

## Meeting with others safety updated

The guidance on meeting friends and family changed from 14 September 2020.

### Seeing friends and family

When seeing friends and family who do not live with you, you are advised to follow these guidelines:

- follow [social distancing rules](#) (making space of 2 metres between yourself and others)
- limit how many different people you see socially over a short period of time
- meet people outdoors where you can: meeting people outdoors is safer than meeting people indoors because fresh air provides better ventilation

You can only meet a **maximum of 6** people you do not live with in a group either indoors or outdoors (including at home). This is called the 'rule of six' and must be followed because it's the law.

### New rules

From 14 September it will be against the law to meet people you do not live with in a group larger than 6 people (unless you are meeting with your '[support bubble](#)' – which can only involve one other household - and this adds up to more than six people). The police will have the powers to enforce these legal limits and can issue fines (a fixed penalty notice) of £100, which will increase for further breaches up to a maximum of £3,200. You also risk getting a criminal record if you do not follow these legal limits.

Groups of more than 6 people can meet:

- where everyone lives together or is in the same [support bubble](#) (your household plus one other household), or to continue existing arrangements where children do not live in the same home as both of their parents
- for work, including voluntary or charitable services including support for older people with dementia
- organised support groups for people facing particular difficulties including: long term health conditions such as dementia (this could include support for carers) and people who have experienced bereavements
- for education, training, or registered childcare (including wraparound care)
- fulfilling legal obligations such as attending court or jury service
- providing emergency assistance, or providing support to a vulnerable person
- for you or someone else to avoid illness, injury or harm
- for wedding and civil partnership ceremonies and receptions, or for other religious life-cycle ceremonies - where up to 30 people will be able to attend
- at funerals - where up to 30 people will be able to attend
- organised indoor and outdoor sports, physical activity and exercise classes (see the list of [recreational team sports](#), [outdoor sport](#) and exercise allowed under the [gyms and leisure centre guidance](#))
- protests and political activities organised in compliance with COVID-19 secure guidance and subject to strict risk assessments

More information can be found on our [Frequently Asked Questions on the Government website](#)

### **Rules in other venues and activities**

Venues following [COVID-19 secure guidelines](#) will be able to continue to host more people in total - such as religious services in places of worship - but no one should visit in a group more than 6.

When you visit one of these places, such as a place of worship, shop, leisure venue, restaurant or pub, you should:

- follow the limits on the number of other people you should meet with as a group - no more than six people unless you all live together (or are in the same support bubble)
- avoid social interaction with anyone outside the group you are with, even if you see other people you know
- provide your contact details to the organiser so that you can be contacted if needed by the [NHS Test and Trace programme](#)

Further details on this change can be found on the Government website <https://www.gov.uk/government/publications/coronavirus-covid-19-meeting-with-others-safely-social-distancing/coronavirus-covid-19-meeting-with-others-safely-social-distancing>

You might also find the explanation of terms useful see <https://raceequalityfoundation.org.uk/health-care/covid-19-translated-materials-resources/>