

Contact combat sport framework

Phase 0: non-contact socially distanced activity

At phase 0, contact combat sports may resume non-contact training. This means that they should only train individually and there should be no activity with others, including with equipment (such as pad work). Clubs, providers and participants must adhere to legal gathering limits, social distancing guidelines and venue requirements, as set out in government guidelines

Phase 1: return to equipment training

At phase 1, contact combat sports can resume contact training. They can train with others and do not have to maintain 2m social distance. This is solely for the use of training with handheld and wearable equipment (such as pad work), and during this phase there should be no direct personal contact or contact with clothing. Sports should provide guidance on whether (and what type of) personal protective equipment (PPE) is appropriate for individuals holding or wearing contact equipment,

Training which involves contact should take place within 'training bubbles', in accordance with the relevant social contact rules at that step of the roadmap. Individuals may only be part of a single bubble at an individual club/gym. Individuals may not be part of multiple bubbles at the same or at different venues (for example a coach may not train with a bubble of similarly experienced participants and then become a coach for a less experienced group; a children's instructor may not coach more than one group of children, even on separate days). Coaches or participants holding or wearing the equipment are considered to be part of the bubble.

Coaches or officials who operate socially distanced from bubbles and are not holding or wearing equipment can operate across bubbles or multiple gyms. However, even when socially distanced, coaches or officials may wish to limit the number of bubbles or facilities they work with to limit exposure, and should make clear to facility operators if they work across multiple venues. Where possible, socially distanced training should be maintained for all participants.

For under-18s and where the activity is for educational purposes (e.g. students studying sport at further or higher education), the training bubble may be up to 15 participants. Participants in a training bubble should not mix with others in different bubbles, before, during or after the training activity.

Phase 2: return to contact training

At phase 2, contact combat sports may resume contact training which includes direct physical contact between participants.

Training which involves contact should take place within 'training bubbles', in accordance with the relevant social contact rules at that step of the roadmap.

Individuals may only be part of a single bubble at an individual club or gym. Individuals may not be part of multiple bubbles at the same or at different venues. For example, a coach may not train with a bubble of similarly experienced participants and then become a coach for a less experienced group. A children's instructor may not coach more than one group of children, even on separate days. Coaches or participants holding or wearing the equipment are considered part of the bubble.

Coaches or officials who operate socially distanced from bubbles and are not holding or wearing equipment can operate across bubbles or multiple gyms. However, even when socially distanced, coaches or officials may wish to limit the number of bubbles or facilities they work with to limit exposure, and should make clear to facility operators if they work across multiple venues. Where possible, socially distanced training should be maintained for all participants.

For under-18s and where the activity is for educational purposes (e.g. students studying sport at further or higher education), the training bubble may be up to 15 participants. Participants in a training bubble should not mix with others in different bubbles, before, during or after the training activity.

Phase 3: return to competition

At phase 3, contact combat sports may resume competition between participants.

The provision of competition, including the number of participants permitted to take part, should be determined adhering to legal gathering limits, and dependent on venue capacity (see guidance above on ventilation and venue capacity). For under-18s and where the sport is for educational purposes, up to 15 people may engage in contact combat sports competition. Participants may not mix with other participants, before, during or after the event.

The number of participants set out in legal gathering limits does not include coaches, officials and others attending for work purposes (e.g. event staff), but these numbers must be minimised. Sports should provide guidance on whether (and what type of) personal protective equipment (PPE) is appropriate for individuals holding or wearing contact equipment.

Competition activities in phase 3 should be organised with a minimum 2-week break between phase 3 activities. Phase 1 and 2 activities may continue during this time. Individual sports action plans should set out clearly who is responsible for adhering to measures and maintaining records of phase 3 activities.