

“Can I”...?

Local Covid alert levels (also known as tier/local lockdown) and what you are allowed and *not allowed* to do.

How to use this table

Please look down the first **column** to find the activity “can I?” Then check the top **row** to see which level of Covid alert level/tier/local lockdown the area is currently in. **Sheffield is currently in Covid alert level high and will enter very high from Saturday 24th October 2020.**

Each activity is either:

Green: yes, you can following normal rules of social distancing, hand/respiratory hygiene, face coverings, rule of 6¹

Amber: yes, you can but certain rules and guidance applies

Red: no, you can't – this may be a must not, should avoid, or no, this is illegal. Local areas at very high alert level may have additional rules to national rules.

Those who are clinically vulnerable or clinically extremely vulnerable or shielded should check additional guidance that may apply.

“Can I”? Activity/Covid alert level/local lockdown/tier	Medium https://www.gov.uk/guidance/local-covid-alert-level-medium	High https://www.gov.uk/guidance/local-covid-alert-level-high	Very High https://www.gov.uk/guidance/local-covid-alert-level-very-high
Meet family & friends outside of my household/support ² bubble indoors	Yes, within the rule of 6 which includes children of any age	No	No, You must not meet socially with friends and family indoors in any indoor setting unless they are part of your household or support bubble. This includes private homes and indoors in hospitality venues, such as pubs.

¹ The rule of 6 limits your interaction to six people of any age. Please be aware that although legally this does not have to be the same six people it will increase your exposure to potentially infected people if you see a different group of people each day. For example someone limiting social contact to the same group of 6 will be exposed to 5 other people in a week whereas someone seeing a different group each day could be exposed to up 35 different people in a week.

² <https://www.gov.uk/guidance/making-a-support-bubble-with-another-household> It is best to limit interactions with other households. Support bubbles are designed to reduce loneliness and isolation in single adult households. Once you have formed your support bubble with one other household you should not change it.

<p>Meet family & friends outside of my household/support bubble outdoors (rule of 6)</p>	<p>Yes, within the rule of 6 which includes children of any age</p>	<p>Yes, within the rule of 6 which includes children of any age</p>	<p>No: In SOUTH YORKSHIRE you must not socialise with anyone you do not live with in any private garden or in most outdoor public venues, including outdoor hospitality venues and ticketed events.</p> <p>In SOUTH YORKSHIRE Rule of 6 applies for meeting outdoors with people outside your household outdoors in public spaces: parks, beaches, countryside, forests, public gardens (whether or not you pay to enter them), allotments, outdoor sports courts and facilities, and playgrounds</p>
<p>Meet in larger groups</p>	<p>No (unless covered by an exception to rule of 6) https://www.gov.uk/guidance/local-covid-alert-level-medium#exceptions</p>		
<p>Provide informal childcare</p>	<p>Yes, you can continue to use early years and childcare settings, including childminders, after-school clubs and nannies. See guidance on working safely in other people's homes.</p> <p>Family and friends can continue to provide informal childcare as long as groups from different households don't exceed 6 people. You should, wherever possible, keep your distance from people you do not live with (unless you have formed a support bubble with them).</p>	<p>Yes (see childcare bubble & support bubble rules) https://www.gov.uk/guidance/local-covid-alert-level-high#childcare</p> <p>Local advice: if informal childcare is provided by grandparents, consider and discuss risks.</p>	<p>Yes, in a legally permitted childcare bubble</p> <p>Local advice: if informal childcare is provided by grandparents, consider and discuss risks.</p>

<p>Visit other venues, including shops, restaurants, pubs and places of worship with my household/support bubble indoors</p>	<p>Yes</p>	<p>Yes</p>	<p>All pubs and bars MUST close in SOUTH YORKSHIRE unless they are serving <i>substantial meals</i></p> <p>Retail and places of worship will remain open, but subject to the further restrictions on social contact that apply for this level.</p>
<p>Visit other venues, including shops, restaurants, pubs and places of worship with people who are not in my household/support bubble indoors</p>	<p>Yes, within the rule of 6</p>	<p>No</p>	<p>No, you must not mix indoors with anyone who they do not live with (or have formed a support bubble with).</p>
<p>Visit other venues, including shops, restaurants, pubs and places of worship with people who are not in my household/support bubble outdoors</p>	<p>Yes, within the rule of 6</p>	<p>Yes, within the rule of 6</p>	<p>No, you must not mix in most public outdoor venues with anyone who they do not live with (or have formed a support bubble with). In SOUTH YORKSHIRE people must not socialise in a group of more than 6 in an outdoor public space such as a park or beach, the countryside, a public garden or a sports venue.</p>
<p>Visit Covid secure venues selling food & drink with my household/support bubble indoors</p>	<p>Yes (before 10pm and after 5am) for consumption on the premises, takeaways for collection, drive through, click and collect can operate after 10pm. Port and motorway services can operate after 10pm but must not sell alcohol after that time.</p>		<p>ALL pubs and bars MUST close in South Yorkshire unless they operate like a restaurant and serve substantial main meals.</p> <p>Where premises are open you can visit with your household/support bubble.</p>

			<p>10pm-5am restrictions apply for consumption on the premises.</p> <p>Takeaways for collection, drive through, click and collect can operate after 10pm.</p> <p>Port and motorway services can operate after 10pm but must not sell alcohol after that time.</p> <p>Local restrictions may be agreed to prevent the sale of alcohol in all hospitality (aside from takeaway and delivery).</p>
<p>Can I still go to the library, nail bar, hairdressers, theatre, museums, art galleries?</p> <p>Closures are an option in very high alert areas, including:</p> <p>Closure of indoor and outdoor entertainment and tourist attractions and venues</p>	<p>These facilities are still available in medium alert areas</p>	<p>These facilities are still available in high alert areas</p>	<p>These are local options additional options in very high alert areas – please check local restrictions. Closures are an option in very high alert areas. In SOUTH YORKSHIRE the following will be closed:</p> <ul style="list-style-type: none"> • Betting shops X • Adult gaming centres X • Casinos X • Soft play centres X • Gym classes will not be allowed X and social distancing guidelines should be followed between people from different households

<p>Closure of leisure centres and gyms (while ensuring provision remains available for elite athletes, youth and disabled sport and physical activity)</p> <p>Closure of public buildings, such as libraries and community centres (while ensuring provision remains available for youth clubs and childcare activity and support groups)</p> <p>Closure of personal care and close contact services or prohibiting the highest-risk activities</p> <p>Closure of performing arts venues for the purposes of performing to audiences</p>			<ul style="list-style-type: none"> gyms will remain open
<p>Go to work in a covid secure workplace</p>	<p>Yes (if you cannot work from home). Public-sector employees working in essential services, including education settings, should continue to go into work where necessary. You can travel for work outside your area. Those classed as clinically extremely vulnerable can go to work as long as the workplace is COVID secure, but should carry on working from home wherever possible.</p>		
<p>Go to school</p>	<p>Yes</p>		
<p>Go to college/University</p>	<p>Yes, socially distance where possible, you can meet in groups larger than 6 for formal education or training</p>	<p>Yes (but please don't move between term/home address & limit social interaction to your household/childcare/support bubble)</p>	
<p>Use my childcare provider</p>	<p>Yes, but follow rule of 6</p>	<p>Yes, registered providers, or informal (childcare or support bubble). Childcare bubbles are to be used to provide childcare only, and not for the purposes of different households mixing where they are otherwise not allowed to do so.</p>	

Visit my relative in a care home (normal social or welfare visit)	See the guidance on visiting relatives in care homes. https://www.gov.uk/government/publications/visiting-care-homes-during-coronavirus/update-on-policies-for-visiting-arrangements-in-care-homes	No
Visit my relative in a care home (exceptional circumstances and end of life care)	Yes, please check local policies with your individual care home provider on what is classed as exceptional circumstances and end of life care	
Travel	Yes, walk or cycle when you can but where that is not possible use public transport or drive, try not to travel in a car with people outside of your household	Yes, but walk or cycle when you can, avoid unnecessary journeys and busy times to help social distancing on public transport. Try not to travel in a car with people outside of your household Do not travel into or out of a very high alert area aside for work, education, youth services, caring responsibility.
Travel using public transport	Yes, follow guidance on safer use of public transport https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers	Yes, but avoid busy times to help social distancing and use active travel instead where you can
Travel using active travel (walk, cycle, run)	Yes	

<p>Go on holiday</p>	<p>Yes, rule of 6 applies</p> <p>Avoid going to very high alert areas.</p>	<p>Yes, you can go on holiday within high alert areas and outside high alert areas with your household/support bubble in self-contained accommodation e.g. hotel, guest house.</p> <p>You should avoid going to very high alert areas and should not stay overnight or visit someone's private home or garden.</p>	<p>Yes, if you live in a high alert area you can travel within a high alert area and stay overnight with your household/support bubble in self-contained accommodation e.g. hotel, guest house.</p> <p>Those who do not live in high alert areas should not enter these areas – apart from as part of a longer journey, or for work, education, childcare - and should not stay overnight in these areas or visit someone's home.</p> <p>You should avoid staying elsewhere in the UK except for work, education, childcare.</p> <p>You should not visit your second home if you have one outside of the very high alert area.</p>
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Go to other areas of the UK, such as Wales, Scotland, Northern Ireland	Please check you understand and please respect the rules and legislation of other administrations in other parts of the UK e.g. Wales https://gov.wales/coronavirus Scotland https://www.gov.scot/coronavirus-covid-19/ Northern Ireland https://www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-guidance-what-restrictions-mean-you Isle of Man https://covid19.gov.im/general-information/latest-updates/ Jersey https://www.qov.je/health/coronavirus/Pages/Index.aspx Guernsey https://covid19.gov.gg/ Isle of Wight https://www.iow.gov.uk/council/OtherServices/Public-Health-Coronavirus-COVID-19/Advice1 (This list is not exhaustive)		No, you should avoid staying elsewhere in the UK except for work, education, childcare. You should not visit your second home if you have one outside of the very high alert area. You may travel through a very high risk area as part of a longer journey.
Go to areas with Very High covid alert level/tier/local lockdown	No, please avoid. You may travel <i>through</i> a very high risk area as part of a longer journey for example to access airport/rail/port networks.		
Go to a wedding/civil partnership in a covid secure venue (15 guests)	Yes, but rule of 6 applies, sit down meals only	Yes, but do not mingle with people outside of your household/support bubble, sit down meals only	Yes, but do not mingle with people outside of your household/support bubble & you must not have a reception
Go to a funeral in a covid secure venue (30 mourners)	Yes (restricted to 25 mourners in Sheffield as local policy)		
Go to a wake in a covid secure venue (15 mourners)	Yes (wakes must not take place in private homes, sit down meals only)		
Go to a religious service in a covid secure venue	Yes, rule of 6 applies	Yes, but do not mingle with people outside of your household/support bubble	
Travel to attend a wedding, funeral or religious service	Yes	Yes, but do not meet another household indoors, do not mingle with people outside of your household/support bubble	Your guests may travel into the high alert area but must not mingle outside of their household/support bubble, must not visit private homes or gardens and must not stay overnight.

Take place in team sport or physical activity outdoors	Yes	Yes	Yes, but additional local restrictions may apply
Take place in team sport or organised physical activity indoors	Organised indoor sport and indoor exercise classes are only permitted indoors if it is possible for people to avoid mixing in a group of more than 6 (or with people they live with or share a support bubble with). There are exceptions to enable disability and youth sport and physical activity indoors, in any number. Follow the guidance on sport.	Yes, but only if it is possible to avoid mixing with people outside of your household/support bubble. There are exceptions to enable disability and youth sport and physical activity indoors, in any number. Follow guidance on the return of recreational team sport & the return of outdoor sport and recreation in England.	
Move house	Yes, follow the guidance on Follow the national guidance on moving home safely		
Get financial support	Yes, see guidance: Coronavirus Job Retention Scheme (until 31 October) Job Support Scheme (from 1 November) New Style Employment and Support Allowance		
<p>Please note rules may be different if you are clinically vulnerable or clinically extremely vulnerable</p> <p>At each local COVID alert level, there is additional advice that clinically extremely vulnerable people must follow https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19</p>			
<p>Support for Sheffield residents and businesses:</p> <p>https://www.sheffield.gov.uk/home/your-city-council/coronavirus-hub/support-for-people</p> <p>https://www.sheffield.gov.uk/home/your-city-council/coronavirus-hub/support-for-business</p> <p>https://www.sheffield.gov.uk/home/your-city-council/coronavirus-hub</p>			

For information on the **scientific advice** which has informed these decisions please see SAGE minutes & attached papers:

<https://www.gov.uk/government/publications/summary-of-the-effectiveness-and-harms-of-different-non-pharmaceutical-interventions-16-september-2020>

<https://www.gov.uk/government/publications/npis-table-17-september-2020>