

# UKU Club Guidance Appendix - Indoors

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## Introduction

This document should be read alongside the [current UKU guidance](#) for all clubs, and provides additional details that are relevant to having Ultimate training or playing Ultimate indoors in the UK. Schools should **not** follow the guidance outlined in this document and should instead refer to the [Schools Appendix](#) for specific school-related guidance.

The information provided in this document applies only to the levels in which national lockdown or 'firebreak' restrictions are **not** in place, except in reference to what is permitted in schools. Otherwise, in general, this document aims to provide guidance in the instances only when there are various Tiers or Levels in implementation.

## Indoor or Outdoors

Evidence about transmission of the virus suggests that it is better to be outdoors if possible. We continue to recommend that **where possible**, clubs and participants try to train or play outdoors. That said, we recognise that for some groups this is not always an option, and that their choice is "indoors or almost-nothing".

## Additional Club Preparation

In addition to all of the steps that are required in general by the [current guidance for clubs outlined here](#), playing or training indoors will require:

- Additional close attention to details on movement around the building, following instructions from the sports centre staff extremely carefully.

- Discussions with sports centre managers about the number of participants allowed in their space - which we understand to be subject to both the floor area and building-specific considerations about airflow.
  - Remember that if, at some point in the future, you want to play a game, the amount of space available to non-players will probably be severely reduced to a narrow strip of space alongside the pitch.
- It will be necessary to update your club risk assessment accordingly.

## Variation by Region

At the time of publishing there are all sorts of variations around the UK as to what is allowed, therefore this document sets out to outline some of the guidelines that are in place for each home nation. However, it is key to note that this situation is ever-evolving and so **it is the responsibility of clubs and participants to confirm what is permitted under local restrictions.**

You will need to carefully check and follow local restrictions that impact your activity, as well as getting to, from, and around the club training session: [England](#), [Northern Ireland](#), [Scotland](#), [Wales](#).

If in doubt, either as a club, or participant, UKU recommends strongly that you err on the side of caution.

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### England

Indoor Ultimate is permitted at **Phase E**.

There is no group limit for the number of participants, however you may be limited to specific sport facility/venue restrictions. Please ensure that any requirements outlined by the sports facility are adhered to.

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### Northern Ireland

[As of 2nd July](#), indoor Ultimate is permitted at **Phase E**. There is no limit on the number of participants, however, any groups over 15 participants must complete a risk assessment to determine appropriate group numbers.

You may also be limited to specific sport facility/venue restrictions. Please ensure that any requirements outlined by the sports facility are adhered to.

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## Scotland

As of 9th August, all of Scotland has moved 'beyond Level 0'. Indoor Ultimate is permitted at **Phase E**.

The number of participants allowed to take part in indoor sport must be risk assessed by the operator. You may be limited to specific sport facility/venue restrictions. Please ensure that any requirements outlined by the sports facility are adhered to.

*Prior to 9th August, Scotland had a Levels system in place. We have retained the information in this document for the possibility that Levels may be reintroduced.*

*Below we have listed the different Level restrictions in Scotland and how this relates to indoor Ultimate only:*

- **Level 0:** All sporting activity permitted, with some general restrictions - **Phase D indoors permitted for all.**
- **Level 1:** No adult (18+) indoor contact sport - **Phase B indoors permitted for adults, Phase D for under-18s.**
- **Level 2:** Same as level 1 - **Phase B indoors permitted for adults, Phase D for under-18s.**
- **Level 3:** No adult (18+) indoor non-contact group sport / exercise or adult (18+) indoor contact sport - **No adult indoor Ultimate permitted, Phase D for under-18s.**
- **Level 4:** Indoor sports facilities closed - **No indoor Ultimate permitted for all.**

[Children and Young People are grouped together as under 18s. Previously over 12s were grouped with adults.]

SportScotland have provided a very useful table outlining what is permitted for indoor sport on their website here: <https://sportscotland.org.uk/covid-19/latest-sport-and-physical-activity-guidance/>

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## Wales

[From 7th August](#), Wales moved to Alert Level 0. This means there are no longer any group limits and no legal requirement for social distancing. This means that indoor Ultimate is permitted at **Phase E**.

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However, you may also be limited to specific sport facility/venue restrictions. Please ensure that any requirements outlined by the sports facility are adhered to.