



## National lockdown: Stay at Home (England)

**Coronavirus cases are rising rapidly across the country.**

**Outdoor sports venues, including tennis courts, golf courses and swimming pools, must close. This means all bowling greens should close until restrictions are lifted.**

### **Exercise What you can do.**

- Exercise You can continue to exercise alone, with one other person or with your household or support bubble. This should be limited to once per day, and you should not travel outside your local area. You should maintain social distancing. See exercising and meeting other people.
- Exercising and meeting other people You should minimise time spent outside your home. It is against the law to meet socially with family or friends unless they are part of your household or support bubble.
- You can only leave your home to exercise, and not for the purpose of recreation or leisure (e.g. a picnic or a social meeting).
- This should be limited to once per day, and you should not travel outside your local area.

### **You can exercise in a public outdoor place:**

- by yourself
  - with the people you live with
  - with your support bubble (if you are legally permitted to form one)
  - in a childcare bubble where providing childcare
  - or, when on your own, with 1 person from another household
- Public outdoor places include:
- parks, beaches, countryside accessible to the public, forests
  - public gardens (whether or not you pay to enter them)
  - the grounds of a heritage site

When around other people, stay 2 metres apart from anyone not in your household - meaning the people you live with - or your support bubble. Where this is not possible, stay 1 metre apart with

extra precautions (e.g. wearing a face covering). You must wear a face covering in many indoor settings, such as shops or places of worship where these remain open, and on public transport, unless you are exempt. This is the law. Read guidance on face coverings.

### **If you break the rules**

The police can take action against you if you meet in larger groups. This includes breaking up illegal gatherings and issuing fines (fixed penalty notices). You can be given a Fixed Penalty Notice of £200 for the first offence, doubling for further offences up to a maximum of £6,400. If you hold, or are involved in holding, an illegal gathering of over 30 people, the police can issue fines of £10,000.

**Essential maintenance can continue but all social distancing and social interaction rules must apply.**

- Only 2 people from different household, time should be kept to a minimum and sanitation measures maintained and face covering should be worn.
- **Follow rules for exercise**