





<u>Guidance for England from 2nd December 2020</u>	<u>Tier 1: Medium Alert Level</u>	<u>Tier 2: High Alert level</u>	<u>Tier 3: Very High Alert Level</u>
 <p><u>How many people outdoors</u></p>	<p>Up to 6 people can meet socially outdoors which includes meeting in gardens, parks and public spaces. Maintain social distancing.</p> <p>Small interest groups of up to 6 can meet outdoors</p>	<p>Up to 6 people can meet outdoors, this includes meetings in gardens, and public spaces, Maintain social distancing.</p> <p>Small interest groups of up to 6 can meet outdoors where appropriate measures are taken</p>	<p>Up to 6 people can meet outdoors this includes public spaces and parks but not in private gardens.</p> <p>Small interest groups of up to 6 can meet outdoors in public spaces where appropriate measures are taken</p>
 <p><u>Meeting Indoors</u></p>	<p>A maximum of 6 people from different households can meet indoors.</p> <p>Small interest groups of up to 6 can meet indoors where appropriate precautions are taken</p>	<p>You must not socialise with anyone outside of your household or support bubble in any indoor setting, including in the home or public spaces.</p> <p>Therefore, only virtual or hybrid interest groups can take place at this time</p>	<p>You must not socialise with anyone outside of your household or support bubble in any indoor setting, whether at home or in a public space</p> <p>Therefore, only virtual or hybrid interest groups can take place at this time</p>
 <p><u>Travel</u></p>	<p>You can continue to travel to venues or amenities that are open. When travelling plan ahead or avoid busy times and routes, walk or cycle if you can. Avoid travel into tier 3 areas</p>	<p>Reduce the number of journeys you make where possible and avoid travel into tier 3 areas unless necessary for work, education, healthcare etc.</p>	<p>Avoid traveling out of the area unless necessary for work, education, healthcare etc. Reduce the number of journey's made where possible.</p>
 <p><u>Permitted activities within different Tiers</u></p>	<p>Exercise classes and organised sport can take place outdoors following an appropriate Covid risk assessment.</p> <p>Indoor exercise groups following an appropriate Covid risk assessment can meet in a Covid-Secure venue if the rule of 6 is followed.</p>	<p>Exercise classes and organised sport can take place outdoors following an appropriate Covid risk assessment.</p> <p>People can participate in a single indoor organised sport activity such as exercise classes if they can stay separate and distinct from any other households and avoid physical contact and proximity.</p>	<p>Exercise classes and organised sport can take place outdoors following an appropriate Covid risk assessment, but avoid higher risk contact activities.</p> <p>People can participate in a single indoor organised sport activity such as exercise classes if they can stay separate and distinct from any other households and avoid physical contact and proximity.</p>