

These new strengthened Local Covid-alert levels (LCAL) of medium, high, very high, sometimes described as Tiers 1-3 replace the new national restrictions from midnight on Wednesday 2nd December 2020. They also replace previous Local Covid Alert Levels so please delete previous versions of this Can I? table and use the latest version (check date in header).

The new regulations are here:

https://www.legislation.gov.uk/ukxi/2020/1374/pdfs/ukxi_20201374_en.pdf

The new guidance on shielding is here:

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

Guidance for the Christmas period is here:

<https://www.gov.uk/guidance/guidance-for-the-christmas-period>

Tiers (updated for 2nd Dec):

<https://www.gov.uk/guidance/local-restriction-tiers-what-you-need-to-know>

This table goes through the guidance for a number of questions “Can I?”... and gives a response of:

Yes - Green

Yes with caveats or restrictions - Amber

No - Red

There is separate guidance for support and childcare bubbles¹, which applies across all tiers.

Support bubbles have been expanded. From 2 December you can form a support bubble with another household if any of the following apply to you:

- you are the only adult in your household (any other members of the household having been under 18 on 12 June 2020) or are the only adult who does not have a disability that needs continuous care
- you have a child under 1

- you live with a child under 5 with a disability that needs continuous care

This table groups questions under thematic topic headings such as: socialising, work, sport and exercise. This is aimed to make it easier to find the answer. There is some repetition, but excessive cross referencing has been avoided.

This table is designed for ease of use. If in doubt, refer back to the original guidance, check government FAQs, seek further advice from specific websites such as those for specific diseases or conditions. Local opening of particular venues or service operation may differ from national advice so please check.

This table has been produced by the Office of the Director of Public Health Sheffield based on currently available (as of 02/12/2020) guidance. It will be updated as more guidance and clarification emerges. **Please note, these rules will be eased for a number of days over Christmas – please follow the different rules during this period for your Christmas linked households:**

<https://www.gov.uk/guidance/guidance-for-the-christmas-period>

1 Support Bubble: A support bubble is an exclusive close support network between two households. It means you can have close contact with that household as if they were members of your own. From 2 December, you can form a support bubble with another household, if at least one has:

- only one adult; (including a household where any children are under the age of 18)
- only one adult carer (i.e. living with any additional adult(s) in the household that have a disability and require continuous care);
- a child under 1 (regardless of how many other adults are in the household) ; or
- a child under 5 with a disability that requires continuous care (regardless of how many other adults are in the household)

2 Childcare Bubble: A childcare bubble is where one household links exclusively with one other household to provide informal childcare to a child or children aged 13 or under. They can provide the childcare in either or both of the homes from the 2 households.

Can I?/Tier/alert	Tier 1: Medium alert	Tier 2: High alert	Tier 3: Very High alert
All Tiers			
Health and Emergency Services			
Can I access essential public services such as the NHS and medical services?	Yes, these venues are allowed to remain open under the rules but please check local arrangements for opening times and access. All businesses and venues that are open are expected to follow COVID-19 secure guidelines to protect customers, visitors and workers.		
Can I accompany someone to a medical appointment?	Yes, if you are a household member, close family member, or friend.		
Can I provide emergency assistance to others?	Yes, this is exempt from the gatherings limits across all tiers.		
Can I give blood?	Yes, please check opening times, booking arrangements, and follow instructions from donation centre staff.		
Education			
Can my child go to early years provision?	Yes, all children should attend school or college as normal, unless they are self-isolating. Schools, universities, colleges and early years settings remain open in all tiers. However, please check local arrangements with your education provider for any local variation on the national rules.		
Can I go to school?			
Can I go to college?			
Can I attend skills training?			
Can I go to university?			
Socialising, meeting friends and family			
Can I socialise with people who are not in my household, indoors?	Yes, you must not socialise in groups larger than 6 people, indoors or outdoors, other than where a legal exemption applies. This is called the 'rule of 6'.	No, you must not socialise with anyone you do not live with or who is not in your support bubble in any indoor setting, whether at home or in a public place.	No, you must not meet socially indoors or in most outdoor places with anybody you do not live with, or who is not in your support bubble, this includes in any private garden or at most outdoor venues.

<p>Can I socialise with people who are not in my household, outdoors?</p>	<p>Yes, you must not socialise in groups larger than 6 people, indoors or outdoors, other than where a legal exemption applies. This is called the 'rule of 6'.</p>	<p>Yes, but you must not socialise in a group of more than 6 people outside, including in a garden or a public space – this is called the 'rule of 6'.</p>	<p>Yes, but you must not socialise in a group of more than 6 in some other outdoor public spaces, including parks, beaches, countryside accessible to the public, a public garden, grounds of a heritage site or castle, or a sports facility – this is called the 'rule of 6'.</p>
<p>Can my household/ support bubble which is more than 6 people meet up?</p>	<p>Yes, you are exempt from gathering limits across all tiers as part of a single household, or a support bubble.</p>		
<p>Can I go to the shops, and does this include “non-essential” retail?</p>	<p>All businesses and venues that are open are expected to follow COVID-19 secure guidelines to protect customers, visitors and workers. In all tiers, essential and non-essential retail, including indoor and outdoor markets and car boot sales can remain open.</p>		
<p>Can I get hair and nails done & other beauty services and treatments?</p>	<p>Yes. All businesses and venues that are open are expected to follow COVID-19 secure guidelines to protect customers, visitors and workers. In all tiers, the following businesses and venues can remain open:</p> <ul style="list-style-type: none"> • personal care and close contact services such as hairdressers and barbers, • beauty salons, • tattoo parlours, • nail salons, • spas and beauty services, • massage parlours • tanning salons 		
<p>Can I get a tattoo?</p>			

Eating and drinking out - hospitality

<p>Can I go to the pub, restaurant, cafe and other hospitality venues to eat in?</p>	<p>Yes, hospitality businesses selling food or drink for consumption on their premises are required to:</p> <ul style="list-style-type: none"> • provide table service only, for premises that serve alcohol & non-alcohol venues should also try and ensure customers remain seated • close between 11pm and 5am (hospitality venues in airports, ports, on transport services and in motorway service areas are exempt) • stop taking orders after 10pm <p>Staff/workplace ‘canteens’ where there is no reasonable alternative are exempt e.g. hospital or factory staff on night shifts (but these should not serve alcohol)</p>	<p>Yes, but you are not allowed to go out just for an alcoholic drink without a meal. Pubs and bars must close, unless operating as restaurants. Hospitality venues can only serve alcohol with substantial meals. Hospitality businesses selling food or drink for consumption on their premises are required to:</p> <ul style="list-style-type: none"> • provide table service only, in premises which sell alcohol & non-alcohol venues should also try and ensure customers remain seated • close between 11pm and 5am • close between 11pm and 5am (hospitality venues in airports, ports, transport services and motorway service areas are exempt) • stop taking orders after 10pm 	<p>No, hospitality settings, such as bars (including shisha venues), pubs, cafes and restaurants are closed – they are permitted to continue sales by takeaway, click-and-collect, drive-through or delivery services.</p>
<p>Can I go to a nightclub?</p>	<p>No, these venues remain closed by law.</p>		
<p>Can I organise/attend a “rave”?</p>	<p>No, this is not permitted under any Tier.</p>		
<p>Can I collect takeaway using delivery, drive through or click and collect from hospitality services?</p>	<p>Yes. Hospitality businesses and venues selling food and drink for consumption off the premises can continue to do so after 10pm as long as this is through delivery service, click-and-collect or drive-through. Please follow the rules to support our local businesses to avoid breaches.</p>		

Entertainment venues indoors and outdoors

Can I go to indoor and outdoor entertainment venues such as cinemas, museums, theatres, casinos?

Yes, early closure (11pm) applies to casinos, cinemas, theatres, concert halls, museums, bowling alleys, amusement arcades, funfairs, theme parks, adventure parks and activities and bingo halls. Cinemas, theatres and concert halls can stay open beyond 11pm in order to conclude performances that start before 10pm.

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No, indoor entertainment and tourist venues must close. This includes:

- indoor play centres and areas, including trampolining parks and soft play
- casinos
- bingo halls
- bowling alleys
- skating rinks
- amusement arcades and adult gaming centres
- laser quests and escape rooms
- cinemas, theatres and concert halls
- snooker halls

Indoor attractions at mostly outdoor entertainment venues must also close (indoor shops, through-ways and public toilets at such attractions can remain open). This includes indoor attractions within:

- zoos, safari parks, and wildlife reserves
- aquariums, visitor attractions at farms, and other animal attractions
- model villages
- museums, galleries and sculpture parks

			<ul style="list-style-type: none"> • botanical gardens, biomes or greenhouses • theme parks, circuses, fairgrounds and funfairs • visitor attractions at film studios, heritage sites such as castles and stately homes • landmarks including observation decks and viewing platforms
Can I go to indoor and outdoor performances, shows and other ticketed events?	Yes, but there will be a reduced number of tickets available. Public attendance at outdoor and indoor events (performances and shows) is permitted, limited to whichever is lower: 50% capacity, or either 4,000 people outdoors or 1,000 people indoors.	Yes, but there will be a much reduced number of tickets available. Public attendance at outdoor and indoor events (performances and shows) is permitted, limited to whichever is lower: 50% capacity, or either 2,000 people outdoors or 1,000 people indoors.	No, there should be no public attendance at spectator sport or indoor performances, and large outdoor events (performances and shows) should not take place, with the exception of drive-in events.
Can I watch live sport indoors/outdoors?	Yes, but there will be a reduced number of tickets available. Public attendance at spectator sport and business events can resume inside and outside, subject to social contact rules and limited to whichever is lower: 50% capacity, or either 4,000 people outdoors or 1,000 people indoors.	Yes, but there will be a much reduced number of tickets available. Public attendance at spectator sport and business events can resume inside and outside, subject to social contact rules and limited to whichever is lower: 50% capacity, or either 2,000 people outdoors or 1,000 people indoors.	No, there should be no public attendance at spectator sport or indoor performances and large business events should not be taking place. Elite sport events may continue to take place without spectators.
Can I go to a shisha bar?	These businesses must close under all tiers.		
Can I go to a nightclub? (or other night time economy dance venue?)			
Can I go to a sexual entertainment venue or hostess bar?			

Worship

Can I go to church or my place of worship?	Yes, places of worship remain open, but you must not attend or socialise in groups of more than 6 people while there, unless a legal exemption applies.	Yes, places of worship remain open but you must not socialise with people from outside of your household or support bubble while you are indoors there, unless a legal exemption applies.	Yes, places of worship remain open, but you must not attend with or socialise with anyone outside of your household or support bubble while you are there, unless a legal exemption applies.
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Weddings, funerals and other important commemorative events

Can I go to a wedding?	Yes, weddings can go ahead with restrictions on numbers of attendees – 15 people can attend wedding ceremonies and receptions. Please check local rules with your local venue. These should not take place in private dwellings.	Yes, weddings can go ahead with restrictions on numbers of attendees – 15 people can attend wedding ceremonies and receptions. These should not take place in private dwellings.	Yes, weddings can go ahead with restrictions on the number of attendees – 15 people can attend wedding ceremonies and these should not take place in private dwellings. Wedding receptions are not allowed.
Can I go and see someone who is terminally ill or at the end of life?	Yes, this is exempt from limits on gatherings across all tiers.		
Can I go to a funeral?	Yes, funerals can go ahead with restrictions on numbers of attendees – 15 people can attend wedding ceremonies and receptions, 30 people can attend funeral ceremonies, and 15 people can attend linked commemorative events. Please check local venue rules, for example 25 mourners is the upper limit in most Sheffield venues. These events must not take place in private dwellings.	Yes, funerals can go ahead with restrictions on numbers of attendees – 30 people can attend funeral ceremonies, and 15 people can attend linked commemorative events such as wakes or stonettings. Please check local venue rules, for example 25 mourners is the upper limit in most Sheffield venues. These events must not take place in private dwellings.	Yes, funerals can go ahead with restrictions on the number of attendees –30 people can attend funeral ceremonies, 15 people can attend linked commemorative events. Please check local venue rules, for example 25 mourners is the upper limit in most Sheffield venues. These events must not take place in private dwellings.

Sport, exercise, physical activity

<p>Can my gym, dance studio, local pool, sports courts, outdoor playground stay open?</p>	<p>Yes. In all tiers, the following businesses and venues can remain open: certain leisure and sporting facilities such as gyms, sports courts and facilities, leisure centres, fitness and dance studios, golf courses, swimming pools, riding centres, outdoor playgrounds – subject to relevant social contact rules in each tier. Indoor group activities and classes should not take place at tier 3.</p>		
<p>Can I train and compete as an elite sportsperson?</p>	<p>Yes, please check the definition of an elite sportsperson within the regulations. This exception covers coaches of elite sportspersons and parents (if elite sportsperson is a child), https://www.legislation.gov.uk/ukxi/2020/1374/pdfs/ukxi_20201374_en.pdf Venues can remain open for elite sportspeople to train.</p>		
<p>Can I exercise and/or play grassroots sport outdoors?</p>	<p>Yes, organised outdoor sport, physical activity and exercise classes can continue.</p>	<p>Yes, organised outdoor sport, and physical activity and exercise classes can continue. If a child is taking part in grassroots sports, parents and other spectators are not permitted.</p>	<p>Yes, organised outdoor sport, and physical activity and exercise classes can continue, however higher-risk contact activity should not take place.</p>
<p>Can I exercise and/or play grassroots sport indoors?</p>	<p>Yes, organised indoor sport, physical activity and exercise classes can continue to take place, if the rule of 6 is followed. There are exceptions for indoor disability sport, sport for educational purposes, and supervised sport and physical activity for under-18s, which can take place with larger groups mixing.</p>	<p>Yes, but organised indoor sport, physical activity and exercise classes will only be permitted if it is possible for people to avoid mixing with people they do not live with (or share a support bubble with). There are exceptions for indoor disability sport, sport for educational purposes and supervised sport and physical activity for under-18s, which can take place with larger groups mixing. If a child is taking part in indoor grassroots sports, parents and other spectators are not permitted.</p>	<p>Yes, leisure and sports facilities may continue to stay open, but group exercise classes (including fitness and dance) should not go ahead. Saunas and steam rooms should close.</p> <p>No, organised indoor sport, physical activity and exercise classes cannot take place indoors. There are exceptions for indoor disability sport, sport for educational purposes and supervised sport and physical activity for under-18s.</p>

Can I play indoor disability sport and under-18s sport/exercise?	Yes, organised indoor sport, physical activity and exercise classes can continue to take place. Indoor disability sport, sport for educational purposes, and supervised sport and physical activity for under-18s, can take place with larger groups mixing.	Yes, indoor disability sport, sport for educational purposes and supervised sport and physical activity for under-18s, can take place with larger groups mixing.	Yes, indoor disability sport, sport for educational purposes and supervised sport and physical activity for under-18s can continue.
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Travel and overnight stays

Can I use public transport?	Yes, however, you should walk or cycle where possible, plan ahead and avoid busy times and routes when travelling.		
Can I use active travel?	Yes, you should walk or cycle where possible, plan ahead and avoid busy times and routes when travelling.		
Can I travel out of my Tier/alert level area?	<p>Yes, if you live in a tier 1 area and travel to an area in a higher tier you should follow the rules for that area while you are there. Avoid travel to or overnight stays in tier 3 areas other than where necessary, such as for work, education, youth services, to receive medical treatment, or because of caring responsibilities. You can travel through a tier 3 area as part of a longer journey</p>	<p>Yes, you can continue to travel to venues or amenities which are open, but should aim to reduce the number of journeys you make where possible.</p> <p>If you live in a tier 2 area, you must continue to follow tier 2 rules when you travel to a tier 1 area. Avoid travel to or overnight stays in tier 3 areas other than where necessary, such as for work, education, youth services, to receive medical treatment, or because of caring responsibilities. You can travel through a tier 3 area as a part of a longer journey.</p>	<p>Yes, you can continue to travel to venues or amenities which are open, but should aim to reduce the number of journeys you make where possible.</p> <p>You should avoid travelling to other parts of the UK, including for overnight stays other than where necessary, such as for work, education, youth services, to receive medical treatment, or because of caring responsibilities. You can travel through other areas as part of a longer journey.</p>
Can I travel abroad?	For international travel see the Foreign, Commonwealth and Development Office travel advice for your destination and the travel corridors list.		

Can I stay at a B&B, hotel, guest house, campsite for leisure purposes?	Yes, you can travel to venues that are open – you should avoid overnight stays in a Tier 3 area – as above in “Can I travel out of my Tier/alert level area?”	No, accommodation such as hotels, B&Bs, campsites, and guest houses must close. There are several exemptions, such as for those who use these venues as their main residence, and those requiring the venues where it is reasonably necessary for work or education and training.
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Work

Can I go to work?	Yes, however everyone who can work from home should do so . Where people cannot do so – including, but not limited to, people who work in critical national infrastructure, construction, or manufacturing – they should continue to travel to their workplace. Public-sector employees working in essential services, including education settings, should continue to go into work where necessary.	
Can I work in someone else’s home?	Yes, this is exempt from the gatherings limits across all tiers.	
Can I rehearse as a professional dancer, musician?	Yes, check the definition of professional within the regulations to ensure you fall within the exemption. Venues can remain open for rehearsal without an audience.	
Can I attend skills training, work experience placements, professional exams?	Yes, this is exempt as it is classed as education.	
Can I access essential public services such as jobcentre plus sites?	Yes, these venues are allowed to remain open but please check local opening times and access arrangements. All businesses and venues that are open are expected to follow COVID-19 secure guidelines to protect customers, visitors and workers.	
Can I provide voluntary or charitable services, including in other people’s homes?	Yes, this is exempt from the gatherings limits across all tiers.	

Caring responsibility for vulnerable people, childcare and supervised activities for children

Can I visit a care home?	Visits to care homes can take place with arrangements such as substantial screens, visiting pods, and window visits. Regular testing will be offered to up to 2 family members or friends per resident by Christmas, which – when combined with other infection-control measures such as PPE – will support indoor visits with physical contact. Detailed guidance will be published shortly.
Can I visit someone receiving treatment in a hospice, hospital?	Yes, if you are a member of the household, close family member, or friend of the person you are visiting.
Can I access my local food bank?	Yes, please check local arrangements with your foodbank such as opening times, any new Covid-secure arrangements you may need to follow e.g. hand cleansing, face coverings.
Can I access services for homeless people?	Yes, please check local arrangements such as opening times, what is on offer due to Covid-secure arrangements.
Can I provide care or assistance to someone vulnerable or to provide respite for a carer?	Yes, this is exempt from the gatherings limits across all tiers.
Can I access childcare, education or training – meaning education and training provided as part of a formal curriculum?	Yes, this is exempt from the gatherings limits across all tiers. Please check understanding of ‘formal curriculum’ within the regulations.
Can I access supervised activities provided for children, including wraparound care (before and after-school childcare), groups and activities for under 18s, and children’s playgroups?	Yes, this is exempt from the gatherings limits across all tiers.

Can I go to formal support groups, and parent and child groups – up to 15 people aged 5 and older?	Yes, this is exempt from the gatherings limits across all tiers.
Can contact visits go ahead between birth parents and children in care, as well as between siblings in care?	Yes, this is exempt from the gatherings limits across all tiers.
Can caring arrangements continue for children who do not live in the same household as both their parents or guardians?	Yes, this is exempt from the gatherings limits across all tiers.
Can visits go ahead for prospective adopting parents to meet a child or children who may be placed with them?	Yes, this is exempt from the gatherings limits across all tiers.
Can birth partners still meet up?	Yes, this is exempt from the gatherings limits across all tiers.
Can I provide emergency assistance to others?	Yes, this is exempt from the gatherings limits across all tiers.
Can I meet others to avoid injury or illness, or to escape a risk of harm?	Yes, this is exempt from the gatherings limits across all tiers.

Courts and legal obligations and services

Can I fulfil a legal obligation, attend court, or jury service?

Yes, this is exempt from the gatherings limits across all tiers.

Can I access essential public services such as courts?

Yes, these venues are allowed to remain open under the rules but please check local arrangements for opening times and access. All businesses and venues that are open are expected to follow COVID-19 secure guidelines to protect customers, visitors and workers.

House and garden

Can I move house?

Yes, this is exempt from the gatherings limits across all tiers.

Can I go to recycling and waste centres?

Yes, these venues are allowed to remain open under the rules but please check local arrangements for opening times and access. All businesses and venues that are open are expected to follow COVID-19 secure guidelines to protect customers, visitors and workers.

Public buildings libraries, community halls/centres

Can I access public buildings, such as libraries, community centres and halls?

Yes, these venues are allowed to remain open in all tiers under the rules but please check local arrangements for opening times and access. Businesses and venues that are open are expected to follow COVID-19 secure guidelines to protect customers, visitors and workers.

Yes, these venues are allowed to remain open in all tiers under the rules but please check local arrangements for opening times and access. Businesses and venues that are open are expected to follow COVID-19 secure guidelines to protect customers, visitors and workers.

These venues should not host events for private hire, such as birthday parties or most other social activities in tier 3.

Allotments

Can I still go to my allotment?

Yes, these venues are allowed to remain open in all tiers under the rules but please check local arrangements for opening times and access. Businesses and venues that are open are expected to follow COVID-19 secure guidelines to protect customers, visitors and workers.

Public toilets

Can I still access public toilets?

Yes, these venues are allowed to remain open in all tiers under the rules but please check local arrangements for opening times and access. Businesses and venues that are open are expected to follow COVID-19 secure guidelines to protect customers, visitors and workers.

Public car parks

Can I still access public car parks?

Yes, these venues are allowed to remain open in all tiers under the rules but please check local arrangements for opening times and access. Businesses and venues that are open are expected to follow COVID-19 secure guidelines to protect customers, visitors and workers.

Protests and Pickets (Trade Unions)

Can I still protest/picket?

Yes, but please make sure you exactly fulfil the criteria in the regulation if you are organising a protest/picket. The gathering organiser is responsible for taking the required precautions so please check what these are locally e.g. seek advice from South Yorkshire Police/Sheffield City Council before the event.

Ends