**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
- 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

**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 1m 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 1**
- Government lockdown is removed completely
- Social distancing is advised
- Personal protective measures are advised in confined spaces
- Social restrictions are lifted
- Domestic and international movement is permitted freely with guidelines
- All business are open but some may retain social distancing or protective measures
- 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 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

**WHAT THIS MEANS OR COULD MEAN FOR TRIATHLON ACTIVITY INCLUDING COMPETITION**
- 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 hygiene 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

**CONFIRMED GUIDANCE**
- 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

**POSSIBLE GUIDANCE**
- 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
- CPD courses delivered remotely

**CHANGES TO TRADITIONAL FORMATS OF EVENTS AND COMPETITIONS**
- Changes to traditional formats of events and competitions such as the restrictions to number of competitors per wave are introduced to reduce infection risk