

# UPDATE FROM VICTORIAN GOVERNMENT: COVID-19 RESTRICTIONS FOR OUTDOOR EXERCISE GROUPS

**EFFECTIVE WEDNESDAY 13<sup>th</sup> MAY 2020**

Sports and exercise play a critical role in the physical, mental and emotional wellbeing of Victorians. However, Victoria is under a State of Emergency and this must be balanced by with the risk of transmitting coronavirus. The following principles have been developed to guide in the lifting of restrictions around outdoor exercise which can resume if:

- You can keep your distance (at least 1.5 metres apart)
- Activities are not indoors
- Activities are not competitive
- The operator keeps a contact list of people who attend
- The number of people is capped at 10
- **People should be mindful that multiple groups of 10 should not gather in the same location or close together**

**BOOT CAMPS/PERSONAL TRAINING:** Boot camps and personal training services can continue only if they are outdoor with a **maximum of ten people plus a trainer at any one session**, ensuring no more than one person for every **four square metres of space**.

**TAI CHI/YOGA CLASSES:** You can take a tai chi or yoga class outside – as long as you are in a group of **no more than ten people plus the minimum number of people required to lead the class**.

**USE OF PARK EQUIPMENT/FACILITIES:** You cannot use playgrounds, outdoor gym equipment and skate parks, all of which remain closed.

**USE OF DRINKING FOUNTAINS:** You cannot drink from public drinking fountains.

## **USE OF EQUIPMENT**

- Use of shared sporting equipment should be minimised and there should be no sharing of equipment that touches the face or head (e.g. helmets, goggles or masks).
- If the activity involves shared equipment, only equipment with smooth, hard surfaces should be available for use and the equipment should be sanitised between users.
- Equipment with hard and smooth surfaces are easy to disinfect by wiping between uses. However, some sporting equipment can still be shared such as balls or mats. There is a preference for people to use their own equipment wherever possible. Equipment available for loan or hire to different individuals or groups should be limited to equipment that can be effectively sanitised between users.

**Victorians are urged to continue to follow the rules and to use common sense while outside exercising. Police will continue to monitor activities to ensure compliance.**