

“Let’s Talk” COVID Exercise & Sport



As we are still in the midst of the COVID-19 pandemic, we want you to know that the Environmental Health Department is here to help with all of your covid and social distancing queries. We have also included useful links in this edition to help assist your business with recovery planning.

Please feel free to contact us.

Environmental Health Contact Details

Tel: 028 9034 0160

Email: envhealth@antrimandnewtownabbey.gov.uk

Website: www.antrimandnewtownabbey.gov.uk

Edition 2: July 2021

Exercise and Sport

The most recent amendment (Amendment 9 5th July 2021) to The Health Protection (Coronavirus, Restrictions) Regulations 2021 has removed references to "sporting events" - these are now to be treated as gatherings under the regulations.

The definition of an elite athlete has also been revoked.

2m Social distancing is still the guideline for calculating safe capacity of any sporting event not held in a hospitality venue (1m applies) We are hopeful that this will soon be reduced to 1m or removed completely.

What does this mean for indoor and outdoor gatherings?

Indoor Gatherings

There is no limit on the number of people that can gather indoors. The maximum number of people that can gather indoors will be determined by a risk assessment that must be carried out by the person responsible for organising or operating the gathering. The responsible person must take all reasonable measures to limit the risk of transmission of the coronavirus.

If 15 people or less are to be present then a risk assessment is not required.

Outdoor Gatherings

The maximum number of people who may gather outdoors is also determined by a risk assessment carried out by the person responsible for the gathering. The responsible person must take all reasonable measures to limit the risk of transmission of the coronavirus.

A risk assessment is not required if 30 people or less are attending the

Gatherings operated or organised by a responsible person

The person responsible when organising or operating a gathering must;

- a. have carried out an appropriate risk assessment and
- b. take all reasonable measures to limit the risk of transmission of the coronavirus, including implementing the preventive and protective measures identified in the appropriate risk assessment undertaken and complying with relevant guidance issued by a Northern Ireland Department.

A person responsible for organising or operating a gathering must, if requested to do so by a relevant person (i.e. a constable or an enforcement officer), provide to that relevant person a copy of the risk assessment and an account of the reasonable measures taken as soon as reasonably practicable and in any event within twenty-four hours of the request.

Risk Assessments

An appropriate risk assessment is an assessment carried out by the person responsible for organising or operating a gathering for the purpose of identifying and evaluating—

- a. the nature and magnitude of the risk of infection, contamination and transmission of coronavirus arising in the course, or as a result, of the organisation or operation of the gathering; and
- b. measures which are reasonably practicable to take to avoid, mitigate or eliminate those risks including—
 - I. those which prioritise the greatest communal protection;
 - II. those designed to replace practices with less hazardous ones;
 - III. the use of clear and concise verbal and written instructions.

Visitor and attendee information

A person responsible for an indoor sports or exercise facility including a soft play area, a leisure centre, a swimming or diving pool, a gym, an equestrian centre, a venue relating to motor sport or an activity centre, must comply with the requirements relating to Visitor and Attendee Information below.

- where visitor or attendee information is not provided in advance, obtain that information at the time of the visit or attendance;
- record that information in a filing system (which may be an electronic system) suitable for recording, storing and retrieving the information;
- retain that information for a period of 21 days beginning with the date on which the visit or attendance took place; and
- destroy that information as soon as reasonably practicable after the expiry of that period unless there is some other lawful basis for its retention.

A person must provide visitor and attendee information to a relevant officer as soon as reasonably practicable and, in any event, within 24 hours of a relevant officer requesting.

“Visitor and attendee information” means—

- a) the name and telephone number of each visitor and attendee over the age of 16; and
- b) the date of their visit or attendance and the time of their arrival.

links to Regulations

The regulations and amendments can be accessed at the following link:

<https://www.health-ni.gov.uk/publications/health-protection-coronavirus-restrictions-regulations-northern-ireland-2021>

A guide to the regulations is also available and is updated frequently to reflect changes to restrictions, link below:

<https://www.health-ni.gov.uk/publications/guidance-accompany-health-protection-coronavirus-restrictions-regulations-northern-ireland-2021>

For further information about regulations in place at any given time, visit NI Direct.

<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-guidance-what-restrictions-mean-you>

Guidance Links

Click below for guidance for those who work in sports facilities

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities>

Click below for guidance of the reopening of gyms, leisure facilities and wider fitness industry

<https://www.ukactive.com/wp-content/uploads/2021/04/COVID-19-A-framework-for-the-re-opening-of-gym-leisure-centre-and-wider-%EF%AC%81tness-industry-during-social-distancing-V34.pdf>

DfC had published several guidance documents in relation the return to sport, limited spectator numbers and use of changing facilities, all available at the link below.

<https://www.communities-ni.gov.uk/publications/covid-19-guidance-safe-return-sport>

Sport NI website is updated frequently in line with easing and changing of

Restrictions online, see link below:

<http://www.sportni.net/return-to-sport/>

Sports Ground Safety Authority (SSGA) had published guidance; **Planning for social distancing at sports grounds** in Nov 2020, linked below.

https://drive.google.com/file/d/1jl2Hw1eMDgeuhLcfd_xfEXJek24Q9wFd/view

Water Systems

When buildings re-open, it is essential that hot and cold water systems such as taps, showers and water features are not brought back into use without first considering the **risk of Legionnaires' Disease**.

The following links provide guidance on how to assess and manage any potential risks prior to reopening.

<https://www.cieh.org/policy/coronavirus-covid-19/resources/>

(Legionnaires' disease: lockdown risks and reopening safely)

<https://www.hse.gov.uk/coronavirus/index.htm>

<https://www.hse.gov.uk/healthservices/legionella.htm>

<https://www.daera-ni.gov.uk/publications/guidance-businesses-re-opening-after-temporary-closure>

Coronavirus (COVID-19)

COVID-19 is an infectious respiratory disease caused by a newly discovered Coronavirus.

It is still very important to wash your hands regularly with soap and water for at least 20 seconds before preparing, handling or eating food.

➤ Working safely during COVID-19

Click below for guidance in regards to workplace safety in different business settings

<https://www.nibusinessinfo.co.uk/content/coronavirus-working-safely-different-business-settings>

➤ Assessing Health and Safety Risks

Click below for a template to help assess Health and Safety Risks within your business during the COVID-19 pandemic:

<https://www.hseni.gov.uk/news/example-risk-assessment-covid-19-workplaces>

Don't forget our website...

➤ You can find more details on how Council is supporting local businesses: during the Covid-19 pandemic by clicking on the link below:

<https://antrimandnewtownabbey.gov.uk/coronavirus-information-for-businesses/>



➤ **Links to PHA guidance and posters**- the posters for handwashing and social distancing will be useful for display and available from the link below:

<https://www.publichealth.hscni.net/publications?keys=coronavirus> OR

<https://www.publichealth.hscni.net/publications/social-distancing-posterW>

Recovery Planning

The Council's Economic Development team offers support to local businesses through free mentoring.

Topics include:

- **strategic planning**
- **financial management**
- **access to funding**
- **procurement**
- **marketing and sales**
- **research and development**
- **business efficiency**
- **human resources**
- **ecommerce.**

All mentoring at present is delivered remotely through telephone calls, video conference and email. These sessions provide an opportunity to plan ahead and prepare for the future, even if your business is currently closed.

For further details on any of the current business support initiatives, please contact our Economic Development team by emailing business@antrimandnewtownabbey.gov.uk or by texting **Business to 80039**.

A range of **free business webinars**, filmed in response to COVID-19 is now available online by visiting <https://antrimandnewtownabbey.gov.uk/lean/>

You can also access the latest Government guidance for businesses via our website by following the link below.

<https://antrimandnewtownabbey.gov.uk/coronavirus-information-for-businesses/>