

*Please ask for:* Education Department  
*Direct Line:* 01792 636000  
*E-Mail:* [education@swansea.gov.uk](mailto:education@swansea.gov.uk)  
*Our Ref:*  
*Your Ref:*  
*Date:* 24 April 2020

#### To Whom It May Concern

The Health Protection (Coronavirus Restrictions) (Wales) Regulations 2020 impose temporary restrictions on gatherings and movement of people in Wales as a result of the public health emergency caused by the spread of severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2).

The main purpose of the regulations is to minimise the extent to which people leave their homes during the emergency period to help contain coronavirus. Unnecessary and unjustifiable journeys are prohibited to help reduce the risk of the virus spreading further and imposing additional burdens on health services. The fundamental principle is that people should stay at home as much as possible.

The regulation also acknowledges, however, that staying indoors for extended periods without relief may exacerbate certain mental or physical conditions. Examples of specific health conditions or disabilities include learning disabilities, autism or other mental health conditions, which can be supported by an established routine or by exercise outdoors.

The intention is that exercise should be undertaken locally – as close as possible to the home. People with specific health or mobility issues may, however, need to travel from their home in order to be able to exercise. For example, some wheelchair users may not be able to start to exercise immediately outside their homes for practical access reasons, and may need to drive to a suitable flat location, such as a park, for this purpose. In these circumstances the journey should be to the nearest convenient accessible location and no long journeys should be undertaken unless absolutely necessary.

I Chief Executive of Swansea Council, Mr Phil Roberts, in conjunction with the Leader of Swansea Council Cllr Rob Stewart, confirm that the holder of this letter is a parent / carer with a child / young person present, who has a health condition or disability, which would benefit from outdoor exercise more frequently than once a day.

This letter permits the parent / carer to accompany the child / young person to access outdoor areas for more regular exercise, in order to support the management of their disability.

Should further clarification be required please contact the Authority by emailing [education@swansea.gov.uk](mailto:education@swansea.gov.uk).

Yours sincerely



Phil Roberts (Chief Executive)



Cllr Rob Stewart (Leader)