

Coronavirus Response

The local restriction tier system will be in place from Wednesday 2 December 2020.

Dorset Council area: Tier 2

Bournemouth, Christchurch and Poole Council area: Tier 2

National guidance on physical activity:

Outdoors:

Organised outdoor sport, and physical activity and exercise classes can continue.

Indoors:

Organised indoor sport, physical activity and exercise classes will only be permitted if it is possible for people to avoid mixing with people they do not live with (or share a support bubble with). There are exceptions for indoor disability sport, sport for educational purposes and supervised sport and physical activity for under-18s, which can take place with larger groups mixing.

Please visit our website to view [Government guidance](#), [frequently asked questions on return to play](#), [funding available](#) and [physical activity messaging](#).

Active Dorset
Community Interest Company



Support and Resources

Sport England Funding

Return to Play: Small Grants

This fund will make awards, using National Lottery funding, of between £300 and £10,000, from a total pot of £10m, to help sport and activity groups, clubs and organisations respond to the immediate challenges of returning to play in a coronavirus-safe way.

Return to Play: Community Asset Fund

This fund will make awards of between £10,001 and £50,000 from a pot of £5m to help local sports clubs and organisations adapt and open important places and spaces to help their local community return to play safely.

Return to Play: Active Together

Active Together is a crowdfunding initiative that can match fund, up to £10,000, successful Crowdfunder campaigns from a total pot of £1.5m.

Tackling Inequalities

This fund exists to help to reduce the negative impact of coronavirus and the widening of the inequalities in sport and physical activity.

Autumn and Winter Activity Toolkit

To help you inspire and motivate the people in your communities to continue to be physically active, Sport England have produced an Autumn and Winter Activity Toolkit that's packed with resources and information.

It brings together the latest advice and guidance as to what is and isn't allowed and a range of assets to help your organisation engage with your audience. You can use the materials as they are or adapt them with local imagery and calls to action.

The toolkit also connects you to the best and most recent insight about the way people are feeling about sport and physical activity in the current climate, as well as how you can join up with Sport England's three existing campaigns, This Girl Can, We Are Undefeatable and Join the Movement.

[Download the tool kit from the Sport England website.](#)

Physical Activity Messaging

We have put together some social media content on keeping active during the coronavirus pandemic.

The content covers the following:

- We Are Undefeatable Campaign
- Joint the Movement Campaign
- Better Health Campaign
- This Girl Can Campaign
- PA during self-isolation
- Active at Home
- Mental Wellbeing

If you would like access to this physical activity messaging to share from your own social media channels please contact Georgie:

E: gmessage@activedorset.org