

From 13 May 2020, people in England can now spend more time outdoors and enjoy a wider range of activities for any length of time, subject to social distancing rules.

People and their households can relax in the park, sunbathe, go for a picnic and go fishing.

They will also be able to spend time with one member of another household, one-on-one, as long as they adhere to strict social distancing guidelines at all times, staying 2 metres apart.

Outdoor sports facilities can reopen including outdoor tennis courts, golf clubs and basketball courts meaning that people can play a greater range of sport. Again, they will be able to do this alone, with their household or one other person, while adhering to social distancing.

This guidance also mentions that the rules that stated that people could only go out to exercise once a day have also been removed.

People will also be able to travel further to enjoy their time outside, with no restrictions on how far they can go to get to the countryside, National Parks and beaches in England.

The advice remains that everybody should continue to avoid public transport other than for essential journeys. Therefore, people should only make these journeys by cycling, walking or driving in a private vehicle.

People also should check in advance of visiting places like National Parks and beaches to make sure they are prepared for visitors.

Today's advice is strictly limited to spending time with your household or with one other person and is subject to social distancing rules.

It remains the case that you cannot gather with more than one member of another household for example to play sports. You also cannot:

- go on holiday
- visit and stay overnight at a holiday home or second home
- visit the homes of friends and family, unless it's to help a vulnerable person, for medical reasons, or to take a child to another household with whom parental responsibilities are shared

More stringent enforcement measures for non-compliance with the new rules have also come into effect from May 13th.

Fines have been increased, and will now start at £100, which will be lowered to £50 if paid within 14 days. This will double on each further repeat offence up to £3,200.

This is vital to send a clear message to the small minority who break the law, and to safeguard the country's recovery.

The police will continue to use their common sense, discretion and experience when people are not following the guidelines. As they have throughout, they will engage, explain, encourage and only as a last resort consider enforcement by way of fixed penalty notice.