

GUIDANCE UPDATE COVID-19

TAI CHI & QIGONG UNION FOR GREAT BRITAIN
HEALTH COMMITTEE



Roadmap out of lockdown - England

From 17th May:

- **Indoor group exercise** classes in England can resume. To allow for adequate ventilation (open windows and doors), the whole building must provide at least 100 sq ft (9.29 sq metres) of floor area per person. Please ask your venue manager what the overall capacity of the building is based on 100 sq ft per person. For the room in which group exercise takes place, **2m social distancing must be maintained between participants**. This applies to all genres and is no longer just for static classes. Be aware how the 2m social distancing will effect your maximum capacity.
- **Outdoor group exercise** classes in England won't be subject to number limits from Monday 17th May. We ask all instructors to use common sense when increasing their numbers, ensuring they can still deliver a high duty of care to each participant. **These classes must still be socially distanced.**

Please check with your insurer as to whether they have a limit on how many participants you can teach.

The organiser must take the required precautions, including the completion of a risk assessment.

Relevant COVID-19 protocols need to be maintained.

Please refer to the TCUGB Official return to outdoor activities NGB guidelines, Duty of Care and Risk Assessment - OUTDOORS for guidance.

Personal training is permitted outdoors, in outdoor sport facilities, and in private gardens, where it is formally organised and follows COVID-secure guidance.

Social distancing should be maintained between trainers and participants at all times.