

Tug of War Association – Appendix 2 to letter of 11 July 2020

On 19 June, the UK CMOs changed the COVID-19 alert level from level four to level three following a recommendation by the Joint Biosecurity Centre. This means that the virus is considered to be in general circulation but transmission is no longer high or rising exponentially. As a result, the UK Government has decided to continue to ease restrictions in a manner that is safe, cautious and consistent with our plan.

As of 4 July, this will mean:

- you can meet in groups of up to two households (your support bubble counts as one household) in any location - public or private, indoors or outdoors. You do not always have to meet with the same household - you can meet with different households at different times. However, it remains the case - even inside someone's home - that you should socially distance from anyone not in your household or bubble. This change also does not affect the support you receive from your carers
- **when you are outside you can continue to meet in groups of up to six people from different households, following social distancing guidelines**
- those who have been able to form a support bubble (i.e. those in single adult households) can continue to have close contact as if they live with the other people in the bubble, but you should not change who you have formed a support bubble with
- additional businesses and venues, including restaurants, pubs, cinemas, visitor attractions, hotels, and campsites will be able to open - but we will continue to keep closed certain premises where the risks of transmission may be higher
- other public places, such as libraries, community centres, places of worship, outdoor playgrounds and outdoor gyms will be able to open
- you can stay overnight away from your home with your own household or support bubble, or with members of one other household (where you need to keep social distancing)

- it will be against the law to gather in groups larger than 30 people, except for a limited set of circumstances to be set out in law. Police will have the power to break up groups larger than 30, apart from these exceptions

Moving forward, from 4 July, people will be trusted to continue acting responsibly by following this and related guidance, subject to an upper legal limit on gatherings (as described above). The overwhelming majority of the British public have complied with the regulations, and the wider guidance on how to keep themselves and their friends and family as safe as possible. Taking this into account, we trust people to continue acting responsibly, and to follow the guidance on what they should and should not do.

These changes will reopen much of society and the economy, but it is essential that everyone in the country goes about their lives in a manner which reduces the risk of transmission, whether they are at work, leisure, or using public services. When you leave your home, you should follow the guidelines on [staying safe outside your home](#). **You should continue to avoid close contact and remain socially distant from anyone you do not live with or who is not in your support bubble - even inside other people's homes.**

You should wash your hands regularly. This will help to protect you and anyone you come into contact with and is critical to keeping everyone safe.

Examples of using equipment

You should try to avoid shared equipment. For example you should use your own tennis racquet, golf club or basketball. Any equipment that is used should be cleaned frequently. Cleaning should be particularly thorough if it is to be used by someone else.

You should avoid using paddling pools and private swimming pools with people outside of your household.

How will I make 'one metre plus' work at home?

"If you can, you should meet and chat outside - even if you have to eat inside," says Prof Keith Neal, from the University of Nottingham.

But if you do have to gather in your living room remember the **"plus"** **part of the new one metre guidelines.**

- Sit or stand side-by-side, rather than face-to-face
- Keep windows and doors open to improve ventilation
- Wear a face covering in crowded indoor environments
- Avoid talking loudly
- Don't sing

"Remember our breath travels further when there is more force to it - like when you cough, shout or sing," says Prof Sinclair.

"Rearranging the seating in your room to maximise the distance between guests can also help reduce virus spread by respiratory droplets in the air."

Prof Sally Bloomfield, from the London School of Hygiene and Tropical Medicine, says people shouldn't become complacent.

"Don't be tempted to think 'It won't happen to me - I won't bother'"
Remember anyone can be infected and infectious, but not be showing any symptoms.

"So think of it like buckling up your car seat belt - just do it anyway."

Evidence suggests that the virus can exist for up to 72 hours on surfaces. Therefore, frequent cleaning is particularly important for communal surfaces like:

- door handles
- lift buttons
- communal areas like bathrooms
- kitchens
- tea points