

On December 30th the Government announced a revised Level 5

During this period people are asked to stay at home, except to travel for work, education or other essential purposes.

The below should be noted in relation to sport & exercise. Full details on those measures can be viewed [here](#):

1. Sporting facilities (Indoors & Outdoors), gyms, leisure centres and swimming pools must close.
2. Activity is restricted to individual training/personal exercise within 5 km of home.
3. Individuals may meet with one other household in outdoor settings when taking personal exercise.
4. Exemptions to Training & Matches apply to certain professional, elite sports, horse-racing, greyhound racing and approved equestrian events. Such events should take place behind closed doors.
5. No other matches or events are to take place.