



1 MAY
YOGA AUSTRALIA STATEMENT

**NT 3 STAGED APPROACH:
INFORMATION FOR TEACHERS**

The Northern Territory Government yesterday announced a three-staged approach to the easing of restrictions in NT.

The announcement includes staged re-openings with safe outdoor activities, including yoga, being some of the first allowed.

Outlined below are the activities relating to yoga teachers/studios that are now allowed through each stage of the process

STAGE 1: 12pm Friday 1 May

Exercise outdoors with other people. This includes Yoga.

Business owners can take their businesses outside as long as they apply physical distancing and hygiene principles to an outdoor space.

STAGE 2: Predicted to commence 15 May

Operate or attend a studio that provides yoga, Pilates, Zumba, barre, dance classes.

Stage 3: Not specified

Attend an amusement park, community centre, recreation centre or play centre

In preparation for re-opening or changing your approach to your business, members in Northern Territory will need to complete a COVID-19 Safety Plan Checklist which will be available from 5 May for businesses that are looking to resume trade from 15 May.

It will be made available at coronavirus.nt.gov.au



NT physical distancing and hygiene principles emphasise a personal and community responsibility to practice physical distancing and hygiene practices when in the community.

This includes:

- A minimum space of 1.5 metres between you and other people who aren't from your household
- Reducing the size of gatherings
- If you need to be facing another person and closer than 1.5 meters apart minimise contact to less than 15 minutes.

Please get in touch with any questions you have. We will continue to update you with information as it becomes available to us.

We will be also be providing further guidance to our members in the form of yoga specific reopening guidelines. These will be made available to all members by the end of next week.

This information has been sourced from <https://coronavirus.nt.gov.au/steps-to-restart/roadmap-new-normal>