















u3a - Covid-19 advice on u3a activities

Guidance for England from 2 nd December 2020	Tier 1: Medium Alert Level	Tier 2: High Alert level	Tier 3: Very High Alert Level
 <p>How many people outdoors</p>	<p>Up to 6 people can meet socially outdoors which includes meeting in gardens, parks and public spaces. Maintain social distancing.</p> <p>Small interest groups of up to 6 can meet outdoors</p>	<p>Up to 6 people can meet outdoors, this includes meetings in gardens, and public spaces, Maintain social distancing.</p> <p>Small interest groups of up to 6 can meet outdoors where appropriate measures are taken</p>	<p>Up to 6 people can meet outdoors this includes public spaces and parks but not in private gardens.</p> <p>Small interest groups of up to 6 can meet outdoors in public spaces where appropriate measures are taken</p>
 <p>Meeting Indoors</p>	<p>A maximum of 6 people from different households can meet indoors.</p> <p>Small interest groups of up to 6 can meet indoors where appropriate precautions 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.</p> <p>Therefore, only virtual or hybrid 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</p> <p>Therefore, only virtual or hybrid 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. Avoid travel into tier 3 areas</p>	<p>Reduce the number of journeys you make where possible and avoid travel into tier 3 areas unless necessary for work, education, healthcare etc.</p>	<p>Avoid traveling out of the area unless necessary for work, education, healthcare etc. Reduce the number of journey's made where possible.</p>
 <p>Permitted activities within different Tiers</p>	<p>Exercise classes and organised sport can take place outdoors following an appropriate Covid risk assessment.</p> <p>Indoor exercise groups following an appropriate Covid risk assessment can meet in a Covid-Secure venue if the rule of 6 is followed.</p>	<p>Exercise classes and organised sport can take place outdoors following an appropriate Covid risk assessment.</p> <p>Indoor organised activities are restricted to people in the same households.</p>	<p>Exercise classes and organised sport can take place outdoors following an appropriate Covid risk assessment, but avoid higher risk contact activities.</p> <p>Indoor organised activities are restricted to people in the same households</p>

	<u>Northern Ireland 2 week circuit-break commencing 27th November</u>	<u>Wales regulations eased from 9th November</u>
 <u>How many people outdoors</u>	Up to 6 people from no more than 2 households can meet in private gardens maintaining social distance.	You can meet with up to 3 other people from different households outdoors, including exercising together, maintaining social distance and hygiene measures, however, you are advised to limit the number of people you are seeing in this way. 4 people is the maximum who can meet not a target.
 <u>Meeting Indoors</u>	No households are allowed to mix in private homes. Exemptions exist for healthcare and essential services and work but these are not relevant to U3A activities.	2 households can join together to form an extended or exclusive household bubble, and can meet together in a private home. People who are not part of your extended or exclusive household cannot come into your home socially.
 <u>Travel</u>	Only leave home for essential journeys including essential shopping, work, education or health and care duties.	Travel throughout Wales is permitted, but people can only go to England for Essential purposes, such as work.
 <u>Permitted activities</u>	All non-essential retail, business, leisure, sports centres, or visitors attractions must close during this two week fire break period. Only virtual or hybrid U3A interest groups and meetings can take part at this time.	Up to 15 people can take part in Covid-Secure venues indoors for organized activities following appropriate risk assessments. Up to 30 people can meet outdoors for organised activities provided social distancing and safety measures are observed.

Scotland	Scotland Various Protection Levels from 3rd November				
	Level 0	Level 1	Level 2	Level 3	Level 4
 <u>How many people outdoors</u>	You can meet people from other households outdoors including private gardens. Maximum 15 from 5 separate households	You can meet a maximum of 6 people from 2 households outdoors including private gardens and public spaces.			
 <u>Meeting Indoors</u>	You can meet people indoors in your home. Maximum number 8 people from 3 households	No socialising indoors with people from other households in your home. In public places the maximum you can meet is 6 from 2 households.			
 <u>Travel</u>	If you live in a level 0,1 or 2 area, minimise journeys between areas in different levels. Avoid any unnecessary travel to places in Level 3 or Level 4 areas.			Avoid any unnecessary travel out of a level 3 or 4 area. Keep journeys within the area to a minimum	
 <u>Permitted activities</u>	You can meet others outdoors for informal exercise or sports, following the rules for meeting people outdoors. Organised sports indoors in Covid-Secure venues or outdoors are permitted following appropriate activity Covid safety measures. Specific guidance can be found at: https://sportsScotland.org.uk/Covid-19/latest-sport-and-physical-activity-guidance/			You are permitted to meet others outdoors, in levels 3&4, following the rules for meeting other households (max 6 from 2 households) for informal exercise or sport.	
				In level 3, only indoor solo individual exercise is permitted	In level 4 indoor sports facilities are closed.

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.