

GUIDANCE UPDATE COVID-19

*TAI CHI & QIGONG UNION FOR GREAT BRITAIN
HEALTH COMMITTEE*



Latest Guidelines - Northern Ireland

Exercising and sports:

Gyms, swimming pools and indoor leisure facilities may open for individual exercise and also one-to-one training/ coaching with **social distancing**.

Up to 10 people (including children of all ages) from a maximum of two households can take part in unstructured outdoor exercise or sports activities. This might include football in the park or other leisure type activities.

Up to 15 people (including coaches) can take part in structured outdoor sports events, organised through clubs or individuals affiliated to recognised sports governing bodies or representative organisations for sport and physical activity.

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.

The return to sport protocols put in place by sports governing bodies should be strictly adhered to including hygiene measures, social distancing and other mitigations.

Any behaviour which may encourage the risk of transmission around sports activities, such as car sharing, congregation of people on the side-lines and sporting celebrations, should be avoided.