

GUIDANCE UPDATE COVID-19

TAI CHI & QIGONG UNION FOR GREAT BRITAIN
HEALTH COMMITTEE



Latest Guidelines - Wales

From 3 May

- gyms, leisure centres, swimming pools and fitness facilities can open
- **indoor organised activities for up to 15 adults can take place**
- community centres can open

From 26 April

You can exercise in public outdoor places with:

- members of your household or support bubble, or
- a group of people as long as the total number of people exercising is no more than six from up to six households.
- **a group of up to 30 people as part of an organised outdoor activity** (including all coaches and assistants).

Physical distancing must ALWAYS be maintained.

Organised activities must not take place in private homes, including in the gardens or grounds.

Understanding 'organised activity'

An 'organised activity' must be organised by a business, public body or a charitable, benevolent, educational or philanthropic institution, a club or political organisation, or the national governing body of a sport or other activity. The organiser of the activity must meet requirements in the regulations to take all reasonable measures to minimise the risk of exposure to coronavirus and must carry out 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.

