
Return To Sport

Latest updates and what this means for your sport

19 May 2021

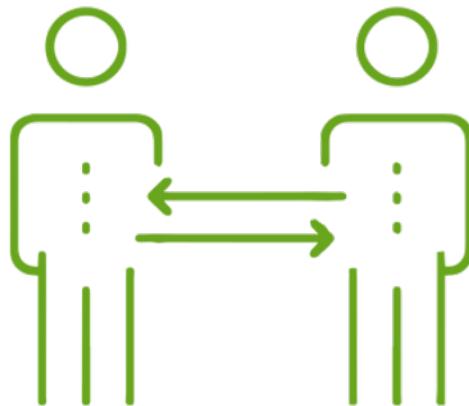
Sport - Changes from 24th May

(this is subject to review on 20th May)

1

The **return of indoor group exercise and training**, this also represents a return to **indoor club training in squads**:

- **Social distancing**
- **Risk assessment to maximum capacity**
- **All contact details must be taken and retained**



Sport - Changes from 24th May continued

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The full return of outdoor sport through the removal of:

- the limit of 15;
- the limit on squad training;
- the requirement for outdoor sport being permitted only for those affiliated to a Governing body or an organisation that regulates a sport or sporting activity;
- and the cap of 100 on competitive sporting events, and replace with an overall limit of 500 on all outdoor sporting events

This will allow the more informal sporting events, such as 5-aside matches to take place up to 500 participants, with 500 spectators also.

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Schools can resume extra-curricular activities, including indoor extra-curricular sports and outdoor inter-school sport fixtures.

Travel - Changes from 24 May

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In relation to travel within the Common Travel Area* (CTA), which is currently subject to advice and guidance, the essential travel reasons requirement will be removed however the guidance on self-isolation has been retained. There are two new exemptions to this:

- visits to family and friends;
- those who have completed mandatory managed quarantine on arrival at a point of entry elsewhere in the CTA and travelled directly to NI.
- Those exempt from self-isolation will be asked in guidance to take a pre-departure LFD test, and LFD tests and days 2 and 8 post arrival in NI.

At present, there is advice not to travel in or out of Northern Ireland except where it is essential to do so. The list of essential reasons to travel is published on NI Direct.

If you are arriving into Northern Ireland from within the Common Travel Area and you plan to remain here for at least 24 hours, public health advice is that you should self-isolate upon arrival for 10 days, unless you are exempt.

*UK, Republic of Ireland, Isle of Man and Channel Islands

Further information available here: <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-guidance-what-restrictions-mean-you>

Sport - Changes from 31 May

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An indicative date of 31 May has been set for the return of competitive indoor sport (subject to risk assessment and appropriate mitigations).



Support – Re-opening of Facilities

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As we begin to emerge from the most recent Covid-19 restrictions, sport and leisure is re-energising and preparing to welcome back members, participants, customers, volunteers and staff. Many organisations will have the additional pressure of preparing sports facilities, and adopting measures to ensure these spaces are Covid secure.

Sport NI has created this webpage to share the most relevant information and guidance from across the sector to support clubs and organisations with the challenges associated with re-opening their sports facilities. Available here: [Re-opening Sports Facilities | Sport NI](#), on this page there are a number of useful links and resources, this includes:

- [Sport NI's 'Step by Step' Guide and Resource Pack;](#)
- [The NI Executive guidance;](#)
- [UK Active guidance;](#)
- [Public Health Agency Guidance;](#)
- [NI Business Info guidance;](#)
- And more available on: [Re-opening Sports Facilities | Sport NI](#)

Support – Frequently Asked Questions

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Q: Use of changing rooms/showers

A: Changing rooms and shower facilities can be opened, but you should encourage participants to avoid or minimise use where possible (for example, by arriving in kit and showering at home) and to minimise time spent in the changing area.

Q: Numbers permitted in indoor spaces – should the number of players permitted per court/space be determined by the governing body subject to social distancing, risk assessment and contact details being taken?

A: This needs to be worked out in accordance from guidance from the governing body and a risk assessment for the facility/spaces being used to determine safe occupancy that minimises the risk of Covid spread



Support – Frequently Asked Questions

Q: Two persons in a car – motor sport

A: 2&4 Wheel are providing protocols to cover safe return of rallying this should include mitigations that cover 2 people in a rally car.

Q: Members in competition - Presently our clubs are only holding competition for members only. Is there the opportunity to open this up to non-members and newcomers?

A: The changes from the 24th will permit training and competition for unaffiliated members

Q: Numbers in competition - Does the 500 include players and staff e.g. stewards etc. or is the 500 in addition to essential staff and players/team management?

A: There can be up to 500 participants and up to 500 spectators; again this is only where it is safe to do so. 2m social distancing is still being sought at this time.

Q: Spectators at indoor training/competition – are spectators permitted at indoor venues

A: For indoor venues there is no cap on spectators but a risk assessment must be carried out at each venue and social distancing must be in place - which remains at 2 metres for now.

Support – Frequently Asked Questions

Face coverings for sport facilities:

- **People are not required to wear face coverings while taking part in sport and physical activity.** All forms of face coverings may restrict breathing efficiency and should not be used during exercise except on specific advice from a physician.
- **Visitors are not required to wear face coverings in sport facilities,** however they should be encouraged to wear face coverings in enclosed public areas when not engaging in sport or physical activity.
- **Staff are not required to wear face coverings in sport facilities,** however you should encourage them to be worn to protect staff and customers. You should support your workers if they choose to wear face coverings.
- **However, face coverings may be required in specific areas.** If your facility contains retail or hospitality areas (such as a shop, cafe or bar), face coverings must be worn by staff and visitors in public-facing roles. If this applies to your facility, you are required to remind customers to wear face coverings where they are required (for example, displaying notices outside and inside a cafe area).

The above is useful guidance that we will put up on our website.

Thanks for reading

Please contact by email: returntosport@sportni.net
if you have any Return to Sport questions.