## COVID-19 Community Guidance

This document has been prepared based on Government guidance to support sports clubs and community organisations providing physical activities during the phased return. The information provided is a guide and it is down to the venue / club / provider to make the final decision on the safety of the participants and activity. Please visit [GOV.UK](https://www.gov.uk) for the latest Government guidance.

### Guidance:

#### SOCIAL DISTANCING:
All people taking part in a session must be appropriately distanced following current government guidelines.

#### SANITATION & HYGIENE:
Regular hand washing for 20 seconds and regular sanitisation of equipment and activity areas and surfaces.
**SPORTS & ACTIVITIES:**
No contact should be made, and participants should continue to follow social distancing guidelines.

- Individualise activities as much as possible and adapt activities to follow government guidance. Make use of outdoor spaces and maintain training ‘bubbles’ of 6 or less people.

- Consider digital and virtual activity offers where possible.

- Consider how you may make activities accessible to those without the technology to participate digitally. Can you produce hard copies of resources?

- Consider changes to your activity schedule to ensure social distancing and government guidance is adhered to in terms of numbers and space.

- Consider setting aside times within your schedule for older people and high-risk groups to ensure they can access activity.

**FACILITY OWNERS / PROVIDERS:**

- Only re-open facilities when permitted by the government and when you are ready, and it is safe to do so.

**HIRING OF FACILITIES:**

- When hiring facilities please check the facility guidance and the safety measures that they have put in place.

**NATIONAL GOVERNING BODY (NGB) INFORMATION:**

- Always follow NGB guidance related to specific sports.

**RISK ASSESSMENTS:**

- Review the risk registers on a regular basis and adjust delivery on a regular basis to ensure the safety and wellbeing of all personnel.

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**IF YOU ARE EXPERIENCING SYMPTOMS OF COVID-19 PLEASE DO NOT ATTEND YOUR SESSION AND SEEK MEDICAL ADVICE IF NECESSARY.**

PLEASE INFORM YOUR ACTIVITY PROVIDER / LEADER THAT YOU ARE UNWELL AND REMEMBER TO SELF ISOLATE FOR 14 DAYS.

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Clubs and organisations all over the country are experiencing lots of challenges due to the coronavirus pandemic.

As some measures are being relaxed and the country is getting back to activity, Club Matters has guidance to help sports clubs prepare for reopening, how to develop a risk register, tips to enforce social distancing, and more.

For more information please visit: [https://www.sportenglandclubmatters.com/](https://www.sportenglandclubmatters.com/)