

Government

Instruction

# **ACTIVITY FRAMEWORK TO RETURN**

## LEVEL 4

Government lockdown in place

People instructed to stay at home other than for essential personal movement

Social distancing measures strictly enforced outside the home

All gatherings cancelled and public venues closed including gyms and leisure centres

Exercise is permitted outside the home once a day with members of your own household

# LEVEL 3

Government lockdown eased

Personal protective measures are advised in confined spaces

Exercise outside the home is permitted whilst maintaining social distancing

You may mix with one person outside your immediate household if you are outdoors so long as you remain at least 2m apart

Unlimited exercise outside the home is permitted with members of your own household or one person who is not from your household

Social distancing measures strictly enforced outside the home

Continue to work from home if possible

### LEVEL 2

Government lockdown significantly reduced

Personal protective measures are advised in confined spaces

Unlimited exercise outside the home is permitted in groups whilst maintaining social distancing

You may mix with more than one person outside your immediate household if you are outdoors so long as you remain at least 2m apart

Social distancing measures strictly enforced outside the home

Personal domestic travel is allowed

Some leisure centre facilities open

Return to normal place of work with social distancing measures

#### LEVEL

Government lockdown is removed completely

Social distancing is advised

Personal protective measures are advised in confined spaces

Social restrictions are lifted

? POSSIBLE GUIDANCE ?

Domestic and international movement is permitted freely with guidelines

All business are open but some may retain social distancing or protective measures

What this means or could mean for domestic triathlon activity **excluding** competition No organised triathlon activity at all

Training only as part of your once a day exercise

Coaching can only be delivered remotely and no face-to-face contact is allowed

CPD is delivered remotely

No organised triathlon activity i.e. no group rides or training

Individual training can be resumed whilst maintaining social distancing

In England coaching can resume outside on a face-to-face basis for individuals subject to insurer restrictions and appropriate personal risk assessments and within enhanced hygiene and social distancing frameworks

CPD courses delivered remotely

Club sessions can resume within guidelines e.g. social distancing and enhanced hygiene measures

Coaching in groups resumes within guidelines subject to insurer restrictions and appropriate personal risk assessments e.g. social distancing and enhanced hygiene measures

Indoor facilities such as gyms and swimming pools open with enhanced hygiene and social distancing measures in place

Limited domestic travel for training purposes is permitted

CPD courses delivered remotely

All physical activity resumes with additional hygiene measures in place

Courses and CPD are delivered face-to-face where appropriate

Limits on domestic and international travel are lifted for training and competition

What this means or could mean

or could mean for triathlon activity **including** competition No organised triathlon activity at all therefore no events or competition can take place



No organised group triathlon activity at all therefore no events or competition can take place



Domestic events and competitions can resume under new guidelines that include travel limits, social distancing and enhanced hydiene measures

Changes to traditional formats of events and competitions such as the restrictions to number of competitors per wave are introduced to reduce infection risk



Domestic and international events and competitions can resume under new guidelines that include social distancing and enhanced hydiene measures

Changes to traditional formats of events and competitions such as restrictions to number of competitors per wave are introduced to reduce infection risk