

Lockdown FAQs

With local lockdowns a possibility, Welsh Government have produced FAQs on the topics for each county available here: <https://gov.wales/local-lockdown>

Welsh Government guidance states that adults should not travel cross county to access sport and physical activity. All adult sport and physical activity must be carried out within the home county, unless there are specific health care reasons why this cannot be done. Crossing a county boundary to attend classes or other provision in another county is not permitted, even if that is the normal or preferred site of attendance and participation.

As long as adults stay within their home county, there are no changes to the regulations affecting sport and people can participate “as normal” (within the current context).

Children and young people under the age of 18 are allowed to travel cross county to participate in sport and can be accompanied by one responsible member of their household over the age of 18 if required for transport etc.

Here are some questions that you may find useful as we move into this new lockdown period.

1. Will leisure and recreation facilities remain open?

Yes. We have taken all the necessary measures to manage risk and maintain social distancing, and a gathering of people to exercise or play sport, both indoors and outdoors, must not exceed 30 people. Please note there may be some further local regulations.

2. Who can I play sport or exercise with?

You can only play sport or exercise with others from within the local authority area as long as you maintain social distancing, all reasonable steps are taken to minimise risk, and only do so in groups or classes of up to 30 people.

3. Can outdoor sports classes and team sports continue?

Yes, but social distancing should be maintained at all times and the classes must be limited to no more than 30 people. You should not travel to areas outside the county to participate in sport or exercise.

4. Can I drive somewhere to exercise or play sport?

Yes, as long as you staying within Isle of Anglesey County Council area.

5. I have mobility problems and need to drive to exercise – can I do that?

Yes. People with specific health or mobility issues may need to travel by car from their home to exercise, including possibly outside the Isle of Anglesey Council area if there is a good reason for this. For example, some wheelchair users or users of mobility scooters may not be able to exercise immediately outside their homes for practical reasons. In such circumstances the journey should be to the nearest convenient accessible location.

6. Can gyms and leisure centres stay open?

Yes, as long as all the safety requirements are maintained to protect people from the risk of contracting coronavirus. We have measures in place to ensure social distancing and good hygiene. We will continue to evaluate the situation and may need to stop certain activities

where people are in close contact because the risk of spreading the virus in the area is higher.

7. Do I need to wear a face covering when I exercise in a leisure centre or gym?

As gyms and leisure centres are indoor public places, you will need to wear a face covering when visiting our centres and will need keep it on depending on what you are doing. If you are preparing to exercise, changing or undertaking any activity that isn't strenuous, especially when in close contact with other people, you will need to wear a face covering.

However, there may be circumstances where the layout of the premises and the nature of the exercise you are doing mean that it would not be reasonable to expect you to wear a face covering. The World Health Organisation advises against wearing a face covering when exercising as sweat can make a face covering become wet more quickly, making it difficult to breathe and promoting the growth of microorganisms. It advises the important preventive measure during exercise is to maintain physical distance from others.

8. Can I travel to and from the area to take part in sport?

No, only if you are a professional sportsperson or an elite athlete as designated by Sport Wales. Travelling to and from the area for amateur sport activities is not permissible. Children and young people under the age of 18 are allowed to travel cross county to participate in sport and can be accompanied by one responsible member of their household over the age of 18 if required for transport etc.