



Return To SAMBO Roadmap



8th March 2021	29th March 2021	No earlier than 12th April 2021	No earlier than 17th May 2021	No earlier than 21st June 2021	No earlier than 31st July 2021
Step One (A)	Step One (B)	Step Two	Step Three	Step Four	Step Five
No SAMBO activity	Outdoor exercises only, restricted numbers (rule of six); SAMBO fitness will be allowed - age & group size (TBC)	Organised indoor SAMBO for children and young people – restrictions (TBC).	Organised indoor adult SAMBO) with social distancing restrictions - (restrictions TBC).	Full contact SAMBO, no legal limits on live events.	Recommended start of coaching, technical education courses and competition programmes

