

**Recreational Sports – what’s allowed and what’s not allowed**

Recreational Sport	Permitted	Permitted but with adaptations	Not yet permitted
Archery	✓		
Athletics	✓		
Badminton			X
Basketball		✓	
Bowls	✓		
Boxing		✓	
Canoeing/Kayaking/Paddleboarding	✓		
Cricket		✓	
Cycling	✓		
Equestrian	✓		
Fencing		✓	
Fishing	✓		
Football		✓	
Golf	✓		
Gymnastics		✓	
Indoor Gyms / Exercise classes			X
Outdoor Exercise Classes		✓	
Handball		✓	
Hockey		✓	
Martial Arts		✓	
Netball		✓	
Rugby		✓	
Sailing	✓		
Shooting	✓		
Snooker / Pool			X
Squash			X
Swimming			X
Table Tennis			X
Tennis		✓	

**Permitted:** These outdoor activities can be performed on your own, with someone from the same household or with a group of up to 10 individuals that are not from your household, as long as strict social distancing measures are applied *and equipment is not shared*.

**Permitted, but with adaptations:** These activities may not be permitted in their ‘current form’ however some sports Governing Bodies may wish to restart some form of ‘adapted activity’ for their

sport based around the guidelines issued [here](#). A risk assessment will be required from the organising body to evidence that these guidelines will be adhered to. Organisers of an activity who are found to not be abiding by these guidelines risk a fine of up to £2,500

**Not yet permitted:** These activities are not permitted at this time due to one or more of the following reasons:

- They require the use of indoor venues
- They are 'close contact' activities which would not enable social distancing measures to be implemented.
- They require groups of more than 10 people from outside your household, which is not currently permitted.