

u3a - Covid-19 advice on u3a activities





Following increasing levels of Coronavirus cases across the UK there have been further amendments and restrictions put in place across each Nation of the British Isles. The below table shows at-a-glance what the new three tier system means for the different areas across England whilst the table below that shows the current restrictions across NI, Scotland and Wales. For further detail of what these changes mean for u3a activities go to the individual guidance links below the tables.





Please note, there are many local restrictions in place within each of the nations and it is vital that you check on this and follow the guidance when planning an activity.

Whilst many U3As may initially have felt that the limitation imposed as a result Coronavirus would only last for a short time, it is clear its impact is going to be much longer term and that we will need to work collaboratively and supportively to keep the movement going.

In this section you will find various ideas on how to keep your u3a going during this time and to make you aware of the support and guidance that is available to you. There are links and information about video presentations and online tutorials to help you to use digital platforms and continue learning during lockdown. You will find ideas for running groups with limited face to face numbers and links to links to technology help and resources.

These tables were **last updated on 30th October 2020**

Guidance for England Oct 2020	Level 1: Medium Alert Level	Level 2: High Alert level	Level 3: Very High Alert Level
 <p>How many people outdoors</p>	<p>Up to 6 people can meet outdoors including private gardens, parks and beaches. Small interest groups of up to 6 can meet outdoors where appropriate measures are taken</p>	<p>Up to 6 people can meet outdoors including gardens, parks and beaches. Small interest groups of up to 6 can meet outdoors where appropriate measures are taken</p>	<p>Up to 6 people can meet outdoors in public spaces such as parks and beaches where local regulations permit. Small interest groups of up to 6 can meet outdoors where appropriate measures are taken</p>
 <p>Meeting Indoors</p>	<p>Not more than 6 people can meet indoors Small interest groups of up to 6 can meet indoors where appropriate measures are taken</p>	<p>You must not socialise with anyone outside of your household or support bubble in any indoor setting, including in the home or public spaces. No face-to-face u3a interest groups can take place at this time.</p>	<p>You must not socialise with anyone outside of your household or support bubble in any indoor setting, whether at home or in a public space No face-to-face u3a interest groups can take place at this time.</p>
 <p>Travel</p>	<p>You can continue to travel to venues or amenities that are open. When travelling plan ahead or avoid busy times and routes, walk or cycle if you can.</p>	<p>You can continue to travel to venues or amenities that are open, for work or to access education, but look to reduce the number of journeys you make where possible</p>	<p>Avoid travelling outside a very high alert location you are in or entering into a very high alert location unless for work, providing care or education.</p>
 <p>Permitted activities provided Covid Risk Assessments and appropriate measures can be followed and are permitted in locations in High and Very High Alert areas.</p>	<p>Exercise classes and organised sport can take place outdoors following an appropriate Covid risk assessment. Indoor exercise groups following an appropriate Covid risk assessment can meet in a Covid-Secure venue if the rule of 6 is followed. If there is a chance that groups of 6 could mingle or mix do not proceed with the group activity for more than 6 members.</p>	<p>Check Local Government Guidance for your area before proceeding: - Exercise classes and organised sport can take place outdoors following an appropriate Covid risk assessment. Indoor exercise groups following an appropriate Covid risk assessment can meet in a Covid-Secure venue if it is possible for people to avoid mixing with people who they do not live with. If there is a chance that members could mingle do not proceed with the group activity</p>	<p>Check Local Government Guidance for your area before proceeding: - Exercise classes and organised sport can take place outdoors following an appropriate Covid risk assessment. Indoor exercise groups following an appropriate Covid risk assessment can meet in a Covid-Secure venue if it is possible for people to avoid mixing with people who they do not live with. If there is a chance that members could mingle do not proceed with the group activity</p>

	<u>Scotland</u>	<u>Wales</u>	<u>Northern Ireland</u>
 <p><u>How many people outdoors</u></p>	<p>You can meet people outside in your garden or a public space in groups of up to 6 people from not more than 2 households (not counting children under 12)</p> <p>Therefore outdoor u3a activities cannot take place at present.</p>	<p>The Wales Cabinet office has announced on 19th Oct they will be implementing a two-week fire-break to help bring coronavirus under control in Wales.</p> <p>This period will begin at 6pm on Friday Oct 23rd and will end on Monday 9th November.</p>	<p>Up to six people from two households can meet up outdoors in a private garden. Up to 15 people can meet outdoors in public spaces with social distancing.</p> <p>Outdoor u3a activities can take place in a public space for up to 15 members.</p>
 <p><u>Meeting Indoors</u></p>	<p>Do not meet people from any other household in your home or another's home unless in an extended household. A max of 6 people from 2 households can meet in public indoor spaces</p> <p>Therefore indoor u3a activities cannot take place at present</p>	<p>People must stay at home, except for limited purposes such as work and exercise.</p> <p>Work from home wherever possible.</p>	<p>Households are not allowed to mix indoors in private homes.</p> <p>Indoor gatherings of 15 people may meet in Covid-Secure venues maintaining social distancing</p> <p>U3a interest groups can meet with up to 15 members in Covid-Secure venues following appropriate measures</p>
 <p><u>Travel</u></p>	<p>Avoid all unnecessary travel and minimize public transport use as much as possible. You are advised not to travel outside the health board area they live in</p>	<p>Not visit other households or with people they do not live with either indoors or outdoors.</p> <p>No gatherings allowed outdoors.</p>	<p>Avoid all unnecessary travel. Where travel is necessary for work, education or other essential purposes people are asked to walk, cycle or use private transport.</p>
 <p><u>Permitted activities provided Covid Risk Assessments and appropriate measures can be followed and are permitted in locations in High and Very High Alert areas.</u></p>	<p>First check for local restrictions.</p> <p>Exercise classes and organised sport can take place outdoors following appropriate Covid Guidance. You will need to have an appropriate named Covid officer who must oversee, the completion and documentation of risk assessments for all organised activities. Instructions are available for people taking on the role of Covid Officer. (see 6.Activity – 6.1 sports in Covid-19 Advice for Interest Groups in Scotland – U3A-KMS-Doc-076 below)</p>	<p>Community centres and non-food retail must close.</p> <p>No u3a interest groups can meet face-to-face during this fire-break time in Wales - Oct 23rd – Nov 9th</p>	<p>Fitness, exercise and dance classes are not permitted indoors.</p> <p>Outdoor non-contact sport is permitted at non-elite level, with a limit of 15 people following public health advice and completion of a Covid risk assessment.</p> <p>Indoor museums, galleries, visitor and other cultural attractions are not permitted to open.</p>

