

18th December Update

Summary Position for sport and physical activity following recent Executive announcements

In response to the significant challenges facing the health service due to the Covid-19 pandemic the Executive have announced a package of interventions and restrictions for the coming weeks.

The aim of these restrictions is to drive the R number down and in doing so protect the Health Service through a challenging period that lies immediately ahead. All sectors are being asked to play their part in this collaborative effort.

Much of sport will be affected but the Executive continues to recognise the physical and mental health benefits associated with individuals exercising outdoors on an individual basis or with members of their household. All sports Governing bodies and their clubs are asked to demonstrate leadership within the community by complying with these restrictions. By doing so sport can make a valuable contribution to driving the R number down which will in turn lead to higher levels of sport activity being permitted once this period of restrictions is eased.

Please see below a summary of the impact on sport and physical activity of the most recent Executive announcements. Please refer all queries to returptosport@sportni.net.

These restrictions will be in place for 6 weeks and will be reviewed after 4 weeks.

From 00:01 26 December to 1 January inclusive (ends at 00:01 on 2 Jan)

- No sporting events permitted at all, even at elite level.
- Elite athletes permitted to train between 6:00 a.m. and 8:00 p.m.
- Outdoor sports and exercise facilities including activity centres, equestrian centres, Golf courses, marinas and venues relating to motor sport and water sport must close.
- Indoor sports and exercise facilities, including soft play areas, leisure centres, climbing facilities, rinks, gyms, swimming pools, equestrian centres and venues relating to sports activity must close.
- Outdoor exercise permitted only as an individual or with members of your own household.

From 00:01 2 January 2021

- Outdoor gatherings for the purposes of exercise or sport are only permitted for elite athletes, for the purposes of P.E in or for schools, or if participants are members of the same household.
- Outdoor sports and exercise facilities including activity centres, equestrian centres, Golf courses, marinas and venues relating to motor sport and water sport must close.

- Indoor sport is only permitted for elite athletes or for P.E in, or for, schools.
- Indoor sports and exercise facilities, including soft play areas, leisure centres, climbing facilities, rinks, gyms, swimming pools, equestrian centres and venues relating to sports activity must close.
- Elite training and competition can continue, both indoors and outdoors. The definition of an elite athlete is set out in the Regulations– see link: [Return to Sport FAQ's | Sport NI](#)
- Spectators are not permitted at elite sporting events