

# Tier 1 Medium Alert

From 2 December

## Outdoor informal sport/activity



Can happen. Rule of six.

## Outdoor 1:1 coaching



Can happen. Coach/participant(s) to be socially distant.

## Outdoor group coaching/activity (organised)



Can happen. **Children** - follow organiser/sport specific guidance or [DfE guidelines for out of school settings](#). **Adults** - Follow NGB or organised activity/[event guidance](#).

## Outdoor exercise classes/Personal Training (organised)



Can happen. Follow [outdoor event guidance](#)/NGB guidance.

## Indoor & outdoor sports facilities



Can remain open.

## Outdoor competitions



Can happen. Follow NGB/organiser guidance.

## Outdoor sport/activity events (organised) inc. organised group walks



Can happen. Follow [outdoor event guidance](#).

## Outdoor spectating and supervision



Can happen, but to be minimised and avoided where possible. Rule of Six, as long as groups don't mix.

## Indoor informal sport/activity



Can happen. Rule of Six.

## Indoor 1:1 coaching / 1:1 Personal Training



Can happen. Coach or PT and participant to be socially distant.

## Indoor group coaching/activity (organised)



Can happen. Sub groups - Rule of Six. Coach can work across sub-groups and is not included in the Rule of Six. Organisers to follow [indoor facility guidance](#). Exemptions apply - see Sport England FAQs.

## Indoor exercise classes



Can happen. Follow indoor facility guidelines. Participants must be socially distant.

## Indoor competitions



Can happen. Rule of Six. Follow NGB/organiser guidance. Exemptions apply - see Sport England FAQs.

## Indoor spectating and supervision



Can happen. Rule of Six. Larger groups only if in the same household/bubble.

## Travelling to take part in sport/activity (within area)



Can happen.

## Travelling to take part in sport/activity (into/out of area)



Can happen. If you travel into high (tier 2) alert areas, you should follow the rules for activity in these areas. People should not travel into very high (Tier 3) alert areas to take part in sport and physical activity.

For more information and FAQs, visit: [sportengland.org/returntoplayfaq](https://sportengland.org/returntoplayfaq)