



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



To whom it may concern,

I understand the current restrictions on movement and that the Police are working hard to ensure 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, 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

This is in accordance with this relevant extract from the latest guidance published from the Cabinet Office:

15. Can I exercise more than once a day if I need to due to a significant health condition?

*You can leave your home for medical need. If you (or a person in your care) have a specific health condition that requires you to leave the home to maintain your health - **including if that involves travel beyond your local area** - then you can do so. This could, for example, include **where individuals with learning disabilities or autism require specific exercise in an open space two or three times each day** - ideally in line with a care plan agreed with a medical professional.*

Even in such cases, in order to reduce the spread of infection and protect those exercising, travel outside of the home should be limited, as close to your local area as possible, and you should remain at least 2 metres apart from anyone who is not a member of your household or a carer at all times.

You can find the full guidance here:

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

I/my child has an Education Health and Care plan (EHCP), receives DLA or PIP benefits, or has a Compass 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