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Updated March 2021

COVID-19 – Exiting Lockdown

Guidance for Sport, Physical Activity and Recreation

for Recovery Stage 2



States of Guernsey
Public Health Services

gov.gg/coronavirus



Context

The Bailiwick of Guernsey went into its second lockdown on Saturday 23 January 2021. Given the significant effect of restrictions on the community and economy, they should only be retained for as long as they are necessary and proportionate to the risk posed by COVID-19. The Civil Contingencies Authority (CCA) has agreed a framework for exiting the lockdown, building on the Exit from Lockdown Framework that was used in 2020.

Sport and Physical Activity will continue to play a vital role in ensuring the ongoing health and wellbeing of the Island community following the lifting of COVID-19 restrictions after this second lockdown. This guidance note has been developed to meet the Bailiwick of Guernsey specific guidance as outlined by Public Health, and where applicable and appropriate, mirrors advice provided by Sporting Governing Bodies, the Chartered Institute of the Management of Sport and Physical Activity (CIMSPA) and UKActive.

Easing lockdown will take place on a staged basis, increasing the number of businesses allowed to operate and the social, cultural and recreational activities as the Bailiwick's circumstances change. **In the main, Sport and Physical Activity facilities are not expected to re-open to the general public until Stage 2 of this framework is live.**

This guidance note is not designed to be exhaustive in covering every possible scenario, but aims to provide a clear direction of travel, in line with issued and up-to-date States of Guernsey guidance and directives. Each individual business and association will be proactive in making their own decisions, but the standards within this document are to be met or exceeded in all cases – specifically for Stage 2 of re-opening, as outlined in the document [The Bailiwick of Guernsey's Exit from Lockdown](#) - 2021 (updated February 2021). It is expected that in Stage 3, restrictions are likely to be lifted further, and business activities permitted will be more aligned with normal 'Business as Usual'.

All islanders are encouraged to follow the World Health Organisation's advice on the three important considerations with regards to transmission of the virus that causes COVID-19. These three factors can help islanders make safer choices. These include location (outdoors is safe than indoors), proximity (how close you are to other people) and time (the amount of time you spend at a place).

Current SoG guidance regarding exit from lockdown is as follows, and comprises of 'Lockdown' and three recovery 'stages'.



Full Lockdown

High risk of uncontained community Transmission. Instruction to stay at home except for carrying out essential shopping for food or supplies; essential work; up to two hours recreational activity outdoors, or seeking medical care. In place from Saturday 23 January until Sunday 21 February



Stage 1

The resumption of low risk activities – where there is a medium risk of uncontained Community Transmission. Any business sector will be able to operate as long as they are not public facing, and they comply with restrictions, including no more than 10 workers permitted on outdoor sites, reducing to five if working indoors. This includes but is not limited to, finance, legal and professional services including property transactions, ICT and communications, bulk mailing and fulfilment, light manufacturing, catering, non-essential retail where goods can be sold on-line and delivered, construction with strict limit/conditions on non-resident workers, marine, motor vehicle and other repairs. There will be a requirement on businesses to notify the States of their intention to operate and to maintain records, demonstrating that they are working to a clear method statement. In place from Monday 22 February

2**Stage 2**

The resumption of medium risk activities – where there is a low risk of uncontained Community Transmission. Non-essential retail will be able to open their premises, restaurants/food establishments/pubs including hotels able to operate with table service only, construction sites with strict limit/conditions on non-resident workers. Gatherings of up to 20 people indoors and 30 people outdoors. There will be a requirement on businesses to maintain records of people and customers entering their premises and demonstrating they are working to a clear method statement. Unlimited recreation time. No public singing, or playing of woodwind and brass instruments, and nightclubs to remain closed. Recreation Facilities to re-open in a controlled way during this stage.

3**Stage 3**

The resumption of all on-island activities – outbreak is controlled. Return to a normal level of activity within the Bailiwick, with social, recreation and business activity able to proceed. There will still be an emphasis on minding your own personal space, good hand and respiratory hygiene and face coverings may still be encouraged. Date to enter Stage 3 will be at least 14 days after the entry into Recovery stage 2 dependant on cases.



Initial Checklist for businesses enabling sport, physical activity and recreation – You **MUST** satisfy all of these conditions to be able to re-open in Stage 2

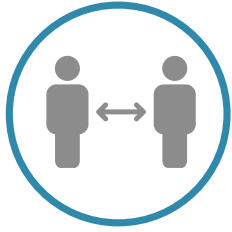
- ✓ Are you able to limit gatherings to a maximum of:
 - Up to 20 persons in an indoor controlled working environment;
 - Up to 30 persons in an outdoor working environment;
 - Up to 20 persons for an organised indoor recreation event;
 - Up to 30 persons for an organised outdoor event
- ✓ Are you able to implement a record keeping system of customers/ participants present at the facility?
- ✓ Can you demonstrate you are able to operate your business according to a clear method statement?
- ✓ Can you provide adequate ventilation to your premises (if applicable) to ensure a fresh flow of air (e.g. by opening doors and windows, or appropriate air conditioning systems to filter SARS-CoV-2 particles as efficiently as possible)?
- ✓ Can you ensure social distancing of a minimum 2 metres for all users, customers and staff across the entire site.
- ✓ Can you provide sufficient handwashing and/or hand sanitiser facilities for your customers and staff?
- ✓ Are all customers and employees able to adhere to the current mandatory requirements and recommendations for the wearing of face coverings?
- ✓ Are you able to ensure increased vigilance and awareness of symptoms of Covid-19 and ensure that staff and customers displaying symptoms, however mild, remain at home?

- ✓ Have you notified the States of Guernsey of your intention to operate and to maintain records, demonstrating that you are working to a clear method statement? Go to www.gov.gg/covid19businessnotification to register.

Specific measures necessary for communal staff rooms/kitchens:

- ✓ No food should be prepared in any staff room.
- ✓ Beverages can be prepared subject to strict hygienic precautions.
- ✓ Staff should only use their own utensils and wash these themselves or place in a dishwasher.
- ✓ Staff using communal staff rooms should adhere strictly to social distancing of 2 metres.
- ✓ The rooms should be well-ventilated.
- ✓ Time spent in staff rooms must be limited to a maximum of 15 minutes.
- ✓ Employers must ensure that employees work and remain in defined work groups.
- ✓ Staff must drink their beverage or eat their food at their workstation, if possible.
- ✓ Workplaces must have evidence of rigorous daily cleaning programmes, including the cleaning of workstations and equipment.
- ✓ Records must be maintained of which employees are working each day and the details of any off-site visits.

If you are able to adhere to all of the above, then the following guidance specific for sport, physical activity and recreation should be followed.



Social distancing requirements

During Stage 2, a differentiation needs to be made between controlled and uncontrolled environments:

Uncontrolled environments – e.g. parks and beaches. When out and about, keep at least a 2 metre distance from people you don't know. This is because no record of attendance can be kept.

Controlled environments – e.g. these include places such as, places of recreation and sports teams training sessions where a record of attendance is kept. Keep at least a 1 metre distance between people you don't live with or who are not part of your extended bubble in Stage 2 – although it would be preferable to aim for 2 metres social distance.

In addition:

- ✓ Numbers allowed on premises may be limited by the size and configuration of the premises, which may require changes to maintain social distancing. There are however limitations on 'gatherings' – which are limited to 20 indoors, and 30 outdoors.
- ✓ Employers and establishments are asked to maintain records of people visiting the premises, including staff, clients, delivery personnel, and other visitors, as well as the details of off-site visits by staff. In the event that a positive COVID-19 case is identified and linked to the club/association/facility, there will be a requirement to provide a full list of contacts.

To ensure adherence to all social distancing requirements, and in an effort to assist the track and trace requirements if necessary, it is strongly recommended that **all activities and facilities have limited capacity and should be access via a booking system only**. For avoidance of doubt this should include ALL activity permitted as part of Stage 2.



Enhanced hygiene and cleaning measures

All surfaces that are likely to have become contaminated, such as objects/ surfaces which are visibly contaminated with body fluids, all potentially contaminated high-contact areas such as bathrooms, door handles, telephones, arms on chairs, pens, light switches, counters, chairs, must be thoroughly cleaned by:

- ✓ Using disposable wipes – approved product effective against COVID-19, to clean and disinfect all surfaces; or

Using disposable cloths/blue paper roll:

- ✓ Using either a combined detergent disinfectant solution at a dilution of 1,000 parts per million available chlorine; or
- ✓ Using a household detergent, such as Flash, followed by disinfection (1,000ppm available chlorine);
- ✓ Using an alternative disinfectant, such as Dettol, that has been proved to be effective against COVID-19.

Avoid creating splashes and spray when cleaning.

Any cloths used must be disposed of and should be put into the waste bags immediately.

If the floor is visibly dirty, clean it immediately, using a choice of cleaning products as described above.

Mop heads must not be re-used before being washed at a high temperature. Have a number available to allow for this.

Spillages of blood and body fluids should be managed in accordance with the spillage policy, before cleaning and disinfection. If any items are heavily contaminated with body fluids and cannot be appropriately cleaned, consider discarding.

At least three times a day, all areas including toilets, frequently touched surfaces and floors must be cleaned. When cleaning toilets and urinals ensure to step back before flushing (after putting toilet seat lids down if present). Adequate cleaning records must be maintained.

Environmental cleaning and decontamination must be performed using minimum PPE of disposable gloves and apron.

Use single use items as much as possible. Any items that require laundry must be washed at the highest temperature that the fabric can tolerate, ideally at least at 60°C on a long cycle, and if possible tumble dried and ironed.

All cleaning undertaken must be recorded appropriately, and evidenced through rigorous daily cleaning programmes (including any equipment being used)



Face coverings

- ✓ Face coverings are mandatory for staff and participants over the age of 12 years at all times (unless exempt) whilst in facilities where members of the public can gather, on the understanding that a person is allowed to remove their face covering 'to avoid harm or injury, or the risk of harm or injury, to themselves or others'.
- ✓ Although not mandatory, face coverings are advised to be worn for outdoor activities, understanding that a person is allowed to remove their face covering 'to avoid harm or injury, or the risk of harm or injury to themselves or others.'



Guidelines – Stage 2 Implementation

General

- ✓ States of Guernsey (SoG) posters or equivalent should be on display informing participants and staff of social distancing requirements and cleanliness/hygiene protocols – to align with current public health guidelines and communications. These resources are available at: covid19.gov.gg/news/digital-toolkit
- ✓ Consideration should be given to entrance and exit routes to facilities and sessions, providing adequate opportunity to remind participants of social distancing and enhanced hygiene requirements. Hand sanitisation should be a requirement of all participants prior to the entrance of any facility, or participation in any activity.
- ✓ Consideration should also be given to one-way systems being implemented within facilities to reduce any risks further.
- ✓ Any lifts should only be used by those with mobility difficulties or those with buggies – and should be limited to family groups or individual use.
- ✓ If any participants or staff show/have any signs of COVID-19 (as outlined by SoG guidance at: <https://covid19.gov.gg/guidance/symptoms>), they will be sent home to follow SoG guidelines on self-isolation. This information can be found at: <https://covid19.gov.gg/support/protect>
- ✓ Employers should support the 'stay at home if you are unwell' message to avoid there business being the cause of an outbreak of SARS-CoV-2 infection
- ✓ Hand wipes/sanitisers should be on offer throughout facilities, or freely available at organised sessions (or participants can be directed to where they can wash their hands).

- ✓ Social Distancing of a minimum of 2 metres must be adhered to and implemented as required.
- ✓ **It is down to the individual participants to take reasonable personal responsibility when taking part in physical activity or sport – although adherence will be monitored by staff/coaches where appropriate and should be challenged when deemed necessary.**
- ✓ All organised sport and physical activity should be available on a bookable basis only, wherever possible, to assist with track and trace if required. In any case, the organiser of all organised sporting activities should have a list of participants and their contact details to assist the contact tracing process, if required.
- ✓ Communicating the social distancing procedures put in place for individuals with visual impairments or other impairments who may be unable to see or understand posters or markings on the floor, should also be a consideration. Please note, some impairments may not be immediately obvious. In these situations, a sunflower lanyard may be worn or a document may be shown.

Cleaning

- ✓ Please refer to the separate section on cleaning and enhanced hygiene requirements for details regarding acceptable cleaning standards. These can be found at: <https://covid19.gov.gg/guidance/business/HSE>
- ✓ Rigorous cleaning procedures should be maintained and recorded. This should include regular cleansing of high-contact touch points throughout any facilities.

Entry and Reception (where applicable)

- ✓ Contactless card payments should be encouraged as the preferred method of payment and booking for any activities – alternatively customers should be encouraged to book and pay on-line for their activities.
- ✓ Queue management – it is recommended that 2m spacing markings should be in place on the floor and outside any entrance points.

Equipment Rental

- ✓ No equipment (such as balls, racquets, towels etc.) should be available to rent out during this Stage, owing to the additional hygiene requirements. However – they can still be sold.

Changing Rooms/Showers/Toilets

- ✓ To minimise the risk of transmission, participants should be asked to arrive already changed for their activity – and to shower at home following their activity.
- ✓ It is strongly advised that during this time, changing rooms and lockers for participants aren't made available during this stage and remain closed.
- ✓ Extra care/signposting displayed to maintain social distancing when in these areas.









Indoor Facilities – Air Handling (including gyms, studios, sports and community halls)

- ✓ It is important to deal adequately with areas that are not well ventilated. The more people occupying an area that is poorly ventilated and the longer they remain in it, the greater the risk of transmission. Natural ventilation can be provided through open windows, or through other means such as vents. However, fire doors should not be propped open.
- ✓ For facilities with ventilation or air handling systems, these should not mix or recycle air; and additional filter replacements should be scheduled where possible.

Indoor Gyms (including Personal Training)

- ✓ There is strong evidence that the colocation of individuals undertaking intense exercise with a high degree of shared equipment and facilities in a gym environment, and other indoor spaces, increases the risk of a super-spreading event (SSE).

Therefore gyms can reopen for individual one on one personal training and for a limited amount of individual users, only.

-  **Indoor group training sessions or classes, in any location, are not permitted during Stage 2 and will be kept under review for Stage 3.**
-  An adjustment in occupancy of the facility to help reduce the risk of onward transmission, combined with improving ventilation as required, should be implemented. This should include a minimum of 100 square feet (9.3 square metres) of net useable indoor space per person at all times. The number of people attending an indoor gym should not exceed 20 at any one time.
-  All users, whether undertaking a personal training session, or training independently, must pre-book their slot ahead of attendance to enable the facility to manage numbers accordingly within capacity.
-  Personal Trainers and gym instructors should keep detailed records of all participants' personal contact details; time, date and location of session; and each individual piece of equipment the participant has used, as far as is possible. All equipment should be wiped down after each use by each individual user.
-  Shorter sessions, for example 40 minute personal training sessions, with a 20 minute changeover period where the space is unoccupied would help reduce further risk of transmission.
-  When undertaking structured personal training, a 2 metre social distance from participants should be maintained by the Personal Trainer at all times, and equipment should be re-arranged to facilitate social distancing in line with the guidance above. It may be necessary to arrange for personal training sessions to take place at times where there no other independent gym users present.
-  Face coverings are mandatory for staff and participants over the age of 12 years at all times (unless exempt) whilst in facilities where members of the public can gather, on the understanding that a person is allowed to remove their face covering whilst they are exercising alone in the gym. If with a personal trainer, the trainer is required to use a face covering.
-  A booking system for gym 'slots' is required. Adequate cleaning time between booking slots should be programmed in accordingly.

- ✓ All equipment used must be disinfected between uses in accordance with Public Health standards, and as such touch points of equipment should be cleaned according to these standards after use – completed by the customer or Personal Trainer/Instructor after each use using allocated sprays and cloths/paper towels provided by the facility. **This is in addition to the regular cleaning scheduled between booking slots and at the end of the day.**

Indoor Group Fitness Studios – Fitness Classes (including Pilates, Yoga etc.)

- ✓ Indoor group fitness classes will not be permitted in Stage 2.

Indoor Group Fitness Studios - Spinning Classes

- ✓ Indoor Group sessions, such as spinning classes will not be permitted in Stage 2.









Vulnerable populations

- ✓ Vulnerable populations using any facility (such as those over 65, or with underlying health conditions, or in the third trimester of pregnancy) should consider the increased risks and refer to the guidance already available for those individuals at <https://covid19.gov.gg/guidance/vulnerable>

Health Suites (including Spas, Saunas and Steam Rooms)

- ✓ These facilities should remain closed until the implementation of Stage 3.

Swimming pools

-  Swimming pools can re-open in line with the below guidance, so long as chemical levels are adhered to and properly chlorinated (there is no evidence that COVID-19 can be spread to humans through the use of pools, hot tubs or spas). For avoidance of doubt this should be Free Chlorine – min 1.5mg/l; pH-7.0-7.4.
-  Social distancing must be adhered to in the swimming pool, surrounding poolside and changing facilities (if applicable). This should allow for 100 square feet (9.3 square metres) of net space in the swimming pool per person at all times and no sharing of swimming equipment. The number of people using the facilities should not exceed 20 at any one time.
-  Initially, lane swimming only is permitted whilst adhering to the social distance measures outlined above.
-  Face coverings are mandatory for staff and participants over the age of 12 years at all times (unless exempt) whilst in facilities where members of the public can gather, on the understanding that a person is allowed to remove their face covering 'to avoid harm or injury, or the risk of harm or injury, to themselves or others'. In this case a face covering can be taken off before entering the water (poolside), and replaced when exiting the water.
-  A booking system for swim 'slots' is required to ensure clear records are kept for people visiting the facilities.
-  For swimmers attending with a carer, two slots should be booked.
-  For smaller pools, consideration could be given for booking slots for the entire pool to individual use, or by those who were part of the same bubble in Stage 1, (those who were part of the same bubble in Stage 1 will not require the social distancing measures detailed above – although they must maintain social distancing guidelines with any other swimmers).
-  Toilet facilities will be open, however, changing facilities will remain closed during Stage 2. Customers are required to arrive 'beach ready' with their swimming costume already on. Following their swim, customers are required to shower at home. It will be possible to change poolside whilst maintaining appropriate social distancing measures.

- ✓ Swimming Lessons should recommence in Stage 3 of our exit from Lockdown, following States Guidelines that group extra-curricular activities are not permitted at this stage, where these facilitate the mixing of children from various schools and/or year groups.
- ✓ Customers should be permitted to bring their own equipment and toys to use (within reason) and should remain responsible for ensuring it is used by them and their 'bubble' group only. No equipment should be 'loaned' out or 'borrowed' or shared.
- ✓ Please note that extra-curricular activities [for those under the age of 18] are not permitted during Stage 2. Extra-curricular activities are those involving children and young people under the age of 18 years that are not directly school, college or childcare related. These include, for example, sports clubs, dance classes etc. For avoidance of doubt – this guidance will apply to all Swimming Club and Swim School group sessions.
- ✓ Hand sanitiser and/or hand washing facilities with soap should be made available poolside for use by staff and customers.
- ✓ Prior to re-commissioning swimming pools, the PWTAG Technical Note No 45 - Re-opening a pool after COVID-19 shutdown advice should be followed.

Cafés/Food provision

- ✓ Will be permitted to open providing a seated, table service only (no standing in bar areas or serving areas) with social distancing and hygiene and cleanliness requirements, both in public-facing areas and kitchens. If it is a licensed premises, the seated, table service must involve food.
- ✓ There may not be more than 10 people seated at any one table.
- ✓ There needs to be at least 2 metre between tables. If possible, aim for 1 metre between people sitting at the table if not from the same household or household bubble.
- ✓ Table service only is permitted. No bar / counter service or standing at bars / counters.

- ✓ All facilities are subject to increased hygiene measures in customer rest rooms and for staff. Procedures will need to be in place for cleaning of toilets and restricting access to toilets.
- ✓ A list of people using the facility will need to be kept, to include the table each individual was sitting at and the timing of this. These records should be kept for 14 days.
- ✓ Al Fresco dining should be encouraged.
- ✓ Contactless payment should be encouraged.

Theatre / Events / Cinema / Meetings

- ✓ Public venues such as churches, libraries and museums (non-exhaustive list) may be permitted to reopen but there will be restrictions placed on the size, duration and nature of gatherings, which will be subject to a limit of 30 people outdoors, and 20 people indoors.
- ✓ However, communion and baptisms will not be permitted during Stage 2. Singing, the playing of brass or woodwind instruments (an organ can be played) and other activities that requires the sharing of equipment, or that can result in an increased risk in onward transmission of the virus, will not be permitted.
- ✓ Social distancing of 2 metres should be maintained for uncontrolled environments and 1m social distancing should be maintained for controlled environments.
- ✓ Enhanced cleaning programmes need to be in place for all venues and any indoor venues need to be well-ventilated.
- ✓ Other venues where activity is considered higher risk are unlikely to be permitted to open during this stage.

Indoor Play Areas

- ✓ Indoor Play Areas (e.g. soft play) must not re-open during Stage 2 of Exit from Lockdown.

First Aid / Lifeguards

- ✓ Although there may be heightened concerns around first aid, this will continue as normal, with the below aspects to be used when needed:
 - Gloves;
 - Resus masks (FFP2) for emergency first aid to be provided to all first aiders;
 - Face masks for general first aid.
- ✓ The Resuscitation Council UK has provided specific guidance on CPR delivery. This can be found at: <https://www.resus.org.uk/covid-19-resources/covid-19-resources-general-public/resuscitation-council-uk-statement-covid-19>
- ✓ Where relevant, lifeguards will remain in place.

Outdoor Ancillary Facilities

- ✓ Public Toilets may reopen, subject to social distancing of 2 metres (uncontrolled environment) and regular enhanced cleaning regimes.
- ✓ 2 metres of social distancing and cleanliness will be promoted at all venues offering outdoor activities.

Outdoor Classes / Outdoor Sports Sessions (including Personal Training, team and individual sports -non-contact training - and open water based)

✓ In line with social distancing requirements – a 2 metre social distance should be maintained at all times, and equipment should be re-arranged to facilitate social distancing

✓ Cleanliness should be promoted by the Instructor/coach at the beginning and throughout any classes/sports sessions held outdoors.

✓ Organised classes and sports sessions should have in place appropriate risk assessments and method statements for the activity they are undertaking. Organisers should keep detailed records of all participants' personal contact details, time, date and location of session.

✓ Group outdoor classes/sports sessions can be organised in a series of formations to comply with social distancing, with appropriate spacing between participants monitored by the instructor/coach throughout the class.

✓ There should be no more than 30 participants for each social 'gathering' at any one time – inclusive of staff and/or coaches. Records of all participants, including time and date of attended session need to be recorded and kept for 14 days.

✓ Contact sports are not permitted at this time. **For avoidance of doubt this includes the sports of football, hockey and netball amongst others.** However, non-contact group training for these sports may take place, subject to the social distancing and hygiene requirements.

Please note that extra-curricular activities [for those under the age of 18] are not permitted at this stage. Extra-curricular activities are those involving children and young people under the age of 18 years that are not directly school, college or childcare related. These include, for example, sports clubs, dance classes etc.

- ✓ Nothing will be passed to/from the instructor/coach to the customer/athlete – including personal items, water bottles, bibs etc.
- ✓ Customers should not cluster in groups before/after sessions.
- ✓ Other outdoor activities to take place in line with Sports Commission guidance, and sports governing body guidance where appropriate, ensuring social distancing guidelines and hygiene requirements are adhered to at all times as necessary.

Outdoor Play Areas (including playgrounds and Outdoor Gyms)

- ✓ Outdoor children's play areas and outdoor gyms will remain closed during Stage 2. This will be kept under review for Stage 3.