

Notice from MCCC – Government’s guidance in June, 2020

The government has published its updated guidance on 1st June, 2020 about what you can and can’t do based on the current situation of coronavirus outbreak. The key points are listed below:

It is vital that those who are showing symptoms, however mild, must continue to self-isolate at home, and that the household quarantine rules continue to apply.

Always practise social distancing—keeping 2 metres apart from people outside of your household.

From 1st June, you CAN do these things that you could not do before:

- spend time outdoors, including private gardens and other outdoor spaces, in groups of up to six people from different households, following social distancing guidelines (staying at least 2 metres away from the people you do not live with)
- visit car showrooms and outdoor markets
- in line with the arrangements made by your school, send your child to school or nursery if they are in early years, reception, year 1 or year 6
- if you are an elite athlete as defined by this government guidance, train and compete using the specified gyms, pools and sports facilities you need (link here: <https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/elite-sport-return-to-training-guidance-step-one--2>)

As with before, you CANNOT:

- visit friends and family in their homes
- stay overnight away from your own home, except for in a limited set of circumstances, such as for work purposes
- exercise in an indoor sports court, gym or leisure centre, or go swimming in a public pool
- use an outdoor gym or playground
- gather with more than six people (including children) who do not live with you. It is prohibited in law to have public gatherings of more than six people from different households
- **Be aware** that on the spot fines have been increased in May

Everyone should continue to:

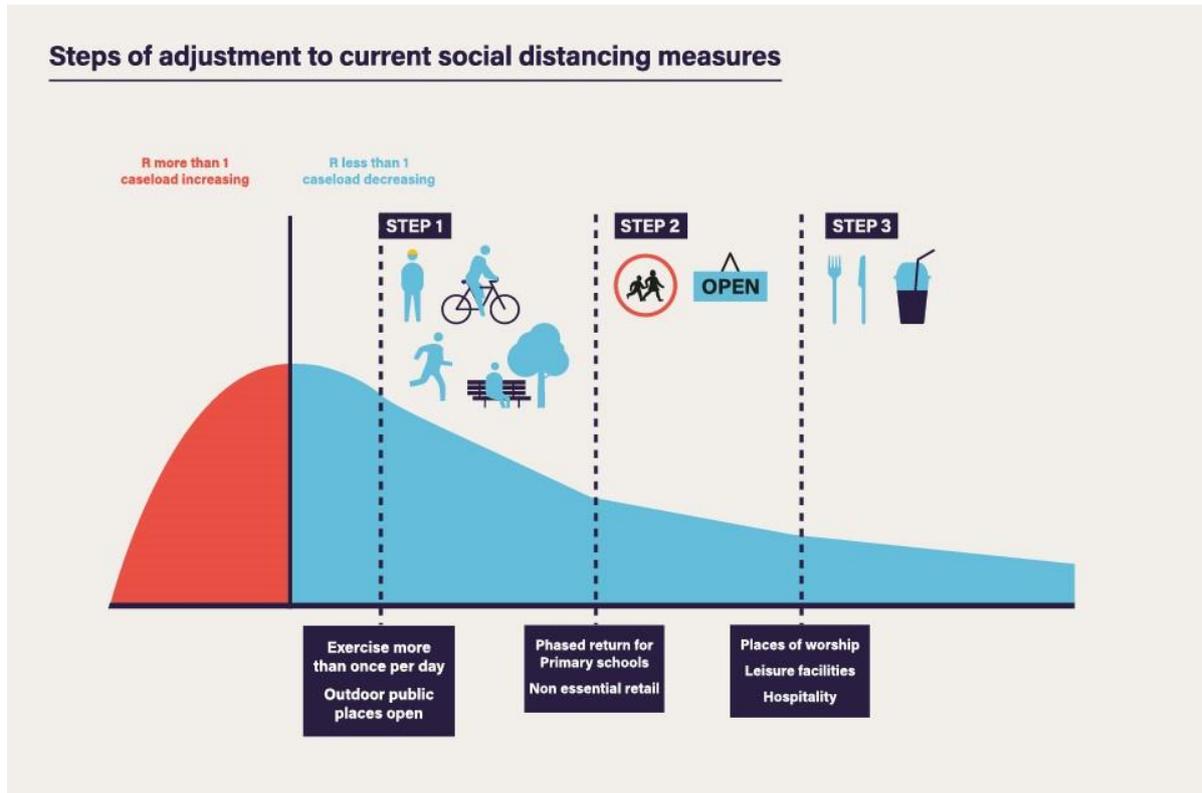
- stay at home if you can, as it will help you stay alert and limit contact with others
- work from home if you can
- limit contact with other people
- keep your distance if you go out (2 metres apart where possible)
- wash your hands regularly

Link to full guidance: <https://www.gov.uk/government/publications/coronavirus-outbreak-fqs-what-you-can-and-cant-do/coronavirus-outbreak-fqs-what-you-can-and-cant-do>

A short overview of the Government's COVID-19 recovery strategy

The government's recovery plan

The government has set out an indicative roadmap illustrated in the graphic below. The precise timetable for these adjustments will depend on how much progress is made in controlling the epidemic.



The plan has three steps:

Step One

We have moved on from this phase to the next phase. However, if the five tests are not met, we may have to return to this phase.

Step Two

This is the phase we are just entering.

Step Three

More businesses in the leisure sector will be allowed to open. Public venues such as churches may be allowed to operate under strictly controlled conditions. More than one household might be able to meet regularly. This might begin on 4th July.

Link to full guidance: <https://www.gov.uk/government/publications/our-plan-to-rebuild-the-uk-governments-covid-19-recovery-strategy/our-plan-to-rebuild-the-uk-governments-covid-19-recovery-strategy>