



Guidance for Sports and Recreation Activities – Version 4

Effective from Monday 15 June 2020

Some conditions effective from 18 June 2020 – see below

Following the relaxations of the restrictions announced by the Chief Minister on Monday 15 June, the following guidance applies:

If you have any symptoms of COVID-19 <https://covid19.gov.im/about-coronavirus/symptoms/> or feel unwell then you should not participate.

1. As of 18 June gyms and indoor fitness and exercise classes can return to normal.
2. Toilets should be open with access to soap and hand sanitiser to encourage hygiene and hand washing, a cleaning attendant should be available to clean at regular intervals.
3. 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.). Sports Equipment should also be cleaned after the session and/or before the next session.
4. Competitions, tournaments, fixtures are permitted. Each local sporting association should contact their National Governing Body to confirm that they are content for their sport to return to ensure that the National Governing Bodies has not issued overriding guidance prohibiting the commencement of competition until a time that they are satisfied with.
5. All swimming pools, hot tubs, saunas and spa facilities can reopen from Thursday 18 June. Given the time required to have the necessary water test results confirmed (bacteria and legionella) and then facilitate the statutory lifeguard competency training, it is likely that the NSC and Regional Swimming Pools will not open until approximately 29 June 2020.
6. Local Sports Associations and clubs are strongly advised to also seek the advice and specific guidance from 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 above.