The good news for those who reside in the UK is that the COVID-related restrictions are finally easing up a bit. For example, in Europe, Brits can now use outdoor gym equipment from March 29, which means not only can people enjoy fresh air and sunshine in a social setting, but can get a good dose of exercise while doing so.

For more than a year, people all over the world have faced varying forms of lockdown regulations. Some have been fully sequestered in their homes, only able to venture out for essential functions like visiting a doctor or buying food. But, from the end of March, all UK residents are subject to fewer rules, especially those that pertain to socializing, traveling abroad, working at a remote office, and more. Here are the benefits of the new changes in the UK laws.
Outdoor Exercise

While most of the rules about indoor activities will remain in place, outdoor sports and exercise are pretty much reverting to their pre-COVID structure. That means you’ll be able to do things like play football, use outdoor exercise equipment, and golf. The key thing about the new legislation, especially as it pertains to sporting activities, is that indoor sports are still off limits in most cases.

Travel

Authorities are careful to point out that travel abroad is still restricted, except for several categories that fall into the essential category. Travel within the UK is allowed as well, but it’s suggested that citizens still minimize that amount of movement they take part in, especially if it involves trains, buses, or planes. Government officials have set up a phase-out of most pandemic lockdown regulations, with March 29 being the beginning of phase one.

Other Activities

What about weddings, funerals, wakes, backyard get-togethers, and similar routine social events? They all have their own limitations on the number of people who can be in attendance, with details posted on the official national health website of the UK. Weddings are a typical example. Before March 29, only special circumstance weddings were allowed. Now, since March 29, weddings are fully permitted as long as they take place outdoors and have six or fewer attendees. That means large nuptials continue to be out of the question. Those who want to have large numbers of attendees at weddings, funerals, wakes, or parties will have to wait for the second or third phase of the ease-up.
Children and Childcare

The new, more lax restrictions on child-related functions like schooling, day care, and sporting events are rather complex. The key factor is that anything indoors is much as it was throughout the lockdown. For instance, parents can’t drop kids off at daycare unless it’s for the purpose of freeing the adults to seek employment, do their jobs, attend official classes, or visit a doctor. When setting limits on outdoor events that involve children, authorities have decided to allow any children under the age of five to be released from the rules. For example, if a kids’ football game is limited to 15 attendees, the limit doesn’t apply to the players who are age five or younger.