



# Tier guidance for voluntary, community and social enterprise groups

## Tier 1

You can meet with friends and family you do not live with in a group of up to 6, indoors or outdoors. This is the 'rule of 6'. This limit of 6 includes children of any age.

You can continue to meet in a group larger than 6 if you are all from the same household or support bubble or another legal exemption applies.

There are exceptions where people can continue to gather in groups larger than 6:

- for work, or providing voluntary or charitable services, including in other people's homes (see guidance on working safely in other people's homes)
- for supervised activities provided for children and those who were under 18 on 31 August 2020, including wraparound care (before and after school childcare), children's groups, activities for under-18s and children's playgroups
- support groups of up to 15 participants – formally organised groups to provide mutual aid, therapy or any other form of support, where it is necessary for these to take place in person. These cannot take place in private dwellings. Under-5s do not count towards the 15-person limit for support groups

to provide care or assistance to someone vulnerable or to provide respite for a carer

- for organised outdoor sport and physical activity, and organised sports for disabled people

Other activities, such as hobby groups, organised indoor sport, physical activity and exercise classes can continue to take place, in line with social gatherings limits (the rule of 6). Where it is likely that groups will mix, these activities should not go ahead. There are exceptions for indoor disability sport, sport as part of formal education, and supervised sport and physical activity for under-18s, which can take place with larger groups mixing.

Where a group includes someone covered by an exception (for example, someone who is working or volunteering), they are not generally counted as part of the gatherings limit. This means, for example, a tradesperson can go into a household without breaching the limit, if they are there for work, and the officiant at a wedding would not count towards the limit.

More detailed information <https://www.gov.uk/guidance/tier-1-medium-alert>

## Tier 2

### Meeting indoors

You can only meet socially with friends and family indoors who you either:

- live with

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- have [formed a support bubble](#) with

Unless a legal exemption applies.

‘Indoors’ means any indoor setting, including:

- private homes
- other indoor venues such as pubs and restaurants

## Meeting outdoors

You can see friends and family you do not live with (or do not have a support bubble with) outdoors, in a group of no more than 6. This limit of 6 includes children of any age.

‘Outdoors’ means in a private garden or other outdoor space.

You can continue to meet in a group larger than 6 if you are all from the same household or support bubble or another legal exemption applies.

There are exceptions where people can continue to gather indoors, or in groups larger than 6 outdoors, including:

- for work, or providing voluntary or charitable services, including in other people’s homes (see guidance on [working safely in other people’s homes](#))
- for supervised activities provided for children, and those who were under 18 on 31 August 2020, including wraparound care (before and after school childcare), children’s’ groups and activities for under-18s, and children’s playgroups
- for parent and toddler groups – up to a maximum of 15 people (under-5s do not count towards this limit). These cannot take place in private dwellings

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- support groups of up to 15 participants – formally organised groups to provide mutual aid, therapy or any other form of support, where it is necessary for these to take place in person. These cannot take place in private dwellings. Under-5s do not count towards the 15-person limit for support groups
- to [provide care or assistance to someone vulnerable](#), or to provide respite for a carer
- for organised outdoor sport and physical activity, and organised sports for disabled people

Other activities, such as hobby groups, organised indoor sport, physical activity and exercise classes can continue to take place, provided that different households or support bubbles do not mix. Where it is likely that groups will mix, these activities should not go ahead. There are exceptions for indoor disability sport, and supervised sport and physical activity for under-18s, which can take place with larger groups mixing.

Where a group includes someone covered by an exception (for example, someone who is working or volunteering), they are not generally counted as part of the gatherings limit. This means, for example, a tradesperson can go into a household without breaching the limit, if they are there for work, and the officiant at a wedding would not count towards the limit.

More detailed information <https://www.gov.uk/guidance/tier-2-high-alert?priority-taxon=774cee22-d896-44c1-a611-e3109cce8eae>

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## Tier 3

### Meeting indoors

You must not meet socially indoors with anybody you do not:

- live with
- have a [support bubble](#) with

Unless a legal exemption applies.

‘Indoors’ means any indoor setting, including:

- private homes
- other indoor venues such as pubs and restaurants

### Meeting outdoors

You must not meet socially (in a private garden or at most outdoor public venues), with anybody you do not:

- live with
- have a [support bubble](#) with

Unless a legal exemption applies.

However, you can see friends and family you do not live with (or do not have a support bubble with) in some outdoor public places, in a group of up to 6. This limit of 6 includes children of any age.

These outdoor public places include:

- parks, beaches, countryside accessible to the public, forests
- public gardens (whether or not you pay to enter them)
- allotments
- the grounds of a heritage site
- outdoor sports courts and facilities
- playgrounds

You can continue to meet in a group larger than 6 if you are all from the same household or support bubble, or another legal exemption applies.

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There are exceptions where people can continue to gather indoors or in private gardens, or in groups larger than 6, in outdoor public places:

- for work, or providing voluntary or charitable services, including in other people's homes (read guidance on [working safely in other people's homes](#))
- for supervised activities provided for children and those who were under 18 on 31 August 2020, including wraparound care (before and after-school childcare), children's groups, activities for under-18s, and children's playgroups
- support groups of up to 15 participants – formally organised groups to provide mutual aid, therapy or any other form of support, where it is necessary for these to take place in person. These cannot take place in private dwellings. Under-5s do not count towards the 15 person limit for support groups
- to [provide care or assistance to someone vulnerable](#), or to provide respite for a carer
- for organised outdoor sport and physical activity and organised sports for disabled people

Where a group includes someone covered by an exception (for example, someone who is working or volunteering), they are not generally counted as part of the gatherings limit. This means, for example, a tradesperson can go into a household without breaching the limit, if they are there for work, and the officiant at a wedding would not count towards the limit.

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More detailed information <https://www.gov.uk/guidance/tier-3-very-high-alert?priority-taxon=774cee22-d896-44c1-a611-e3109cce8eae>

## TIER 4

If you live in Tier 4 you must not leave or be outside of your home or garden except where you have a 'reasonable excuse'. A reasonable excuse includes:

### **Work and volunteering**

You can leave home for work purposes, where your place of work remains open and where you cannot work from home, including if your job involves working in other people's homes. You can also leave home to provide voluntary or charitable services.

In tier 4 areas, people must volunteer from home unless it is not reasonably possible for them to do so; clinically extremely vulnerable people can volunteer from home. They are strongly advised not to volunteer outside their home.

You can leave home to visit people in your [support bubble](#), or to provide informal childcare for children aged 13 and under as part of a [childcare bubble](#), to provide care for vulnerable people, to provide emergency assistance, attend a support group (of up to 15 people), or for respite care where that care is being provided to a vulnerable person or a person with a disability, or is a short break in respect of a looked after child.

### **Exercise and recreation**

People can also exercise outdoors or visit some public outdoor places, such as parks, the countryside accessible to the public,

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public gardens or outdoor sports facilities. You can continue to do unlimited exercise alone, or in a public outdoor place with your household, support bubble, or with one other person if you maintain social distancing. You should follow the [guidance on meeting others safely](#).

There are still circumstances in which you are allowed to meet others from outside your household or support bubble in larger groups, but this should not be for socialising and only for permitted purposes. A full list of these circumstances will be included in the regulations, and includes:

- for work, or providing voluntary or charitable services. This can include work in other people's homes where necessary – for example, for nannies, cleaners, social care workers providing support to children and families, or tradespeople. See guidance on [working safely in other people's homes](#)). Where a work meeting does not need to take place in a private home or garden, it should not – for example, although you can meet a personal trainer, you should do so in a public outdoor place
- to [provide care or assistance to someone vulnerable](#), or to provide respite for a carer

Support groups that have to be delivered in person can continue with up to 15 participants where formally organised to provide mutual aid, therapy or any other form of support – but they must take place at a premises other than a private home. 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

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bereavement, and vulnerable young people, including for them to meet youth workers.

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. These cannot take place in private dwellings.

Where a group includes someone covered by an exception (for example, someone who is working or volunteering), they are not generally counted as part of the gatherings limit. This means, for example, a tradesperson can go into a household without breaching the limit, if they are there for work, and the officiant at a wedding would not count towards the limit.

More detailed information <https://www.gov.uk/guidance/tier-4-stay-at-home>

## **National Lockdown (4 January 2021)**

You must not leave or be outside of your home except where you have a ‘reasonable excuse’. This will be put in law. The police can take action against you if you leave home without a ‘reasonable excuse’, and issue you with a fine (Fixed Penalty Notice).

### **Leaving home**

A ‘reasonable excuse’ includes:

- Work - you can only leave home for work purposes where it is unreasonable for you to do your job from home, including but not limited to people who work within critical

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national infrastructure, construction or manufacturing that require in-person attendance

- Volunteering - you can also leave home to provide voluntary or charitable services.
- Essential activities - you can leave home to buy things at shops or obtain services. You may also leave your home to do these things on behalf of a disabled or vulnerable person or someone self-isolating.
- Education and childcare - You can only leave home for education, registered childcare, and supervised activities for children where they are eligible to attend. Access to education and children's activities for school-aged pupils is restricted. See [further information on education and childcare](#). People can continue existing arrangements for contact between parents and children where they live apart. This includes [childcare bubbles](#).
- Meeting others and care - You can leave home to visit people in your [support bubble](#) ( if you are legally permitted to form one), to provide informal childcare for children under 14 as part of a [childcare bubble](#) (for example, to enable parents to work, and not to enable social contact between adults), to provide care for disabled or vulnerable people, to provide emergency assistance, to attend a support group (of up to 15 people), or for respite care where that care is being provided to a vulnerable person or a person with a disability, or is a short break in respect of a looked-after child.
- 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.

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If you do leave home for a permitted reason, you should always stay local in the village, town, or part of the city where you live. You may leave your local area for a legally permitted reason, such as for work.

## Meeting others

You cannot leave your home to meet socially with anyone you do not live with or are not in a [support bubble](#) with (if you are legally permitted to form one).

You may exercise on your own, with one other person, or with your household or support bubble.

You should not meet other people you do not live with, or have formed a support bubble with, unless for a permitted reason.

[Stay 2 metres apart](#) from anyone not in your household.

## Where and when you can meet in larger groups

There are still circumstances in which you are allowed to meet others from outside your household, childcare or support bubble in larger groups, but this should not be for socialising and only for permitted purposes. A full list of these circumstances will be included in the regulations, and includes:

- for work, or providing voluntary or charitable services, where it is unreasonable to do so from home. This can include work in other people's homes where necessary - for example, for nannies, cleaners, social care workers providing support to children and families, or tradespeople. See guidance on [working safely in other people's homes](#)). Where a work meeting does not need to take place in a private home or garden, it should not - for example, although you can meet a personal trainer, you should do so in a public outdoor place.

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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
- playgrounds

Outdoor sports venues, including tennis courts, golf courses and swimming pools, must close.

Support groups that have to be delivered in person can continue with up to 15 participants where formally organised to provide mutual aid, therapy or any other form of support - but they must take place at a premises other than a private home.

Where a group includes someone covered by an exception (for example, someone who is working or volunteering), they are not generally counted as part of the gatherings limit. This means, for example, a tradesperson can go into a household without breaching the limit, if they are there for work, and the officiant at a wedding would not count towards the limit.

More detailed information

<https://www.gov.uk/guidance/national-lockdown-stay-at-home>

## **Additional information**

if your group delivers youth, sports, or peer support activities you may also have to comply with other guidelines. Please check with your regulatory body.

National Youth Agency <https://nya.org.uk/>

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Sport England <https://www.sportengland.org/>

The Football Association

<https://www.thefa.com/news/2020/dec/04/digital-assets-and-signage-for-grassroots-clubs-041220>

England Rugby

[https://www.englandrugby.com/dxdam/c8/c8171ed0-24c5-487e-8f55-e1ea803361b6/Restarting-competitive-grassroots\\_VF1.pdf](https://www.englandrugby.com/dxdam/c8/c8171ed0-24c5-487e-8f55-e1ea803361b6/Restarting-competitive-grassroots_VF1.pdf)

Play England <https://www.playengland.org.uk/news/>

Mind <https://www.mind.org.uk/coronavirus-we-are-here-for-you/>

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