



# PÉTANQUE ENGLAND

## Understanding Step 4 Covid-19 restrictions

- There are no set restrictions on how many people can take part in sport and physical activity, indoors and outdoors
- All sports facilities can open, including ancillary facilities
- Organised sport participation events outdoors have no capacity caps for participants or spectators
- There are no indoor capacity limits, however, it is advised to wear a face covering in enclosed areas
- On-piste, social distancing should continue to be observed where possible
- Sharing equipment should still be avoided where possible
- Players should ensure regular hand hygiene
- Before attending any activity all participants, officials, volunteers and spectators should self-assess for symptoms of Covid-19. These are:

A high temperature

A new, continuous cough

A loss of, or change to, your sense of smell or taste.

If you, or anyone you live with, have one or more of these symptoms you shouldn't attend any sporting activity to play or spectate, even if your symptoms are mild.

You should follow NHS and Public Health England (PHE) guidance on testing and self-isolation.

- If you've been informed that you need to self-isolate by NHS Test and Trace you shouldn't leave your isolation location to participate in sport and physical activity

