

Plan for a gradual reopening

An overall assessment based upon checkpoints will be carried out before each step is implemented.

The protection levels indicated in the boxes describe what may apply after the easing of restrictions.

Although national restrictions are eased, it will be necessary to suppress local outbreaks through municipal or regional measures.

It may become necessary to make changes to the steps and we cannot exclude that further restrictions may be needed in the course of the reopening period.

The removal or easing of restrictions must be regarded in the context of the possible introduction of corona certificates and mass testing.

Category	Plan for a gradual reopening			
	Step 1 (preparatory stage)	Step 2	Step 3	Step 4
Kindergartens, schools, before and after school programmes (SFO)	Follow the traffic light model and local assessments.	Follow the traffic light model and local assessments.	Follow the traffic light model and local assessments.	Follow the traffic light model and local assessments.
Universities, university colleges and vocational schools	Access to campus subject to enhanced infection control measures. Access to reading rooms and libraries. Larger lectures and gatherings should be avoided; teaching in smaller groups may take place.	Increase in-person teaching. Increase regular testing. Register attendees and where they are seated to ease infection tracing.	Increase in-person teaching. Register attendees and where they are seated to ease infection tracing.	General infection control measures.
Recreational sports and leisure activities	Children and young people under 20 years of age may train and participate in leisure activities. Exemption from the 1 metre rule. Max 10 persons at indoor events without fixed, designated seats. However, up to 50 people allowed at sporting events for participants under the age of 20 from the same	Children and young people under 20 years of age may participate at indoor events gathering max 100 participants (mainly children and young people) from the same municipality. Adults are recommended to avoid organised activities	Children and young people under 20 years of age may participate at indoor and outdoor events across municipalities. The number of participants allowed to be assessed continuously. Adults: Number of participants to be assessed continuously. Encourage outdoor activities rather than	Children and young people under 20 years of age: The number of participants to be assessed continuously. Adults: Number of participants to be assessed continuously.

	<p>municipality. Max 100 persons at indoor events where all spectators have fixed, designated seats. At outdoor events the maximum is 200 spectators. However, 3 cohorts of 200 spectators each is allowed, if there is a distance of two metres between the cohorts, and all spectators have fixed, designated seats. If children and young people train in another municipality, they are allowed to compete with sports clubs/teams there provided this is possible given current infection rates. Children and young people under 20 years of age who practice activities not involving close contact, may participate in outdoor events gathering participants from the same sports division or region, where «region» is understood as a geographical term. Adults are recommended to avoid organised indoor activities. Adults may take part in organised training sessions outdoors if it is possible to maintain safe distances.</p>	<p>indoors and outdoors involving more than 20 participants. Encourage outdoor activities rather than indoor activities.</p>	<p>indoor activities.</p>	
<p>Social contact / private homes</p>	<p>Everyone should limit social contact. It is recommended to meet people outdoors, and to avoid having more than five guests. If all guests are</p>	<p>Private homes may receive a maximum of 10 guests. It is recommended to follow advice on safe distances.</p>	<p>Private homes may receive a maximum of 20 guests. It is recommended to follow advice on safe distances. People are encouraged to meet outdoors.</p>	<p>General infection control measures.</p>

	<p>from the same household, more visitors are allowed if it is possible to keep a safe distance.</p> <p>Children in kindergartens and primary schools may receive visits from members of their own cohort.</p>	<p>People are encouraged to meet outdoors.</p>	<p>Further easing of restrictions to be assessed continuously.</p>	
Business and commerce	<p>Businesses are open and subject to infection control measures, cf. separate industry standard</p>	<p>Businesses are open and subject to infection control measures, cf. separate industry standard</p>	<p>Businesses are open and subject to infection control measures, cf. separate industry standard</p>	<p>General infection control measures.</p>
Restaurants, cafés, pubs, bars	<p>Alcohol will only be served to persons also being served food. The cut-off time for the serving of alcohol will be 22:00. These rules also apply to events.</p>	<p>Doors will close for new guests at 24:00, which will also be the cut-off time for the serving of alcohol. No requirement of serving food with alcoholic beverages. The following infection control measures will apply: Registration of guests, limited number of guests, and it must be possible for guests to keep a safe distance indoors as well as outdoors.</p>	<p>Restrictions on the serving of alcohol are lifted. The following infection control measures will apply: Registration of guests, limited number of guests, and it must be possible for guests to keep a safe distance, particularly indoors.</p>	<p>General infection control measures.</p>
Workplaces	<p>Working from home is advised for everybody who is able to do so.</p>	<p>Wherever possible, people are advised to work from home or have flexible working hours.</p>	<p>Wherever possible, people are advised to work from home or have flexible working hours.</p>	<p>Wherever possible, people are advised to work part of the time from home or have flexible working hours.</p>
Domestic travel	<p>Avoid unnecessary domestic travel. You may travel to a cabin (owned or</p>	<p>Domestic travel is permitted.</p>	<p>Infection control measures will be continuously assessed.</p>	<p>General infection control measures.</p>

	<p>rented) or hotel within Norway, but you should avoid public transport where this is possible.</p> <p>Generally, persons travelling to municipalities with less strict measures in place should follow the recommendations of the municipality where they ordinarily live.</p>			
Private events	<p>A maximum of 10 people may attend indoor events at public venues or in borrowed/rented premises. Outdoors, the maximum number is 20 people.</p> <p>Events that bring people together from different municipalities should be postponed or cancelled.</p>	<p>A maximum of 20 people at public venues or in borrowed/rented premises, indoors and outdoors.</p> <p>People are advised to organise events outdoors, rather than indoors.</p>	<p>A maximum of 50 people at public venues or in borrowed/rented premises, indoors and outdoors.</p> <p>People are advised to organise events outdoors, rather than indoors.</p>	<p>Will be continuously assessed.</p>
Public events	<p>Indoor events without fixed, designated seats: Maximum 10 people.</p> <p>Sporting events bringing together participants under the age of 20 from the same municipality: Maximum 50 people.</p> <p>Indoor events where all spectators have fixed, designated seats: Maximum 100 people.</p> <p>Outdoor events: Maximum 200 people.</p> <p>Outdoor events where spectators sit</p>	<p>Indoor events without fixed, designated seats: Maximum 20 people.</p> <p>Sporting events bringing together participants under the age of 20 from the same municipality: Maximum 100 people.</p> <p>Indoor events where all spectators have fixed, designated seats: Maximum 200 people.</p> <p>For outdoor events: Same</p>	<p>Will be continuously assessed.</p> <p>People are advised to organise events outdoors, rather than indoors.</p>	<p>Will be continuously assessed.</p>

	in fixed, designated seats, and cohorts are separated by a distance of two metres: 3 cohorts of 200 people each are allowed.	limits as previous step. People are advised to organise events outdoors rather than indoors.		
Travels to and from Norway	You are advised to avoid international travel. Travel that is strictly necessary is permitted.	You are advised to avoid international travel. Travel that is strictly necessary is permitted. Strict restrictions on entry for foreign nationals apply. Open for prioritised groups of workers who need to travel for work, and increased access for visiting family members.	Travelling is permitted, but people arriving in Norway must still undergo quarantine and be tested. There are still entry restrictions in place, but the situation for immigrant workers is becoming more normalised.	Entry restrictions may still apply, particularly for third-country travellers. Travellers must also expect requirements to undergo quarantine and to be tested when arriving from particular areas. The rules for arrivals in Norway also need to be assessed continuously.