

# JERSEY SPORT COVID-19 GUIDANCE SUMMARY

09/04/2021

<p><b>Summary</b></p>	<p>Please see revised guidance for sport as of 12<sup>th</sup> April 2021. Detailed guidance is available at: <a href="#">Sports Guidance</a>.</p>
<p><b>Summary of Guidance from 12<sup>th</sup> April 2021.</b></p>	
<p><b>ALL SPORT (Outdoor and Indoor)</b></p>	<ul style="list-style-type: none"> <li>• There is no limit on the number of participants taking part in outdoor or indoor sport, fitness and physical activity.</li> <li>• Physical distancing is no longer required in law but is still <b>recommended</b> at 2 metres where possible but always at a minimum of 1 metre, with the exception of <b>fleeting contact</b>, and for <b>close contact sports</b>, for the duration of the activity period only.</li> <li>• As above, close contact sports are now permitted.</li> <li>• Spectators are permitted.</li> <li>• All levels of intensity are permitted for indoor and outdoor activity.</li> </ul>
<p><b>Physical Distancing</b></p>	<ul style="list-style-type: none"> <li>• The recommended Physical distancing of a minimum of 1m, but ideally 2m should be still be observed whenever possible, except fleeting and close contact sport.</li> <li>• Fleeting and close contact should be kept to a minimum, wherever possible, this may involve adapting training exercises and minimising contact time within training sessions.</li> <li>• During all other times like during breaks, changing times, pre and post activity, then the physical distancing guidelines should be observed by all.</li> </ul>

	<b>Masks</b>	<ul style="list-style-type: none"> <li>• <b>Adults and Children Over 12 must wear a mask</b> indoors in communal areas, such as social areas, entrances, corridors, and changing rooms.</li> <li>• There is no requirement for masks to be worn for outdoor sport except where participants access indoor changing or other sport facilities.</li> </ul>
	<b>Contact Details</b>	<ul style="list-style-type: none"> <li>• Contact details must also be collected from everyone participating in indoor sport or exercise who are over 12 years old (except with children's groups of below 10 – please see below).</li> </ul>
	<b>Children's Activity Groups</b>	<ul style="list-style-type: none"> <li>• Children's activities groups can be run with no restriction on numbers.</li> <li>• When there are less than 10 children (aged 5 to 17) the children do not need to wear masks and there is no need to collect contact details, although any adults supporting the children must wear masks.</li> <li>• The limit of 10 children does not include children under 5 years old or any adults supporting the children.</li> <li>• When there are 10 or more children masks must worn by everyone aged 12 or over and their contact details must be recorded.</li> </ul>
	<b>Showers, Changing Rooms &amp; Toilets</b>	<ul style="list-style-type: none"> <li>• Showers, changing rooms and toilets <b>can open</b>. However, wherever possible people should arrive gym, activity, or swim ready and change and take a shower at home. Detailed guidance applies.</li> </ul>
	<b>Fallow Periods</b>	<ul style="list-style-type: none"> <li>• There remains a recommended <b>10-minute fallow period</b> for indoor sport and physical activity. This means rooms should be vacated after activities for 10 minutes before cleaning commences and the next group enters.</li> </ul>
Please see the <b>detailed guidance</b> enclosed or online at: <a href="#">Sports Guidance</a> .		
<b>Jersey Sport Support</b>	Please read the detailed guidance first and direct any questions related to your sport to: <a href="mailto:coronavirus@jerseysport.je">coronavirus@jerseysport.je</a> . The Jersey Sport team will be happy to help.  You can also be added to the Jersey Sport mailing list by sending a request to: <a href="mailto:coronavirus@jerseysport.je">coronavirus@jerseysport.je</a> and including your name, sport, and club or association name.	