





<u>Guidance for England Oct 2020</u>	<u>Level 1: Medium Alert Level</u>	<u>Level 2: High Alert level</u>	<u>Level 3: Very High Alert Level</u>
 <p><u>How many people outdoors</u></p>	<p>Not more than 6 people can meet socially outdoors which includes meeting in gardens, parks and beaches.</p> <p>Small interest groups of up to 6 can meet outdoors where appropriate measures are taken</p>	<p>Not more than 6 people to meet outdoors unless there is a legal exemption (see below) this includes gardens, beaches and parks.</p> <p>No face to Face u3a interest groups can take place at this time.</p>	<p>Not more than 6 people to meet outdoors unless there is a legal exemption (see below) this includes gardens, beaches and parks</p> <p>No face to Face u3a interest groups can take place at this time.</p>
 <p><u>Meeting Indoors</u></p>	<p>Not more than 6 people can meet indoors</p> <p>Small interest groups of up to 6 can meet indoors where appropriate measures are taken</p>	<p>You must not socialise with anyone outside of your household or support bubble in any indoor setting, including in the home or public spaces.</p> <p>No face to Face u3a interest groups can take place at this time.</p>	<p>You must not socialise with anyone outside of your household or support bubble in any indoor setting, whether at home or in a public space</p> <p>No face to Face u3a interest groups can take place at this time.</p>
 <p><u>Travel</u></p>	<p>You can continue to travel to venues or amenities that are open. When travelling plan ahead or avoid busy times and routes, walk or cycle if you can.</p>	<p>You can continue to travel to venues or amenities that are open, for work or to access education, but look to reduce the number of journeys you make where possible</p>	<p>Avoid traveling outside a very high alert location you are in or entering into a very high alert location unless for work, providing care or education.</p>
 <p><u>Permitted activities provided Covid Risk Assessments and appropriate measures can be followed and are permitted in locations in High and Very High Alert areas.</u></p>	<p>Exercise classes and organised sport can take place outdoors following an appropriate Covid risk assessment.</p> <p>Indoor exercise groups following an appropriate Covid risk assessment can meet in a Covid-Secure venue if the rule of 6 is followed.</p> <p>If there is a chance that groups of 6 could mingle or mix do not proceed with the group activity for more than 6 members.</p>	<p>Check Local Government Guidance for your area before proceeding: -</p> <p>Exercise classes and organised sport can take place outdoors following an appropriate Covid risk assessment.</p> <p>Indoor exercise groups following an appropriate Covid risk assessment can meet in a Covid-Secure venue if the rule of 6 is followed.</p> <p>If there is a chance that groups of 6 could mingle or mix do not proceed with the group activity for more than 6 members.</p>	<p>Check Local Government Guidance for your area before proceeding: -</p> <p>Exercise classes and organised sport can take place outdoors following an appropriate Covid risk assessment.</p> <p>Indoor exercise groups following an appropriate Covid risk assessment can meet in a Covid-Secure venue if the rule of 6 is followed.</p> <p>If there is a chance that groups of 6 could mingle or mix do not proceed with the group activity for more than 6 members.</p>