



Changes to exercise regulations!

Stay at Home or Stay Close to Home

“Staying active at this time is so important for our physical and mental health and staying at home to exercise will save lives. However if you can’t stay active at home, stay local, keep to familiar and safe places, where you can avoid accidents and crowds, easily social distance by 2 metres and avoid unnecessary travel”. Sport NI CEO Antoinette McKeown

You may be aware that the NI Assembly has relaxed rules on travel for exercise on Friday 24th April 2020 and this was reported as follows on [the BBC Website](#). In relation to the regulations on exercise, it says that a drive to a **safe space or facility** would be permitted under the regulations. However, “taking a long drive to a beach or resort where numbers of people may gather is unlikely to be regarded as reasonable”. The changes to the legislation have been [published on the Department of Health website](#).



Please communicate these messages through your channels and to your members and communities:

STAYING ACTIVE AT HOME - SAVES LIVES

And if you can't stay active at home,

STAY LOCAL

STAY LOW RISK

STAY 2M APART

Exercise boosts our mood, our immune system and physical health. Stay active at home or stay local, for your daily hour of exercise, for example a run, cycle or walk, alone or with members of your household.

✗ Avoid unnecessary and prolonged travel.

✗ Avoid risk of injury and unnecessary pressure on our NHS workers.

✗ Avoid exercising where there is a risk of crowds or gatherings.

So let's help.....

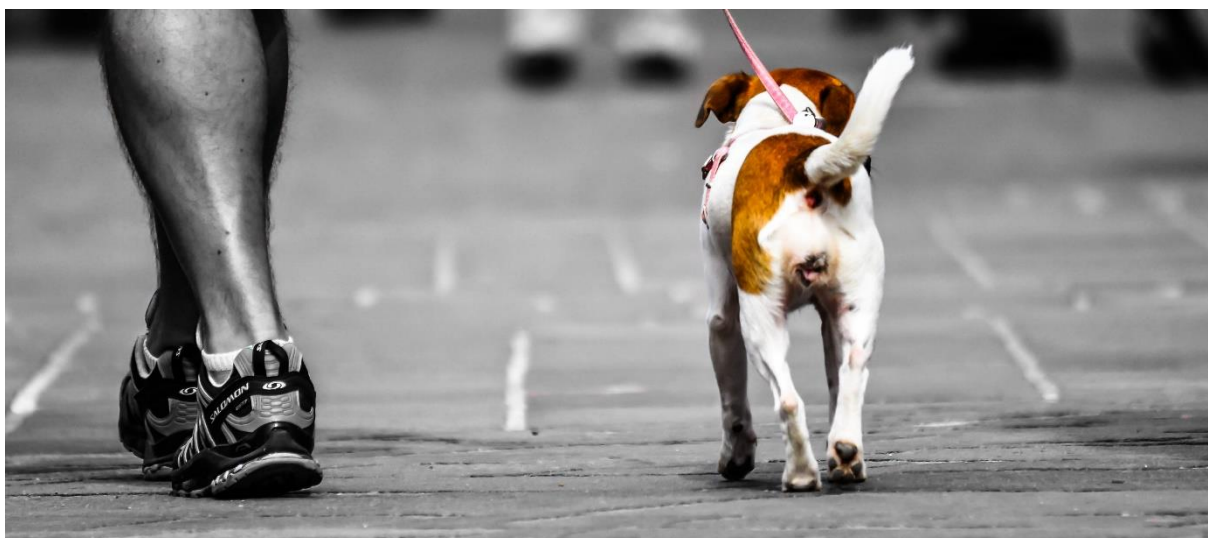
Where do you find a safe place locally or exercise safely locally?

Sport NI would like to thank our colleagues at Outdoor Recreation NI, WalkNI, OutMoreNI, Athletics NI, and Cycling Ireland for their resources to help us all exercise safely.

Walking safely and locally

It is important to stay local and to find out about your local “safe space” or outdoor facility use:

www.outmoreni.com or www.walkni.com



Cycling safely and locally



Cycling Ireland: Learn to Cycle [click here for Facebook link](#)



Bike and brake check

<https://www.facebook.com/AXACommunityBikeRides/videos/2922260321195314/>

How to maintain your bike chain -

<https://www.facebook.com/AXACommunityBikeRides/videos/1531682993679699/>

Cycling virtually



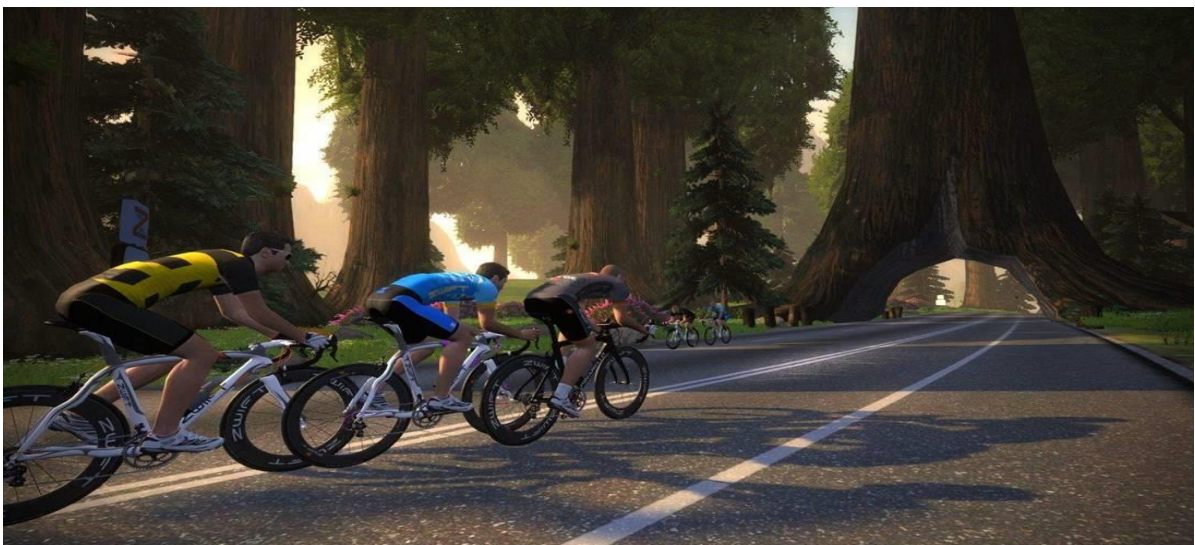
Cycling Ireland Virtual Zwift Sportives:

<http://www.cyclingireland.ie/news/all/0>

Cycling Ireland Virtual Zwift Leagues:

Men: <http://www.cyclingireland.ie/cycling-news-item/cycling-ireland-zwift-league-round-3/27499>

Women: <http://www.cyclingireland.ie/cycling-news-item/womens-only-zwift-series/27503>



Running safely and locally



ATHLETICS NORTHERN IRELAND'S VIRTUAL RUNNING GUIDELINES

Athletics Northern Ireland want all participants engaging in recreational running to do so in a safe and responsible way. We have put together this guidance document to help you understand what you can do to remain safe while enjoying the benefits that running has to offer.

There is no doubt about it, we are currently experiencing a running boom. Runners are everywhere: running along the streets, through the parks, along trails and tracks. Running for fitness is growing rapidly in Northern Ireland, thanks to the success of programmes such as “Couch to 5k” schemes. The running fitness community also benefit from a growing number of competition formats that include parkrun, road and cross-country, some of which have been reformatted to make them virtually accessible due to the current climate we are operating in.

People have discovered the joy of running, the health benefits and the fact that it is inexpensive to take part. Some of the health benefits associated with engaging in recreational running include:

- Reduces the risk of coronary heart disease (CHD), cancer, strokes, type 2 diabetes, high blood pressure and osteoporosis
- Increase emotional well-being and confidence
- Decreases levels of stress, depression and anxiety
- It can help with weight loss and weight management
- Increases muscular efficiency
- It helps you enjoy better sleep
- It gives you more energy

RULES

All government guidelines in regard to Social Distancing must be strictly adhered to, any changes to these guidelines will be implemented immediately.

While completing a Virtual C25k or going out for a run, it is important to comply with the Social Distancing guidelines set out by the Public Health Agency. While we encourage you to use your one exercise a day to complete your C25k or go for a run, we want you to do so safely. For more details from the Public Health Agency: <https://www.publichealth.hscni.net/>

Safety & Social Distancing

All individuals must be responsible for their own safety and as a minimum should adhere to the following suggestions –

- Plan your route in advance - Be within easy reach of the participants home – **NO DRIVING TO YOUR ROUTE**
- Runs **MUST** be completed solo unless you are living in the same home.
- Be considerate to other people by keeping a 2m distance at all times when passing.
- Athletes **MUST** avoid popular running/walking routes or busy parks.
- Let someone know when you expect to be back – contact them to check in when you return
- All participants should carry an **ICE (In Case of Emergency)** card with your name, address, any medical information and an emergency contact number.

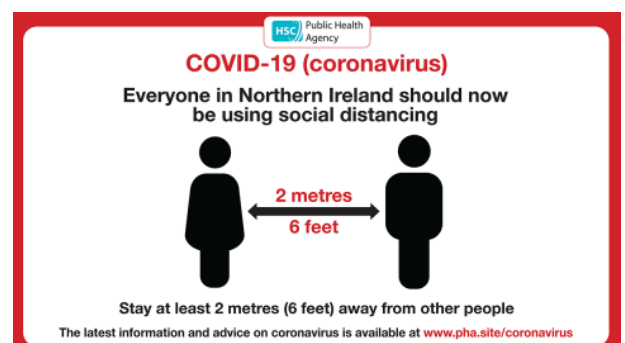
Participants Code of Conduct and Expectations

All participants are expected to abide by the following code of conduct –

Should Government guidelines be changed at any time, they are immediately implemented to any virtual challenges including suspension of activity.

Things to think about when on your run

- Consider the weather conditions, poor weather conditions should be avoided.



- Runs must be completed on your own (Solo Runs), forming informal groups is not acceptable under Government guidelines and must be avoided at all costs
- Make someone else aware of the planned route as well as start and finish time of the run and check in with them on returning home.
- Provide an Emergency Contact number to a third party should the check in time be missed.
- Have an agreed set of actions should the return check in time be missed.
 - 10minute leeway
 - 15minute text message
 - 20minute phone call
 - 25minute call to third party
 - 60minute – make contact with someone local who can retrace the route from Finish to Start
- Always be considerate to other people and respect social distances guidelines at all times.
- Carry an In Case of Emergency (ICE) Card detailing your name, address and underlying health conditions and emergency contact phone number.

