

Covid-19 National Restrictions in place

From 5 November 2020

Guide to what is open, partially open, closed

Introduction

Reducing day-to-day contact with other people, reduces the spread of the infection. Please:

- Stay at home, except for specific purposes.
- Avoid meeting people you do not live with, except for specific purposes.



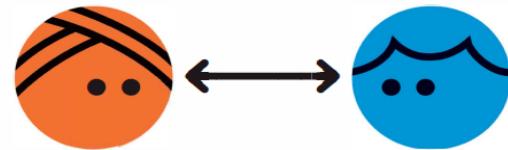
HANDS

Wash/sanitise your hands regularly



FACE

Wear a well-fitting face covering where required



SPACE

Keep 2m away from people outside your household and support bubble

Household mixing

- No indoor household mixing is permitted except with a support bubble.
- Outdoors you are only allowed to meet with one other person from another household in a public space for exercise/recreation.
- However, children under school age and those dependent on round-the-clock care do not count towards the two-person limit.
- You cannot meet others in a private garden unless you live with them or have formed a support bubble with them.

Social Distancing

- This means staying **2** metres apart. Only in exceptional circumstances and where explicitly permitted, **1** metre, with mitigation.

Clinically extremely vulnerable people

- Adults should work from home
- Children whose doctors have confirmed they are still clinically extremely vulnerable should not attend childcare, nursery or school.

The next three slides show what you can do across different sectors under the national restrictions. Click [here](#) for full details.

SERVICES REMAINING OPEN WITH ADJUSTMENTS DURING NATIONAL RESTRICTIONS from 5 November 2020

Area	Detail / adjustments
Health and social care services	<ul style="list-style-type: none"> Remain open, including GPs and dentists.
Residential care	<ul style="list-style-type: none"> Visits should be tailored to residents and facilities, e.g. using floor to ceiling screens, visiting pods, window visits, outdoor visits with one other person, or virtual visits.
Respite	<ul style="list-style-type: none"> Parents or carers of disabled children may continue to access respite care.
Childcare, out of school activities, wrap around childcare and support groups	<ul style="list-style-type: none"> Early years settings and childminders remain open. Childcare activities (including wraparound care) where reasonably necessary to enable parents to work, seek work, attend education or training, or for the purposes of respite care for carers. Nannies can continue to provide services in the home. Parents can form a childcare bubble with another household for the purposes of informal childcare, where the child is 13 or under. Parent and child groups can continue where they provide support to parent and/or child, and children under 5 will not be counted within the 15 person limit - meaning parents and carers can attend such groups in larger numbers.
Schools	<ul style="list-style-type: none"> Staff and pupils (Y7 and above) need to wear face coverings in communal areas. Music, dance and drama can be undertaken. Sport and physical education can continue.
FE colleges & apprenticeships	<ul style="list-style-type: none"> Consider moving to online teaching where possible. Students who study away from home should only return home at the end of term.
Sport and leisure	<ul style="list-style-type: none"> Outdoor playgrounds can stay open. Elite sport. School sport.
Youth support services	<ul style="list-style-type: none"> Youth support services including 1-2-1 youth work and support groups may continue.
Support groups	<ul style="list-style-type: none"> Formally organised support groups to provide mutual aid, therapy or any other form of support that have to be delivered in person can continue but not in private homes. This includes, but is not limited to, support to victims of crime, people in drug and alcohol recovery, new parents and guardians, people caring for those with long-term or terminal illnesses, or who are vulnerable, people facing issues relating to their sexuality or gender, those who have suffered bereavement. Restricted to up to 15 with strict social distancing.
Moving home	<ul style="list-style-type: none"> Permitted but people outside the household or support bubble should not help with moving house unless absolutely necessary. Estate and letting agents and removals firms are open.
Retail allowed to be open	<ul style="list-style-type: none"> Food shops, supermarkets, pharmacies, garden centres, hardware stores, building merchants and off-licences. Petrol stations, car repair and MOT services, bicycle shops, taxi and vehicle hire businesses. Banks, building societies, post offices, loan providers and money transfer businesses. Funeral directors. Launderettes and dry cleaners. Vets and pet shops. Agricultural supplies shops. Storage and distribution facilities. Car parks, public toilets and motorway service areas.
Other public services open	<ul style="list-style-type: none"> Jobcentre Plus sites, courts and probation services, civil registrations offices, passport and visa services, services provided to victims, waste or recycling centres.

SERVICES PARTIALLY OPEN DURING NATIONAL RESTRICTIONS from 5 November 2020

Area	Permitted activities
Places of worship	<ul style="list-style-type: none">• For individual prayer or to broadcast acts of worship.• Funerals with up to 30 people but NOT weddings except where one of the participants is seriously ill.• Support groups or essential voluntary services e.g. blood donation, food banks• Formal registered childcare or where the place of worship is part of a school.• To host permitted gatherings.
Sporting activity	<ul style="list-style-type: none">• Playgrounds open but outdoor leisure facilities will be closed.
Non-essential retail	<ul style="list-style-type: none">• Non-essential retail can remain open for delivery to customers and click-and-collect.
Restaurants/ Pubs	<ul style="list-style-type: none">• Hospitality venues can offer takeaway services (before 10pm; excluding alcohol), click-and-collect, drive-through or delivery.
Hotels and hostels	<ul style="list-style-type: none">• Only open for those who have to travel for work purposes and for a limited number of other exemptions such as supporting the homeless, main residence, unable to return home, or where it is essential to stay there for work purposes.
Libraries	<ul style="list-style-type: none">• Libraries can provide access to IT and digital services – e.g. for people who do not have it at home - and for click-and-collect.
Transport and travel	<ul style="list-style-type: none">• Travelling to work where you cannot work from home.• Travelling to education and for caring responsibilities.• To visit those in your support bubble - or your childcare bubble for childcare, hospital, GP and other medical appointments, or visits where you have had an accident or are concerned about your health.• To buy goods or services from premises that are open, including essential retail• To spend time or exercise outdoors - this should be done locally wherever possible, but you can travel to do so if necessary (e.g. to access an open space).• Attending the care and exercise of a pet, or veterinary services.
Arts & entertainment	<ul style="list-style-type: none">• Elite sports persons (in indoor and outdoor sports facilities).• Professional dancers and choreographers (in fitness and dance studios).• Training and rehearsal without an audience (in theatres and concert halls).• Professional film and TV filming.
Heritage sites	<ul style="list-style-type: none">• Outdoor grounds of these premises can stay open.

NOT PERMITTED / CLOSED DURING NATIONAL RESTRICTIONS from 5 November 2020

Area	Closed
Leisure and sport facilities	<ul style="list-style-type: none">Leisure and sports facilities such as leisure centres and gyms, swimming pools, tennis and basketball courts, golf courses, fitness and dance studios, climbing walls, archery, driving, and shooting ranges.
Entertainment venues	<ul style="list-style-type: none">Theatres, concert halls, cinemas, museums and galleries, casinos, amusement arcades, bingo halls, bowling alleys, skating rinks, go-karting venues, soft play centres and areas, circuses, fairgrounds, funfairs, zoos and other animal attractions, water parks and theme parks.Indoor attractions at botanical gardens, heritage homes and landmarks must also close.
Personal care	<ul style="list-style-type: none">Hair, beauty, tanning and nail salons, tattoo parlours, spas, massage parlours, body and skin piercing services.It is also prohibited to provide these services in other peoples' homes.
Transport and travel	<ul style="list-style-type: none">Avoid travelling in or out of your local area.Reduce the number of journeys made.Travel within the defined area e.g. Croydon / London.Avoid travel except for work, school, transit journeys.British nationals currently abroad do not need to return home immediately.
Overnight stays	<ul style="list-style-type: none">Cannot leave home for holidays or stays overnight away from the main home unless permitted by law.This includes staying in a second home or caravan, or staying with anyone you do not live with or are in a support bubble with.
Weddings and civil partnerships	<ul style="list-style-type: none">Weddings and civil partnership ceremonies are not be permitted (except where one of those getting married is seriously ill and not expected to recover). These weddings are limited to six people.
Youth clubs	<ul style="list-style-type: none">Most youth clubs and groups will need to cease.
Large outdoor events	<ul style="list-style-type: none">Not permitted.
Adult hobby clubs and non-work training	<ul style="list-style-type: none">Closed.
Protests/ political activity	<ul style="list-style-type: none">Not permitted.