

27 March 2021 Covid road map for easing Lockdown in England

The priority focus of the Government in England is getting young people back into school, with college and university students returning for practical courses. Meanwhile to continue with the successful vaccine program rollout. Although dates have been provided these dates are provisional and dependent on the data results coming back after each easing measure. Everyone must check the latest government information at each stage before assuming these dates will go ahead.

At Present: You are still required to follow the guidelines, stay at home unless you have a reasonable excuse such as Work or Caring responsibilities, stay local when you exercise and you can meet with one other person for this with social distancing and do not meet face to face with anyone outside of your household or support bubble indoors.

Provisional guidance only. Dependent on Government review after each step of lockdown easing				
England Dates	From 29 th March	From 12 th April	From 17 th May	From 21 st June
 How many people outdoors	The 'Stay at Home' rule will end on 29 th March, but many restrictions will remain in place. Outdoor gatherings of either six people or two households will be allowed socially distanced including in private gardens.	Outdoor gatherings of either six people or two households will be allowed socially distanced including in private gardens.	Most legal restrictions on meeting others outdoors in groups up to 30 will be lifted.	All legal limits on social contact to be removed. But must continue to comply with 'Hands, face, space' And any Covid-Secure measures that remain in place.
 Meeting Indoors	You must not meet socially indoors with anyone who is not in your immediate household or support bubble. <i>(exemptions apply for work, caring, medical treatment etc)</i>	Households are not allowed to mix indoors in private home or in public spaces indoors. People must still remain within household bubbles.	6 people or two households can meet indoors. This would permit small interest groups and hybrid groups to be run from members' homes.	Travel restrictions will be lifted although still need to check cross border permissions between Scotland and Wales
 Travel	You should try to stay local, and look to reduce the number of journeys you make	You should try to stay local, and look to reduce the number of journeys you make	Domestic Overnight stays will be permitted indicating the stay local guidance will be lifted	The ambition is to open all remaining businesses, ease restrictions on larger events and activities. All will be subject to careful review of the scientific evidence and the safety measures that may be deemed necessary for us to live safely with Covid.
 Permitted activities	Outdoor sports facilities like Tennis, Bowling, Petanque, Golf, will be allowed to re-open and members will be able to take part in formerly organised outdoor sports following u3a return to play procedure and relevant NGB guidelines and risk assessment.	Indoor leisure facilities, gyms, community halls, libraries and outdoor hospitality venues are permitted to open but only for individuals or people in their household groups. Limited u3a activities apart from virtual and hybrid and organised outdoor sports activities	Most businesses following covid-secure guidance and space limitations will re-open. Indoor entertainment venues like cinemas, indoor adult group sport and exercise classes will resume. Some larger performances and events will be permitted. Social distancing to be clarified closer to time.	The ambition is to open all remaining businesses, ease restrictions on larger events and activities. All will be subject to careful review of the scientific evidence and the safety measures that may be deemed necessary for us to live safely with Covid.

3.1 What is the procedure I must follow in order to resume my interest group activities face to face?

It is imperative that we follow the government guidance as we move through the steps of lockdown easing. Their aim is to be guided by the evidence at each step of the road map and we must follow their lead and recommendations at all times, remaining vigilant and flexible to their latest guidance whilst planning for the return journey for the members in our various interest groups.

To summarise the u3a procedure for resuming an activity or interest group is as follows:-

1. Inform your committee of your plans and preparations for resuming

2. Where appropriate download and follow a relevant Risk Assessment from a National Governing Body for your sporting activity (see links below) or use an appropriate u3a risk assessment template for your activity.
3. Inform your members of what to expect and how to prepare for returning
4. Ask members to complete a [personal assessment \(pre-attendance\)](#) before attending.
5. Please ensure you are following the most current government guidance on social distancing, and maintaining Covid-secure requirements at all times. For instance, you may be required to continue to keep a register of participants for 21 days after the activity for Track and Trace beyond the roadmap.

3.2 What do we do if a member is not having the vaccine for health or personal reasons?

At present, there is no mandate from the Government that people must have the vaccine therefore the Trust will not be issuing any requirements that members must have the vaccine or that they can't take part in activities without having had their vaccines.

3.3 When can we restart our walking groups

The UK government roadmap for lifting lockdown means people in England can walk outside in groups of six from Monday 29th March.

3.4 Q: When will there be more guidance around return to play for different sporting activities

We are still waiting for the overarching guidance from the Cabinet Office and the sport specific guidance that is likely to be released ahead of 29th March

3.5 Where can I get information about return to play from National Governing Bodies of sports organisations

The link will take you to a list of some of these bodies in England
<https://www.sportandrecreation.org.uk/pages/national-governing-bodies>

3.6 When can we resume playing golf?

Resumption of golf play on 29th March when you will have a choice of playing with up to four players, maximum group size will be 6, unlimited rounds of golf although clubs may impose their own restrictions for fairness and to meet the demand of all members. <https://www.englandgolf.org/>

3.7 When can u3a interest groups resume face to face meetings indoors?

At present, it looks like small groups following the 'rule of 6' could begin to start meeting from the 17th May in Covid-secure premises, following social distancing in-line with venue capacity limitations.