

JERSEY SPORT COVID-19 GUIDANCE SUMMARY

09/04/2021

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

	Masks	<ul style="list-style-type: none"> • Adults and Children Over 12 must wear a mask indoors in communal areas, such as social areas, entrances, corridors, and changing rooms. • There is no requirement for masks to be worn for outdoor sport except where participants access indoor changing or other sport facilities.
	Contact Details	<ul style="list-style-type: none"> • 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).
	Children's Activity Groups	<ul style="list-style-type: none"> • Children's activities groups can be run with no restriction on numbers. • 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. • The limit of 10 children does not include children under 5 years old or any adults supporting the children. • When there are 10 or more children masks must worn by everyone aged 12 or over and their contact details must be recorded.
	Showers, Changing Rooms & Toilets	<ul style="list-style-type: none"> • Showers, changing rooms and toilets can open. However, wherever possible people should arrive gym, activity, or swim ready and change and take a shower at home. Detailed guidance applies.
	Fallow Periods	<ul style="list-style-type: none"> • There remains a recommended 10-minute fallow period 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.
Please see the detailed guidance enclosed or online at: Sports Guidance .		
Jersey Sport Support	Please read the detailed guidance first and direct any questions related to your sport to: coronavirus@jerseysport.je . 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: coronavirus@jerseysport.je and including your name, sport, and club or association name.	