

UK ULTIMATE OUTLINE OF PHASED RETURN TO PLAY

05 Jan 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	✓				
NI	ALL	✓				
Scot.	ALL	✓				
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

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.

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.