



for families with children and young people with special educational needs and disabilities in Sussex



January 2021

To whom it may concern,

I understand the current restrictions on movement and ensuring the safety of the public during the COVID19 crisis.

However, I am (the parent or carer of) a child or young person with special educational needs or disabilities. My/their health condition or additional needs mean that I/we need to be allowed some additional flexibility in order to safely leave the house for exercise.

We are travelling in our car, leaving the house more than once per day, in a group of more than two or walking out of our immediate local area for one or all of the following reasons:

- Need to be able to exercise away from familiar people as they would not be able to social distance effectively
- Need for more movement and exercise than we can safely sustain at home, due to sensory needs and/or hyperactivity
- Need to be taken away from main roads, due to a lack of road safety
- Need to follow exercise routine from pre-lockdown, due to heightened anxiety
- Need to be in a quiet place to exercise, due to anxiety and/or sensory needs
- Need to be with more than one carer to be safe when out and about

This is in accordance with the latest Government guidance which says:

Summary: what you can and cannot do during the national lockdown - exercise

Children under 5, and up to 2 carers for a person with a disability who needs continuous care, are not counted towards the gatherings limits for exercising outside.

If you (or a person in your care) have a health condition that routinely requires you to leave home to maintain your health - including if that involves travel beyond your local area or exercising several times a day - then you can do so.

<https://www.gov.uk/guidance/national-lockdown-stay-at-home#exercising>

I/my child has an Education Health and Care plan (EHCP), receives DLA or PIP benefits, or has a Compass or iGo Card which illustrates my/their disability has been determined as having a significant effect on daily life.

We appreciate your support and understanding.

Thank you