

Tier 4

Stay at home

From 20 December

Outdoor informal sport/activity



Can happen only if from same household/bubble or with one person from another household in a public place.

Outdoor 1:1 coaching



Can happen in a public place. Coach/participant(s) to be socially distant.

Outdoor group coaching/activity (organised)



Children - Supervised activity can happen for under-18s. **Adults** - Can happen only if from same household /bubble or with one person from another household in a public place. Exemptions apply - see Sport England FAQs.

Outdoor exercise classes/Personal Training (organised)



Can only happen 1:1 or 2:1 in a public place.

Indoor & outdoor sports facilities



All indoor facilities must close. Exemptions apply - see Sport England FAQs. Outdoor sports courts, outdoor gyms, golf courses, outdoor swimming pools, archery /driving/shooting ranges, riding centres and playgrounds can open.

Outdoor competitions



Cannot take place. Exemptions apply - see Sport England FAQs.

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



Cannot take place. People can only exercise outdoors if from same household/bubble or with one person from another household in a public place.

Outdoor spectating and supervision



Can only take place for safeguarding purposes.

Indoor informal sport/activity



Cannot take place.

Indoor 1:1 coaching / 1:1 Personal Training



Cannot take place.

Indoor group coaching/activity (organised)



Cannot take place. Exemptions apply - see Sport England FAQs.

Indoor exercise classes



Cannot take place.

Indoor competitions



Cannot take place.

Indoor spectating and supervision



Can only take place for safeguarding purposes.

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



You can travel a short distance within your Tier 4 area to exercise. This should be done locally wherever possible.

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



Cannot take place. Exemptions apply - see Sport England FAQs.