



CORONAVIRUS - RULE CHANGE FROM MARCH 29TH

Info on what you can and cannot do from 29th March

England is still in a national lockdown. You must stay at home, leaving only where permitted by law, and follow the rules in this guidance.

Some of the rules on what you can and cannot do will change on 29 March. You can read the ['COVID-19 Response - Spring 2021'](#) for more information on the roadmap out of lockdown in England.

From 29 March:

- you will be able to meet outdoors either in a group of 6 (from any number of households), or in a group of any size from up to 2 households (each household can include existing support bubbles, if eligible)
- you will be able to take part in formally organised outdoor sports with any number of people (outdoor sports venues and facilities will be able to reopen)
- childcare and supervised activities will be allowed outdoors for all children
- formally organised parent and child groups will be able to take place outdoors for up to 15 attendees. Children under 5 will not be counted in this number.

From 1 April, if you have been identified as clinically extremely vulnerable you will no longer be advised to shield. However, you should continue to take extra precautions to protect yourself. It is important that you continue to keep the number of social interactions that you have low and try to limit the amount of time you spend in settings where you are unable to maintain social distancing. If you are in this group, you will previously have received a letter from the NHS or from your GP telling you this. Contact Cambridgeshire County Council or speak to your GP if you have any concerns.