

# UK ULTIMATE OUTLINE OF PHASED RETURN TO PLAY

12 March 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	<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 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> <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>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 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, Indoor & School 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.**