

UK ULTIMATE OUTLINE OF PHASED RETURN TO PLAY

11 Nov 2020

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	✓				
NI	ALL		✓			
Scotland	0				✓	
	1				✓	
	2				✓	
	3		✓			
	4		✓			
Wales	ALL			✓		

	WHAT?	DO	DON'T
A	INDIVIDUAL TRAINING <ul style="list-style-type: none"> With one other person or household (details vary by location) Sharing discs (throwing & catching) permitted Fitness or individual disc skills 	<ul style="list-style-type: none"> Maintain distance Clean discs regularly 	<ul style="list-style-type: none"> No club training
B	LIMITED CLUB TRAINING (group sizes vary by location) <ul style="list-style-type: none"> Drills designed to maintain social distancing at all times Clubs could train together for fitness, skills, tactics, strategy 	<ul style="list-style-type: none"> Maintain distance "in-play" Clean discs regularly COVID-19 risk assessment Track attendance 	<ul style="list-style-type: none"> Games or drills involving marking NOT permitted
C	LIMITED CLUB TRAINING / PICKUP GAMES <ul style="list-style-type: none"> Games and drills with some close-contact between players <ul style="list-style-type: none"> But NOT when marking the thrower Training to prepare for competitive play Regular pickup groups should adopt a defined club structure 	<ul style="list-style-type: none"> Clean discs regularly COVID-19 risk assessment Track attendance 	<ul style="list-style-type: none"> No stall count Mark thrower from >1m No close, face to face marking or discussions
D	COMPETITIVE ULTIMATE (OUTDOORS) <ul style="list-style-type: none"> Competitive match between two teams under normal rules of Ultimate COVID-19 adaptations may be needed (e.g. extra time between points to clean hands or discs) 	<ul style="list-style-type: none"> Clean discs regularly COVID-19 risk assessment Track attendance 3rd party stall count 	<ul style="list-style-type: none"> No Spirit Circles "huddle": maintain 2m distance No close, face to face discussions
E	TOURNAMENT ULTIMATE <ul style="list-style-type: none"> Tournament Ultimate is possible, but we expect some limitations and restrictions will remain 	<ul style="list-style-type: none"> Clean discs regularly COVID-19 risk assessment Track attendance 	<ul style="list-style-type: none"> Spirit Circles may be adapted

Check the full details for *Phases B-C-D and Indoor Guidance Appendix* at 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.

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.