5) PARTICIPANT RISK STRATIFICATION & CRITERIA

Covid Risk Rating		Criteria	Recommendations for Return to Activity
L	**Low Risk**	• BMI 25-30 with no co-morbidities • Deconditioned • Osteoarthritis • Asymptomatic seropositive HIV • Mild reduced BMD • Exercise induced asthma with no other symptoms • Mild stress/ anxiety/ depression	• Suitable community and/ or gym based activity. • Outdoor activity (independent or supervised) including walking groups or outdoor classes. • Universal virtual offer.
L*	**Low Risk***	• Living with someone moderate or high risk for covid-19 complications. • In regular close contact with members of the public (eg/ care home staff, teacher, healthcare, taxi driver, key worker). • Living with children that are attending school. • Post-natal	• Class based activity • Digital offer available suitable for health conditions. • Outdoor activity suitable for health conditions. • Gym based available if preferred by individual. • Virtual consultation and home exercise may be made available.
MH3	**Medium/ High Risk**	• 70+ • Previous organ transplant. • Currently being treated for cancer. • Blood or bone marrow cancer *(such as leukaemia, lymphoma or myeloma).* • Bone marrow or stem cell transplant in the past 6 months. • Any condition that moderately-significantly increases risk of infection *(such as SCID or sickle cell).* • Any medication that moderately-significantly increases infection risk *(such as steroids or immunosuppressant medicine).* • Diabetes mellitus • Liver disease • Neurological condition *(such as Parkinson's disease, motor neurone disease, multiple sclerosis or cerebral palsy).* • BMI 40+ • Moderate-severe OA/ RA with mobility problems • Osteoporosis	
MH4	**Medium/ High Risk (L4)**	• Moderate-severe pulmonary condition (such as cystic fibrosis, asthma or COPD). • Moderate-severe heart disease. • Recovering from cardiac event or surgery. • 65+ and high falls risk or fracture risk. • Cancer prehab cohort.	• In-person Level 4 programmes must be class based. • Digital offer for L4 programmes where appropriate. • Virtual consultation and home exercise programmes should be available.