



## **Covid-19 England Tier Restrictions and Requirements - UPDATE**

### **MRS Guidance Note**

**24<sup>th</sup> December 2020**

#### **Introduction**

The aim of this Guidance Note is to give context to support the current suite of MRS guidance on undertaking safe face-to-face data collection considering the new restrictions, including the updated FOUR TIER Covid-19 alert levels, announced by the UK Government on 19<sup>th</sup> December 2020. **The new UK Government restrictions applied in England from Sunday 20<sup>th</sup> December 2020.**

This guidance should be read in conjunction with the appropriate MRS, based upon the type of face-to-face activity being undertaken. The current MRS guidance consists of:

[MRS Guidance: Undertaking Safe Face-to-face Data Collection](#)  
[MRS Guidance: Undertaking Safe Face-to-face Mystery Shopping](#)  
[Guidance on Facilities Used for Face-to-face Data Collection](#)

At the time of writing Scotland, Northern Ireland and Wales have also adopted specific measures. Research practitioners are required to give priority to local guidance i.e. where research practice takes place.

The Government guidance for the country in which you are undertaking data collection will apply and research practitioners must follow the relevant Government guidance:

- [England](#)
- [Northern Ireland](#)
- [Scotland](#)
- [Wales](#)

#### **Context**

MRS advice is based on our current understanding of Government guidance and support on COVID-19 (link: <https://www.gov.uk/coronavirus>) which is subject to continuous development. MRS will update and publish accordingly, but it remains the responsibility of research practitioners to keep up to date.

It should be noted the MRS guidance does not replace government advice; it is meant to supplement the official sources with the addition of some research considerations. Remember to continue to check the up-to-date guidance on the [UK Government website](#).

Research is a business activity, not a social activity, as such research practitioners can continue to undertake face-to-face data collection except in those locations that remain closed as a result of Covid-19 restrictions and those locations that are currently restricted within the MRS guidance (i.e. data collection can only be undertaken on the doorstep rather than in-home).

## **New Restrictions and Requirements**

### **England**

The new restrictions are summarised on the UK Government site:

- [Find out more about the measures that apply in Tier 1 areas](#)
- [Find out more about the measures that apply in Tier 2 areas](#)
- [Find out more about the measures that apply in Tier 3 areas](#)
- [Find out more about the measures that apply in Tier 4 areas](#)

Table 1 summarises the England restrictions and the implications for face-to-face data collection.

### **Northern Ireland**

The new restrictions in Northern Ireland came into effect on 26<sup>th</sup> December for six weeks with a review after four weeks: <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-guidance-what-restrictions-mean-you>

### **Scotland**

The new restrictions for Scotland were announced on 2<sup>nd</sup> November with further travel restrictions announced on 20<sup>th</sup> November. The measures are detailed here: <http://www.gov.scot/publications/coronavirus-covid-19-protection-levels/>. The businesses and workplaces that must close in Scotland are detailed here: <https://www.gov.scot/publications/coronavirus-covid-19-businesses-and-workplaces-that-must-close-and-can-open-at-each-protection-level/>

Separate MRS guidance interpreting this guidance is available here: <https://www.mrs.org.uk/resources/mrs-face-to-face-data-collection-guidance-interpreting-scotlands-level-system>

### **Wales**

The new restrictions for Wales were announced on 18<sup>th</sup> December 2020 and are detailed here: <https://gov.wales/coronavirus>. **All of Wales is at alert level 4.** The businesses and premises which must close in Wales due to level 4 restrictions are detailed here: <https://gov.wales/business-closures-alert-level-4>

## **Interpretation of Requirements**

When requirements use the word “must” these are mandatory requirements and is a principle or practice that applies the MRS Code of Conduct, which Members and Company Partners are obliged to follow.

The requirements which use the phrase “should” describe implementation and denotes a recommended practice. “May” or “can” refer to the ability to do something, the possibility of something, as well as granting permission.

## **Codeline**

The MRS Standards Team are continuing to review and update the MRS guidance as and when required.

If you have any queries about the MRS Code or any of the [MRS' Covid-19 guidance](#) please contact the MRS Standards Team via the MRS Codeline service ([codeline@mrs.org.uk](mailto:codeline@mrs.org.uk)).

## **General: Vulnerable Groups**

### **Research Practitioners**

1. If research practitioners begin to feel unwell, have been in contact with anyone who has been unwell, is feeling unwell or have been contacted by the Track and Trace service must self-isolate and work from home (if the individuals are fit to do so and their role enables home working).
2. Research practitioners who are clinically extremely vulnerable<sup>1</sup> must not undertake any face-to-face data collection activities. Research practitioners who are clinically extremely vulnerable and fit and wish to work may undertake and/or be selected for other methods of data collection e.g., telephone, online, mail.
3. If Research practitioners that are identified as clinically vulnerable<sup>2</sup> and are fit and wish to work, they may be considered for essential face to face data collection.
4. Research practitioners must undertake a risk assessment and mitigations before any clinically vulnerable individuals are considered for essential face to face data collection.

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<sup>1</sup> People with the following conditions are automatically deemed clinically extremely vulnerable:

- solid organ transplant recipients
- people with specific cancers:
  - people with cancer who are undergoing active chemotherapy
  - people with lung cancer who are undergoing radical radiotherapy
  - people with cancers of the blood or bone marrow such as leukaemia, lymphoma or myeloma who are at any stage of treatment
  - people having immunotherapy or other continuing antibody treatments for cancer
  - people having other targeted cancer treatments that can affect the immune system, such as protein kinase inhibitors or PARP inhibitors
  - people who have had bone marrow or stem cell transplants in the last 6 months or who are still taking immunosuppression drugs
- people with severe respiratory conditions including all cystic fibrosis, severe asthma and severe chronic obstructive pulmonary disease (COPD)
- people with rare diseases that significantly increase the risk of infections (such as severe combined immunodeficiency (SCID), homozygous sickle cell disease)
- people on immunosuppression therapies sufficient to significantly increase risk of infection
- problems with your spleen, for example splenectomy (having your spleen removed)
- adults with Down's syndrome
- adults on dialysis or with chronic kidney disease (stage 5)
- women who are pregnant with significant heart disease, congenital or acquired
- other people who have also been classed as clinically extremely vulnerable, based on clinical judgement and an assessment of their needs. GPs and hospital clinicians have been provided with guidance to support these decisions

<sup>2</sup> Clinically vulnerable are defined as those:

- aged 70 or over (regardless of medical conditions)
- under 70 with an underlying health condition listed below (that is, anyone instructed to get a flu jab each year on medical grounds):
  - chronic (long-term) mild to moderate respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
  - chronic heart disease, such as heart failure
  - chronic kidney disease
  - chronic liver disease, such as hepatitis
  - chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS) or cerebral palsy
  - diabetes
  - problems with the spleen
  - a weakened immune system as the result of certain conditions or medicines they are taking (such as steroid tablets)
  - being seriously overweight (a body mass index (BMI) of 40 or above)
- pregnant

Research practitioners who are clinically vulnerable may undertake and/or be selected for other methods of face-to-face data collection e.g. telephone, online, mail.

### **Participants**

5. Research practitioners must ensure that participants who respond to screener questions which indicate they have Covid-19, have a high risk of infection and/or are shielding or caring for individuals vulnerable to Covid-19 and/or are Clinically Extremely Vulnerable are not recruited for face-to-face data collection. These participants may however be recruited for other methods of data collection e.g., online or telephone studies if obtaining consent for such activity is unlikely to expose research practitioners to potential infection.
6. Research practitioners must ensure that participants who respond to screener questions which indicate that they are clinically vulnerable (such as being aged 70 years or older) are risk assessed to ensure that it is safe to undertake face to face data collection. Risk assessments of clinically vulnerable participants must include appropriate considerations, which will depend on the nature of projects, such as:
  - Current state of health of participants and their immediate households
  - Whether participants and/or members of their immediate household have been diagnosed and/or tested for Covid-19
  - Whether participants and/or members of their immediate household have been exposed to individuals who have been unwell and/or diagnosed and/or tested for Covid-19
  - Whether participants are shielding or caring for individuals vulnerable to Covid-19 within their household
  - Current emotional health and personal confidence of participants to undertake face to face data collection
  - Any specific participants' concerns regarding face to face data collection

**Table 1: England Alert Level Restrictions**

Alert Level	Summary of the Restrictions	Mandatory implications for face-to-face data collection	Other considerations – best practice and other potential implications
<p><b>Tier 1: Medium Alert</b></p>	<p><b><u>Meeting Others</u></b></p> <ul style="list-style-type: none"> <li>Individuals <b>must not socialise</b> in groups larger than 6, indoors or outdoors (<b>other than where a legal exemption applies such as for work purposes</b>). This is the rule of 6.</li> </ul> <p><b><u>Venues, Environments and Activities</u></b></p> <ul style="list-style-type: none"> <li><b>Businesses and venues can continue to operate, in a COVID-secure manner, other than those that remain closed in law</b> (such as nightclubs).</li> <li>Hospitality businesses selling food and drink for consumption on their premises are required to provide table service only for premises that serve alcohol, must close between 11pm and 5am (except for hospitality venues in airports, transport services etc which are exempt) and stop taking orders after 10pm.</li> <li>Businesses and venues selling food for consumption off the premises can continue to do so after 10pm as long as this is through delivery service, click-and-collect or drive-through.</li> <li>Schools and universities remain open.</li> <li>Early closure (11pm) applies to casinos, cinemas, theatres, concert halls, museums, bowling alleys, amusement arcades, funfairs, theme parks, adventure parks and activities and bingo halls. Cinemas, theatres and concert halls can stay open beyond 11pm in order to conclude performances that start before 10pm.</li> <li>Public attendance at outdoor and indoor events (performances and shows) is permitted, limited to whichever is lower: 50% capacity, or either 4,000 people outdoors or 1,000 people indoors.</li> </ul>	<p><b><u>Undertaking Face-to-Face Data Collection Activities</u></b></p> <ol style="list-style-type: none"> <li>Research is a business activity, not a social activity, as such research practitioners can continue to undertake face-to-face data collection except in those locations that remain closed as a result of Covid-19 restrictions and those locations that are currently restricted within the MRS guidance (i.e. on the doorstep rather than in-home).</li> <li>Research practitioners must follow the appropriate Tier rules in the area they are undertaking face-to-face data collection e.g., if an individual research practitioner from Tier 1 is working on a project which covers different Tier levels practitioners must ensure they follow the appropriate Tier requirements in each location.</li> <li>Research practitioners must <a href="#">wear a face covering in those areas where this is mandated</a> when undertaking face-to-face data collection.</li> <li>Research practitioners must continue to follow social distancing rules when undertaking face-to-face data collection.</li> </ol>	<p><b><u>Travel</u></b></p> <ol style="list-style-type: none"> <li>Research practitioners when travelling for face-to-face data collection, should plan ahead to avoid busy public transport times and routes.</li> <li>Research practitioners should consider the amount of travel required to undertake face-to-face data collection and introduce approaches which minimise the amount of travel required including between Tiers e.g. localise data collection to specific areas.</li> </ol> <p><b><u>Vehicle Sharing</u></b></p> <ol style="list-style-type: none"> <li>Research practitioners should reduce, where possible, the amount of vehicle sharing they undertake when travelling to and from face-to-face data collection projects.</li> </ol> <p><b><u>Undertaking Face-to-Face Data Collection Activities</u></b></p> <ol style="list-style-type: none"> <li>Research practitioners should act with consideration with participants and be aware of heightened awareness linked with</li> </ol>

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	<ul style="list-style-type: none"> <li>• Public attendance at spectator sport and business events can resume inside and outside, subject to social contact rules and limited to whichever is lower: 50% capacity, or either 4,000 people outdoors or 1,000 people indoors.</li> <li>• Places of worship remain open, but individuals must not attend or socialise in groups of more than 6 people while there, unless a legal exemption applies.</li> <li>• Weddings and funerals can go ahead with restrictions on numbers of attendees – 15 people can attend wedding ceremonies and receptions, 30 people can attend funeral ceremonies, and 15 people can attend linked commemorative events.</li> <li>• Organised outdoor sport, physical activity and exercise classes can continue.</li> <li>• Organised indoor sport, physical activity and exercise classes can continue to take place, if the rule of 6 is followed. There are exceptions for indoor disability sport, sport for educational purposes, and supervised sport and physical activity for under-18s, which can take place with larger groups mixing.</li> </ul> <p><b><u>Travel</u></b></p> <ul style="list-style-type: none"> <li>• <b>Individuals should stay local and avoid travelling outside of their local area, meaning their village or town, or part of a city, where possible. Individuals should continue to travel for reasons such as work, education,</b> medical attention or caring responsibilities.</li> <li>• Individuals should walk or cycle if they can. Where that is not possible, use public transport or drive.</li> <li>• Individuals should plan ahead and avoid the busiest routes, as well as busy times as much as possible.</li> </ul>	<p>5. Research practitioners must check whether additional restrictions apply in their area, particularly if working close to any of the four nations’ borders and/or Tier borders.</p> <p>6. Research practitioners must follow any other local lockdown restrictions which could be imposed in specific areas.</p> <p><b><u>Travel and Vehicle Sharing</u></b></p> <p>7. Research practitioners who share vehicles with colleagues (e.g. car share) to travel for face-to-face data collection must follow the UK Government’s guidance on <a href="#">guidance on car sharing</a>.</p>	<p>the new restrictions when approaching participants.</p> <p>5. Research practitioners should take extra care with their working safely and infection hygiene arrangements including themselves and the materials and tools they use.</p>

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	<ul style="list-style-type: none"> <li>• If individuals need to travel, they should follow the <a href="#">safer travel guidance</a>.</li> <li>• For international travel see the Foreign, Commonwealth and Development Office <a href="#">travel advice</a> for destinations and the <a href="#">travel corridors list</a>.</li> <li>• Individuals should carefully consider whether they must travel abroad, and should follow the rules in their area. In addition, individuals should consider the public health advice in the country they are visiting.</li> </ul> <p><b><u>Vehicle Sharing</u></b></p> <ul style="list-style-type: none"> <li>• Individuals should avoid car sharing journeys with anyone from outside their household or their <a href="#">support bubble</a>. See the <a href="#">guidance on car sharing</a>.</li> <li>• <b>Where it is essential to car share, individuals can reduce the risk of transmission by:</b> <ul style="list-style-type: none"> <li>○ share the transport with the same people each time</li> <li>○ minimise the group size at any one time</li> <li>○ opening windows for ventilation</li> <li>○ travelling side by side or behind other people, rather than facing them, where seating arrangements allow</li> <li>○ facing away from each other</li> <li>○ considering seating arrangements to maximise distance between people in the vehicle</li> <li>○ cleaning vehicles between journeys using standard cleaning products - make sure door handles and other areas that people may touch are cleaned</li> <li>○ asking the driver and passengers to <a href="#">wear a face covering</a></li> </ul> </li> </ul>		

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	<p><b><u>Travel and Stays Between Tiers</u></b></p> <ul style="list-style-type: none"> <li>• <b>Individuals who live in a Tier 1 area and need to travel to an area in a higher Tier should follow the rules for that area while they are there.</b></li> <li>• <b>Individuals should avoid travel to or overnight stays in Tier 3 areas other than where necessary, such as:</b> <ul style="list-style-type: none"> <li>○ for work</li> <li>○ for education</li> <li>○ to access voluntary, charitable or youth services</li> </ul> </li> <li>• <b>Individuals can travel through a Tier 3 or Tier 4 area as part of a longer journey.</b></li> <li>• <b>When travelling, it is also important that individuals respect the rules in Scotland, Wales and Northern Ireland and do not travel to different parts of the UK where intended activities there would be prohibited by legislation passed by the relevant devolved administration.</b></li> </ul>		
<p><b>Tier 2: High alert</b></p>	<p><b><u>Meeting Others</u></b></p> <ul style="list-style-type: none"> <li>• Individuals <b>must not socialise</b> with anybody outside of their household or support bubble in any indoor setting, whether at home or in a public place</li> <li>• Individuals must not socialise in a group of more than 6 outside, including in a garden or other spaces like beaches or parks (<b>other than where a legal exemption applies such as for work purposes</b>). This is the rule of 6.</li> </ul> <p><b><u>Venues, Environments and Activities</u></b></p>	<p><b><u>Undertaking Face-to-Face Data Collection</u></b></p> <ol style="list-style-type: none"> <li>1. Research is a business activity, not a social activity, as such research practitioners can continue to undertake face-to-face data collection except in those locations that remain closed as a result of Covid-19 restrictions and those locations that are currently restricted within the MRS guidance (i.e. on the doorstep rather than in-home).</li> </ol>	<p><b><u>Travel</u></b></p> <ol style="list-style-type: none"> <li>1. Research practitioners when travelling for face-to-face data collection, should plan ahead to avoid busy public transport times and routes.</li> <li>2. Research practitioners should consider the amount of travel required to undertake face-to-face data collection and introduce approaches which minimise the amount of travel required including between Tiers e.g.</li> </ol>

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	<ul style="list-style-type: none"> <li>• <b>Businesses and venues can continue to operate, in a COVID-secure manner, other than those that remain closed in law</b> (e.g. nightclubs).</li> <li>• Pubs and bars must close, unless operating as restaurants. Hospitality venues can only serve alcohol with substantial meals.</li> <li>• Hospitality businesses selling food or drink for consumption on their premises are required to provide table service only, in premises which sell alcohol, close between 11pm and 5am (hospitality venues in airports, transport services, etc are exempt) and stop taking orders after 10pm.</li> <li>• Schools, universities and places of worship remain open.</li> <li>• Early closure (11pm) applies to casinos, cinemas, theatres, museums, bowling alleys, amusement arcades, funfairs, theme parks, adventure parks and activities, and bingo halls. Cinemas, theatres and concert halls can stay open beyond 11pm in order to conclude performances that start before 10pm.</li> <li>• Public attendance at outdoor and indoor events (performances and shows) is permitted, limited to whichever is lower: 50% capacity, or either 2,000 people outdoors or 1,000 people indoors.</li> <li>• Public attendance at spectator sport and business events can resume inside and outside, subject to <a href="#">social contact rules</a> and limited to whichever is lower: 50% capacity, or either 2,000 people outdoors or 1,000 people indoors.</li> <li>• Places of worship remain open but individuals must not socialise with people from outside of their household or support bubble while they are indoors there, unless a legal exemption applies</li> <li>• Weddings and funerals can go ahead with restrictions on numbers of attendees – 15 people can attend wedding ceremonies and receptions, 30 people can attend funeral</li> </ul>	<ol style="list-style-type: none"> <li>2. Research practitioners must follow the appropriate Tier rules in the area they are undertaking face-to-face data collection e.g., if an individual research practitioner is working on a project which covers different Tier levels practitioners must ensure they follow the appropriate Tier requirements in each location.</li> <li>3. Research practitioners must wear a face covering in those areas where this is mandated when undertaking face-to-face data collection.</li> <li>4. Research practitioners must continue to follow social distancing rules when undertaking face-to-face data collection.</li> <li>5. Research practitioners must check whether additional restrictions apply in their area, particularly if working close to any of the four nations’ and/or borders.</li> <li>6. Research practitioners must follow any other local lockdown restrictions which could be imposed in specific areas.</li> </ol> <p><b><u>Travel</u></b></p> <ol style="list-style-type: none"> <li>7. Research practitioners who live in a Tier 2 area must continue to</li> </ol>	<p>localise data collection to specific areas.</p> <p><b><u>Vehicle Sharing</u></b></p> <ol style="list-style-type: none"> <li>3. Research practitioners should reduce, where possible, the amount of vehicle sharing they undertake when travelling to and from face-to-face data collection projects.</li> </ol> <p><b><u>Undertaking Face-to-Face Data Collection Activities</u></b></p> <ol style="list-style-type: none"> <li>4. Research practitioners should act with consideration with participants and be aware of heightened awareness linked with the new restrictions when approaching participants.</li> <li>5. Research practitioners should take extra care with their working safely and infection hygiene arrangements including themselves and the materials and tools they use.</li> </ol>

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	<p>ceremonies, and 15 people can attend linked commemorative events such as wakes or stone settings.</p> <ul style="list-style-type: none"> <li>Organised outdoor sport, and physical activity and exercise classes can continue.</li> <li>Organised indoor sport, physical activity and exercise classes will only be permitted if it is possible for people to avoid mixing with people they do not live with (or share a support bubble with). There are exceptions for indoor disability sport, sport for educational purposes and supervised sport and physical activity for under-18s, which can take place with larger groups mixing.</li> </ul> <p><b><u>Travel</u></b></p> <ul style="list-style-type: none"> <li><b>Individuals should stay local and avoid travelling outside of their local area, meaning their village or town, or part of a city, where possible.</b></li> <li><b>Individuals should continue to travel for reasons such as work, education,</b> medical attention or caring responsibilities.</li> <li><b>Individuals should reduce the number of journeys where possible.</b></li> <li>Individuals should walk or cycle if they can. Where that is not possible, use public transport or drive.</li> <li>Individuals should plan ahead and avoid the busiest routes, as well as busy times as much as possible.</li> <li>If individuals need to travel, they should follow the <a href="#">safer travel guidance</a>.</li> <li>For international travel see the Foreign, Commonwealth and Development Office <a href="#">travel advice</a> for destinations and the <a href="#">travel corridors list</a></li> </ul>	<p>follow Tier 2 rules when they travel to a Tier 1 area.</p> <p><b><u>Vehicle Sharing</u></b></p> <p>8. Research practitioners who share vehicles with colleagues (e.g. car share) to travel for face-to-face data collection must follow the UK Government’s guidance on guidance on car sharing.</p>	

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	<p><b><u>Vehicle Sharing</u></b></p> <ul style="list-style-type: none"> <li>• Individuals should avoid car sharing journeys with anyone from outside their household or their <a href="#">support bubble</a>. See the <a href="#">guidance on car sharing</a>.</li> <li>• In Tier 2, Tier 3 and Tier 4 areas, car sharing is not permitted with someone from outside a household or a support bubble unless a journey is undertaken for an <a href="#">exempt reason</a>. <b>For example, if car sharing is reasonably necessary as part of work.</b></li> <li>• <b>Where it is essential to car share, individuals can reduce the risk of transmission by:</b> <ul style="list-style-type: none"> <li>○ share the transport with the same people each time</li> <li>○ minimise the group size at any one time</li> <li>○ opening windows for ventilation</li> <li>○ travelling side by side or behind other people, rather than facing them, where seating arrangements allow</li> <li>○ facing away from each other</li> <li>○ considering seating arrangements to maximise distance between people in the vehicle</li> <li>○ cleaning vehicles between journeys using standard cleaning products - make sure door handles and other areas that people may touch are cleaned</li> <li>○ asking the driver and passengers to <a href="#">wear a face covering</a></li> </ul> </li> </ul> <p><b><u>Travel and stays Between Tiers</u></b></p> <ul style="list-style-type: none"> <li>• <b>Individuals who live in a Tier 2 area must continue to follow Tier 2 rules when they travel to a Tier 1 area.</b></li> </ul>		

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	<ul style="list-style-type: none"> <li>• <b>Individuals should avoid travel to or overnight stays in Tier 3 areas other than where necessary, such as:</b> <ul style="list-style-type: none"> <li>○ for work</li> <li>○ for education</li> </ul> </li> <li>• <b>Individuals can travel through a Tier 3 area as a part of a longer journey.</b></li> <li>• Individuals should carefully consider whether they must travel abroad and should follow the rules in their area. In addition, individuals should consider the public health advice in the country they are visiting.</li> <li>• <b>When travelling, it is important that individuals respect the rules in Scotland, Wales and Northern Ireland and do not travel to different parts of the UK where their intended activities there would be prohibited by legislation passed by the relevant devolved administration.</b></li> </ul>		
<p><b>Tier 3: Very high</b></p>	<p><b><u>Meeting Others</u></b></p> <ul style="list-style-type: none"> <li>• Individuals <b>must not meet socially indoors or in most outdoor places</b> with anybody they do not live with, or who is not in their support bubble, this includes in any private garden or at most outdoor venues.</li> <li>• Individuals must not socialise in a group of more than 6 in some other outdoor public spaces, including parks, beaches, countryside accessible to the public, a public garden, grounds of a heritage site or castle, or a sports facility. <b>Exemption from gathering limits includes gatherings for work purposes.</b> This is called the 'rule of 6'.</li> </ul>	<p><b><u>Undertaking Face-to-Face Data Collection Activities</u></b></p> <ol style="list-style-type: none"> <li>1. Research is a business activity, not a social activity, as such research practitioners can continue to undertake face-to-face data collection except in those locations that remain closed as a result of Covid-19 restrictions and those locations that are currently restricted within the MRS guidance (i.e. data collection can only be undertaken on the doorstep rather than in-home). Research practitioners <b>must however</b></li> </ol>	<p><b><u>Travel</u></b></p> <ol style="list-style-type: none"> <li>1. <b>Research practitioners should not travel into and out of very high risk areas for face-to-face data collection purposes except for essential research projects and/or unless absolutely necessary</b> i.e. interviewers located in very high risk areas should only undertake face-to-face data collection in their local high risk area.</li> </ol>

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	<p><b><u>Venues, Environments and Activities</u></b></p> <ul style="list-style-type: none"> <li>• <b>Everyone who can work effectively from home should do so. Where people cannot do so they should continue to travel to their workplace. This is essential to keeping the country operating and supporting sectors and employers.</b></li> <li>• Hospitality settings, such as bars pubs, cafes and restaurants are closed – they are permitted to continue sales by takeaway, click-and-collect, drive-through or delivery services.</li> <li>• Accommodation such as hotels, B&amp;Bs, campsites, and guest houses must close. <b>There are several exemptions, such as for those who use these venues as their main residence, and those requiring the venues where it is reasonably necessary for work or education and training</b></li> <li>• Indoor entertainment and tourist venues must close. This includes:             <ul style="list-style-type: none"> <li>○ indoor play centres and areas, including trampolining parks and soft play</li> <li>○ casinos</li> <li>○ bingo halls</li> <li>○ bowling alleys</li> <li>○ skating rinks</li> <li>○ amusement arcades and adult gaming centres</li> <li>○ laser quests and escape rooms</li> <li>○ cinemas, theatres and concert halls</li> <li>○ snooker halls</li> </ul> </li> <li>• Indoor attractions at mostly outdoor entertainment venues must also close (indoor shops, through-ways and public toilets at such attractions can remain open). This includes indoor attractions within:</li> </ul>	<p><b>review projects in very high risk areas</b> and determine if face-to-face data collection is essential. <b>If not essential</b>, research practitioners must use alternative data collection methods such as online, telephone, mail etc.</p> <ol style="list-style-type: none"> <li>2. Research practitioners must only undertake essential face to face data collection which cannot be achieved using other methods such as telephone, online or mail.</li> <li>3. Research practitioners must follow the appropriate Tier rules in the area they are undertaking face-to-face data collection e.g., if an individual research practitioner is working on a project which covers different Tier levels practitioners must ensure they follow the appropriate Tier requirements in each location.</li> <li>4. When undertaking essential face-to-face data collection research practitioners must <a href="#">wear a face covering in those areas where this is mandated</a> when undertaking face-to-face data collection.</li> <li>5. Research practitioners must continue to follow social distancing rules when undertaking essential face-to-face data collection.</li> <li>6. Research practitioners must check whether additional restrictions</li> </ol>	<p><b><u>Undertaking Face-to-Face Data Collection Activities</u></b></p> <ol style="list-style-type: none"> <li>2. Research practitioners should act with consideration with participants and be aware of heightened awareness linked with the new restrictions when approaching participants.</li> <li>3. Research practitioners should take extra care with their working safely and infection hygiene arrangements including themselves and the materials and tools they use.</li> </ol>

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Alert Level	Summary of the Restrictions	Mandatory implications for face-to-face data collection	Other considerations – best practice and other potential implications
	<ul style="list-style-type: none"> <li>○ zoos, safari parks, and wildlife reserves</li> <li>○ aquariums, visitor attractions at farms, and other animal attractions</li> <li>○ model villages</li> <li>○ museums, galleries and sculpture parks</li> <li>○ botanical gardens, biomes or greenhouses</li> <li>○ theme parks, circuses, fairgrounds and funfairs</li> <li>○ visitor attractions at film studios, heritage sites such as castles and stately homes</li> <li>○ landmarks including observation decks and viewing platforms</li> <li>● Leisure and sports facilities may continue to stay open, but group exercise classes (including fitness and dance) should not go ahead. Saunas and steam rooms should close.</li> <li>● Some outdoor venues can remain open e.g., outdoor cinemas, theatres and concert venues that are drive-in.</li> <li>● <b>Other businesses and venues are permitted to stay open, following COVID-19 Secure guidelines.</b></li> <li>● There should be no public attendance at spectator sport or indoor performances and large business events should not be taking place. Elite sport events may continue to take place without spectators.</li> <li>● Large outdoor events (performances and shows) should not take place, with the exception of drive-in events.</li> <li>● Places of worship remain open, but individuals must not attend with or socialise with anyone outside of their household or support bubble while they are there, unless a legal exemption applies.</li> <li>● <a href="#">Weddings</a> and <a href="#">funerals</a> can go ahead with restrictions on the number of attendees – 15 people can attend wedding ceremonies, wedding receptions are not allowed, 30 people can attend funeral ceremonies, 15 people can attend linked commemorative events.</li> </ul>	<p>apply in their area, particularly if working close to any of the four nations’ and/or Tier borders.</p> <p>7. Research practitioners must follow any other local lockdown restrictions which could be imposed in specific areas.</p> <p><b><u>Travel</u></b></p> <p>8. Research practitioners who live in a Tier 3 area must continue to follow Tier 3 rules when they travel to a Tier 1 or 2 area.</p> <p>9. Research practitioners must consider the amount of travel required to undertake essential face-to-face data collection and introduce approaches which minimise the amount of travel required including between Tiers e.g. localise data collection to specific areas.</p> <p>10. Research practitioners when travelling for essential face-to-face data collection projects, must plan ahead or avoid busy public transport times and routes.</p> <p><b><u>Overnight Stays</u></b></p> <p>11. Research practitioners must not stay overnight in very high-risk</p>	

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Alert Level	Summary of the Restrictions	Mandatory implications for face-to-face data collection	Other considerations – best practice and other potential implications
	<ul style="list-style-type: none"> <li>• Organised outdoor sport, and physical activity and exercise classes can continue, however higher-risk contact activity should not take place.</li> <li>• Organised indoor sport, physical activity and exercise classes cannot take place indoors. There are exceptions for indoor disability sport, sport for educational purposes and supervised sport and physical activity for under-18s.</li> <li>• In schools and colleges where year 7 and above are educated, face coverings should be worn by adults (staff and visitors) and pupils when moving around indoors, such as in corridors and communal areas where social distancing is difficult to maintain.</li> <li>• Visits to care homes can take place with arrangements such as substantial screens.</li> </ul> <p><b><u>Travel</u></b></p> <ul style="list-style-type: none"> <li>• <b>Individuals can continue to travel to venues or amenities which are open, but should aim to reduce the number of journeys they make where possible.</b></li> <li>• <b>Avoid travelling to other parts of the UK, including for overnight stays other than where necessary, such as for work,</b> education, youth services, to receive medical treatment, or because of caring responsibilities. Individuals can travel through other areas as part of a longer journey.</li> <li>• <b>Individuals should stay local and avoid travelling outside of their local area, meaning their village or town, or part of a city where possible.</b></li> <li>• <b>Individuals should continue to travel for reasons such as work, education,</b> medical attention or caring responsibilities.</li> </ul>	<p>areas if this area is not where they are resident.</p> <p><b><u>Vehicle Sharing</u></b></p> <p>12. Research practitioners must reduce, where possible, the amount of vehicle sharing they undertake when travelling to and from face-to-face data collection projects.</p> <p>13. Research practitioners who share vehicles with colleagues (e.g. car share) to travel for face-to-face data collection must follow the UK Government’s guidance on <a href="#">guidance on car sharing</a>.</p>	

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Alert Level	Summary of the Restrictions	Mandatory implications for face-to-face data collection	Other considerations – best practice and other potential implications
	<ul style="list-style-type: none"> <li>• <b>Individuals should still avoid travelling outside of Tier 3 areas other than for the reasons identified and reduce the number of journeys they make wherever possible.</b></li> <li>• Individuals should walk or cycle where they can and plan ahead and avoid busy times and routes on public transport.</li> <li>• If individuals need to use public transport, they should follow the <a href="#">safer travel guidance</a>.</li> <li>• <b>Individuals should carefully consider whether they must travel abroad, and should follow the rules in their area. In addition, individuals should consider the public health advice in the country they are visiting.</b></li> <li>• If individuals do need to travel abroad see the Foreign, Commonwealth and Development Office Travel Advice for destinations and the <a href="#">travel corridors list</a>.</li> </ul> <p><b><u>Vehicle Sharing</u></b></p> <ul style="list-style-type: none"> <li>• <b>Individuals should avoid vehicle sharing (e.g. car sharing) with anyone from outside their household or their support bubble – read <a href="#">guidance on car sharing</a>.</b></li> <li>• In Tier 2, Tier 3 and Tier 4 areas, car sharing is not permitted with someone from outside a household or a support bubble unless a journey is undertaken for an <a href="#">exempt reason</a>. <b>For example, if car sharing is reasonably necessary as part of work.</b></li> <li>• Where it is essential to car share, individuals can reduce the risk of transmission by:             <ul style="list-style-type: none"> <li>○ share the transport with the same people each time</li> </ul> </li> </ul>		

**Table 1: England Alert Level Restrictions**

Alert Level	Summary of the Restrictions	Mandatory implications for face-to-face data collection	Other considerations – best practice and other potential implications
	<ul style="list-style-type: none"> <li>○ minimise the group size at any one time</li> <li>○ opening windows for ventilation</li> <li>○ travelling side by side or behind other people, rather than facing them, where seating arrangements allow</li> <li>○ facing away from each other</li> <li>○ considering seating arrangements to maximise distance between people in the vehicle</li> <li>○ cleaning vehicles between journeys using standard cleaning products - make sure door handles and other areas that people may touch are cleaned</li> <li>○ asking the driver and passengers to <a href="#">wear a face covering</a></li> </ul> <p><b><u>Travel and Stays Between Tiers</u></b></p> <ul style="list-style-type: none"> <li>● <b>In a Tier 3 area, individuals should avoid travelling outside of their area including for overnight stays, other than where necessary, such as:</b> <ul style="list-style-type: none"> <li>○ <b>for work</b></li> <li>○ <b>for education</b></li> </ul> </li> <li>● Where necessary, individuals can travel through other areas as part of a longer journey.</li> <li>● <b>If individuals live in a Tier 3 area, they must continue to follow Tier 3 rules when they travel to a Tier 1 or Tier 2 area.</b></li> <li>● Individuals must not stay with anyone they do not live with elsewhere in the UK or visit their home (unless individuals share a support bubble).</li> <li>● <b>If individuals live elsewhere, they should avoid staying overnight in a Tier 3 area other than for specified reasons such as work.</b></li> </ul>		

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Alert Level	Summary of the Restrictions	Mandatory implications for face-to-face data collection	Other considerations – best practice and other potential implications
	<ul style="list-style-type: none"> <li>Individuals should not leave a Tier 3 alert level area to stay in a second home.</li> <li>Individuals must not stay with anyone they do not live with from a Tier 3 alert level area, or visit their home, unless they share a support bubble.</li> <li><b>When travelling, it is important that individuals respect the rules in Scotland, Wales and Northern Ireland and do not travel to different parts of the UK where individual’s intended activities would be prohibited by legislation passed by the relevant devolved administration.</b></li> </ul>		
Tier 4: Stay at home	<p><b><u>Meeting Others</u></b></p> <ul style="list-style-type: none"> <li><b>Individuals who live in Tier 4 must not leave or be outside of their home or garden except where they have a ‘reasonable excuse’.</b> A reasonable excuse includes: <ul style="list-style-type: none"> <li><b>leaving home for work purposes</b>, where a work place remains and open and where the work cannot be undertaken from home</li> <li><b>essential activities</b> e.g. shopping for essential items, to access critical public services</li> <li>fulfilling legal obligations</li> <li>education and childcare</li> <li>visit people in a support bubble</li> <li>exercise and recreation</li> <li>medical reasons, to avoid harm and/or compassionate visits</li> <li>worship and life events</li> </ul> </li> <li>Individuals must not meet with other people socially or undertake any activities with another person except for exercise or to meet in a public outdoor place with</li> </ul>	<p><b><u>Undertaking Face-to-Face Data Collection Activities</u></b></p> <ol style="list-style-type: none"> <li>Research is a business activity, not a social activity, as such research practitioners can continue to undertake face-to-face data collection except in those locations that remain closed as a result of Covid-19 restrictions and those locations that are currently restricted within the MRS guidance (i.e. data collection can only be undertaken on the doorstep rather than in-home). Research practitioners must however review projects in stay-at-home areas and determine if face-to-face data collection is essential. If not essential, research practitioners must use alternative data</li> </ol>	<p><b><u>Travel</u></b></p> <ol style="list-style-type: none"> <li><b>Research practitioners should not travel into and out of stay-at-home areas for face-to-face data collection purposes except for essential research projects and/or unless absolutely necessary</b> i.e. interviewers located in stay-at-home risk areas should only undertake face-to-face data collection in their local stay-at-home area.</li> </ol> <p><b><u>Undertaking Face-to-Face Data Collection Activities</u></b></p> <ol style="list-style-type: none"> <li>Research practitioners should act with consideration with participants and be aware of</li> </ol>

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Alert Level	Summary of the Restrictions	Mandatory implications for face-to-face data collection	Other considerations – best practice and other potential implications
	<p>individuals from a household, a support bubble or one other person</p> <ul style="list-style-type: none"> <li>• <b>Individuals can meet in larger groups – but not for socialising – and only for permitted purposes. These include:</b> <ul style="list-style-type: none"> <li>○ <b>for work</b>, or providing voluntary or charitable services.</li> <li>○ education or training - meaning education related to a formal curriculum <b>or training that relates to work or obtaining work</b></li> </ul> </li> <li>• Support groups that have to be delivered in person can continue with up to 15 participants where formally organised to provide mutual aid, therapy or any other form of support - but they must take place at a premises other than a private home.</li> </ul> <p><b><u>Venues, Environments and Activities</u></b></p> <ul style="list-style-type: none"> <li>• <b>Everyone who can work effectively from home should do so. Where people cannot do so they should continue to travel to their workplace. This is essential to keeping the country operating and supporting sectors and employers.</b></li> <li>• The regulations require some businesses to close and impose restrictions on how some businesses provide goods and services. The businesses required to close include: <ul style="list-style-type: none"> <li>○ non-essential retail</li> <li>○ hospitality venues</li> <li>○ accommodation</li> <li>○ leisure and sports facilities</li> <li>○ entertainment venues</li> </ul> </li> </ul>	<p>collection methods such as online, telephone, mail etc.</p> <ol style="list-style-type: none"> <li>2. Research practitioners must only undertake essential face to face data collection which cannot be achieved using other methods such as telephone, online or mail.</li> <li>3. Research practitioners must follow the appropriate Tier rules in the area they are undertaking face-to-face data collection e.g. if an individual practitioner is working on a project which covers different Tier levels research practitioners must ensure they follow the appropriate Tier requirements in each location.</li> <li>4. When undertaking essential face-to-face data collection research practitioners must wear a face covering in those areas where this is mandated when undertaking face-to-face data collection.</li> <li>5. Research practitioners must continue to follow social distancing rules when undertaking essential face-to-face data collection.</li> <li>6. Research practitioners must check whether additional restrictions apply in their area, particularly if working close to any of the four nations’ and/or Tier borders.</li> <li>7. Research practitioners must follow any other local lockdown</li> </ol>	<p>heightened awareness linked with the new restrictions when approaching participants.</p> <ol style="list-style-type: none"> <li>3. Research practitioners should take extra care with their working safely and infection hygiene arrangements including themselves and the materials and tools they use.</li> </ol>

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Alert Level	Summary of the Restrictions	Mandatory implications for face-to-face data collection	Other considerations – best practice and other potential implications
	<ul style="list-style-type: none"> <li>○ indoor attractions at venues though outdoor grounds of these premises can stay open</li> <li>○ personal care facilities</li> <li>○ Indoor gyms and sports facilities</li> <li>○ Community centres and halls must close except for a limited number of exempt activities</li> <li>○ Some of these businesses and places will also be permitted to be open for a small number of exempt activities.</li> </ul> <ul style="list-style-type: none"> <li>● <b>Other businesses and venues are permitted to stay open, following COVID-19 Secure guidelines.</b></li> <li>● Schools and colleges will remain open during term time in Tier 4 areas.</li> <li>● Places of worship will remain open.</li> <li>● Visits to care homes can take place with arrangements such as visiting pods, screens, etc</li> <li>● Weddings, civil partnership ceremonies and funerals must only take place in COVID-19 secure venues or in public outdoor spaces unless in exceptional circumstances.</li> <li>● Funerals can be attended by a maximum of 30 people. Weddings are limited to 6.</li> <li>● The majority of public services will continue to remain open.</li> </ul> <p><b><u>Travel</u></b></p> <ul style="list-style-type: none"> <li>● <b>If individuals need to travel they should stay local - meaning avoiding travelling outside of their village, town or the part of a city where they live - and look to reduce the number of journeys made overall.</b> The list of reasons individuals can leave their home and area include:</li> </ul>	<p>restrictions which could be imposed in specific areas.</p> <p><b><u>Travel</u></b></p> <ol style="list-style-type: none"> <li>8. Research practitioners who live in a Tier 4 area must continue to follow Tier 4 rules when they travel to a Tier 1, 2 or 3 area.</li> <li>9. Research practitioners must consider the amount of travel required to undertake essential face-to-face data collection and introduce approaches which minimise the amount of travel required including between Tiers e.g. localise data collection to specific areas.</li> <li>10. Research practitioners when travelling for essential face-to-face data collection projects, must plan ahead or avoid busy public transport times and routes.</li> </ol> <p><b><u>Overnight Stays</u></b></p> <ol style="list-style-type: none"> <li>11. Research practitioners must not stay overnight in stay-at-home areas if this area is not where they are resident.</li> </ol>	

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	<ul style="list-style-type: none"> <li>○ <b>work, where it cannot be undertaken from home</b></li> <li>○ accessing education and for caring responsibilities</li> <li>● Individuals who need to travel, are recommended to walk or cycle where possible, and plan ahead and avoid busy times and routes on public transport.</li> <li>● If individuals need to use public transport, they should follow the <a href="#">safer travel guidance</a>.</li> <li>● If individuals do need to travel overseas from a Tier 4 area (and are legally permitted to do so, for example, because it is for work), even if returning to a place previously visited, individuals should look at the rules in place at their destination and the <a href="#">Foreign, Commonwealth and Development Office (FCDO) travel advice</a>.</li> </ul> <p><b><u>Vehicle Sharing</u></b></p> <ul style="list-style-type: none"> <li>● Individuals travelling should avoid car sharing with anyone from outside their household or their support bubble. See the <a href="#">guidance on car sharing</a>.</li> <li>● In Tier 2, Tier 3 and Tier 4 areas, car sharing is not permitted with someone from outside a household or a support bubble unless a journey is undertaken for an <a href="#">exempt reason</a>. <b>For example, if car sharing is reasonably necessary as part of work.</b></li> <li>● Where it is essential to car share, individuals can reduce the risk of transmission by: <ul style="list-style-type: none"> <li>○ share the transport with the same people each time</li> <li>○ minimise the group size at any one time</li> <li>○ opening windows for ventilation</li> </ul> </li> </ul>	<p><b><u>Vehicle Sharing</u></b></p> <p>12. Research practitioners must reduce, where possible, the amount of vehicle sharing they undertake when travelling to and from face-to-face data collection projects.</p> <p>13. Research practitioners who share vehicles with colleagues (e.g. car share) to travel for face-to-face data collection must follow the UK Government’s guidance on <a href="#">guidance on car sharing</a>.</p>	

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Alert Level	Summary of the Restrictions	Mandatory implications for face-to-face data collection	Other considerations – best practice and other potential implications
	<ul style="list-style-type: none"> <li>○ travelling side by side or behind other people, rather than facing them, where seating arrangements allow</li> <li>○ facing away from each other</li> <li>○ considering seating arrangements to maximise distance between people in the vehicle</li> <li>○ cleaning vehicles between journeys using standard cleaning products - make sure door handles and other areas that people may touch are cleaned</li> <li>○ asking the driver and passengers to <a href="#">wear a face covering</a></li> </ul> <p><b><u>Travel and Stays Between Tiers</u></b></p> <ul style="list-style-type: none"> <li>● <b>Individuals must stay at home and not leave their Tier 4 area</b>, other than for legally permitted reasons such as: <ul style="list-style-type: none"> <li>○ <b>travel to work where individuals cannot work from home</b></li> <li>○ travel to education and for caring responsibilities</li> </ul> </li> <li>● <b>Individuals should not travel into a Tier 4 area from another part of the UK</b>, other than for reasons such as: <ul style="list-style-type: none"> <li>○ <b>travel to work where individuals cannot work from home</b></li> <li>○ travel to education and for caring responsibilities</li> </ul> </li> <li>● <b>Individuals who live in a Tier 4 area, can only travel internationally - or within the UK - where they first have a legally permitted reason to leave home.</b></li> <li>● Individuals cannot leave their home or the place where they are living for holidays or stays overnight away from their main home unless they have a reasonable excuse for doing so.</li> </ul>		

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Alert Level	Summary of the Restrictions	Mandatory implications for face-to-face data collection	Other considerations – best practice and other potential implications
	<ul style="list-style-type: none"> <li>• <b>Individuals are allowed to stay overnight away from their homes if for example they:</b> <ul style="list-style-type: none"> <li>○ are unable to return to their main residence</li> <li>○ <b>require accommodation for work purposes or to provide voluntary services</b></li> </ul> </li> </ul> <p><b><u>Vulnerable Groups</u></b></p> <p>If individuals are clinically vulnerable, they could be at higher risk of severe illness from coronavirus.</p> <p>There is a further group of people who are defined, also on medical grounds, as <a href="#">clinically extremely vulnerable</a> to coronavirus – that is, people with specific serious health conditions.</p> <p>The UK Government are <b>advising the clinically extremely vulnerable in Tier 4 to work from home and to <a href="#">follow the guidance set out in the shielding section of the CEV guidance.</a></b></p>		