













NGB Guidance – Updates




Our National Governing Bodies are working hard to provide many new opportunities and guidance during these changing times. We have included their full updates below.

Sport/Activity	NGB Guidance	Equipment Protocol	Date Issued
<p>Athletics</p> 	<p>As Athletics and running is classed as an individual sport, indoor training for over 18's can take place indoors in groups larger than six. You must comply with the following</p> <p>Only be Coaching and leading athletics and running training sessions.</p> <p>Sessions must be taking place in an organised club or group setting.</p> <p>Sessions must be taking place within a Covid secure environment.</p> <p>Sessions must be meeting restrictions and guidance placed locally by the venue.</p>	<p>Sanitise equipment frequently in breaks</p> <p>Rotate equipment being used.</p>	<p>October 2020</p>
<p>Badminton</p> 	<p>Anyone living in an affected area of local lockdown must only play with those from their own household until restrictions are lifted.</p> <p>More than one household cannot play in the same bubble.</p> <p>Wherever possible, the whole court area (including the side/back tramlines) can be used if social distancing can be maintained.</p>	<p>Sanitise equipment frequently in breaks</p> <p>Rotate equipment being used.</p>	<p>October 2020</p>

<p>Basketball</p> 	<p>Currently with local lockdown, Manchester is at Stage 4, so cannot do the following, which is applicable to the rest of the country unaffected by local lockdown. Drills, skills and team-based training allowed. Maximum of 30 people per court, including staff. Sanitise on entry and exit to teaching space. Contact training limited to 20-minute intervals with breaks to clean equipment. Social distancing applies when not on court</p>	<p>Sanitise equipment frequently in breaks</p> <p>Rotate equipment being used.</p>	<p>September 2020</p>
<p>Boccia</p> 	<p>Remain in groups / bubbles of a maximum of six people per court and do not mix groups. Coaches and key officials are not included, provided they remain socially distanced from each group.</p> <p>The local Covid alert level you are in will determine who can make up your group of six</p> <p>Medium: The six people can be from different households</p> <p>High: The six people have to be from your household or support bubble</p> <p>Very high: The six people have to be from your household or support bubble.</p>	<p>Sanitise equipment frequently in breaks</p> <p>Rotate equipment being used.</p>	<p>October 2020</p>
<p>Cricket</p> 	<p>You should maintain 2 m social distancing at all times.</p> <p>Players should minimise handling of the ball in all activity, by limiting contact as it makes its way back to the bowler and using small groups in training.</p>	<p>Sanitise equipment frequently in breaks</p> <p>Rotate equipment being used.</p>	<p>September 2020</p>

<p>Dance</p> 	<p>EADA: Social distancing, hygiene measures, minimal equipment.</p>	<p>Sanitise equipment frequently in breaks</p> <p>Minimise use of equipment (i.e. individual/small group dances)</p> <p>Rotate equipment being used.</p>	<p>October 2020</p>
<p>Dodgeball</p> 	<p>Sanitise on entry and exit to teaching space. No sharing of kit. Pass equipment using feet rather than hands. Equipment cleaned before and after use - if cloth dodgeballs, players clean hands before and after handling.</p>	<p>Sanitise equipment frequently in breaks.</p> <p>Use non-cloth dodgeballs.</p> <p>Rotate equipment being used.</p>	<p>September 2020</p>
<p>Football</p> 	<p>Anyone with symptoms not to participate. Competitive training in outdoor setting (<u>no more than 30</u>, including staff). Social distancing measures in place, at all times. Competitive games allowed, but social distancing measures in place.</p> <p>Breaks in play for sanitising of equipment. Where equipment cannot be kept isolated, i.e. bibs, players must wash/sanitise hands immediately after use. Appropriate cleaning of equipment must then be made.</p> <p>Ball should be retrieved by feet, not hands.</p>	<p>No throw ins.</p> <p>Balls to be disinfected in breaks in play and at end of each game/lesson.</p> <p>Pupils to sanitise hands at start/end of each lesson.</p>	<p>September 2020</p>

<p>Gymnastics</p> 	<p>No physical support from coaches permitted. 1 metre + social distancing applies. Multiple groups of 15 are allowed within a venue, ensuring social distancing is in place and maximum capacity is not exceeded. Clubs who operate within a leisure centre/school hall, will need to speak to the venue regarding total capacity available within the hired gymnastics space.</p>	<p>Sanitise equipment frequently in breaks</p> <p>Minimise use of equipment (i.e. individual/small groups)</p> <p>Rotate equipment being used.</p>	<p>October 2020</p>
<p>Hockey</p> 	<p>Outdoor pitches opened for two players from different households under social distancing rules.</p>	<p>Sanitise equipment frequently in breaks</p> <p>Rotate equipment being used.</p>	<p>October 2020</p>
<p>Netball</p> 	<p>Social distancing, minimal equipment sharing, equipment sanitising, netball fitness up to 6 people, outdoor and potentially indoor (Gov guidance). No games.</p>	<p>Sanitise equipment frequently in breaks</p> <p>Rotate equipment being used.</p>	<p>August 2020</p>
<p>Rounders/Softball</p> 	<p>Maintain 2m social distancing, groups of no more than 6. Equipment cleaned regularly. Minimal sharing of equipment.</p>	<p>Sanitise equipment frequently in breaks</p> <p>Rotate equipment being used.</p>	<p>July 2020</p>

<p>Rugby</p> 	<p>No team game play activity. Small group activity, preferably with players working in pairs for the entire activity Total time of all contact activity must not exceed 15 minutes per session. All contact activity must be carried out in small groups. (MAXIMUM 6 PLAYERS PER GROUP).</p>	<p>No equipment such as tackle pads, bags and shields to be used by multiple people without cleaning and sanitising.</p> <p>Sanitise equipment frequently in breaks</p> <p>Rotate equipment being used.</p>	<p>September 2020</p>
<p>Table Tennis</p> 	<p>Sanitise bats and balls regularly. Do not touch the table. No breathing on ball. Sanitise on entry and exit to teaching space. Separate tables with dividers. 4.5m x 9m spacing of tables. Wipe down tables after use. Play in bubbles of 6 per table.</p>	<p>Sanitise equipment frequently in breaks</p> <p>Rotate equipment being used.</p>	<p>October 2020</p>
<p>Tennis</p> 	<p>Sanitise hands before and after play, sanitise equipment regularly, minimal sharing and usage. Doubles tennis can be played by 4 households, but during game play 2m social distancing should be adhered to as much as possible.</p>	<p>Sanitise equipment frequently in breaks</p> <p>Rotate equipment being used.</p>	<p>October 2020</p>

Hover over images and hold “CTRL then Click left button on mouse” to take you to NGB page where there will be more information.

We advise the following 3 steps before play:

1. Check your local COVID alert level [here](#)
2. Check any additional advice/restrictions put in place by your local authority - [find local council](#)
3. Check with venue before playing

We have been advised by the DCMS the following applies in relation to travel:

- Tier 1 - Medium: there are no restrictions on travel for sport or exercise.
- Tier 2 - High: there are no restrictions on travel for sport or exercise, but you should aim to reduce the number of journeys you make where possible.
- Tier 3 - Very high: You are advised not to travel into or out of areas that have a very high alert level, including for sport, unless this is necessary to enable individual exercise (or exercise for people from the same household or support bubble). This does not apply to travel where it is necessary to enable disability sport, sport for educational purposes, or supervised sport and physical activity for under-18s to take place.