

# Frequently asked questions – restrictions amendments for Thursday 2 September from 5pm

**One household (any size) or up to 5 people can gather outdoors for up to 2 hours for exercise or non-organised recreation.**

**What are the rules for one household or five-person requirement?**

## One Household

One household can exercise outside together, regardless of the number of people including children. This means a family of more than 5 people that all live together can go outside for recreation. A household does not include people who do not live with you all the time, like grandparents or siblings that reside at a different address.

## Five-person limit

Up to five people from different households can meet outdoors for non-organised recreation. This limit includes children. The group of five must meet in a public setting, not a backyard. You should stay in your region wherever possible, and not travel to other areas of Canberra to meet up with people. Use common sense when deciding who you should meet. Do not spend time with people that you normally wouldn't and restrict interactions with lots of people.

**Can people come across the border to be one of the 5 people?**

People travelling from NSW must first ensure they follow the public health directions in place in NSW. If they are permitted to travel, and they are part of our identified postcodes they can come into the ACT under the standing exemption.

They must also follow the requirements under the NSW public health directions for returning to NSW.

**What can I do under the non-organised outdoor recreation rules?**

These amendments to restrictions allow for some lower-risk outdoor activities to be undertaken, acknowledging the benefits of being outdoors on the wellbeing of Canberrans.

These activities can be conducted with your household (no limit on numbers) or a group of five people (including children).

## Exercise

Examples of non-organised recreation activities include walking, jogging and cycling.

For all activities, people should wear masks (unless undertaking vigorous exercise), practise physical distancing, and stay away from other groups of people.

## Water-based activities

# Frequently asked questions – restrictions amendments for Thursday 2 September from 5pm

Water-based recreational activities like rowing, kayaking, sailing, paddle boarding and fishing on the Canberra's lakes and rivers are allowed if you have your own equipment. Rowing and sailing clubs are to remain closed, including equipment storage facilities.

## Picnics

Picnics are allowed.

Masks must be worn when people are not eating or drinking. It is strongly recommended that everyone bring their own food and drinks and not share these items between households.

Public BBQ facilities will not be open.

## Playgrounds

Outdoor playgrounds will reopen. Adults and children aged 12 years or older need to wear masks at all times. Physical distancing should be maintained wherever possible.

Please be responsible. If you arrive at the playground and there are a number of other people there outside of your household or group of 5, then come back later.

Where Check in CBR QR Codes are in place, please remember to check in.

## **What is not allowed under the non-organised outdoor recreation rules**

### Community Sport

Community sport including training is not allowed, even in small groups. Examples include, but are not limited to, soccer, tennis, rugby, golf and volleyball.

Coaches should not be meeting with any of their team members for practice or training purposes. Community sport equipment storage facilities must also remain closed.

### Personal Training and Bootcamps

In-person personal training and bootcamps are not allowed during lockdown, even if it is outdoors. Online classes can continue.

Staff can now attend a workplace to film or prepare online content.

## **Does the group have to wear masks? When exercising? What about when stationary?**

Always wear masks where possible, practice physical distancing. Still wear a mask when exercising unless it is vigorous exercise

## **As you can be with 5 people outside, can you leave your local region to do this?**

# Frequently asked questions – restrictions amendments for Thursday 2 September from 5pm

You should stay within your region wherever possible.

**Do the 5 people have to form a bubble, or can you see as many different people as you like as long as there is no more than 5 at once?**

5 people from 5 or fewer separate households can come together. But please use common sense and do not spend time with people that you normally wouldn't and restrict interactions with lots of people.

These amendments to restrictions allow for some lower-risk outdoor activities, acknowledging the benefits of being outdoors on the wellbeing of Canberrans.

**What does 'non-organised recreation' mean, what activities does it include?**

Non-organised recreational activity includes, but is not limited to, jogging or walking, or having a picnic in the park. These activities can be conducted with your household or a group of 5 people (including children).

**Do children count towards the 5 person limit?**

Yes. A total of 5 people can meet outside, including children.

**Can each of the 5 people be from a different household? Or can it only be 2 households meeting at a time?**

A total of 5 people from up to 5 households can meet. However, you should use common sense and only meet with people that are well-known to you and stay within your region.

**Can a household with 5+ people meet another 5 people outside? Or can 5+ households not meet anyone else?**

No. A total of 5 people from multiple households, or one household with 5 or more people can meet outside.

**Where activity can now be conducted in a group of five that is not necessarily bubble buddies or same household members, does this mean that an "informal" form of sport training can commence?**

No. Community sport is not allowed, including training.

**Could a coach and four soccer players meet up and train together for two hours?**

No. Community sport is not currently allowed, including training.

**Could a Personal Trainer, tennis coach or martial arts instructor run an outdoor bootcamp or session for four clients?**

No. Bootcamps, personal training, tennis and other sporting instructors are not allowed.

## Recommencement of services operating outdoors

# Frequently asked questions – restrictions amendments for Thursday 2 September from 5pm

## **What are the key requirements to conduct outdoor work?**

Work must be operated solely outdoors, and physical distancing must be maintained at all times. This does not include residential construction or personal training services.

Work must be one person where possible (unless required for safety).

## **Are outdoor building jobs counted as outdoor maintenance? E.G. building a stone wall for a house, decks, pergolas?**

Residential construction is not allowed, except for 'Do-it-yourself' projects.

The allowed outdoor business activities include contactless maintenance that can be done in a COVID Safe way, adhering to all restrictions. Examples include garden maintenance, solar panel installation and exterior painting.

## **Can residential painters work on property exteriors?**

Yes, external painting to an existing property is allowed but no contact should occur between the resident and painter. This is regarded as a maintenance activity.

## **Can you do outdoor commercial photography?**

Yes, in-line with real estate rules or photography of items – Photographers must work on their own. Photography for campaigns including with actors or models is not allowed.

## **Can mobile car cleaning services recommence?**

Yes, mobile car cleaning is allowed but no contact should occur between the owner and cleaner.

## **Is mobile dog grooming allowed?**

Yes, mobile dog grooming is allowed but no contact should occur between the owner and the groomer.

## **Is dog grooming allowed?**

Dog grooming that is undertaken in a shop premises is not permitted. A dog groomer is permitted to work from their home where the service can operate in a contactless way.

## **Can outdoor gym sessions happen? E.G. PT groups of 5 people.**

No personal training or bootcamps indoor or outdoor.

## **Will personal training, bootcamps, indoor or outdoor reopen?**

No personal training or bootcamps indoor or outdoor.

# Frequently asked questions – restrictions amendments for Thursday 2 September from 5pm

**Are we still expected to stay in our local region for outdoor exercise or can we now go further? If so, can the areas be defined?**

You should exercise in your region wherever possible.

## Outdoor playgrounds, fitness stations and dog parks reopening

**Do parks reopening include skate parks?**

No

**Is dirt biking/motor bike riding allowed as the 2 hours outdoors?**

Yes, provided it is done in accordance with road rules and is not at a closed business location.

**Can I fish by myself?**

Yes

**Can I play golf, tennis or lawn bowls under the updated restrictions of the lockdown extension in ACT? No.** Community sporting club facilities including storage facilities are to remain closed.

**Can I go to Stromlo Forest Park?**

Yes, it is open to Woden and Western Creek residents.

**Can I go on a picnic?**

Yes, but always wear masks where possible (unless eating or drinking) and practise physical distancing.

Up to five people or one household can gather outdoors for a picnic.

We advise people to still stay within their region wherever possible, ensure physical distancing is maintained where practical and to wear a mask while not eating or drinking.

**Are sailing and rowing permissible, like paddling, if I have my own equipment and hence are somewhat “contactless” – eg don’t need to access any shared storage facility?**

Yes, only if you have your own equipment and do not need to access community sporting storage facilities.

**Can people access shared storage areas (one person at a time, use of sanitiser etc) to access either club/shared equipment or their personal gear. Why can people access a playground or fitness station but not a storage shed?**

# Frequently asked questions – restrictions amendments for Thursday 2 September from 5pm

No. Community sporting club facilities including storage facilities are to remain closed.

**Can I play golf (for 2 hours or less) when the course, as with 2020, can provide a contactless experience where carts are single use (then cleaned), flags not removed and bunkers untouched?**

No. Community sporting facilities including golf clubs are to remain closed.

**Can I play golf in a group of four (as per the extended lockdown allowances)?**

No. Golf club facilities are to remain closed.

**Can I play tennis at the local club, be it singles or doubles?**

No. Community sport facilities including tennis clubs and courts are to remain closed.

**Can I play lawn bowls, disc golf, beach volleyball and croquet? I have my own equipment and access is open or with only minimal contact.**

No. Community sport facilities including bowling clubs, croquet grounds, volleyball courts are to remain closed.

**Does playground extend to other outdoor amenities like skateparks and basketball courts?**

No. Skateparks and basketball courts along with other community sporting facilities are to remain closed due to physical distancing requirements.

## Weddings and funerals

**Can I attend a funeral?**

Yes, provided the funeral does not exceed the total number of allowed people. (no more than 20 people)

**Can I attend a Wedding?**

Yes, provided the wedding does not exceed the total number of allowed people. (no more than 10 people)

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