

[coronavirus-outbreak-faqs-what-you-can-and-cant-do](#)

Some highlights from the full document

1.6 If I can socially distance, can I play sport with someone I don't live with? What about tennis / croquet / cricket / Frisbee?

You can exercise or play sport in groups of up to six people from other households, but should only do so where it is possible to maintain a 2 metre gap from those you do not live with.

People who play team sports can meet to train together and do things like conditioning or fitness sessions but they must be in separate groups of no more than six and must be 2 metres apart at all times. While groups could practice ball skills like passing and kicking, equipment sharing should be kept to a minimum and strong hand hygiene practices should be in place before and after. You can also play doubles tennis with people from outside of your household as long as you remain 2 metres apart as far as possible. Any equipment that is used should be cleaned frequently. Cleaning should be particularly thorough if it is to be used by someone else.

And if you are showing coronavirus symptoms, or if you or any of your household are self-isolating, you should stay at home - this is critical to staying safe and saving lives.

2. Vulnerable groups, shielding, 70 year olds and over, and care homes

2.1 Does easing restrictions apply to healthy 70 year olds and over?

The advice for those aged 70 and over continues to be that they should take particular care to minimise contact with others outside their household.

If they do go out more frequently, they should be careful to maintain distance from others. They and everyone should continue to comply with any general social distancing restrictions.

We know that those aged 70 and over can be absolutely fit and healthy and it's not the case that everybody over 70 has a chronic health condition or an underlying disease.

But unfortunately, we also know that as you get older, there is a higher risk of coronavirus having a more serious impact with infection. Complications and deaths are more common in the elderly, even those without pre-existing conditions.

2.2 How long will shielding be in place?

We've advised individuals with very specific medical conditions to shield until the end of June and to do everything they can to stay at home. Those shielding may wish to consider spending time outdoors once a day. This can be with members of their own household or, for those shielding alone, with one person from another household. We can safely give this advice because the risk of transmission is much lower outdoors.

If individuals wish to spend time outdoors, they should take extra care to minimise contact with others by keeping 2 metres apart at all times. This is because we believe they are likely to be at the greatest risk of serious complications from coronavirus.

We know this is challenging guidance to follow, which is why we have a support scheme in place to provide help with access to food and basic supplies, care, medicines and social support.

We are keeping the [guidance to shielded people](#) under review.



Mark Bircumshaw
CEO BCGBA
07887713009

Data Use Regulations.

In accordance with the New GDPR regulations, we need to advise that data held will only be used for communication of information relating to BCGBA business and information.

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