

27 MAY 2020

YOGA AUSTRALIA STATEMENT

Please see the information below for an updated overview of reopening timelines for each state, as it relates to yoga. These should be read in conjunction with our [reopening.guidance.resources](#) when planning for the reopening of your studios and classes.

Please note we have not repeated spatial distancing and density requirements below, as are referred to within our reopening resources. At this point it can be assumed that both spatial distancing AND density requirements are required unless otherwise specified.

We have been in close communication with Fitness Australia to ensure that this information is accurate and that any discrepancies are being clarified with the appropriate departments.

Please remember that this is very fast moving and there is often difficulty interpreting the information provided. Where there is any doubt please follow your local state guidance. These may include additional requirements for studio's and businesses, such as safety plans or collection of contact details. The relevant links to the restrictions for each state are provided within this document.

Yoga Australia continues to advocate for Yoga industry as restrictions start to ease. A letter has been sent to 9 key government departments calling for greater attention towards the categorisation of businesses in the wellness industry. We have asked that it be classified separately to the fitness industry due to it's low contact/risk factor

READ LETTER

We will continue to keep you updated with the most up to date information as it becomes available to us

VIC

CURRENT

- Outdoor training with up to 10 people. Need to collect and keep contact details (first name and phone number), date and time people attended
- No indoor yoga (including 1:1)
- Community and Rec Centres – only for essential voluntary services (e.g. Foodbanks), weddings and funerals

AS OF JUNE 22

- 10 people including teacher in each room
- 20 people total in venue
- This means if you have two rooms in a studio you can have 10 in each room

RESOURCES

- [Restriction levels](#)

NSW

CURRENT

- Outdoor training up to 10 people
- No indoor yoga (including 1:1)
- Please note that although accommodation and retreats may be open indoor yoga in these settings is still not allowed

AS OF 1 JUNE

- No changes

RESOURCES

- [Overview of restrictions](#)

QLD

CURRENT

- Outdoor yoga classes up to 10 people
- No indoor yoga (including 1:1)
- Note: Community and Rec Centres – only for essential voluntary services (e.g. Food Banks)

AS OF 12 JUNE

- 20 people in indoor class
- More people may be allowed if you have a COVID plan
https://www.covid19.qld.gov.au/data/assets/pdf_file/0024/127653/COVID-Safe-FAQ.pdf

RESOURCES

- [Roadmap](#)
- [Closure Directions](#).

NT

CURRENT

- From May 15 - Can attend a yoga studio
- Students cannot attend for longer than two hours
- You must have a [COVID-19 Safety Plan](#) to show how you will meet your requirements around the key principles of physical distancing and hygiene practices.

RESOURCES

- [Roadmap](#)

SA

CURRENT

- Outdoor yoga up to 10 people
- No indoor yoga (including 1:1)

AS OF 1 JUNE

- Indoor yoga with 10 people in room
- 20 people max in venue
- Must complete a [covidsafe plan](#)

RESOURCES

- [Roadmap](#)
- [FAQ](#)

WA

CURRENT

- Yoga Classes with minimal shared equipment up to 20 people outdoors and indoors

RESOURCES

- [Safety plan required](#)
- [Safety plan guidelines](#)
- [Roadmap](#)
- [FAQ](#)

ACT

CURRENT

- Outdoor classes up to 10 people (excluding teacher) with no shared equipment
- No indoor classes (Including 1:1)

AS OF 26 MAY

- 20 people in enclosed space
- 1 person per 4 square meters
- Practice social distancing where possible

RESOURCES

- [COVID recovery plan](#)

TAS

CURRENT

- Yoga for up to 10 people outdoor
- No indoor Yoga (Including 1:1)
- Attendee names and contact details must be recorded
- No physical contact
- BYO equipment

AS OF 15 JUNE

Indoor Yoga for up to 20 people

RESOURCES

- <https://coronavirus.tas.gov.au/resources>
- [Roadmap](#)