National COVID19 Restriction Summary 30.4.21

Lockdown restrictions across the UK are being eased. It is very important that you check the restrictions in your local area, in particular riding centres should check with their insurance company and local authority for any local variation in national restrictions.

For all activity, participants are reminded that everyone’s health and safety is paramount. Health, hygiene and social distancing measures, and government guidelines, should be observed at all times to make sure we keep each other safe and reduce the risk of spreading coronavirus.

**England:**
The current position, as of 12 April, after Steps 1 & 2 of lockdown exit plan:

**Outdoor activity**
- All outdoors sport facilities, including riding centres, are able to re-open.
- Outdoor sport for adults and children is permitted to take place with any number of participants, where it is formally organised and follows COVID-secure guidance.
- Informal sport and physical activity can take place outdoors, but must be limited to groups of six people or two households.

**Indoor activity**
- Indoor riding activity is permitted for:
  - Organised disability sport and activity, no number restrictions
  - Supervised sport and physical activity for under-18s, no number restrictions
  - Elite sports people, restricted to athletes on the World Class Programme (P1 and P2)
  - An owner of an animal kept at a riding centre
  - Riding centre employees to care for and exercise horses
  - Activities that form part of the core curriculum of formal education or professional or work-related training and development
  - Individual use or with the participant’s household or bubble groups.

**Spectators, leaders and socialising**
- Spectators are only permitted if they are carers for people with disabilities or adults who need to supervise under-18s in a safeguarding role.
- Lead rein sessions may be delivered at the discretion of the venue/organiser/proprietor with a dedicated risk assessment and appropriate risk mitigation in place.
- Social gatherings before and after sporting activity should only take place outdoors and in groups of up to six people or two households.

**Travel**
- Travel for the purposes of exercise and to take part in both organised and informal sport activity is permitted, but the overall guidance is to ‘stay local’.
- Overnight stays are allowed in self-contained accommodation (which would include a horse box with facilities) with own household or bubble.

**Coaching**
- Coaches are free to travel and deliver sessions. Outdoors, there is no restriction on age or numbers, while indoor sessions are only permitted for under-18s, riders with a disability or one-to-one adult sessions. Because coaches are considered to be ‘workforce’, they don’t count towards number restrictions. Risk assessments, contact sheets and COVID health measures should be always in use.

**Competition**
- Competitions may take place outdoors with no number restriction. Any competitions using indoor arenas should be for a single rider only, and indoor warm up areas should operate on a one in, one out basis only. Competition officials such as judges, writers, score collectors and arena staff/volunteers are classed as ‘workforce’ and do not count in number restrictions.

**Other**
- All non-essential retail and close contact services can open.
• Food may be served in an outdoor setting to groups of up to six or two households or for take away.

**Step 3, from 17 May at the earliest:**
• Organised group sports and exercise will be able to resume.
• Indoor arena use will be permitted for all participants, with numbers anticipated as up to six people or two households.
• Spectators at events will be allowed on the following basis:
  - Indoor events will be able to have 1,000 people or 50% of a venue’s capacity, whichever is lower.
  - Outdoor events will be able to take place at a capacity of 50% or 4,000 people, whichever is lower.
  - For large, outdoor seated venues, crowds will be permitted up to 10,000 people or 25% of capacity, whichever is lower.
• Indoor hospitality and hotels open

**Step 4, from 21 June at the earliest:**
• All legal limits on social contact could be removed, with events taking place at capacity restrictions above those in Step 3. Some hygiene mitigations may remain.

**Northern Ireland:**
As of 12 April, the 'stay at home' message has been lifted:

**Sporting activity**
• Outdoor sports facilities may open for training, with up to 15 people (including coaches) able to take part in structured training through clubs or individuals affiliated to a recognised sporting governing body. Up to 10 people (including children) from a maximum of two households can meet for casual outdoor exercise or sport activity.
• Lead rein sessions may be delivered at the discretion of the venue/organiser/proprietor with a dedicated risk assessment and appropriate risk mitigation in place.
• Sporting events with return to sport protocols from a sport governing body may only be held for elite athletes (indoor and outdoor).
• Outdoor sport for the purpose of physical education or extra-curricular activity for a school (outdoor only) is permitted.
• Any sporting activity must be done behind closed doors, no spectators permitted.
• Exercise may be done with up to 10 people from two households.
• Indoor facilities should remain closed.

**Socialising and other**
• Up to 10 people (including children) can meet outdoors. Up to six people from two households can meet indoors in a non-domestic setting.
• Households can form a bubble with one other household, which can be any size but indoor meetings are restricted to ten people, including children. If you are in a bubble, you shouldn’t have close contact with anyone from a third household.
• Only essential retail may open, and car, caravan, motorhome and agricultural machinery sales, garden centres/plant nurseries and car washes have been added to this category.
• Food may be offered for take away only.

**Travel and other**
• Travel should be kept to your local area.
• Food may be offered for take away only.

Scotland:
All of mainland Scotland is now at level 3 (from 26th April):

- All restrictions for travel around Scotland and across Britain are lifted, including for sport and physical activity.
- Outdoor sporting bubbles can have a maximum of 30 participants. Multiple bubbles should not come into contact or cross over with each other before, during or after activity.
- Adults will be permitted to participate in individual exercise indoors – indoor group exercise will be permitted for up to four people from two households.
- Outdoor contact sport and activity will be permitted for under-12s.
- Lead rein sessions may be delivered at the discretion of the venue/organiser/proprietor with a dedicated risk assessment and appropriate risk mitigation in place.
- Overnight stay is allowed in holiday accommodation but not in someone else’s house.
- Up to 6 people from 2 households can meet in an indoor public place. Up to 6 from 6 households in a private garden or public space
- 50 people can attend funerals and weddings
- Leisure and entertainment venues such as cinemas, theatres and nightclubs remain closed.


Level 2, from 17 May:

- Indoor adult non-contact group activity can restart.
- Maximum bubble sizes are still to be confirmed for Levels 0-2. This is currently under review by the Scottish Government.

Level 1 from Monday 7th June
- Aim for Scotland to move to Level 0 later in June

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Note: “covered arenas” in Scotland are classed as outdoor facilities

Wales:
The current position from 26th April.

- Organised outdoor activities and sport for up to 30 people can again take place which means equestrian competition may resume. Staff and Officials outside the Arena are not counted in the group size of 30. Multiple groups of 30 at large venues are possible but must not mix or interact. ‘Headcount’ limit does not include children under 11.
- Up to 6 adults from 6 households can meet outdoors
- Overnight stays in self-contained accommodation is permitted (including horse boxes with facilities) with own household or bubble.
- All non-essential retail and close contact services can open.
- Outdoor attractions, including funfairs and theme parks, will be allowed to reopen.
- Outdoor hospitality can resume, including at cafes, pubs and restaurants.
- Wedding receptions can take place outdoors but will also be limited to 30 people.
- Indoor Leisure and entertainment venues such as cinemas, theatres and nightclubs must remain closed.

From 03 May:

- Two households will be allowed to meet and have contact indoors.
- Indoor gyms, leisure centres and fitness facilities can reopen, which should include the use of indoor arenas. This will include individual or one-to-one training
- Children’s indoor activities will be permitted, with no specified limit on numbers.
- Organised indoor activities for adults, limited to a maximum of 15 people.

From 17 May, subject to review on 13 May:
Wales could move to Alert Level 2, allowing pubs, restaurants, cafes, cinemas and museums to open. This step may also increase the limits on gathering outdoors to 50 adults and indoors to 30 adults.

Note: “Indoor Schools” in Wales are classed as indoor facilities, however “covered arenas” with more than 50% open sides are classed as outdoors.

### Summary of permitted activity

<table>
<thead>
<tr>
<th>As of 30.04.21</th>
<th>England</th>
<th>Northern Ireland</th>
<th>Scotland</th>
<th>Wales</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meeting outdoors</td>
<td>Groups of six or two households</td>
<td>Groups of ten (including children) from no more than two households.</td>
<td>six people from a maximum of six households (children u12 not counted).</td>
<td>Groups of six or two households (children u11 not counted)</td>
</tr>
<tr>
<td>Meeting indoors</td>
<td>Not permitted – likely to be 17 May</td>
<td>Up to six people from a maximum of two households in a non-domestic indoor setting.</td>
<td>Up to six people from a maximum of two households in a non-domestic indoor setting. (children U12 count indoors)</td>
<td>Not permitted – likely to be 3 May for two households</td>
</tr>
<tr>
<td>Travel</td>
<td>No restrictions, but urged to stay local. Cross-border travel permitted.</td>
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<td>No restrictions, cross-border travel permitted.</td>
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</tr>
<tr>
<td>Riding – outdoors</td>
<td>Groups of six or two households</td>
<td>Groups of up to 15 people including coaches for structured activity, ten from two households casually.</td>
<td>Groups of six from six households (children U12 not counted)</td>
<td>Groups of six or two households (children u11 not counted)</td>
</tr>
<tr>
<td>Riding – indoors</td>
<td>Permitted for: - Elite athletes - owner of a horse kept at a riding centre - Riding centre employees to exercise horses - Organised disabled sport and activity - Supervised activities for u18s - Core curriculum activities - Individuals or household or bubble groups.</td>
<td>Not permitted except the use of own facilities.</td>
<td>Permitted – covered arenas are classified as outdoor sport facilities by the Scottish Government.</td>
<td>Not permitted except the use of own facilities. Likely to be 3 May for individual or one-to-one activity.</td>
</tr>
<tr>
<td>Venues – riding</td>
<td>Lessons and facility hire permitted, with restrictions on indoor usage and group numbers. Lead rein sessions at centre discretion.</td>
<td>Outdoor lessons and facility hire permitted, with restrictions on numbers. Lead rein sessions at centre discretion.</td>
<td>Lessons and facility hire permitted, with restrictions on travel and group numbers. Lead rein sessions at centre discretion.</td>
<td>Outdoor facilities open for hire. Riding schools should contact their licencing authority/insurance provider for help. Lead rein sessions at centre discretion.</td>
</tr>
<tr>
<td>Venues – competition</td>
<td>Competitions permitted, with restrictions on indoor usage.</td>
<td>Outdoor and Indoor competitions only for elite athletes.</td>
<td>Competitions permitted, up to 30 participants for u12s, up to 15 participants including coaches for over-12s and adults,</td>
<td>Competitions not permitted, likely to be 26 April with numbers of up to 30 participants.</td>
</tr>
<tr>
<td>Coaches</td>
<td>No travel restrictions and no limit on numbers outdoors. Indoors, one-to-one or single household/bubble for adults, or u18 or disabled riders with no number restrictions.,</td>
<td>Permitted numbers are 10 from two households so can teach groups of up to nine from one other household as coach is one household. Structured outdoor training must be organised by an NGB/affiliated club or individual and take place in groups of up to 14 plus the coach.</td>
<td>No limit on sessions per day or travel. Maximum of 14 participants for over 12s and a maximum of 30 for under 12s.</td>
<td>Riding school coaches should follow the advice for venues above. Freelance coaches can deliver lessons outdoors within the six people from two households requirement (coach is one household).</td>
</tr>
<tr>
<td>Guidance link</td>
<td>Sport England</td>
<td>Sport Northern Ireland</td>
<td>sportscotland horsescotland</td>
<td>Sport Wales</td>
</tr>
</tbody>
</table>

Helpful websites:


GOV.UK – National lockdown guidance document -


[sportscotland](https://sportscotland.org.uk/covid-19/)

[horsescotland](https://www.horsescotland.org/covid-19support)


[https://gov.wales/wales-tourism-sector-starts-re-open-restrictions-are-relaxed](https://gov.wales/wales-tourism-sector-starts-re-open-restrictions-are-relaxed)