

# UK ULTIMATE OUTLINE OF PHASED RETURN TO PLAY

		PHASE	WHAT?	DO	DON'T
Outline is subject to change based on government guidance.	Current Status	A	<b>INDIVIDUAL TRAINING</b> <ul style="list-style-type: none"> <li>• With one other person or small group (details vary by home nation)</li> <li>• Fitness or individual disc skills</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain distance</li> </ul>	<ul style="list-style-type: none"> <li>• No club training</li> <li>• Do not share discs</li> </ul>
		B	<b>LIMITED CLUB TRAINING (LARGER GROUPS, OUTDOORS)</b> <ul style="list-style-type: none"> <li>• Sharing discs (throwing &amp; catching) permitted</li> <li>• Some limited close contact may occur</li> <li>• Clubs could train together for fitness, skills, tactics, strategy</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain distance</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>NORMAL CLUB TRAINING / PICKUP GAMES (OUTDOORS)</b> <ul style="list-style-type: none"> <li>• Games and drills involving normal close-contact between players</li> <li>• Possible adaptation to stalling and marking the thrower</li> <li>• Training to prepare for competitive play</li> <li>• Regular pickup groups will need more club-like 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 competitive play against other teams</li> <li>• No Indoor Ultimate</li> </ul>
		D	<b>COMPETITIVE ULTIMATE (OUTDOORS)</b> <ul style="list-style-type: none"> <li>• Competitive match between two teams 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> </ul>	<ul style="list-style-type: none"> <li>• Spirit Circles may be adapted</li> <li>• No Indoor Ultimate</li> </ul>
		E	<b>TOURNAMENT ULTIMATE</b> <ul style="list-style-type: none"> <li>• Tournament Ultimate is possible, but we expect some limitations and restrictions will remain</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>• Spirit Circles may be adapted</li> </ul>

HAND HYGIENE IS ALWAYS IMPORTANT. CLEAN DISCS BEFORE & AFTER PLAY/TRAINING. THINK ABOUT YOUR TRAVEL OPTIONS. ARRIVE READY-TO-PLAY. SHOWER AT HOME. KEEP YOUR DISTANCE FROM OTHER PEOPLE WHENEVER YOU CAN. MINIMISE YOUR CONTACTS. TAKE PERSONAL RESPONSIBILITY FOR UNDERSTANDING GUIDANCE TO THE PUBLIC AS IT APPLIES TO YOUR LOCATION AND CIRCUMSTANCES.

*Detailed additional guidance appropriate to each phase will be published ahead of moving to that phase. Different parts of the UK are subject to varying restrictions, and so the phase in each region or nation may be different at different times.*