



**BRITISH SOMBO FEDERATION**  
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## Coronavirus Update 9th September 2020

As further restrictions to reduce transmission of coronavirus are introduced in England from 14th September, the BSF want to make our current position clear.

Our main concern is for the safety of our membership, with all those who are involved in sambo including their family and friends.

The BSF understand that the regular changes to government advice and legislation have made the restrictions difficult to follow at times. However, in England, we remain at the Return to Sambo stage of our Return to Sambo plan.

This means:

- \* Solo practice or with members of the same household
- \* Mat numbers restricted by mat size and government guidelines
- \* No competition
- \* Adherence to social distancing rules
- \* Focus on getting fit ready for a full return

In other words no change from the current position. Please refer to our guidance on the Safe return to Sambo page for more detailed information.