

# UK ULTIMATE OUTLINE OF PHASED RETURN TO PLAY

8 September 2021

The table below provides a quick lookup on which Return to Play phase we are in by home nation and the local tier or alert level.

		PHASE				
	TIER/ LEVEL	A	B	C	D	E
Eng.	ALL					✓
N.I.	ALL					✓
Scot.	ALL					✓
Wales	ALL					✓

HAND HYGIENE IS IMPORTANT.  
 REGULARLY CLEAN DISCS.  
 MAINTAIN YOUR DISTANCE FROM OTHERS.  
 THINK ABOUT YOUR TRAVEL OPTIONS.  
 ARRIVE READY-TO-PLAY.  
 SHOWER AT HOME.  
 MINIMISE YOUR CONTACTS.

	WHAT?	DO	DON'T
A	<b>INDIVIDUAL TRAINING</b> <ul style="list-style-type: none"> <li>With one other person or household (details vary by location)</li> <li>Sharing discs (throwing &amp; catching) permitted</li> <li>Fitness or individual disc skills</li> </ul>	<ul style="list-style-type: none"> <li>Maintain distance</li> <li>Clean discs regularly</li> </ul>	<ul style="list-style-type: none"> <li>No club training</li> </ul>
B	<b>LIMITED CLUB TRAINING</b> (group sizes vary by location) <ul style="list-style-type: none"> <li>Drills designed to maintain social distancing at all times</li> <li>Clubs could train together for fitness, skills, tactics, strategy</li> </ul>	<ul style="list-style-type: none"> <li>Maintain distance "in-play"</li> <li>Clean discs regularly</li> <li>COVID-19 risk assessment</li> <li>Track attendance</li> </ul>	<ul style="list-style-type: none"> <li>Games or drills involving marking NOT permitted</li> </ul>
C	<b>LIMITED CLUB TRAINING / PICKUP GAMES</b> <ul style="list-style-type: none"> <li>Games and drills with some close-contact between players                             <ul style="list-style-type: none"> <li>But NOT when marking the thrower</li> </ul> </li> <li>Training to prepare for competitive play</li> <li>Regular pickup groups should adopt a defined club structure</li> </ul>	<ul style="list-style-type: none"> <li>Clean discs regularly</li> <li>COVID-19 risk assessment</li> <li>Track attendance</li> </ul>	<ul style="list-style-type: none"> <li>No stall count</li> <li>Mark thrower from &gt;1m</li> <li>No close, face to face marking or discussions</li> </ul>
D	<b>COMPETITIVE ULTIMATE (OUTDOORS)</b> <ul style="list-style-type: none"> <li>Competitive matches under normal rules of Ultimate</li> <li>COVID-19 adaptations may be needed (e.g. extra time between points to clean hands or discs)</li> </ul>	<ul style="list-style-type: none"> <li>Clean discs regularly</li> <li>COVID-19 risk assessment</li> <li>Track attendance</li> <li>3<sup>rd</sup> party stall count</li> </ul>	<ul style="list-style-type: none"> <li>No Spirit Circles "huddle": maintain 2m distance</li> <li>No close, face to face discussions</li> </ul>
E	<b>NORMAL PLAY</b> <ul style="list-style-type: none"> <li>Resumption of normal play</li> <li>Off-field COVID-19 adaptations varying by home nation</li> </ul>	<ul style="list-style-type: none"> <li>COVID-19 risk assessment</li> <li>Continue to take appropriate precautions off-field</li> </ul>	<ul style="list-style-type: none"> <li>Attend if symptomatic or if instructed to self-isolate</li> </ul>

Check the full details for Phases B-C-D and Indoor Guidance Appendix at [https://www.ukultimate.com/story/phased\\_return\\_play\\_guidance](https://www.ukultimate.com/story/phased_return_play_guidance).

**CLUBS AND PLAYERS IN REGIONS SUBJECT TO LOCAL RESTRICTIONS MUST TAKE RESPONSIBILITY FOR CHECKING WHAT IS STILL PERMITTED UNDER THOSE LOCAL RESTRICTIONS.**