

England has moved to step 4 of their Lockdown Easing Road Map. Essentially this means there will be no limits on how many people can meet indoors or outdoors however businesses can and will impose their own safety measures which they will require customers to follow.

The Government is urging caution and whilst the cases are high and rising, everybody needs to continue to act carefully and remain cautious and key protection measures will be kept in place which include:

- [Testing when you have symptoms](#)
- [Isolating when positive or when contacted by NHS Test and Trace.](#)
- [Wearing face coverings in crowded areas](#)

The Government have made additional recommendations in some areas where transmission of the virus is high.

You can check which areas on the Government website:- [Coronavirus: how to stay safe and help prevent the spread - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/coronavirus-how-to-stay-safe-and-help-prevent-the-spread)

Sports and physical groups should continue to strictly follow the guidance provided by the governing body for their sport.

Resuming Group Activities Face to Face

Check with our Venue & Meetings Co-ordinator or if appropriate directly with any venue, premises, or location you intend to use for the measures they will require for safe use and inform your group participants of these. Conduct your own risk assessment check, considering where the group meet, any local group factors of significance and the nature of the activity you intend to do. Hazard levels will vary as will the complexity of the assessment required. In most sit down/discussion groups the risk levels will be low therefore good ventilation, hand, and hygiene, wearing face masks when moving around, could suffice. Meanwhile groups playing contact sports or sharing equipment may wish to consider additional mitigation measures which for example would be provided by National Governing Bodies for sports activities.

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

Inform our Group Liaison & Support Administrator of your plans and preparations for resuming.

Where appropriate download and follow a relevant Risk Assessment from a National Governing Body for your sporting activity or use the u3a risk assessment for your activity.

Inform your members of what to expect and how to prepare for returning. Ask members to self-assess for symptoms before attending. For some activities group leaders may decide to ask members to check in using the NHS App to scan their QR code or where required continue to keep a register of participants for 21 days after the activity for Track and Trace purposes.

At present, there is no mandate from the Government that people must have the vaccine, therefore the Third Age Trust & Stanway u3a 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.

ENGLAND COVID-19 GUIDANCE	FROM 19TH JULY MOVING INTO LEVEL 4 OF LOCKDOWN EASING ROAD MAP	GENERAL SAFETY GUIDANCE/RULES
How many people outdoors	All legal limits on social contact removed. It is 'expected and recommended' that people wear face masks in crowded public settings such as on public transport (unless exempt)	In general, the word is to be 'cautious' as infection rates rise from the Delta Variant. It is recommended that you continue to take safety measures when in busy public spaces and to limit the number of people you meet with at any time.
Meeting indoors	All legal limits on social contact are removed. Guidance is to meet others outside where possible.	As above
Travel	All domestic travel restrictions will be lifted. You are recommended to wear face masks in busy locations. Domestic Overnight stays are permitted.	All travel restrictions within the UK or wider common travel area are lifted.
Permitted activities	There are no restrictions on how many people can take part in sport and physical activity or on the activity they can do. All remaining businesses can open. Individual businesses and service providers may introduce or continue to implement their own safety measure to manage risks.	As u3as resume interest groups, sports, physical meetings, and other activities it is advisable to remember to follow the key steps for managing transmission levels: - check for covid symptoms - isolate if you have symptoms or suspect transmission - get tested