



Committee *for*  
Health & Social Care

# Exit from Lockdown- A Framework for Lifting the COVID-19 Restrictions in the Bailiwick of Guernsey

PHASE 4 –EXTRACT

29<sup>th</sup> MAY 2020

## Phases of Lockdown Release

### Phase 4

- **Definition**

- **This phase represents a further progression towards a more normal level of activity within Guernsey. Further parts of the local economy, including retail and hospitality, hairdressers and beauticians, will be able to function although some restrictions on work practices, gatherings and social distancing will remain in place.**
- Recreational time and range of activities permissible are increased.
- Anyone who has any symptoms consistent with COVID-19, however mild, should stay and home and seek medical advice and testing.
- Social distancing of 2 metres where possible should be maintained but if not practicable a minimum of 1 metre is permissible.<sup>1</sup>
- More specifically, a differentiation needs to be made between controlled and uncontrolled environments:
  - Uncontrolled environments – e.g., supermarkets and other retail outlets, shops, parks, and playgrounds. When out and about, keep at least a 2 metre distance from people you don't know. This is because no record of attendance can be kept. Furthermore if a gym or sport facility cannot keep a record of attendance with details of timings and use of gym equipment, then a 2 metre social distance should be maintained.
  - Controlled environments – these include places such as work, church, clubs/groups, recreation and sports teams **where a record of attendance is kept**. Keep at least a 1 metre distance between people you don't live with or who were not part of your extended bubble in Phase 3. In restaurants there needs to be at least one metre between tables and aim for one metre between people sitting at the table if not from the same household or extended household bubble, if possible.
  - For gym and sport classes social distancing should aim for two metres but one metre is acceptable.
  - Contact sports are specifically excluded here and can only re-start in Phase 5.
- Gatherings of up to 30 people will be allowed subject to social distancing and hygiene measures. People should aim to maintain a social distance of one metre where possible. Sharing of utensils, cutlery and crockery should be avoided.
- Gatherings of up to 50 will be allowed for weddings and funerals services subject to social distancing and hygiene measures. Wakes and receptions would be subject to a limit of 30 people.
- The household bubble is no longer required but no more than 30 people can gather (this excludes educational settings, restaurants, hotels and work places which are subject to separate guidance and where more people can be present).

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<sup>1</sup> If a person observes the WHO recommendation of at least 1 metre physical distance from others, this converts to approximately 10 square metre area around them.

- Businesses unable to operate fully or under social distancing restrictions in phases 2 and 3 will be permitted to operate under increased hygiene requirements, with the exception of bars and nightclubs. Other non-essential retail outlets may reopen with social distancing and hygiene measures in place.
- Non-essential travel can occur, but anyone returning to the Bailiwick to self-isolate for 14 days.
- Islanders are encouraged to keep a diary of their activities to facilitate contact tracing, should this be required.
- **Social Connectivity and Travel:** Travel restrictions will remain in place requiring anyone returning to the Bailiwick to self-isolate for a period of 14 days. However, non-essential travel, with a 14 day quarantine on return, will be allowed. The impact of the compulsory 14 day self-isolation, together with the community 'track and trace' programme, in the UK on community transmission there will be closely monitored. We will also continue to assess other interventions that may be supportive of the easing of border restrictions.
- **Timing**
  - 30<sup>th</sup> May 2020.
  - **Justification for early progression to Phase 4**
    - **Early progression to Phase 4 was recommended by Public Health Services on the 20<sup>th</sup> May 2020.**
    - Critical to inform this recommendation was:
      - There had been no new cases of infection with SARS-CoV-2 diagnosed in the 20 days prior to the 20<sup>th</sup> May 2020.
      - The last case of infection was diagnosed as a result of unexplained community transmission on the 21<sup>st</sup> April 2020.
      - There are no hospital in-patients with COVID-19.
      - There is no health intelligence indicating there are individual or clusters of cases with symptoms consistent with COVID-19 which pose a risk for on-going community transmission of the virus.
      - The Emergency Department and Primary Care have not reported any concerns relating to possible COVID-19 activity.
- **Eased lockdown: with the following:**
  - **Business and work-related activities:** Further parts of the local economy, including retail and hospitality, will be able to function with controls, although some restrictions on work practices will remain in place. Hairdressers and beauticians will be able to operate and shared leisure spaces, including gymnasiums and fitness studios, will be able to operate with strict hygiene controls and social distancing. Night Clubs may not open in this phase
  - **Recreation:** Recreation time is unlimited. Public venues and places of recreation may be able to reopen subject to controls. Some public and social gatherings may be able to resume with strict social distancing measures in place with restrictions on the maximum number of people in attendance including congregational services with social distancing. Non-contact sports, fitness training in groups and other indoor activities, such as gymnasiums, may be able to resume with additional hygiene requirements.

- **Release triggers for progression to Phase 5 include:**
  - No cases of COVID-19 acquired through unexplained community transmission in Phase 4 that cannot be effectively managed by the 'track and trace system' in the previous 4 weeks.
  - No new clusters of infections that pose a risk of onward transmission.
  - Hospital admissions for COVID-19 in the last month stable or declining.
  - The continued availability of local testing for the virus that causes COVID-19.
- **Adaptive triggers for reversal to an earlier Phase include:**
  - Reappearance of a case/s of unexplained community transmission.
  - The reappearance of new clusters of infection that pose a risk of onward transmission.
  - Increasing hospital admission for COVID-19.
  - Evidence of significant community non-compliance with public health requirements.
  - If on-island testing to detect the virus that causes COVID-19 was no longer available.
  - Other indicators becoming apparent to Public Health Services indicating sub-optimal containment of the virus that causes COVID-19.

Appendix A: COVID-19 Pandemic - The Bailiwick Economy: A phased transition framework to restore business activity – Phase 4

PHASE	DESCRIPTION
<p>Phase 4</p> <p><i>(Phase 4 continued)</i></p>	<p>This phase represents a significant change from Phase 3 towards a more normal level of activity within Guernsey. Further parts of the local economy, including retail and hospitality, hairdressing and beauticians, will be able to function although restrictions on work practices, gatherings and social distancing will remain in place.</p> <p><b>Work from home, if possible, is still encouraged.</b></p> <p>Anyone who has any symptoms consistent with COVID-19, however mild, should stay and home and seek medical advice and testing.</p> <p><b><u>Businesses unable to operate fully or under social distancing restrictions in phase 2 and 3</u></b></p> <ul style="list-style-type: none"> <li>• Will be permitted to operate subject to hygiene requirements.</li> <li>• Such businesses may include elements of construction that require multiple individuals working in close proximity to perform a task. Where possible social distancing of 2 metres should be maintained where possible, but it is acknowledged that this is not always possible.<sup>2</sup></li> </ul> <p><b><u>Retail, clubs, work,</u></b></p> <ul style="list-style-type: none"> <li>• All retail businesses can re-open, subject to continued cleaning and hygiene requirements in place, including hairdressers and beauticians.</li> <li>• Social distancing of 2 metres where possible should be maintained but a minimum of 1 metre is permissible.<sup>3</sup></li> <li>• More specifically, a differentiation needs to be made between controlled and uncontrolled environments:               <ul style="list-style-type: none"> <li>○ Uncontrolled environments – e.g., supermarkets and other retail outlets, shops, parks, the beach and playgrounds.</li> </ul> <p>When out and about, keep at least a 2 metre distance from people you don't know. This is because no record of</p> </li> </ul>

<sup>2</sup> If a person observes the WHO recommendation of at least 1 metre physical distance from others, this converts to approximately 10 square metre area around them.

<sup>3</sup> If a person observes the WHO recommendation of at least 1 metre physical distance from others, this converts to approximately 10 square metre area around them.

attendance can be kept. Furthermore if a gym or sport facility cannot keep a record of attendance with details of timings and use of gym equipment, then a 2 metre social distance should be maintained.

- Controlled environments – these include places such as work, church, clubs/groups, recreation and sports teams **where a record of attendance is kept.** Keep at least a 1 metre distance between people you don't live with or who were not part of your extended bubble in Phase 3.
- **For gym and sport classes social distancing should aim for 2 metres but 1 metre is acceptable.**
- Contact sports are specifically excluded here and can only re-start in Phase 5.
- In some circumstances social distancing is difficult, for example in hairdressers. Here direct contact should be minimised as much as possible.
- Compliance with Public Health guidelines is required.
- Restrictions on the numbers in any premises (of customers and staff) will be necessary to comply with social distancing.
- Some business elements may be restricted if they present a particular risk (for example changing rooms may be closed, fitting of clothes or activity that requires physical contact will be restricted).

#### **Restaurants, hotels, cafes, and pubs**

- Will be permitted to open with social distancing and hygiene and cleanliness requirements both in public facing areas and kitchens.<sup>4</sup>
- Social distancing of 2 metres where possible should be maintained but a minimum of 1 metre is permissible.<sup>5</sup>
- In restaurants, cafes and pubs, the following needs to be adhered to:
  - There needs to be at least 1 metre between tables and **aim** for 1 metre between people sitting at the table if not from the same household or extended household bubble, if possible
  - Table service only is permitted, no bar / counter service or standing at bars / counters.
  - All facilities are subject to increased hygiene measures in guest rest rooms and for staff. There needs to be procedures in place for cleaning of toilets and restricting access to toilets.
- Restaurants, pubs and cafés need to keep a list of people using their premises, to include the table each individual was sitting at and the timing of this.

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- Al fresco dining is encouraged.
- Contactless payments encouraged.

**Sport and leisure facilities and activities**

- All gyms and leisure facilities can reopen, subject to social distancing and hygiene guidelines.
- Social distancing of 2 metres where possible should be maintained but a minimum of 1 metre is permissible.<sup>6</sup>
- More specifically, a differentiation needs to be made between controlled and uncontrolled environments:
  - Uncontrolled environments – e.g., parks, beaches and playgrounds. When out and about, keep at least a 2 metre distance from people you don't know. This is because no record of attendance can be kept. Furthermore if a gym or sport facility cannot keep a record of attendance with details in timings and use of gym equipment, then a 2 metre social distance should be maintained.
  - Controlled environments – these include places such as, recreation and sports teams **where a record of attendance is kept**. Keep at least a 1 metre distance between people you don't live with or who were not part of your extended bubble in Phase 3.
  - **For gym and sport classes social distancing should aim for 2 metres but 1 metre is acceptable.** Contact sports are specifically excluded here and can only re-start in Phase 5.
- Specifically, outdoor children's play areas can reopen but NOT indoor play areas, other than those that are part of the Early Years Services.

**Travel**

- Travel for non-essential purposes **is be permitted, subject to the individual self-isolating on return to the Bailiwick for 14 days.**
- Travellers need to be aware of the health risks as a result of travel, particularly if they fall into a more vulnerable group.

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<sup>6</sup> If a person observes the WHO recommendation of at least 1 metre physical distance from others, this converts to approximately 10 square metre area around them.

Appendix B: COVID-19 Pandemic - The Bailiwick of Guernsey: A phased transition framework to restore social, cultural and recreational activity – Phase 4

PHASE	DESCRIPTION
<p><b>Phase 4</b></p>	<p><b>This phased represents a further progression towards a more normal level of activity within Guernsey. Further parts of the local economy, including retail and hospitality, will be able to function although some restrictions on work practices, gatherings and social distancing will remain in place.</b></p> <p>Most businesses open under controls to show that they are able to maintain strict hygiene precautions and social distancing of 2 metres, where possible, but at least 1 metre should be achieved.<sup>7</sup></p> <p><b>With regard to social distancing, a differentiation needs to be made between controlled and uncontrolled environments:</b></p> <p><b>Uncontrolled environments</b> – e.g., supermarkets and other retail outlets, shops, parks, and playgrounds. When out and about, keep at least a 2 metre distance from people that are not from your Phase 3 extended household bubble. This is because no record of attendance can be kept.</p> <p><b>Controlled environments</b> – these include places such as work, church, clubs/groups, recreation and sports teams where a record of attendance is kept. Keep at least a 1 metre distance between people who are not from your Phase 3 extended household bubble.</p> <p>Household bubbles will be discontinued. A gathering of up to 30 people (or 50 people for weddings and funerals services only, wakes and receptions would be subject to 30 people), with social distancing and hand hygiene is allowed.</p> <p>Recreation time increased to no limit.</p> <p><b>Public venues</b></p> <ul style="list-style-type: none"> <li>• Restrictions on most places of recreation are lifted, with an emphasis on hygiene measures and social distancing.</li> </ul>

<sup>7</sup> If a person observes the WHO recommendation of at least 1 metre physical distance from others, this converts to approximately 10 square metre area around them.



**(Phase 4  
continued)**

- Public venues, including sports venues, churches and community centres, museums, theatres and cinemas may be permitted to open with restrictions on the size, nature and duration of activities. Individual guidance will be available, where necessary.
- Coastal kiosks and public toilets open.

**Social gatherings outside of hotels and restaurants**

- Gatherings of up to 30 people will be allowed subject to social distancing and hygiene measures. People should aim to maintain a social distance of one metre where possible. Sharing of utensils, cutlery and crockery should be avoided. This includes congregational services with social distancing.
- Gatherings of up to 50 will be allowed for wedding and funeral services subject to social distancing and hygiene measures.

**Group activities and shared leisure facilities**

- Non-contact sports and fitness training for other sports may recommence, including indoor activities.
- Gymnasiums/fitness studios/indoor personal training allowed to operate, with an emphasis on hygiene measures and social distancing.
- Swimming pools and health suites may be able to open with additional hygiene measures in place.
- Facilities will be subject to Environmental Health inspection.
- Outdoor children's play areas can re-open.
- Group activities that have been deemed by the Medical Officer of Health to present an increased risk through respiratory droplets will be permitted but need to be carefully risk-assessed and organisers need to consider the risk of infection, particularly in vulnerable groups. This includes participation in choral, woodwind and brass activities. There needs to be a record of people attending any group activities that is kept for two weeks after the event and that will be available for contact tracing, if required. Participants should be at least two metres apart.