



Guidance for Sports and Recreation Activities

Following the recent change to restrictions on social gatherings issued by the IOM Government, outdoor sports and recreational activities will be able to take place by following the strict guidelines as set out below:

Local Sports Associations and clubs are strongly advised to also seek the advice and specific guidance for their own sports and activities from their National Governing Body of Sport. Local clubs will need to undertake their own risk assessments in conjunction with their local Association and adjust their activities which align to the guidelines set out below.

1. A maximum of 10 individuals can participate as a 'group'
2. Individuals deemed to be vulnerable due to health conditions should refrain from involving themselves in group activities at this time and continue to exercise or participate as an individual.
3. If an instructor and / or a coach is present, this person is to be included in the 10.
4. Any instruction or coaching is to be done from a distance (minimum of 2 metres) and no physical contact is permitted to assist with technical support. The coach or instructor needs to be aware that there is an increased risk of droplet/aerosol formation from any exercise that raises respiratory rate and depth of mouth breathing. In these instances it is essential that rigorous 2 metre distancing is adhered to and regular hand washing is undertaken.
5. Up to 10 individuals permitted per area / facility. Multiples of 10 cannot be distanced over the area / facility in separate sections. If there are 10 people present for a session the next group will need to wait, regardless of available space within the vicinity.
6. Outdoor sports and activities only
7. Club houses and changing rooms remain closed
8. If toilets are open to encourage hygiene and hand washing, a cleaning attendant is required to clean at regular intervals
9. Social distancing of at least 2 metres is required for the sport or activity to take place
10. No element of the sport or physical activity is to involve contact with others (a traditional game of rugby, hockey, football or other contact sport / activity cannot take place).

11. Where a club has an organised training activity involving children taking place then a qualified first aider should be present. Physical contact to administer life-saving or attend to serious injuries is permitted if required.
12. No sharing of equipment. Where a sport requires the touching of a piece of equipment (ball) by more than one individual from different households suitable adjustments should be made to ideally remove this element or put in place measures to ensure risk is reduced (e.g. hand washing immediately before and after play).
13. Once an activity has ended, any equipment that has been used by an individual to participate in their activity must be cleaned and sanitised prior to being used by another person. Hand hygiene should be observed by all participants before and after activity.
14. It is the responsibility of the organiser of a group activity to arrange access to sanitiser and / or wash rooms to observe the necessary hand hygiene measures for participants; and general environmental hygiene (e.g. frequent cleaning/sanitising of touch points including handles, doors etc.)
15. No competitions, tournaments, fixtures or events must take place. Only leisure and recreation at present time.