

6th October 2020

Level 3 Communication

On 15th September 2020, the Government introduced the *Plan for living with COVID-19* which applies to social gatherings, work, travel, sport, culture, recreation and business. This plan sets out 5 different levels of restrictions that will have varying impacts on your clubs training sessions.

It has been announced that Level 3 restrictions are now in place from midnight on *6th October 2020* for a period of 3 weeks. We recommend that your Club consults with government guidance [here](#) to determine how this affects the running of your club. Your club is required to adhere to these requirements.

Level 3 Sports Training Guidelines are outlined by Government as:

Outdoors: Non-contact training only in pods of up to 15. Multiple pods permitted, provided there is ample space to allow for social distancing measures to be implemented.

- Non-contact means no matches/scrimmages to happen. Individual skills training only.
- Physical assistance permitted where needed, but level and duration of contact to be kept to a minimum.

Indoors: No Club Training permitted

Please see [Sports Information](#) for further details

We also request that if you need to change your Club's Return to Special Olympics Activities Phase in any sport that you go to the link [Confirmation of Readiness and Compliance](#) and update your club status.

For Clubs who may be in the Preparation Phase, your Region will continue to support you as you complete your documents and plans. You are encouraged to continue to work on these so that when activity is permitted again you will be ready to start up