

COVID19

Information and support by Yoga Australia

2 June 2020 - 20 Sep 2021

Latest news on restrictions...

Please note, restrictions are constantly changing across Australia and the requirements differ from state to state and differ between regions within some states. We provide summaries below. You will find each state has their own COVID pages and it is good to be familiar with where to look for information when it becomes available. You can find out more via the [important websites link in the column to the right of this page](#).

Before you re-open after a lockdown, please make sure you have checked the current regulations as they apply to **your** state. Many states require safety plans and many have their own QR Apps (and some of these are mandatory).

The key information to check includes:

- Density (e.g. 1 per 2 sqm or 1 per 4 sqm)
- Caps on classes and/or venue capacity
- Distance/spacing – e.g. 1.5 metres between people
- Mask requirements
- Covid Marshall requirements
- Covid Safe plan requirements and
- QR code apps
- Any restrictions on singing/chanting
- Any support packages made available by your state or by the Federal Government.

Please follow the advice provided for your state or region. Note, Government websites are sometimes not updated at the time of the announcements, but will usually be updated within the first 12 hours , so check back regularly. We will post regular updates below to summarise the latest news. You will also find detailed information and guidance through the [Federal Department of Health](#) and the [Safe Work Australia industry specific information for Gyms and Fitness Centres](#). You will find our [reopening guidelines linked to the right](#).

And here is the latest news...

Updated September 16

VIC: New Freedoms When 70 Per Cent First Dose Target Reached

Victoria's Chief Health Officer has recommended some modest easing to restrictions from **11.59pm Friday, 17 September** in lockdown areas of **metropolitan Melbourne and Ballarat** – expanding outdoor social interaction, exercise, the distance you can travel from home and more. There will also be some changes to COVIDSafe settings in **regional Victoria – excluding the City of Ballarat**. See [210916 Table of Restrictions](#) for all changes.

The most relevant new changes for Yoga Teachers below:

Metropolitan Melbourne and the City of Ballarat

- Public gatherings: Permitted for personal training for up to two people plus the trainer
- Indoor physical recreation & sport – closed: Broadcast permitted with maximum five people

Regional Victoria and Greater Shepparton

- Indoor physical recreation facilities: Open with 10 people indoor and 20 outdoor per venue.

For more information visit:

- [210916 Table of Restrictions](#)
- [New Freedoms When 70 Per Cent First Dose Target Reached | Premier of Victoria](#)

Updated September 15

ACT

- ACT lockdown [to be extended for a further four weeks](#), until 11:59pm on Friday 15 October 2021.
- Note, personal training not permitted indoors or outdoors
- Up to two people can attend premises for the purposes of filming, live streaming or broadcasting.

VIC

- Ballarat Lockdown – The regional Victorian city of Ballarat will enter a seven-day lockdown tonight after four cases of COVID-19 were detected in the area. Ballarat will be subject to the same restrictions as metropolitan Melbourne – except for the curfew – from 11.59pm tonight until 11.59pm on September 22.

NSW

- Stay-at-home [order for Yass Valley Council](#)
- [Roadmap to freedom](#)

- If you are fully vaccinated, from Monday 13 September 2021, you can attend an outdoor gathering in a public space of up to 5 people for exercise or outdoor recreation so long as all those at the gathering aged 16 years or over are fully vaccinated:
 - a. You must have [proof of your vaccination](#) with you at all times.
 - b. You must show a Police Officer your proof of vaccination if its requested.
- Fully vaccinated means you have had 2 doses of an approved COVID-19 vaccination or have a medical contraindication certificate issued to you.
- The 5 person limit on these gatherings does not include children aged 12 or under.
- You are not prevented from attending more than one such gathering in a day.
- If you are not fully vaccinated:
 - c. You can exercise with 1 other person that you do not live with, or your nominated visitor (“singles bubble”).
 - d. If you live with more than 2 other people, you can all exercise together.
-

Updated September 8

Coronavirus Restrictions To Lift For Regional Victoria

Lockdown restrictions will be lifted in regional Victoria from tomorrow night, following advice from Victoria’s Chief Health Officer.

From 11.59pm on Thursday 9 September, the five reasons to leave the home will be removed in regional Victoria, except for Greater Shepparton. There will be no limit on the distance regional Victorians can travel from home – other than restrictions on entry to metropolitan Melbourne.

For more information visit:

- [210908 Table of Restrictions](#)
- [Coronavirus Restrictions To Lift For Regional Victoria | Premier of Victoria](#)
- [Support Continues For Victoria’s Regional Businesses | Premier of Victoria](#)

Updates August 27

Our updates today include information about Covid-19 vaccinations, NSW business support and the latest links for changes to lockdown statuses or restrictions.

Covid-19 Vaccinations – preliminary support and information

We are in the process of pulling together more detailed information and support on Covid-19 vaccinations and considerations for you as a yoga teacher/therapist or yoga business. We will be sending this information directly to our members. It will also be made available on member dashboards.

In the meantime, there are some excellent resources already available to support your decision making in this area. Here are some of the key links:

- Fair Work Ombudsman – [COVID-19 vaccinations: workplace rights and obligations](#)
- Safe Work Australia – [Safe Work Australia general industry information on Vaccination](#)
- Australian Human Rights Commission – [Covid-19 vaccinations and federal discrimination law](#)

Further Information – NSW Government COVID Support

<https://www.service.nsw.gov.au/campaign/covid-19-help-businesses/grants-loans-and-financial-assistance>

Most relevant grants available include:

- [JobSaver payment](#)
- COVID-19 micro-business grant
- [COVID-19 business grant](#)
- [Small business fees and charges rebate](#)
- Payroll tax support
- Tourism support package
- Jobs Plus program
- Small and medium enterprise (SME) guarantee scheme
- Assistance for Indigenous businesses

Find grants and financial help search page here: <https://www.service.nsw.gov.au/find-grants-and-financial-help>

Test and Isolate support payment

<https://www.service.nsw.gov.au/transaction/apply-test-and-isolate-support-payment>

If you need to self-isolate and are unable to work while waiting for your coronavirus (COVID-19) test result, you may be eligible for the COVID-19 Test and Isolate support payment.

NSW workers in LGAs of concern can apply for the \$320 payment. You'll need to apply for the payment within 7 days of having the test.

Cost of living rebates

<https://www.service.nsw.gov.au/campaign/cost-living>

Energy relief

<https://www.service.nsw.gov.au/covid-19/energy-relief>

Free legal advice

<https://www.service.nsw.gov.au/covid-19/free-legal-advice>

Counselling and support links

<https://www.service.nsw.gov.au/covid-19/counselling-and-support>

Please watch your member dashboards for further information and updates.

Information on Federal Government support was provided in earlier updates.

Restrictions update:

- [Latest information NSW – regional and rural NSW stay-at-home orders extended to 11 September](#)

- Latest information Northern Territory – [restrictions lifted Greater Darwin and Katherine](#)

Not a Yoga Australia Member? [Join here!](#)

Updates Thursday August 25

Rent relief Victoria

If you're a commercial tenant struggling with rent payments, further support is available with new regulations through the **Commercial Tenancy Relief Scheme**.

Small and medium businesses that have experienced a loss in turnover of more than 30% during the pandemic will receive financial relief in the form of proportionate rent reduction. New businesses will also be protected, with special arrangements in place to calculate the turnover for businesses that were not operating in 2019.

As part of the Scheme, the Victorian Small Business Commission will support tenants and landlords with information and free mediation to negotiate an agreement.

The Scheme will apply retrospectively from 28 July 2021 and will run until 15 January 2022.

Tenants and landlords can contact the Victorian Small Business Commission for further information on 13 87 22 or visit vsbc.vic.gov.au.

- [Frequently asked questions](#)

Updates Monday August 16

Northern Territory moving into lockdown –

Effective from 12.01pm today, the below areas will enter a full lockdown for 72 hours:

- City of Darwin
- City of Palmerston
- Litchfield Council
- Wagait Shire
- Belyuen Shire
- Dundee
- Bynoe
- Charlotte
- Cox Peninsula
- Municipality of Katherine including Tindal

Links: <https://coronavirus.nt.gov.au/stay-safe/covid-19-lockdown-restrictions-in-place>

Melbourne Lockdown extended

The current lockdown across Melbourne will be extended and a curfew will be put in place across metropolitan Melbourne. Victoria's Chief Health Officer has declared that from tonight the lockdown restrictions will be strengthened and extended in metropolitan Melbourne, until 11.59pm on Thursday, 2 September. This is an additional 14 days on the previous directions.

Links: <https://www.premier.vic.gov.au/extended-melbourne-lockdown-keep-victorians-safe-0>

ACT Lockdown extended

The ACT government has extended the territory's lockdown — initially set to end this Thursday — for another two weeks, until at least September 2.

Source: [ABC News](#).

Regional or Rural NSW

Stay at home rules now apply if you live in, usually work in, or usually attend a university or other tertiary education facility in regional or rural NSW. These rules apply to all parts of regional and rural NSW, including those parts of regional and rural NSW which were subject to stay at home rules before 5pm on 14 August 2021.

Start date: 5pm, Saturday 14 August 2021

End date: 12.01am, Sunday 22 August 2021.

Links: <https://www.nsw.gov.au/covid-19/rules/affected-regions#summary-of-restrictions>

Updates Friday August 13, Vic Support

The Victorian Government has announced additional support for businesses most affected by the extension of the public health lockdown in Melbourne.

Grants from the \$367 million joint Commonwealth-Victorian package will flow to more than 100,000 businesses across Melbourne.

The new package includes additional funding for:

- [Small Business COVID Hardship Fund](#)
- [Business Costs Assistance Program Round Two](#)

Read [more about the new package on the Premier's website](#).

Updates Thursday August 12, 2021 – ACT & NSW

The ACT will enter a seven-day lockdown from 5.00pm today, as a result of a COVID-19 case being identified in the community and positive wastewater detections reported overnight.

The lockdown will remain in place until 5.00pm Thursday 19 August 2021.

- <https://www.covid19.act.gov.au/news-articles/seven-day-lockdown-for-the-act>

NSW – Updates

Please check <https://www.nsw.gov.au/covid-19/rules/affected-regions>

It is getting more and more difficult to keep up with the changes in NSW, so please always check the above link for the latest relevant information for your specific area.

- Stay at home rules apply from 5pm on Thursday 12 August 2021 to the local government areas of **Bayside, Burwood and Strathfield**, in line with previously identified local government areas of concern and 12 suburbs in Penrith LGA.
- **Newcastle Lockdown extended** – The extended lockdown applies for another seven days to eight local government areas in the Hunter and parts of the Upper Hunter.
- **Western NSW**
Stay at home rules apply from Wednesday 11 August 2021 to the local government areas of Bogan, Bourke, Brewarrina, Coonamble, Gilgandra, Narromine, Walgett and Warren.
- Support packages – <https://www.nsw.gov.au/covid-19/2021-covid-19-support-package>

Updates Wednesday August 11 – Melbourne and Dubbo, NSW

Melbourne

The Melbourne lockdown has just been extended – Victoria’s Chief Health Officer has declared that the current restrictions in metropolitan Melbourne will remain in place until at least 11:59pm, Thursday 19 August.

- [Press release](#)

Dubbo

From 1pm on Wednesday 11 August 2021 until the beginning of 19 August 2021, stay at home rules apply to the Dubbo local government area, which includes Wellington, Wongarbon, Geurie, Brocklehurst, Stuart Town, Mumbil and Eumungerie.

Please check <https://www.nsw.gov.au/covid-19/rules> for further updates and announcements relating to specific regional areas or LGA’s in NSW.

Update August 9 – Regional Victoria

Just announced – Lockdown to lift in regional Victoria.

[Premier Daniel Andrews has just announced that Regional Victorians](#) will be released from the state’s lockdown from 11:59pm. Mr Andrews said the regions would snap back to the settings that were in place before the lockdown began last Thursday.

Note that businesses that are open in regional Victoria but closed in Melbourne will also be **required to check customer addresses** to ensure they are not serving Melburnians who should be in lockdown.

- Maximum patron cap of 100 people per space indoors and 300 per space outdoors.
- Density quotient of 1 person per 4sqm.
- COVID Check-in Marshals must ensure attendees check-in.

Further Information:

- [Table of Restrictions for Regional Victoria](#)
- [Press release](#)

Update August 9, Regional NSW

Changes are frequent across NSW. Make sure you stay up to date with the latest restrictions here:

<https://www.nsw.gov.au/covid-19/rules>

- NSW Health has issued a stay-at-home order for Byron Shire residents and neighbouring shires starting at 6pm Monday 9 August for 7 days. A drive-through testing centre is operating at the Cavanbah Centre on Ewingsdale Rd from 8am – 4pm daily. [Latest COVID-19 information.](#)
- From **5pm on Monday 9 August** 2021, stay at home rules will apply to the **Tamworth** local government area.
- From **5pm on 8 August** 2021, the suburbs of **Caddens, Claremont Meadows, Colyton, Erskine Park, Kemps Creek, Kingswood, Mount Vernon, North St Marys, Orchard Hills, Oxley Park, St Clair, and St Mary's** will now be part of areas of concern and have additional restrictions.

Update August 8, Queensland

From **4pm Sunday 8 August**, the 11 Local Government Areas in South East Queensland will come out of lockdown. Some restrictions will continue to apply for the next two weeks, including:

- Mask wearing at all times (including workplaces) except when eating or drinking, or exercising with your household or one other person.
- **Businesses and venues** (includes gyms, etc.) are allowed to operate with the following restrictions:
 - e. indoor — 1 person per 4 square metres or 50% capacity with ticketed and allocated seating
 - f. smaller venues up to 200 square metres — 1 person per 2 square metres, up to a maximum of 50 people
 - g. You must continue to carry a mask with you at all times and wear a mask in indoor and outdoor spaces — see '[Face masks — Queensland](#)' in the Restriction Checker for more details.
 - h. The Check In Qld app is now **mandatory** across a number of new venues and events. See covid19.qld.gov.au/check-in-qld for more details.

From **4pm Sunday 8 August**, the Cairns and Yarrabah Local Government Areas will go into lockdown for three days. The same rules will apply as the South East Queensland lockdown, however, two visitors will be allowed in homes. Please [get tested](#) if you have even the mildest symptoms.

Sources:

- <https://www.healthdirect.gov.au/covid19-restriction-checker/sport-and-recreation/qld>
- <https://www.business.qld.gov.au/running-business/covid-19-restrictions/current>

- <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/current-status/public-health-directions/business-activity>

Update NSW – Armidale LGA

New restrictions have been introduced for the Armidale Regional Local Government Area, including the towns of Armidale and Guyra, from 5pm August 7 until 12.01am Sunday 15 August, 2021.

Stay-at-home orders will apply to all people who live in these areas or have been there on or after 29 July 2021.

The rules for this area will be the same as those already in place across Greater Sydney, including the Central Coast, and Newcastle, Lake Macquarie, Maitland, Port Stephens, Singleton, Dungog, Muswellbrook and Cessnock.

Sources and Information:

- https://www.health.nsw.gov.au/news/Pages/20210807_03.aspx
- <https://www.nsw.gov.au/covid-19>

Update August 6 – Business Support Victoria

A new jointly funded package from the Commonwealth and Victorian Governments for Victorian small and medium businesses has been announced today.

The package jointly funded by the Commonwealth and Victorian Governments will provide automatic payments to almost 100,000 eligible businesses, including sole traders.

Further hardship funds will be made available to eligible businesses that do not qualify for existing programs.

Commercial Tenancy Relief Scheme

Legislation passed this week to reintroduce the Commercial Tenancy Relief Scheme. **Businesses that have experienced a loss in turnover of more than 30 per cent** during the pandemic are now guaranteed to receive rent reductions, while separate support will be provided to landlords. Tenants and landlords are encouraged to enter negotiations directly, with the **Victorian Small Business Commission** available to provide mediation if parties can't reach an agreement. For further information, contact 13 87 22 or visit the VSBC website.

COVID-19 Disaster Payments

Eligible workers across the state who lose hours due to the lockdown will be eligible for support through the Commonwealth's *COVID-19 Disaster Payment*, **as will businesses that do not qualify for Victorian Government support programs because they are not registered for GST**. The *COVID-19 Disaster Payment* payments will be administered through Services Australia,

Business Costs Assistance Program

Under the new State-Commonwealth business support package confirmed today, more than 90,000 businesses will be automatically paid a *Business Costs Assistance Program Round Three* grant of \$2,800

Small Business COVID Hardship Fund

The *Small Business COVID Hardship Fund* announced last week, provides grants of up to \$8,000 to be paid to small businesses that are not eligible for support under existing programs and have experienced a 70 per cent reduction in turnover.

- For more information see business.vic.gov.au
- [Press Release here](#)

Free help from the Partners in Wellbeing Helpline

If you run your own small business, you can get free and confidential wellbeing coaching, financial counselling and business advice for you and your employees. Call the **Partners in Wellbeing Helpline** on 1300 375 330 for assistance between 9am to 10pm on weekdays and 9am to 5pm on weekends. A live chat function is also available on the website.

Summary of Victorian Coronavirus resources for your business

[Coronavirus.vic.gov.au](https://coronavirus.vic.gov.au) has useful resources to help businesses find information and plan.

- [COVID-19 exposure sites](#)
- [COVIDSafe Plans](#)
- [Vic Gov QR Code Service](#)
- [Where to get tested](#)
- [Book your vaccination](#)

Update August 5 – Vic

Victoria will enter its sixth lockdown from 8:00pm tonight in response to unexpected new mystery cases of COVID-19 in recent days.

The lockdown will last for seven days and there will only be five reasons for leaving home: getting groceries and supplies, exercise, care or caregiving, authorised work or education that cannot be done from home and getting vaccinated.

[Information here.](#)

We expect further announcements on business support tomorrow.

Update August 5 – NSW

New Lockdown just announced: Newcastle, Cessnock, Dungog, Lake Macquarie, Maitland, Muswellbrook, Port Stephens and Singleton local government area restrictions will commence at 5pm today (Thursday 5 August 2021) until 12.01am Friday 13 August 2021.

Details: <https://www.nsw.gov.au/covid-19/rules>

Update August 2, 2021 – South East Queensland Lockdown extended

South-East Queensland [lockdown has been extended to 4pm Sunday August 8](#).

[Restrictions for Locked Down Areas \(South-East Queensland\) Direction](#)

To protect the health of Queenslanders, from 4pm AEST Saturday 31 July 2021 to 4pm AEST Sunday 8 August 2021, areas in South East Queensland, will be subject to new restrictions. This includes:

- City of Brisbane
- City of Gold Coast
- City of Ipswich
- Lockyer Valley Regional Council
- Logan City
- Moreton Bay Region
- Noosa Shire Council
- Redland City
- Scenic Rim Regional Council
- Somerset Regional Council
- Sunshine Coast Regional Council

Anyone who has been in these areas at or since 1am AEST 31 July and the members of their household must follow all restrictions listed.

<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/current-status/public-health-directions/restrictions-impacted-areas>

More to come on business support...

Update Victoria August 2, 2021

With such a fast-moving feed here, we are re-posting the relevant links for Victorian members, so everyone is clear about the current restriction levels.

Note that Victorian Health Minister Martin Foley [has announced](#) there would be some 'tweaks' to restrictions that will come into effect from midnight Tuesday August 3. Minister Foley said, "there will no longer be limits to group bookings for hospitality venues, tours and gyms...however the broader density limits that were announced last Tuesday will continue to apply".

Here is an outline of the changes:

The Chief Health Officer is making a further change to the Directions.

From 11:59pm Tuesday 3 August, group limits will be removed from food and drink facilities, physical recreation and sport (including gym classes) and from tours and tour transport.

An overall venue cap of 100 people and density limits will continue to apply to food and drink facilities, with a cap of 25 and no density limit for those that are less than 100 sqm.

Limits of 100 people per indoor space and 300 per outdoor space will continue to apply to physical recreation facilities, as will density requirements. Venue capacity limits will apply to tour groups entering a venue.

<https://www.dhhs.vic.gov.au/coronavirus-update-victoria-2-august-2021>

As per usual, we will provide updates whenever changes are confirmed and **we will provide the official links** to those changes as they become available.

Existing restrictions (until Tuesday August 3 at 11:59pm) are as follows:

- [Physical recreation and community sport](#)
- [Restricted Activity Directions \(Victoria\) \(21\)](#)
- [Table of restrictions from 11:59pm Tuesday July 27](#)

If you have any questions, please give the team a call.

Please note the [coronavirus.vic.gov.au website is updated regularly](https://www.coronavirus.vic.gov.au) and provides the current advice in terms of restrictions (see summary below).

And note also that, [under the Restricted Activity Directions \(Victoria\) \(no 21\)](#) Yoga Studios are defined as physical recreational facilities. The capacity restrictions in place at the moment are as follows:

See – How we work: Current restrictions: Physical recreation and community sport

<https://www.coronavirus.vic.gov.au/how-we-work-current-restrictions#physical-recreation-and-community-sport>

- Indoor Non-seated space: Density quotient of **one person per four square metres**, up to 100 patrons per space.
- **Maximum group size of 10 patrons.**
- The group size limit includes only the participants in the sporting event. It does not include teachers, instructors, trainers, officials, coaches, carers, parents, guardians present to provide support to participants
- A COVID Check-in Marshal must be present at all public entrances whenever the facility is operational.
- Exception to group limit apply to community sport, however only the people needed to facilitate the community sporting event can attend, which may include teachers, instructors, trainers, spectators, officials, coaches, carers, parents, guardians. General spectators not permitted.
- People employed by the facility are excluded from the capacity limits.
- Training and competition is allowed.
- General spectators are not permitted.
- Any shared equipment must be cleaned between users.
- Exception to density quotient, venue maximum and group size applies for exclusive use by a single school, provided only students and staff attend (no other guests).

- Exception to density quotient applies for exclusive use for professional or high-performance sport, provided only people who are necessary to conduct the event are present in the space (including broadcasters).
- Cafés or similar settings within the venue must operate according to the restrictions for food and drink facilities.

Update August 2, 2021 – South Australia

Watch this space – [restrictions are easing further](#).

From Thursday, gyms and yoga studios will be able to return to 1 person per 4 square metres.

Details to come as they become available.

Update Queensland July 31, 2021 – snap lockdown from 4pm today

Premier Anastacia Palaszczuk has announced that South-East Queensland will enter a three-day lockdown from 4pm today, Saturday 31 July.

This follows the detection of six new locally acquired cases connected to the confirmed case announced yesterday.

From 4pm Saturday 31 July 2021 to 4pm Tuesday 3 August 2021, people in South-East Queensland will be required to stay at home except for essential reasons.

South-East Queensland is defined as the Local Government Areas of:

- Brisbane City Council
- Logan City Council
- Moreton Bay Regional Council
- Ipswich City Council
- Redland City Council
- Sunshine Coast Regional Council
- Gold Coast City Council
- Noosa Shire Council
- Somerset Regional Council
- Lockyer Valley Regional Council
- Scenic Rim Regional Council.

Anyone who was in South-East Queensland at or after 1am Saturday 31 July 2021 is required to follow the same lockdown rules even if they are no longer in South-East Queensland.

Non-essential businesses are not allowed to operate. Cinemas, entertainment and recreation venues, hairdressers, beauty and personal care services, gyms and places of worship will all close.

- [Restrictions update](#)
- [Press release](#)

Business Support Update – July 29, 2021

Services Australia – [Disaster Relief Support](#)

Victoria

A new jointly funded package from the Victorian and Commonwealth Governments offer support to businesses recovering from the recent lockdown.

The package will deliver an additional \$400 million in support to thousands of businesses. This includes a \$156 million Business Continuity Fund, a new \$85 million Small Business COVID Hardship Fund and support for commercial tenants and landlords.

Details of [individual programs in the package will be shared here](#) as they become available.

NSW

[Support package information available here.](#)

Update Victoria – July 27, 2021

Premier Daniel Andrews has confirmed that the lockdown will be lifted state-wide from 11.59pm tonight.

Physical recreation facilities, including gyms and yoga studios, will open with density requirements of 1 person per 4sqm.

Must be worn indoors and outdoors except if at home or if an exception applies.

Summary:

- Maximum patron cap of 100 people per space indoors and 300 per space outdoors
- Density quotient of 1 person per 4sqm.
- COVID Check-in Marshals must ensure attendees check-in
- Group limit of 10 people
- [Press release here](#)
- [Table of Restrictions here](#)

Update South Australia July 27, 2021

Stay at Home orders will be rescinded at 12:01 am tomorrow, Wednesday 28 July 2021.

Level 3 Activity restrictions will be in place, key points:

- **1/8 density (indoor fitness facilities).** Note staff are not included in the density calculation.
- No communal consumption facilities.
- Masks for indoor fitness facilities (except while exercising, see below). Masks required for shared indoor public places. Staff should wear masks at all times.
- Restrictions on dancing and singing.

- You cannot return to your studios prior to 12.01am Wednesday to prepare for re-opening.

See [Current activity restrictions](#) for how current directions are applied.

With thanks to Fitness Australia, here are some further clarifications relevant to South Australia:

- Are members required to wear masks while exercising? **No**
- Are masks required when arriving and leaving the facility? **This will depend on each and every circumstance, but masks will be required for indoor public places.**
- Will staff require masks? **Yes**
- Noting the 8m2 rule doesn't apply to staff, does the 8m2 rule extend to:
 - i. Non-member access areas (office space for staff etc) **No**
 - j. Change rooms, toilets, showers etc? **If it is public facing, used by the members – yes**
 - k. Is childminding allowed to recommence in fitness facilities? **Yes**
 - l. If so, is it included in the 8m2 density calculation? **Yes"**

Business assistance update:

Victorian Assistance – The Victorian Government has announced a range of [new supports to bolster communities and businesses](#) most affected by the current restrictions.

- Eligible Business Costs Assistance Package Round Two recipients will receive \$2,800, taking total payment to \$4,800.
- The Sporting Clubs Grants Program will provide \$2,000 grants for community sport and active recreation organisations for events unable to proceed.

An extension to the Business Costs Assistance Program Round Two will open for applications by the end of July. Further information will be available soon.

Businesses that had chosen not to apply for these support programs in relation to the May/June lockdown, or had been ineligible to apply but are now eligible, will be welcome to apply for July lockdown support payments and will be considered outside of the automatic top-up process.

Discussions with the Commonwealth Government have confirmed that the **vast majority of microbusinesses not registered for GST will be eligible** for the *Covid-19 Disaster Payment* of \$600/\$375 per seven-day period. The Victorian Government will establish a concierge service to help these businesses access this support.

Business mentoring: Eligible Victorian businesses can receive up to four free two-hour mentoring sessions through the [business recovery and resilience mentoring program](#). An experienced professional will help you make informed decisions about the future of your business. Get tailored guidance on business recovery, market transformation, digital literacy and engagement, market and supply chain diversification, reskilling and retraining.

Free help from the Partners in Wellbeing Helpline: If you run your own small business, you may be able to get free and confidential wellbeing coaching, financial counselling and business advice for you and your employees. Call the [Partners in Wellbeing Helpline](#) on 1300 375 330 for assistance between 9am

to 10pm on weekdays and 9am to 5pm on weekends. A live chat function is also available on the website.

- More information about businesses support is available at business.vic.gov.au.
- [PDF of media release](#).

NSW Assistance:

Eligible NSW businesses, sole traders and not-for-profit organisations will be able to apply for up to \$15,000 from the first of the NSW Government's economic support packages: The 2021 [COVID-19 Business Support Grant](#).

Applications for the second tranche of assistance, which includes the Micro Business Support Grants and the JobSaver program, will open from Monday, July 26.

From July 26, the **Micro Business Support Grant** will be available for eligible businesses with a turnover of between \$30,000 and \$75,000 that experience a decline in turnover of 30 per cent or more. **Eligible businesses will receive \$1,500, tax-free, per fortnight of restrictions.**

In addition, the joint NSW Government and Commonwealth **JobSaver program** will help small and medium businesses retain staff.

Eligible businesses with a turnover from \$75,000 and up to \$50 million who maintain their staff headcount will receive tax-free fortnightly payments of 40 per cent of their weekly payroll, with a minimum payment of \$1,500 per week, and a maximum payment of \$10,000 per week. Eligible non-employing businesses will receive \$1,000 per week. These payments will also be made fortnightly.

Support for individuals impacted by the current COVID-19 restrictions and stay-at-home orders is available through [Services Australia](#)

For more information on the 2021 COVID-19 Business Support Grants visit the [NSW Government website](#)

South Australia

South Australian small and medium-sized businesses suffering a significant loss of income as a result of the state's seven-day lockdown will be offered a \$3,000 emergency cash grant as part of a major financial assistance package announced by the Government of South Australia.

The major support package also includes a new \$1,000 cash grant for eligible small businesses who don't employ staff, such as non-employing sole traders.

From next Wednesday, 28 July, workers in the nationally-designated hotspots of Adelaide, Adelaide Hills and Gawler who lose between eight hours and 20 hours of work during the first week of lockdown may be eligible for a \$375 [COVID-19 Disaster Payment](#) from the Australian Government. Those who have lost more than 20 hours may be eligible for \$600.

The Government of South Australia has today announced matched levels of support for workers outside of these nationally-designated hotspots, who have been subjected to the same lockdown restrictions but may not meet the criteria for a national COVID-19 Disaster Payment (which is limited to those located in an active hotspot).

Despite the different sources of funding, all eligible South Australians will apply for this financial support through the same Australian Government (Services Australia) system, with applications opening in the next couple of weeks.

<https://www.covid-19.sa.gov.au/business-and-events/support-for-businesses>

<https://business.sa.gov.au/news-events/Financial-support-for-South-Australian-businesses>

- Applications for the grant are expected to open within the next two weeks via the [SA Treasury website](#) and grants will be processed as quickly as possible.
- To register interest in business support cash grants, visit the [SA Treasury website](#) or email smallbusinessgrant@sa.gov.au.

Update Regional NSW July 21

Three regional NSW council areas have entered a seven-day lockdown.

From 12.01am on Wednesday, Orange City Council, Blayney Shire Council, and Cabonne Shire Council — all in the Central West — are subject to a stay-at-home order until July 28.

Update Victoria July 20

Victoria's lockdown has been extended by seven days. It will now continue until midnight on July 27.

Update July 20, South Australia

Further update – South Australia will go into lockdown from 6:00pm tonight.

From 6:00pm, the only reasons to leave home will be to care for someone, for essential work, to purchase essential goods such as food, exercise with people from the same household and healthcare — including COVID testing and vaccination.

Exercise must be within 2.5 kilometres of home and only for up to 90 minutes per day.

Support for businesses is expected to be announced tomorrow.

The lockdown will last for seven days.

This is a step up from the earlier announcement of the level 4 internal restrictions that took effect from 12:01 am this morning.

- <https://www.covid-19.sa.gov.au/response>
- [Public activities chart](#)

Update July 19, Victoria

Victorian Premier Daniel Andrews has confirmed the state's lockdown will not be lifted on Tuesday night, but he has not given a timeframe on when it will lift.

Update July 15, Victoria

Just announced All of Victoria will go into lockdown from 11:59pm tonight until 11:59pm next Tuesday night.

["This will be a hard lockdown, similar to or identical to, what we did a couple of weeks ago," Mr Andrews said.](#)

"If you are authorised to work then, you will be authorised to work now. If you were closed then, you will be closed now."

This lockdown will be state-wide, although the Premier has indicated that some regional areas may come out of lockdown earlier subject to advice and test results from those areas.

In terms of business support, we expect the State Government will release further information on that as early as tomorrow and they are looking to fast-track payments principally to those who received payments last time. More information will follow...

Update July 14, NSW Assistance

The NSW Government has announced new support for renters and landlords impacted by the COVID-19 lockdown, including up to \$210 million in grants to eligible landlords.

Residential tenants will have greater protection with a targeted eviction moratorium, which will be implemented through legislative changes.

[Further information here.](#)

Update July 7 – NSW

Given the ongoing cases of community transmission and following updated health advice, the current lockdown will be extended for another week until 11:59pm on Friday, 16 July.

The same restrictions currently in place across both Greater Sydney including the Central Coast, Blue Mountains, Wollongong and Shellharbour and regional NSW will remain in place until this time.

Read the latest information about [COVID-19 rules.](#)

Update July 7 – Victoria

The Victorian Government has announced a further easing of restrictions from 11:59pm on Thursday 8 July. COVID-19 restrictions in metropolitan Melbourne will be brought into line with regional Victoria.

Also:

- Masks will no longer be required in workplaces where workers do not interact with the public, such as in offices or factories. They will continue to be required in indoor, public facing settings, unless an exemption applies.
- The **one person per two square** metres density limit will now apply to a range of venues across Victoria – including hospitality, **gyms** and physical recreation venues, community facilities, creative studios and places of worship – provided a COVID Check-in Marshal is on-site.

For a detailed overview of the statewide settings, see the latest [Table of Restrictions](#).

Updated July 5: Easing of Restrictions for WA & QLD

Update July 5 – Perth and Peel Transitional Restrictions 6 – 12 July

Transitional restrictions are in effect from 12.01am Tuesday, 6 July 2021 until 12.01am Monday, 12 July 2021 for Perth and Peel.

Mask-wearing requirements remain in place.

Masks mandatory

- For outdoor areas where physical distancing is not possible
- Masks are not required when undertaking vigorous exercise indoors or outdoors

Business and venues

- 150 patron limit and 2sqm rule for:
 - Public venues (swimming pools, recreation centres, outdoor playgrounds, museums)
 - Fitness venues (gyms, pilates, yoga, dance studios).
 - Indoor and outdoor fitness classes permitted, masks mandatory except when doing vigorous exercise
- **Note that anyone** who travels outside Perth and Peel or has been in those regions since Sunday, 27 July is required to wear a mask subject to the same mask wearing requirements as those in Perth and Peel
- Travel to remote Aboriginal communities remains restricted

Western Australians should ensure they are registering their contact details at businesses and venues where contact registers are mandatory.

The SafeWA app is an efficient and safe way to assist contact tracing if it is required.

<https://www.wa.gov.au/government/announcements/transitional-restrictions-effect-perth-and-peel>

Update July 4 – Restrictions eased further for Perth and Peel

Perth and Peel are out of lockdown, and interim restrictions are in place until 12.01am, Tuesday 6 July as part of a safe and sensible pathway to return to pre-lockdown conditions.

Masks mandatory

- Indoors
- Outdoors
- Public transport
- Usual exemptions are in place – including removing masks for outdoor vigorous exercise.
- Note: Mask rules apply to people who have left Perth and Peel since Sunday, 27 June.

Businesses and venues

- 20 person limit and 4sqm rule for:
 - - o Public venues (swimming pools, recreation centres, outdoor playgrounds, museums). Indoor fitness classes not permitted.
 - o Fitness venues (gyms, pilates, yoga, dance studios). Indoor fitness classes not permitted.

Restrictions in all other regions

- 2 square metre rule (except for seated and ticketed performances at seated entertainment spaces within selected venues and places of worship).

<https://www.wa.gov.au/organisation/department-of-the-premier-and-cabinet/covid-19-coronavirus-what-you-can-and-cant-do>

Update July 3 – Queensland

[QLD COVID Safe Future Roadmap PDF](#)

South East Queensland, Townsville (Including Magnetic Island) and Palm Island LGAs

FROM 6:01pm Saturday 3 July 2021 to 6:00pm Friday 16 July 2021.

(Brisbane, Moreton Bay, Ipswich, Logan City, Redlands, Sunshine Coast, Noosa, Somerset, Lockyer Valley, Scenic Rim, Gold Coast, Townsville (including Magnetic Island) and Palm Island LGAs)

The following additional measures remain in place until 6:00pm on Friday 16 July:

- *A mask must be worn at all times when outside of your place of residence, including in workplaces, where safe to wear a mask and you cannot physically distance, on public transport and when doing non-vigorous exercise.*

People are permitted to be outside their homes for any purpose, subject to the restrictions below:

- **Businesses and venues:** (including places of worship, convention centres etc.)

- Indoor – 1 person per 4m² or 100% capacity with ticketed and allocated seating.
- Smaller venues up to 200m² – 1 person per 2m² up to max 50
- Outdoor – 1 person per 2m²

Current restrictions for rest of Queensland

Indoor premises: One person per 2m² or 100% allocated seated and ticketed capacity (e.g. restaurants, cafés, pubs, clubs, museums, art galleries, places of worship and convention centres)

- One person per 2m² for commercial residential facilities (including hostels, B&Bs and short-term rentals)
- **Indoor events:** One person per 2m² or 100% allocated seated and ticketed capacity and need to comply with the new [COVID Safe Checklist](#).

Masks

While not mandatory, you are **encouraged** to: carry a mask with you at all times when you leave home; wear a mask when travelling on public transport, in a taxi or ride share; in shopping centres; or in any indoor or outdoor space when physical distancing is not possible.

For more information visit the [Queensland Health website](#).

https://www.covid19.qld.gov.au/government-actions/roadmap-to-easing-queenslands-restrictions#_current

Update July 2, 2021 – Queensland

Lockdown restrictions for **City of Brisbane** and **Moreton Bay region** LGAs have been **extended until 6pm Saturday 3 July**.

Lockdown restrictions will **end 6pm Friday 2 July** for the following LGAs: **City of Gold Coast, City of Ipswich, Lockyer Valley Regional Council, Logan City, Noosa Shire Council, Redland City, Scenic Rim Regional Council, Somerset Regional Council, Sunshine Coast Regional Council, Townsville City Council** and **Palm Island Aboriginal Shire**. Face mask wearing and gathering restrictions will continue to apply in these areas.

More information to come via – <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/current-status/public-health-directions/restrictions-impacted-areas>

Update July 1 – Alice Springs

Alice Springs entered a 72-hour lockdown at 1pm 30 June 2021

Update June 30, 2021 – Masks

We are getting calls about mask requirements across those areas that are still operating.

The situation differs from area to area and state to state.

[You will find links to your state's directions here.](#)

Note that the situation in **regional NSW is that you must keep your mask on during class**. If you start to 'huff and puff' then you should slow down rather than remove your mask. It is the Government direction.

In Victoria the situation is slightly different. You must wear a face mask when indoors, unless an exception applies – [you do not need to wear a mask while exercising strenuously](#). **If not exercising strenuously then masks should stay on during class.**

Update June 29, 2021

More changes coming through today. Here is a quick update:

South Australia – The [Public Activities COVID-19 Direction No 25](#) is in place from 12:01 am 29 June 2021. See – <https://www.covid-19.sa.gov.au/restrictions-and-responsibilities/business-restrictions-and-closures>

- [Public Activities Requirements table for SA](#)
- Covid Safe Plan required
- Classes or activities at gyms, health clubs, fitness centres, yoga, barre and spin facilities and dance and pilates studios are permitted. The total number of people at a place must not exceed **1 person per 2 square metres**.
- 1.5m physical distance
- Contact tracing required
- No singing indoors
- [A COVID Marshal's are required for Gymnasiums and fitness centres](#). COVID Marshals are people who are assigned to apply COVID Directions and restrictions in identified businesses and operations. If your Yoga Studio generally has fewer than 150 people reasonably expected to participate in the business (e.g. students, contractors, participants etc), one of your regular staff members can perform the role of Covid Marshall in addition to conducting their usual duties.

Western Australia – Perth and Peel

Perth and Peel will enter [a minimum 4-day lockdown](#) from 12:01am, Tuesday 29 June 2021 until 12.01am, Saturday 3 July, 2021.

For more information visit the [COVID-19 coronavirus: Circuit breaker 4-day lockdown Perth and Peel frequently asked questions](#)

Fitness venues (gyms, Pilates, yoga, dance studios) need to close.

Exercise with a maximum of two adults from the same household (children under 18 years are not counted), limited to one hour per day within a 5km radius from home, and masks must be worn, except for vigorous exercise.

Queensland

Announced this morning, [from 6pm Tuesday 29 June 2021](#), a 3 day lockdown will be in place for the following Local Government Areas (LGAs):

- Noosa
- Sunshine Coast
- Ipswich
- Logan
- Redlands
- Moreton Bay
- Brisbane
- Gold Coast
- Scenic Rim
- Lockyer Valley
- Somerset
- Townsville City
- Palm Island Aboriginal Shire

The lockdown restrictions will be reviewed on Friday 2 July.

Non-essential businesses are not allowed to operate. Cinemas, entertainment and recreation venues, hairdressers, beauty and personal care services, gyms and places of worship will all close.

You can exercise away from your home with your household group and/or one other person not from your household.

The rest of Queensland, all indoor settings: 1 person per 2 square metres.

Northern Territory

The COVID-19 lockdown across the Greater Darwin Area will be extended for a further 72 hours [until 1pm on Friday 2 July 2021](#). This includes the Darwin, Palmerston and Litchfield Council areas, and Wagait and Belyuen Shires.

All businesses, retail outlets, hospitality venues, gyms, pools and community centres will be closed.

Exercise for up to one hour a day within 5km of your home and only with members of your household or one other person.

In addition to this, there is a new direction on [masks](#). For everyone in the lockdown area, masks must be worn if you leave your place of residence.

[Lockdown area map](#)

NSW – Support grants for small businesses

[The NSW government has announced relief packages](#) for small businesses hit hard by COVID-19 lockdown.

The package includes grants of between \$5,000 and \$10,000 for small businesses, payroll tax deferrals for all employers.

The amount of funding that a business, which includes sole traders and not-for-profits, receives will depend on how much was lost due to the stay-at-home orders.

The NSW government has outlined these have been divided into two streams: small business and hospitality and tourism.

The grants will be available to small businesses, sole traders and not-for-profits, that have:

- A turnover of more than \$75,000 but below the payroll tax threshold of \$1,200,000
- Fewer than 20 full-time employees
- An accountant statement that confirms a loss in revenue for the time period compared to the same time in July 2019

For those eligible businesses there will be a \$10,000 grant available for businesses that have lost 70 per cent of their revenue, a \$7,000 grant for a 50 per cent loss, and \$5,000 for a 30 per cent loss. More information on the small business support grants and changes to the Dine & Discover program will be available shortly on the Service NSW website.

Update weekend of June 26 and June 27, 2021

Multiple updates this weekend across Australia! As this is a very fast evolving situation, we suggest you keep up to date with the latest information relevant to your area using the links provided below and above. Here is a quick overview state by state of the changes in the past 48 hours...

New South Wales – Greater Sydney, Blue Mountains, Central Coast and Wollongong – Lockdown

- Current stay-at-home orders have been extended across all of Greater Sydney including the Blue Mountains, Central Coast and Wollongong from 6pm 26 June until 11.59pm Friday, 9 July.
- Indoor recreation facilities such as squash courts, indoor swimming pools, gyms, table tennis centres, health studios, bowling alleys and ice rinks are closed.
- From 6pm on Saturday 26 June 2021, if you have been in Greater Sydney, including the Blue Mountains, Central Coast, Wollongong and Shellharbour for any reason since Monday 21 June 2021, you must follow the stay-at-home rules and must continue to follow them for 14 days after you were last in Greater Sydney.
- You can take part in exercising or outdoor recreational activities that comply with the [gathering rules](#)(no more than 10 people outdoors).

Learn more about COVID-19 rules and restrictions

- [What you can do in regional and rural NSW](#)
- [Additional restrictions for Greater Sydney](#)

New South Wales – other areas

A 20-person limit applies to classes or activities at a gym.

Dance classes, or any other activities such as a yoga class, also have a limit of 20 people. If you are participating in a dance class or gym class, or you must wear a [face mask](#). We accept this also applies to Yoga.

Western Australia – Perth and Peel

- [Back to stage 1 restrictions](#) for Perth and Peel
- Masks back for 3 days. Mandatory indoors.

- 30-person limit on gatherings, 150 patron limit and 2 sqm rule for fitness venues
- 2 sqm rule back
- <https://www.wa.gov.au/government/announcements/restrictions-introduced-perth-and-peel>
- [Keep up to date here](#)

Northern Territory – Lockdown

- From 1pm on 27 June 2021 residents from Darwin, Palmerston and the rural areas must stay at home for the 48-hour lockdown period.
- All businesses, retail outlets, hospitality venues, gyms, pools and community centres will be closed.
- In addition to this, there is a new direction on [masks](#).
- [Snap 48-hour lockdown](#)
- [CHO Directions here](#)

June 25, 2021: Greater Sydney COVID-19 restrictions extended until 2 July

Stay-at-home orders are being introduced for at least one week for those who live in, or whose usual place of work is in, Woollahra, Waverley, Randwick and City of Sydney Councils.

Due to the risk associated with an increasing number of exposure venues where transmission has occurred, from **11.59pm tonight until at least 11.59pm on Friday 2 July**, residents of, or people whose usual place of work is in, the four LGAs must stay at home unless it is for an essential reason.

The reasons you may leave your home include:

- Shopping for food or other essential goods and services;
- Medical care or compassionate needs;
- Exercise outdoors in groups of 10 or fewer;
- Essential work, or education, where you cannot work or study from home.

<https://www.nsw.gov.au/media-releases/greater-sydney-covid-19-restrictions-extended>

June 24, 2021: NSW Update on masks and class numbers in classes for Greater Sydney:

We now have clarification on the requirement to wear masks in classes. As per the [Public Health \(COVID-19 Greater Sydney\) Order \(No 2\) 2021: Clause 11](#)

Clause 11 Directions of Minister about gymnasiums and indoor recreation facilities

1. The Minister directs that an occupier of a gymnasium must ensure the maximum number of persons attending any individual class or activity carried out at the gymnasium **does not exceed 20 persons**.

2. The Minister directs that the occupier of a indoor recreation facility must ensure the maximum number of persons attending any individual dance class **or activity** carried out at the facility **does not exceed 20 persons**.
3. The Minister directs that
 - m. the occupier of a gymnasium must ensure that persons attending individual classes or activities in the gymnasium **wear fitted face coverings over both their noses and mouths while participating in the class or activity**, and
 - n. the occupier of an indoor recreation facility must ensure that persons attending dance classes **or activities** in the facility **wear fitted face coverings over both their noses and mouths while participating in the class or activity**

And we note Clause 12 also prohibits singing, which we interpret to include chanting or Kirtan (for example).

Busy day of updates across Australia! See below for WA, NSW and Vic updates today!

Update Victoria – Wednesday June 23

Thankfully restrictions here in Metropolitan Melbourne will ease as expected tomorrow night (**from 11:59pm Thursday June 24**). [Here is your latest table of restrictions with the changes highlighted](#).

Physical recreation & sport – Melbourne Metro:

- Open, subject to a density quotient of **1 person per 4 sqm**
- Maximum venue capacity 300 people per indoor space and 1,000 people outdoors
- **Maximum group size: 50 people**

And in the regions:

- Open, subject to a density quotient of 1 person per 2 sqm applies when using a COVID Check-in Marshal – [Marshal information here](#) Will add more info as it comes to hand...

Update NSW – Masks – June 23, 2021

The NSW government has introduced new COVID-19 restrictions from 4:00pm today, including a ban on non-essential travel outside Sydney and compulsory face masks at work and the gym (and yoga studios).

[More information here](#) We have asked for clarification on whether you have to wear masks on the mat and will post further updates as soon as they are available.

Update Western Australia – June 23, 2021

[All remaining capacity and gathering limits for venues and events will be removed](#) in WA from 12.01am, Wednesday 23 June.

WA will move into Phase 5, which will result in:

- The removal of the two square metre rule.

- The removal of the 75 per cent capacity limit for hospitality and entertainment venues.
- Major events of all kinds resuming with no limits on size or crowds.

The following remain in place to continue keeping WA safe:

- Mandatory contact registers
- COVID Safety Plans for businesses
- COVID Event Plans for large-scale events
- WA's controlled border
- Travel restrictions to some remote Aboriginal communities.

Maintaining good hygiene standards and COVID-safe principles should also continue.

Update NSW – Tuesday June 22, 2021

Premier Gladys Berejiklian has just announced an extension to the mask restrictions in Greater Sydney...

“It is only when you are eating or drinking indoors at a venue that you can't or shouldn't wear a mask. In every other circumstance, if you live or are in Sydney, you must wear a mask for another week beyond Wednesday midnight.

“Additionally, those two local government areas and Wollongong and Shellharbour which had compulsory public transport for that period will also be required to have the mask wearing indoors in the same way we have asked all of Sydney to do.”

[More details here](#)

And here – for a refresh of restrictions for [sport and recreation in NSW, noting that the venue requirements for masks are “excluding an indoor recreation facility”](#).

Update Vic Thursday – Reminder – Must use VicGov QR code app from 11:59pm...

From 11.59pm 10 June, all workplaces must use the free [Victorian Government QR Code Service for record keeping](#). For instructions on how to register for the service, please go to [Register to use the Victorian Government QR Code Service](#).

In recognition that some locations will need time to impose this new requirement and for this reason there is a two-week enforcement amnesty. This amnesty will end at 11.59PM Thursday 24 June 2021.

Update Victoria Wednesday June 16, 2021

Yoga Studios and Gyms will re-open in Metro Melbourne from 11:59 pm tomorrow night, Thursday June 17. Restrictions in regional Victoria relax further. Masks will continue to be required indoors but they are no longer required outdoors – however they'll still be recommended when you can't maintain physical distancing.

Key points to note in Metro Melbourne:

- 1 person per 4 sqm
- **Only 10 people per class indoors (20 outside)**
- No more than 50 per venue
- [Table of restrictions](#)
- [Acting Premiers Statement](#)

- [FAQ, inc masks and home based businesses](#)
- [Sector guidance](#)

It is likely the settings in Metro Melbourne will relax further at the end of next week, numbers depending.

For Regional Victoria key points:

- 1 person per 4 sqm
- **50 people maximum per class indoors**
- No more than 300 per venue indoors

- [Table of restrictions](#)

Update Victoria Thursday June 10, 2021

Quick update – Melburnians will still be required to wear masks outdoors once the city's lockdown lifts at 11:59pm tonight, as health authorities investigate the source of infection for four new local cases.

[More information via ABC News here.](#)

Update Victoria Wednesday June 9, 2021

The Acting Premier has just announced that restrictions in Melbourne will be eased from Friday June 11, with metropolitan Melbourne moving to almost the same settings currently in place across regional Victoria. And regional Victoria will move towards further easing.

[All the details here:](#)

Regional yoga studios to reopen

For regional Victoria, restrictions will ease from 11:59 pm Thursday June 10. Thankfully, gyms and yoga studios, will be able to reopen with careful limits on the number of people permitted at any point in time. The requirements are:

- Density quotient of 1 person per 4sqm
- Maximum venue capacity 150, including no more than 50 indoors
- Maximum group size: 10 people indoors, 20 outdoors
- Masks required indoors

Metro studios remain closed, further grants announced

For metropolitan Melbourne, from 11:59pm Thursday 10 June, the five reasons to leave home will no longer apply in metro Melbourne, and the existing 10-kilometre limit will be increased to 25 kilometres. Masks will no longer be required outdoors but must be worn indoors except in the home. As expected, frustratingly, **yoga studios will remain closed**. Our hope is that studios will re-open after one further week, though this will depend on how the numbers go in the days ahead.

Further grant assistance announced today

In recognition of the challenges facing small businesses, particularly those sectors which are not yet allowed to reopen, including gyms and yoga studios, the government also announced a further \$8.3 million in business grants.

The *Business Costs Assistance Program* provides eligible businesses affected by the two weeks of restrictions with access to payments of \$5,000.

A further \$2,000 top-up payment will be available to businesses in metropolitan Melbourne that are closed due to extended restrictions announced today, including gyms, dance schools and yoga studios, taking the total amount available to \$7,000.

Applications for the *Business Costs Assistance Program* are open, and you will only need to submit one application to receive their maximum payment. Initial payments started this week. You will find further information [on these grants](#) and also federal government support in our previous post below.

As always, we will keep you posted as quickly as we can when new information becomes available and be here to answer your questions. Thanks also to Fitness Australia for continuing to help us with information and support through these difficult times.

Victoria – June 4, 2021

State Government Grants now available!

The Victorian Government has launched a new round of grants for eligible small to medium businesses, including employing and non-employing businesses impacted by the recent restrictions in Victoria.

The program offers grants of up to \$5,000 to eligible small and medium businesses, including employing and non-employing businesses. The grants will support businesses in [eligible sectors](#) directly impacted by restrictions.

Eligible businesses with an annual payroll of up to \$10 million can receive grants of \$2,500 or \$5,000. We understand the application is a simple one and that studios will generally fit into the ANZSIC Class 9111 Health and Fitness Centres and Gymnasia Operation.

The program is NOW open and will remain open for applications until **11:59pm on 24 June 2021**.

[Apply HERE](#).

And there [are FAQ here](#):

<https://business.vic.gov.au/grants-and-programs/circuit-breaker-business-support-package/business-costs-assistance-program/business-costs-assistance-program-round-two-faqs>

Federal Support announced

Additionally, the Federal Government has announced that people in greater Melbourne who have lost work as a result of the lockdown may be eligible to receive a payment of either \$500 or \$325, as part of a financial support package from the federal government.

Key points

- The payment will be available to people over 17 who have less than \$10,000 in “liquid assets”
- People will be able to apply for the payment from next Tuesday (June 8)
- This “temporary COVID disaster payment” would be made on a week-by-week basis.

People over the age of 17 who usually work more than 20 hours a week will be eligible for the full \$500, or \$325 if they work fewer hours than that.

The payment will be part of a new “national framework” and will be made available to other states if they are declared a Commonwealth hotspot and a lockdown is needed for more than a week, like is currently the case in Melbourne but not regional Victoria.

Eligibility

To be eligible, a person must declare that they would have worked had a lockdown not been imposed and would lose income because of it, that they have used up all of their pandemic sick leave or other leave if their employer offers it, and that they have less than \$10,000 in “liquid assets”.

People who are receiving other kinds of support payments from the Commonwealth, like JobSeeker, will not be able to access the payment.

Apply from Tuesday online with Services Australia. Further information to come from the Federal Government.

[The new payment explained \(ABC\).](#)

Victoria – June 2, 2021

Breaking news coming through now from Victoria

“On the advice of the Chief Health Officer Professor Sutton the current restrictions remain in place for Melbourne for a further seven days with some small changes,” Mr Merlino said.

From 11.59pm tomorrow night there will still be only five reasons to leave home:

- Shopping for food and supplies,
- authorised work and study,
- care and care giving,
- exercise
- getting vaccinated.

People will be able to travel a little bit further for exercise and shopping with an **expanded 10km radius**.

Students in years 11 and 12 will return to face-to-face learning, and that includes students in other year levels that are undertaking a Unit 3/4VCE subject.

A number of outdoor jobs will be added to the authorised list. Things like landscaping, painting installing solar panels or letterboxing.

Other restrictions including mask-wearing remain in place. More to come...

<https://www.abc.net.au/news/2021-06-02/covid-live-updates-victoria-lockdown-new-south-wales/100182100>

and

<https://www.abc.net.au/news/2021-06-02/covid-19-lockdown-extension-victoria-regional-restrictions/100183838>

Note, 'subject to health advice', indoor physical recreation & sport will continue to remain closed in both Metro Melbourne and Regional Victoria in the updated restrictions applicable from 11:59 pm Thursday June 3 and announced today – <https://www.premier.vic.gov.au/sites/default/files/2021-06/210602%20-%20Table%20of%20Restrictions.pdf>

Outdoor will be allowable with up to 10 in a group and 1 person per square metre.

Victoria – May 27, 2021

The Victorian government has just announced a seven-day lockdown commencing midnight tonight in a bid to curb the state's growing coronavirus outbreak. The circuit-breaker lockdown will be in place until 11:59pm on Thursday June 3.

There will be only five reasons people would be allowed to leave their homes:

- Food and supplies
- Authorised work
- Care and caregiving
- Exercise for up to two hours with one other person
- Getting vaccinated

People will have to restrict their exercise and shopping to within 5 kilometres of their homes, and face masks will need to be worn inside and outdoors – everywhere except your own home.

For a detailed overview of the changes, please see the [summary of circuit breaker restrictions](#) and the [authorised providers and authorised worker](#) list.

For more information go to coronavirus.vic.gov.au or call the Business Victoria hotline on [13 22 15](tel:132215).

Victoria – May 25, 2021

The Victorian government has announced [new coronavirus social distancing restrictions](#) for Greater Melbourne to apply from 6pm on Tuesday until at least June 4 in response to the latest outbreak.

Face masks will have to be worn indoors including at all workplaces in Greater Melbourne. Exemptions apply for people aged under 12 years old.

Private gatherings in homes will be limited to five visitors per day and public gatherings will be limited to 30 people.

More updates will be provided as they become available.

Further information:

<https://www.abc.net.au/news/2021-05-25/melbourne-covid-cluster-grows-victoria-restrictions-return/100162644>

<https://www.dhhs.vic.gov.au/victorias-restriction-levels-covid-19> – Not updated at time of this update.

NSW May 17, 2021

Temporary restrictions imposed after an eastern suburbs couple tested positive to COVID-19 will end in NSW on Monday. All the information you [need can be found here](#).

Victoria – May 14, 2021

Further relaxation of COVIDSafe Settings

The Victorian Government [has announced a further easing of COVIDSafe](#) settings from **Friday 28 May**.

This includes lifting the one person per two square metre density quotient for small-to-medium sized venues.

From Friday 28 May 2021, it will be mandatory for customer-facing industries that require checking-in to use the free [Victorian Government QR Code Service](#). The full list of industries can be found at [Checking in with QR Codes](#). It will apply to Yoga studios and classes.

The Victorian Government QR Code Service is convenient for Victorians and gives contact tracers access to the best data quickly.

Venues and facilities currently using a [Victorian Government Application Programming Interface](#) (API) linked digital record keeping system must switch to the Victorian Government QR Service by Friday 28 May 2021. For instructions on how to switch, please go to [Register to use the Victorian Government QR Code Service](#).

[More information](#) here.

WA May 8

Restrictions have eased in Perth and Peel as planned from 12.01am, Saturday 8 May. These restrictions remain in place until 12.01am, Saturday 15 May.

The following will take effect from this time:

- Masks only required in the following settings:
 - o. Public transport
 - p. Hospitals
 - q. Aged care and disability facilities
 - r. Large events with more than 1,000 people.

NSW – May 6

Given the latest cases of community transmission in NSW it has just been [announced that COVID-19 restrictions will be temporarily tightened across Greater Sydney](#).

The following measures will be effective from midday today, 6 May 2021 (enforceable from 5pm) until 12:01am Monday, 10 May for the Greater Sydney region (including Wollongong, Central Coast and Blue Mountains). The relevant ones for our members are as follows:

- [masks](#) will be compulsory on public transport and in all public indoor venues, such as retail, theatres, hospitals, aged care facilities and for front-of-house hospitality staff (except in a hospitality venue when eating or drinking)
- singing by audiences at indoor shows or by congregants at indoor places of worship will not be allowed. (We are interpreting this to include chanting and strong or forceful breathing practises)

It is also strongly recommended the community avoids mingling in large groups over the coming days, and is careful not to put our most vulnerable at risk.

Western Australia – May 1

As per the link provided below, restrictions have been eased further for Perth and Peel.

Perth and Peel have transitioned out of lockdown, but some restrictions remain until 12.01am, Saturday 8 May.

People in unaffected regions who have been in Perth or Peel since 17 April should wear a mask in public, unless an exemption applies e.g. vigorous outdoor exercise.

- **Gyms, fitness centres, dance studios, beauty salons and hairdressers can open with the 2sqm rule in place**
- Public venues, including community centres, libraries, museums, galleries and recreation centres can open with the 2sqm rule
- Masks must be worn when you leave your home., [Exemptions apply](#), but where these exemptions apply, you should have you mask close by to put back on as soon as practicable.
- If you have been in Perth or Peel since April 17 and are now in another region, you must continue wearing a mask in public.

More information

- [Snapback easing of restrictions frequently asked questions](#)

And: <https://www.wa.gov.au/organisation/department-of-the-premier-and-cabinet/covid-19-coronavirus-what-you-can-and-cant-do#education>

BREAKING NEWS – April 26

The Perth and Peel lockdown will end as planned from 12.01am, Tuesday 27 April.

A post-lockdown transition will be in place until 12.01am, Saturday 1 May.

The following measures will be in place:

Fitness clubs, gyms, casinos and nightclubs remain closed – we are not clear when these will reopen but will advise once we have this information.

- **Continue wearing a mask in public**, while at work and on public transport unless exemptions apply e.g. vigorous outdoor exercise
- **20-person limit for private indoor** and outdoor gatherings
- **20-patron capacity limit and 4sqm rule for:**
 - s. cafes, restaurants, bars and pubs for seated food and drink service only
 - t. beauty salons, hairdressers and barbers
 - u. public venues such as recreation centres, outdoor playgrounds, museums and swimming pools
 - v. places of worship
 - w. entertainment venues

Anyone in an unaffected region who has been in Perth or Peel since 17 April must comply with mask-wearing requirements.

<https://www.wa.gov.au/government/announcements/end-of-lockdown-perth-and-peel>

April 23, 2021

Western Australia Premier Mark McGowan has announced Perth and the Peel region would enter a three-day lockdown from midnight tonight.

The premier has also released details of 11 locations visited by a man infected with coronavirus during hotel quarantine.

They include the Perth suburbs of Crawley, Subiaco, Kardinya and Northbridge.

Masks will be mandatory from 6:00pm.

Keep an eye on the [WA Gov website for further information](#) as it becomes available.

Queensland Update March 29, 2021:

A three-day lockdown has been announced for Greater Brisbane and masks will become mandatory across Queensland...

Greater Brisbane lockdown will commence at 5pm today. This includes Logan, Redlands, Moreton and Brisbane council areas.

Masks become mandatory in any location indoors – except your home. Exclusions for medical exemption and strenuous exercise. Outside of Greater Brisbane masks are required inside and in crowded areas where social distancing is not possible, and on public transport. Note anyone who has been to Greater Brisbane since March 20 needs to follow the lockdown restrictions.

More information to follow on: <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/current-status/urgent-covid-19-update>

Victoria update March 23, 2021

Victoria To Further Relax COVIDSafe Settings

Victoria will further relax its COVIDSafe settings, allowing for more visitors in the home, reduced mask wearing and an increase in the number of people allowed in live music venues and other settings.

We expect the Vic Gov guidance pages to be updated shortly, but in the meantime here are the key points:

- A density quotient of 1 per 2sqm applies to each space.
- No caps on gym and exercise classes (other than limits imposed by density quotient). Note still require 1.5m social distancing.
- Signage must state the number of people permitted inside, disinfectant and other cleaning products must be supplied for use by patrons, and
- electronic record keeping through [the Services Vic application](#) or a government API-linked digital system is required (venues will have a 28-day compliance amnesty).
- Venues with capacity of greater than 500 patrons must publish a COVIDSafe Plan online.

Outdoor physical recreation and community sport:

- No cap on outdoor fitness classes other than density quotient of 1 per 2sqm.
- Electronic record keeping through [the Services Vic app](#) or a government API-linked digital system is required (venues will have a 28-day compliance amnesty).
- Venues with capacity of greater than 500 patrons must publish a COVIDSafe Plan online.

February 26

Victoria will [return to its previous COVIDSafe settings](#) from tonight, allowing for more visitors in the home, reduced mask wearing and increasing the number of workers heading back to the office.

Masks – From 11:59pm tonight, masks will be only be required on public transport, in rideshare vehicles and taxis, in sensitive settings such as aged care facilities – and in some larger retail settings including indoor shopping centres, supermarkets, department stores, indoor markets.

Density Requirements – In gyms, the density limit remains 1 per 4sq metres – with exercise classes limited to 50 indoors and 100 outdoors.

- [Summary of Covid Safe settings as at February 26, 2021](#)

Victoria update February 17

From 11:59pm 17 February 2021 Victoria returns to COVIDSafe Summer restrictions – with some revised conditions.

In summary:

- Gyms can re-open, along with community facilities and community sport.
- Face masks continue to be mandatory indoors (other than residential homes). This includes workplaces. See earlier posts for more details on face masks, including exemptions.
- Face masks are also mandatory outdoors when you can't keep 1.5 metres distance from other people (except with people from your own home).

- Indoor physical recreation and community sport: **A density quotient of 1 per 4sqm applies to each space.**
- **Gym and exercise classes limited to 50 people** (excluding anyone necessary for running the class). Signage must state the number of people permitted inside, wipes and disinfectant must be supplied for use by patrons, and record keeping is required (see below)
- [Record keeping](#) requirements continue. Businesses that are required to record the details of visitors should use electronic record keeping or QR codes. The Victorian Government has a [free QR code service](#).
- [Table of restrictions](#)
- Sector [guidance details here](#).

More details here – <https://www.coronavirus.vic.gov.au/coronavirus-covidsafe-summer>

Victoria update February 12 – Breaking news

Victorian Premier Daniel Andrews has just announced [a five-day lockdown](#) in response to the growing coronavirus outbreak linked to a Melbourne quarantine hotel.

This starts at 11:59pm tonight and continues until 11.59pm next Wednesday evening.

Stage 4 restrictions will resume, with only four reasons to leave home, including for 2 hours of exercise per day. Masks will be required everywhere but home. Indoor and outdoor sport will close.

More information and links will be provided as soon as they become available.

NSW February 12, 2021

The following information is taken from the NSW Government Covid-19 website.

From Friday 12 February 2021, [changes to COVID-19 rules](#) affect the capacity limits for some venues in the Greater Sydney region. There are also changes to the requirements for wearing a face mask. Further information here – <https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules>.

Please note:

The following measures will be effective from 12:01am Friday, 12 February for the Greater Sydney region including Wollongong, Central Coast and Blue Mountains:

- 1 person per 2 square metres will apply at all venues, **except for gyms**. But note, [a gym does not include a studio for dance, yoga, pilates, gymnastics or martial arts](#).
- Requirements for dance, yoga, pilates, gymnastics or martial arts [can be found here](#).
- Ensure the number of people in a facility [does not exceed one person per 2 square metres](#) of publicly accessible space (excluding staff). Children count towards the capacity limit.
- Masks will only be mandatory on public transport, but will strongly be encouraged in other indoor venues where social distancing is not possible. [More information on masks here](#).
- Group singing **and chanting remains** a high-risk activity for transmission should someone involved be infected.
 - x. No more than 5 performers should sing indoors, with 1.5m between performers and 5m between performers and the audience.

- y. **In indoor areas**, audience members and congregants **should not participate in** singing or **chanting**.
 - z. In **outdoor areas**, if the event is one where the audience or congregation are likely to participate in singing or **chanting**, such as religious services, audience members and congregants older than 12 years should **wear a [face mask](#)**.
2. To minimise infection risk:
- a. all singers should face forwards and not towards each other
 - b. maintain physical distancing of 1.5 metres between each other and any other performers, and
 - c. keep 5 metres distancing from all other people including the audience and conductor.

Victoria February 4, 2021

Due to a new outbreak of Covid-19, [new statewide restrictions came into effect from 11:59pm last night, 3 February](#).

- The limit on the number of people gathering in a household will be reduced from 30 to 15, meaning the household members plus 15 visitors (excluding children under 12 months of age).
- **Masks will be mandatory in public indoor spaces...[this from DHHS](#) (Updated Feb 3)...**
- ***“Do I have to wear a face mask while exercising?***
- ***You must wear a fitted face mask when you are in an indoor setting. This includes when exercising indoors in facilities such as gyms and recreation centres unless you are out of breath or puffing (or have another exemption).***
- *A face mask is not required when exercising outdoors, but it is recommended if you cannot maintain 1.5 metres distance from others.*
- *You still need to carry a face mask with you at all times.*
- *You can find more information on the [Face masks – exercise](#) page.”*
- **Lawful excuses or exceptions for not wearing a face mask**
- Persons [whose professions require clear enunciation or visibility of their mouth. This includes teaching or live broadcasting](#). Note, we understand this to refer to teaching in education settings, rather than fitness/recreation settings, excepting when live broadcasting.
- If you have visitors in your home, it is strongly recommended that masks are worn during the visit. Masks must be worn in indoor public spaces apart from when eating or drinking. If you are planning to leave your home – take a mask.

- The 75 per cent 'return to work' cap in both public and private sectors scheduled for Monday 8 February will be paused and the current cap of 50% will remain in place.

Anyone who has visited these Tier 1 exposure sites during these times must immediately isolate, get a coronavirus (COVID-19) test, and remain isolated for 14 days.

The locations on this list are not a current risk to the public and you can visit them in line with current restrictions. DHHS make every effort to contact businesses prior to updating the exposure sites and appreciates the ongoing assistance of Victorian businesses in managing exposures to coronavirus (COVID-19).

More information will be shared as it becomes available, but for now we understand masks will be needed for indoor yoga classes.

<https://www.dhhs.vic.gov.au/case-locations-and-outbreaks-covid-19>

Western Australia 31 January

Effective from 6pm Sunday, 31 January 2021 until 6pm Friday, 5 February 2021, the Perth metropolitan area and the Peel and South West regions will enter a 5-day lockdown, based on health advice.

These measures are being implemented due to a fast evolving situation in Western Australia with a positive COVID-19 case detected in a hotel quarantine worker. For more information, please see the [announcement](#).

[Stay tuned here for updates](#).

Victoria January 21, 2021

The Victorian Government now has a dedicated page for [Sport, exercise and physical recreation services sector guidance](#). This includes current restrictions, guidelines and FAQ's.

Current advice includes:

- Density limit of one per four square metres for all venues.
- 1.5m between students still applies
- Classes limited to 50 patrons and electronic record keeping is recommended.
- Signage must state the number of people permitted inside, disinfectant must be supplied for use by patrons, and record keeping is required.

Victoria January 14, 2021

From 11.59pm, Sunday 17 January 2021, face masks will no longer be mandatory in all public indoor settings.

These requirements are in line with settings that were in place at Christmas time.

Face masks continue to be mandatory in the following locations:

- on public transport
- when riding in a ride share or taxi

- inside shopping centres, including the retail stores inside shopping centres, such as clothing stores
- inside indoor markets
- in large retail stores (over 2000 sqm), such as department stores, electronics stores, furniture stores, hardware stores or supermarkets
- on domestic flights to and from Victoria
- at airports
- in hospitals.

You must always carry a face mask with you when you leave home unless you have a lawful reason not to. It is strongly recommended you wear one whenever you cannot keep 1.5 metres distance from others. More information is available at [coronavirus.vic.gov.au](https://www.coronavirus.vic.gov.au), or by calling Business Victoria on 13 22 15.

Queensland – Monday January 11, 2020

Those of you in Greater Brisbane, as well as those who have been in Greater Brisbane since 2 January 2021 will need to wear a mask indoors including in Yoga Studios. Participants may remove the mask for 'strenuous' exercise, which generally means if they are out of breath and huffing and puffing. More details here – <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/current-status/easing-greater-brisbane-restrictions>.

Queensland January 8, 2021

A three day lockdown for [Greater Brisbane in response to new strain of Covid-19](#) has just been announced. From 6:00pm tonight people living in Brisbane, Logan, Ipswich, Moreton and Redlands will be required to stay home until 6:00pm Monday in a bid to stop the spread of the highly-infectious United Kingdom strain of the virus.

If you have a studio in the areas concerned, please follow your local advice closely.

Victorian changes to Covid-19 restriction as from December 31, 2020

The key change in Victoria is that we now need to wear face masks indoors and this includes indoor recreational facilities and gyms.

More information on masks here: <https://www.coronavirus.vic.gov.au/face-masks>

In Victoria – from 5pm Thursday December 31 –

The following restrictions were put in place:

- The limit of people gathering in the home was reduced to 15 from 30.
- Masks are mandatory indoors. If you are planning to leave your home – take a mask. It needs to be worn anytime you are inside apart from when you're eating or drinking.

[Details here – https://www.coronavirus.vic.gov.au/new-years-eve-restrictions](https://www.coronavirus.vic.gov.au/new-years-eve-restrictions)

Latest Advice from the Victorian Government for businesses:

- CovidSafe Summer restrictions remain in place
- Continue to practise good hygiene and physical distancing
- Keep records and act quickly if a worker becomes unwell
- Masks are mandatory indoors. If you are planning to leave your home take a mask and it needs to be worn any time you are inside apart from when you're eating or drinking
- Move meetings and lunch breaks outdoors where possible
- Ensure your Covid-safe plan is in place and up to date (see below)
- Limit the number of people that workers come into contact with where possible.

All Victorian Businesses **must have a Covid-safe plan** and it must set out:

4. Your actions to help prevent the introduction of coronavirus (COVID-19) in your workplace
5. The level of face mask or personal protective equipment (PPE) required for your workforce
6. How you will prepare for, and respond to, a suspected or confirmed case of coronavirus (COVID-19) in your workplace
7. This plan must demonstrate how you will meet all the requirements set out by the Victorian Government
8. Businesses must review and update their COVIDSafe Plans routinely, especially when restrictions or public health advice changes. Organisations with multiple worksites must complete a COVIDSafe Plan for each worksite
9. Template [available here](#)

The Victorian Government has provided a range of resources and guidelines to support businesses to reopen safely including [signs, posters and templates](#).

Electronic record keeping – QR Codes

The free Victorian Government QR Code Service helps contact tracers respond quickly to a positive case of coronavirus (COVID-19). Victorian businesses can now use a [free QR code service](#) to register the details of everyone who visits their workplace or venue.

Using the Victorian Government's new QR code service is easy:

Step 1: [Register your business](#)

Step 2: Download, print and display your QR code

Step 3: Get visitors to scan the code and check in.

Cleaning tips

Employers must take reasonable steps to ensure that shared spaces and public areas are cleaned regularly.

Frequently touched surfaces must be cleaned at least twice a day, when visibly soiled and immediately after a spill

- Cleaning must happen between functions and groups.

- An anti-viral disinfectant must always be used during cleaning.
- Free infection control training is available. Further information is available on the [Victorian Skills Gateway](#).

Other links

- Sector Guidance at <https://www.coronavirus.vic.gov.au/sport-exercise-and-physical-recreation-services-sector-guidance>
- Business Victoria Hotline on **13 22 15**. You can request a free translator by calling 13 22 15
- [Workplace attendance register](#) download.

Latest advice – <https://www.coronavirus.vic.gov.au/new-years-eve-restrictions>

Update NSW December 7

Mandatory Check-ins: There has been confusion around which systems to use for mandatory check ins. [Here is the most current advice:](#)

“Patron check-in at recreation facilities (indoor) must be completed using electronic methods such as a QR code.

*The [Service NSW COVID Safe Check-in](#) is strongly recommended as a free, secure and convenient system, **but any electronic method that meets the record keeping requirements** can be used.”*

Change to density requirements: Maximum number of people

Now **2 square metres per person** density requirement – effective today.

“An occupier of premises [must not allow more than 25 people on the premises](#) if the size of the premises is insufficient to ensure at least 2 square metres of space for each person.”

COVID-19 Safety Plans are also mandatory

“Under [Public Health Orders](#) all indoor recreation, yoga, pilates and dance studios, and martial arts training facilities must complete a COVID-19 Safety Plan.

Businesses should also consider the benefits of [registering as COVID Safe](#).

Complete the plan in consultation with staff, then share it with them.”

Update Victoria December 7, 2020

Victoria has moved to [COVIDSafe Summer](#) restrictions from 11:59pm last night (Sunday 6 December 2020).

See the [Premier’s statement](#) for more details. In summary:

Note the change to density requirements

For indoor physical recreation facilities, which include gyms, fitness centres and studios.

- Open with COVIDSafe requirements: density limit of **one per four square metres** for all venues. **Classes limited to 50 patrons and electronic record keeping is recommended.** COVID Marshals required when staffed. When gyms are unstaffed, a density limit of one per eight square metres

applies. Signage must state the number of people permitted inside, disinfectant must be supplied for use by patrons, and record keeping is required.

- Go to the [sector guidance page](#) for operational guidance and frequently asked questions.
- [Summary of frequently asked questions](#)

Masks should be worn when distancing cannot be maintained.

Update ACT December 3, 2020

Canberrans are reminded that [easing of restrictions under Stage 4 of Canberra's Recovery Plan](#) came into effect at 9am December 2.

The key changes under Stage 4 are:

- Businesses wishing to have more than 25 people across their venue **can apply the one person per two square metres** of usable space rule in both indoor and outdoor spaces, **provided they use the [Check In CBR app](#)** to collect patron contact details.
 - d. Venues have until **Wednesday 16 December 2020** to register with Check In CBR to meet this requirement.
 - e. If a venue **does not wish to use Check In CBR, they must continue with** Step 3.2 provisions of **one person per four square metres** of usable space indoors and one person per two square metres of usable space outdoors.

Update Victoria November 23, 2020

With thanks to DHHS, we have pulled together all of [the most relevant information on your most frequently asked questions](#), including: fans, home studios, distancing, screening and masks.

Summary of key points:

- BYO equipment still recommended (virus lives on cotton fabric for 24-36 hours at temperatures 15-29c)
- Make sure sanitisers are really easy to find (people may not go looking for them)
- Make sure enough signage in all key locations; kitchen, bathrooms, entry, reception area, entrance to room etc.
- Provide TGA approved disinfectant wipes to wipe down frequently touched surfaces
- Put signage instructions for members to flush toilets closed with lid closed
- Flush all toilets, disinfectant water taps and showers frequently
- Keep any chairs well apart to maintain social distancing

Fans

- Current advice from DHHS is fans should not operate within indoor venues, where possible windows should be opened and air conditioning adjusted to enhance airflow. With air-conditioning please ensure that you are not using the 'recirculate' mode. e.g. switch air conditioning to external air only.
- The [WHO advice on ceiling fans](#) suggests, *"The use of ceiling fans can improve circulation of outside air and avoid pockets of stagnant air in occupied space. However, it is critical to maintain good outdoor ventilation when using ceiling fans. An efficient way to increase outdoor air exchange is by opening windows."*

Update November 20 SA

Great news! Gyms in SA will be able to re-open at midnight on Saturday night! (21/11/20)

We are seeking clarification on any further restrictions but at this stage the only requirement will be 1 person per 4m². Exercise in family groups (people within your household) can occur immediately.

More information to come.

Update November 20 NSW

From 23 November, it will be mandatory for your business to check-in customers electronically.

If you don't have a process in place already, we strongly encourage you use the NSW Government QR code.

Businesses that don't follow the COVID-19 safety rules [risk serious penalties and possible closure](#) under the Public Health Order.

Below are the steps you need to take to meet your obligations, keeping students and staff safe and to remain open:

- Complete your [COVID Safety Plan](#) and [register your business as COVID safe](#). Keep a copy of your COVID Safety Plan at your business so you can show it to an authorised officer if required.
- When you register as a COVID safe business, you'll receive an email with your NSW Government QR code that you can use to check-in your students.
- Once you receive the email with your QR code, print it out and put it up somewhere that's easy to see – or display it electronically on a tablet or iPad.
- Check-in using the [NSW app](#) on the student's smartphone. They simply hover their phone camera over the QR code to check-in.
- Please check and ensure the student's details have been recorded correctly.

- Check-in customers when you can't use your QR code using details provided when you register as COVID safe.

For more information, please refer to this [document](#).

For current NSW government resources and guidance for yoga studios, [click here](#).

Update November 18 SA

A [six-day 'Circuit Breaker' lockdown has just been announced](#) for South Australia which will mean

- Exercise will not be permitted outside the home;
- Masks will be mandatory;

More information as it comes to hand...

Update November 17 – South Australia

There is further information coming through so we have created an FAQ document for you which we will update as we go along. [You can find it here](#) and it covers:

- Social distancing requirements
- Covid Management Plans
- Restricted premises
- On premises classes (e.g. car-parks, gardens)
- Outdoor classes
- [Links to the latest directions](#)

Update November 16 – South Australia

Unfortunately we need to inform you that [South Australian Gyms and Fitness Facilities will need to close as of mid-night tonight. We assume this will include yoga studios.](#)

This is obviously extremely disappointing. We have little further information at the moment but will provide links etc as soon as information comes to hand.

[See more from ABC here:](#)

“As of midnight tonight we will have a direction which specifically prohibits activities at gyms, recreation centres, trampoline, play cafes. These will close and can I just say, it's likely that we will have these directions in place for two weeks.”

“Of course if we can remove them earlier we certainly will but all of these, we envisage will be in place for the next two weeks.”

Update November 8 Victoria

It was announced this morning that from **11:59pm on 22 November** STATEWIDE:

Indoor physical recreation (which includes yoga studios) – contact or non-contact:

-Patron cap of up to 100 people

-Group or class size up to 20 people

-Density quotient of 1 per 4m²

Outdoor there will be a patron cap of 500, group sizes align with public gathering limits of 50 people and the density quotient will be 1 per 4m² .

Link: [Updated restrictions applicable from 11.59pm Sunday 22 November 2020](#)

[With thanks to DHHS, we have pulled together all of the most relevant information on your most frequently asked questions, including:](#) fans, home studios, distancing, screening and masks.

Until then, position (from 11.59pm tonight) is:

Indoor physical recreation (including classes and personal training)

-Strict density quotient of 1 per 8m².

-Patron cap of up to 10 per space and 20 per venue with a maximum group size of 10 per session.

-Patrons continue to wear face masks unless out of breath.

-Staggered class times and time gap of 15 minutes to avoid congregation and exceeding group limits.

-Required to have a COVIDSafe Marshal onsite.

Update for Victoria November 6

Following on from the DHHS session on Tuesday, we do not yet have any follow-up information from them. However, here are some links mentioned in the session and some further information provided during the session from our notes:

Covid Marshalls – <https://www.coronavirus.vic.gov.au/covid-marshals>

Wearing of masks – <https://www.dhhs.vic.gov.au/face-masks-vic-covid-19>

Stagger class times – allow 15 minutes between classes

Hygiene and other supporting information from Safe Work Australia –

- <https://www.safeworkaustralia.gov.au/covid-19-information-workplaces/industry-information/gyms-and-fitness-centres>
- <https://www.safeworkaustralia.gov.au/covid-19-information-workplaces/industry-information/gyms-and-fitness-centres/hygiene>

[CDC COVID-19 Employer Information for Gyms and Fitness Centres](#)

AIHA Reopening: [Guidance for Gyms and Workout Facilities](#)

[DHHS workplace infection prevention](#)

[List of TGA approved disinfectant wipes \(link to come\)](#)

FAQs

What if there is a positive case at your studio?

- Case will be interviewed, primary contacts notified and must quarantine for 14 days
- Defined as anyone who spent 15 minutes in a room with the person during symptomatic period (which is 48 hours before symptoms appear) (which will likely mean your staff)
- Deep clean
- Exposure sites identified on DHHS website

Changes from 11.59pm Sunday

- Outdoors up to 10 people or a household. Trainer not included
- Outdoors is defined as no roof or, may have a roof so long as at least 2 sides of the space do not have walls
- Trainer must wear mask,
- Patrons continue to wear face mask unless out of breath
- BYO equipment or disinfect equipment between each person using. Note the virus can live on fabric for up to 28 days so BYO bolsters and blankets is recommended. Otherwise, bolsters need to be steam cleaned between use or have a protective cover that can be washed after each use in hot water. See above links for cleaning instructions

Indoor classes:

- 1 person per 8 square metres. So work out your studio/room dimensions in square metres and divide by 8. This is how many people you can have in a space
- Still need to space mats and keep 1.5m between each participant
- Patron cap of up to 10 per room and 20 per venue, max class size is 10
- Patrons continue to wear face mask unless out of breath
- No physical contact between teachers and patrons/customers
- Staggered class times and time gap of 15 minutes between sessions to avoid congregation or exceeding group limits
- Requirement for CovidSafe Marshall onsite (see details above)

Considerations:

- Is hand hygiene readily accessible? People should not have to go and look for it
- Are equipment wipes easily accessible? People may want to wipe down their own mats before they leave
- How will you manage BYO? How will any shared items cleaned?
- Consider communal areas and staff areas
- What items will regularly be touched? How will you clean these areas/surfaces?

Cleaning:

- Cleaning means physically removing germs, dirt etc. Disinfection means using chemicals to kill germs on surfaces
- See above links and YA guidelines and checklists for more info
- Wash hands regularly

- Clean and disinfect all areas – consider high touch points such as door handles, bathrooms, equipment, shared spaces and water fountains
- Areas often overlooked include tea/coffee area and sink, microwaves, chairs need to be 1.5m apart, fridges, shared food – individually wrapped only, shared dishes are a risk

And don't forget...

- Signage in various locations (e.g. entry, reception, sitting areas, kitchens, bathrooms)
- Wear masks correctly

Gyms vs. yoga studios – we have asked again why we cannot be treated differently/separately from gyms. We are advised at this stage, they will not separate yoga from gyms, dance studios etc. Whilst there is little to no shared equipment, we are advised that potential for face-to-face contact and the fact it takes place in an enclosed space still present a risk at this time. We are advised that the current intention is to treat all indoor physical recreation facilities as the same. This is the current position in regional Victoria, with Metro Melbourne moving to this stage on 8 November 2020.

Live-streaming – From 11:59pm on 27 October studios can open for the purpose of recording and/or live streaming. The number of people permitted indoors for this task must be the minimum number of people required to produce the recording/stream – but no more than five. Further, only one person may be exempted from the requirement to wear a mask at a time.

Update for Victoria Saturday October 31

In regards to face masks, the advice is if you are doing exercise or a physical activity where you are out of breath or puffing, such as cycling or running, you do not need to wear a face mask. You must carry a face mask with you and wear it before and after you exercise.

If you are doing exercise or a physical activity where you are not out of breath or puffing, then you must wear a face mask. Unless you have a lawful reason not to.

This advice would also apply to instructors in group classes. Only one person may be exempted from the requirement to wear a mask at a time in regards to filming.

Update for Victoria Tuesday October 27

This morning the Premier, Daniel Andrews said there would be a “detailed advisory” about Halloween, masks in gyms and home businesses that would be published online this afternoon.

Update for Victoria Monday October 26

Today the Premier confirmed what we've long waited for: Melbourne will move out of lockdown and into the Third Step. Yoga Studios in Melbourne now have a date for re-opening – November 8. Unfortunately the density quotient is 8 square metres per person, which will make indoor classes very small for many Yoga studios.

Third Step Melbourne: Further changes confirmed under the [THIRD STEP for MELBOURNE from 11:59pm Tuesday 27 October as follows:](#)

Filming from studios: Open only for recording and broadcast permitted only with minimum number of people required to conduct the recording/streaming, up to 5 people:

- only one person at a time may be exempted from wearing a face covering under the strenuous physical exercise exemption. e.g. the trainer leading the broadcast
- shared equipment may be used if cleaned between each user and comply with density and other requirements

Outdoors

Outdoor physical recreation and personal training: A household or up to 10 people in any group (trainer is additional to group)

Outdoor fitness or dance classes:

- Open for outdoor classes, up to 10 people, trainer not included in cap
- Shared equipment may be used if cleaned between each user and comply with density and other requirements

Next step Melbourne: Further changes from 11:59pm Sunday 8 November under the METROPOLITAN MELBOURNE CHANGES FURTHER EASING (TO ALIGN WITH REGIONAL VICTORIA)

Indoor (non-contact) fitness (which will include yoga studios), and including indoor gyms to resume with:

- density quotient of 1 per 8 sqm and patron cap of 10 per space (max 10 per group/class), cap of 20 per venue
- Controls such as recommendation to wear face masks, limits on shared equipment, time between groups and requirement for a COVID Safe marshal on site.

We have already communicated our concerns re these new density quotients to Government.

There will be further information added as it becomes available.

Links here:

- [Premiers Statement](#)
- [Summary of the Third Step and further easing of restrictions](#)

Update for Victoria Sunday October 25

Quick update for Victoria. Further changes for Metro delayed due to current outbreak, but some news for our Regional Victorian members... From 11.59pm on Tuesday (October 27), indoor gyms and **fitness spaces will be open for up to 20 people with a maximum of 10 people per space, and a maximum density of one person per 8 square metres**. Here are your links:

- <https://www.premier.vic.gov.au/statement-premier-78>
- <https://www.premier.vic.gov.au/sites/default/files/2020-10/201025%20-%20Regional%20VIC%20Easing%20Restrictions.pdf>

Update for Victoria – Monday October 19

Yesterday Victorian Premier, Daniel Andrews detailed changes to Victoria's COVID-19 restrictions.

In a nutshell, there is little that has changed in terms of Yoga.

Yoga Australia has been in touch with the Government this morning to clarify when Melbourne Yoga Studios will be able to film from their studios and also to seek guidance as to when it is likely Victorians will be able to re-open indoor yoga classes. We await a response from the Victorian State Government.

During ongoing communications with the Victorian Government we continue to advocate:

- For consideration independently of gyms
- To emphasise the low-risk nature and positive benefits of Yoga
- To emphasise the inherently small class sizes in many studios and the generally lower levels of exertion compared to other types of personal training
- That equipment can be BYO and that there is less touching of surfaces and equipment than in other environments
- That risk is minimised by appropriate adherence to Government guidance and the [YA guidelines for re-opening](#), and
- For the resumption of Yoga Therapy.

In the meantime we encourage you all to [have your Covid-safe plans in place](#) in preparation for reopening when it does finally happen.

Summary of the changes introduced yesterday

Metropolitan Melbourne is now in Second Step restrictions. From 11:59pm 18 October 2020 a number of restrictions are easing, including the expansion of the travel distance to 25km. The changes to restrictions [are summarised here](#) and include:

- You will be able to leave home for any period of time to exercise or see friends and family outdoors. This replaces the two hour limit on these activities. There are no limits on the number of times you can leave home.
- You can exercise in a group of up to ten people from a maximum of two households outdoors in a public place (**personal training is limited to two people plus the trainer**). This replaces the limit of five people from a maximum of two households.

Additional changes to retail, hospitality and personal services will be made from 1 November, in line with the advice of the public health team.

Regional Victoria remains in Third Step restrictions. From 11:59pm 18 October 2020 some restrictions are easing. The changes to restrictions include:

- You can have up to two people visit you at home each day. The two people may be from different households. This replaces the household bubbles.
- See more details from the ABC here – <https://www.abc.net.au/news/2020-10-18/regional-victoria-coronavirus-restrictions-change-whats-allowed/12776468>
- Cafes and restaurants in regional Victoria are allowed to double the number of patrons they seat indoors, from 20 to 40.

Here are some further links:

- [Common requirements across all workplaces](#)
- Restriction levels Regional Vic: <https://www.coronavirus.vic.gov.au/industry-restriction-levels-regional-victoria>
- CovidSafe planning: <https://www.coronavirus.vic.gov.au/covidsafe-plan>
- Summary of easing of restrictions: <https://www.premier.vic.gov.au/sites/default/files/2020-10/201018%20-%20Metro%20Melb%20-%20Easing%20of%20restrictions%20.pdf>

Update – Victoria – October 12, 2020

We have received some further advice from the Victorian Government on the current restrictions. This advice confirms that under Third Step restrictions, **workers in regional Victoria may attend an indoor workplace to stream/film content**, as long as density, signage, record-keeping and cleaning requirements are met as per Workplace Directions. Only the minimum number of workers needed to film or stream may attend and must not exceed five people at any one time.

In relation to outdoor training, **under Second Step restrictions, outdoor personal training is permitted with up to two people per trainer**. As personal training is permitted work under Second Step restrictions, personal trainers can leave their homes for work for more than two hours a day. However, each session must be limited to two hours or less, as clients can only leave the house for exercise for two or less hours a day (including travel to and from the session).

Under the Third Step in regional Victoria, personal trainers are allowed to train up to 10 people at a time outdoors. Gyms and studios with outdoor areas in these regions can only be used if it complies with local government regulations.

Further Information:

- FAQs published at <https://www.coronavirus.vic.gov.au/coronavirus-sector-guidance-arts-and-recreation-services>
- Metropolitan Melbourne's [roadmap for reopening](#) and the roadmap for regional Victoria is [here](#).
- Current industry restriction levels and roadmaps for various industries can be viewed here <https://www.vic.gov.au/industry-restrictions-roadmap-metro-melbourne>

Update September 23, 2020: Regional Vic

Good news! Following much consultation with Government we can now confirm that filming is now allowed from regional studios...

We have now been able to confirm that under the third step of re-opening, studios in Regional Victoria **can now film from their studios** – see more detail in [this guidance](#). To quote, “Heavily restricted Indoor physical recreation streaming/recording of classes only, up to five people permitted. Outdoor activity with participant cap of 10 people (not including instructor/trainer). Density quotient applies.”

Update September 16: Regional Vic

It is good news to see restrictions starting to ease in Regional Vic, although studios remain closed for now, at least there are signs we are heading in the right direction. Here is what you need to know:

- [The Roadmap has all the info on each step](#)

- [Details on what's changing in the third step](#)

Key for studios and teachers is this:

Exercise and recreation

- Outdoor exercise, classes and training can resume for up to 10 people – plus the trainer. You should keep 1.5 metres between yourself and others and make sure any equipment is cleaned between users.

So no indoor yoga just yet...we are hoping that we will reach the final step earlier than the deadline suggested of November 23. Persistent lobbying will continue...

Update Sunday September 6: Victoria

The two roadmaps for Victoria have been released. There will be more detail to follow, but we have highlighted below the key points that we understand to this moment. The aim is to get the whole of Victoria 'COVID Normal' by the end of the year. The steps will be guided by dates and data.

The changes coming in from next Sunday are small; including an increase in the curfew start time to 9pm and an increase to two hours for exercise per day. The information below has been drawn from the www.vic.gov.au website.

There is a lot to take in here and we will expand on this in the coming days as more detail comes to hand. For now, here are some key links for you and then a brief overview.

- [Statement from the Premier Dan Andrews](#)
- [Metro Melbourne Roadmap](#) and [detailed PDF here](#)
- [Regional Victoria Roadmap](#) and [detailed PDF here](#)

Re-opening Roadmap for Metropolitan Melbourne

Metropolitan Melbourne has a specific reopening roadmap, relating to how many active coronavirus (COVID-19) cases are in the community and public health advice.

At this stage it appears that face to face yoga will be allowed outdoors for two people in the second step (September 28 subject to thresholds) and for 10 people in the third step (from 26 October subject to thresholds below) and studios to open from November 23 – again subject to the thresholds being met.

You can find this information in the [detailed roadmap PDF](#).

First Step (applies only to Metro Melbourne): CURRENT FROM 11.59pm 13 SEPTEMBER 2020:

- Curfew in place 9pm to 5am
- Exercise or recreation: 2 people or a household can meet outdoors for two hours maximum

The second step will follow after September 28 and when we reach an average daily case rate in metro Melbourne of 30 to 50 cases over a 14-day period with public health advice regarding transmission source.

- Outdoor exercise with a personal trainer allowed
- Social bubbles, phased return of **some workforces** and education.

The third step can start after 26 October when:

- daily average number of cases in the last 14 days is less than 5 state-wide
- there are less than 5 cases with an unknown source in the last 14 days (state-wide total)

At this stage, major industries return, **increased reopening** for education, **sport**, recreation, ceremonies and special occasions.

- Public gatherings: up to 10 people
- Outdoor exercise up to 10 people
- All retail open, except personal care (hairdressers open)

The last step can start after 23 November when: there are no new cases for 14 days (state-wide).

- Public gatherings: up to 50 people outdoors
- All retail open with safety measures
- Fitness facilities open with safety measures

Covid normal – reached when there are no new cases for 28 days and no active cases (state-wide) and no outbreaks of concern in other States and Territories.

- No restrictions on public gatherings but organisers encouraged to keep records of attendees
- Hospitality and retail all open
- No restrictions on community sports or spectators

Re-opening Roadmap for Regional Victoria

At this stage it appears that face to face yoga will be allowed outdoors (for two people – to be confirmed) in the second step (from September 13) and for 10 people in the third step (when thresholds are met) and studios to open in the last step when (Latter of thresholds are met and November 23). You can find this information in the [detailed roadmap PDF](#).

Second step: From 11:59pm 13 September 2020, some restrictions will be eased across regional Victoria as they move into the **second step** of the roadmap (no first step for regional Vic). Regional Victoria has a [specific reopening roadmap](#), relating to how many active coronavirus (COVID-19) cases are in the community.

<https://www.vic.gov.au/restrictions-roadmap-regional-victoria>

- Outdoor exercise and recreation allowed (no more detail on this yet – 2 people?)

Regional Victoria will **move to the third step** subject to public health advice when

- daily average number of cases in the last 14 days in Regional Victoria is less than 5
- there are less than 0 cases in Regional Victoria with an unknown source in the last 14 days

At **the third step** will include:

- Public gatherings: up to 10 people outdoors
- Outdoor fitness for 10 people

Subject to public health advice, the Last Step can start after the “Later of threshold being met and 23 November 2020”, e.g. there are no new cases for 14 days, across Victoria.

- Public gatherings: Up to 50 people outdoors
- Facilities open subject to safety measures.

Covid Normal in Regional Victoria

Subject to public health advice, when there are no new cases for 28 days and no active cases (state-wide) and no outbreaks of concern in other States and Territories

- No restrictions on community sports or spectators.

Update Friday September 4; Victoria

As we head into the weekend, those of us in Victoria are eagerly awaiting the release on Sunday of the Victorian Government’s roadmaps for re-opening.

We have been in touch with the Victorian Government as it builds out its approach, to ensure we have communicated how important Yoga is to our physical and mental wellbeing and how significantly our members have been impacted by the Stage 4 lockdown in Melbourne and the Stage 3 lockdowns across regional Victoria. In particular we have highlighted;

- that our sector consists of a large number of small businesses, frequently sole-traders and that quite a number of you have not been eligible for the Business Support Fund
- that our community is committed to Covid-safe practices as directed by Governments and supported by the Yoga Australia [re-opening guidelines](#). The guidelines include recommendations around mat spacing, equipment, opening windows, breathing exercises and chanting. These guidelines can also be found on the [Federal Government’s COVID-19 Sports and Health Advisory Committee, Exercise and Stay Healthy page](#)
- that yoga is a low-risk activity, especially when carried out within the above guidelines and it offers substantial benefits to the community, teachers and studio owners

Yoga Australia will also continue to work closely with Fitness Australia as it actively campaigns for the re-opening of gyms, health clubs, fitness centres and studios such as Yoga, Pilates and Barre.

As always, we will do our very best to update you just as soon as new information comes to hand.

Update Thursday September 3, 2020 – South Australia

Thank-you to our friends at Fitness Australia for bringing this to our attention. Following clarifications from SA Police and SA Health, they have now confirmed that **water fountains are now not to be used in any capacity within South Australian fitness facilities. This includes both direct use and filling of water bottles.** We would encourage our SA teachers and studios to follow this new advice.

Update Wednesday August 19, 2020 – South Australia

Here is some further information about the COVID Safe Marshall Training. [The training is free and easy to complete](#). The recommended completion time is 1 hour, but this is very generous. Given that, this offers a good opportunity for your staff to complete the training to ensure full compliance and provide you with flexibility when nominating a Marshall.

- <https://marshal.clickontraining.com.au/>
- Further information on the [requirements of COVID Marshalls](#).

Update Friday August 14, 2020 – South Australia

You may be aware there some new requirements have been introduced that will impact Yoga studios in South Australia. COVID-Safe Plans will continue to be required for defined public activities. Those with an existing COVID-Safe Plan do not need to complete a new plan. Businesses and defined public activities that do not currently have a COVID-Safe Plan must now complete a plan. The COVID-Safe Plan [is available here](#).

The South Australia Transition Committee have also decided to introduce [new directions](#) that will require COVID Safety Marshalls to be present at all public serving businesses as of **Friday the 21st of August**. The intent of this new direction is to increase awareness of current COVID Safety protocols (hygiene, social distancing etc.) without affecting normal business practises.

Requirements for COVID Marshalls will vary across all industries. Through our connections with Fitness Australia, we are aware there is more detail to come and will update you all as soon as we have further information. What we understand so far is:

- Marshalls can be anyone over the age of 18 who completes the online training. This includes receptionists, managers, owners, trainers or even volunteers.
- The required training will be free and easy to complete and is scheduled to be available later today via sa.gov.au.
- Marshalls must show proof of their training if/when required.
- In most cases, the roll of the COVID Marshall can be performed by an existing staff member as an addition to their regular duties.
- Only businesses expecting over 200 attendees within a facility at one time will be required to introduce an additional staff member for the role.
- The COVID Safe Marshall will be the person responsible for upholding the COVID Safety plan. This includes the following duties
 - f. Promote and take practical steps to ensure infection control practices (e.g. frequent handwashing) are followed by people involved in the operations (patrons, employees and contractors);
 - g. Promote and take practical steps to ensure people participating in the operations are complying with density requirements, physical distancing principle;
 - h. Must ensure that all COVID Safe Plans and COVID Management Plans (where relevant) or specific polices/protocols in relation to the prevention of coronavirus are effectively implemented and monitored;
 - i. Ensure the environment is appropriately established and there is sufficient seating, hand washing facilities and cleaning regimes;
 - j. Must take reasonable steps to be visually identifiable (specifics still being determined)

For further information [please see the most recent FAQ document from the South Australian Government attached](#).

Update Thursday August 6, 2020 – Melbourne and Victoria

Re the Melbourne Metro situation – we have nothing further for you yet on the question of whether you are able to record or stream from within your studio. The default position is that workplaces in metropolitan Melbourne are closed unless the workplace is [part of a permitted industry](#). We know many of you have rung the hotline and there have been conflicting answers on this. The position on sole operators, in particular, is an area we are seeking clarity on. Our understanding at present, is that our industry is included in the shutdown and so we would advise as per yesterday's update, that you prepare to record and stream from home. Here are some further links you might find helpful during these challenging weeks:

- Detailed schedule of [Stage 4 restrictions from DHHS](#) and industries.
- Victorian [Business Financial Support links](#)
- ABC [on permits and what we know about them](#).
- [Permit application for 'permitted' workers](#)

Update Wednesday August 5, 2020 – Marshals NSW

Following discussion with and feedback provided to the NSW Government, they have created a separate category in their industry guidelines section for '[Indoor recreation, yoga, pilates and dance studios, martial arts training facilities](#)'. There is no requirement for a Hygiene Marshal in these guidelines, however, a hygiene marshal is required at Gyms.

Update Tuesday August 4, 2020

Awaiting Clarification – live streaming/recording video from Yoga Studios in Metro Melbourne:

We know many of you in Metro Melbourne are wanting to know if you can go to your studios to record or stream your online classes once the new Stage 4 restrictions for businesses come in at midnight Wednesday August 5. We have reached out directly to the Government and are awaiting written confirmation on this. We appreciate your concerns. The uncertainty is difficult. We will update you as soon as possible...

Regional Victoria: From 11:59pm on 5 August, [stage 3 restrictions](#) will apply throughout regional Victoria. The restrictions for Mitchell shire, which was already under stage three, will remain the same. [In summary](#) this means:

- Outdoor exercise with only one other person or members of your household
- When you leave home you must wear a mask or face covering
- Indoor sports centres including gyms (and Yoga Studios), training facilities and pools are closed
- Personal training outdoors can occur but with a limit of two participants, in addition to the instructor (Which we understand includes outdoor one-on-one Yoga, with social distancing in place and no shared equipment – and wearing a mask)

Metropolitan Melbourne has now entered stage four restrictions (from 6pm on Sunday 2 August). You can find out [all about stage 3 and stage 4 restrictions here](#).

Update July 30: Regional Victoria

Victoria has announced 723 new Covid-19 cases today. In his press conference the Victorian Premier Dan Andrews, has announced some further restrictions. **For our members in regional Victoria**, masks will be required outside of your home. We will update you further as more details come to hand...

Update July 29, 2020 – Changes to NSW restrictions announced...

NSW Premier Gladys Berejiklian has just announced that all gyms will now have to have a COVID-19 officer onsite including those which operate unstaffed.

Under the new rules, all gyms and fitness centres (and we understand this includes Yoga Studios) must:

- register and have a [COVID Safety Plan](#)
- have a dedicated COVID-19 Safe [Hygiene Marshal](#) on duty at all times.

Gyms and fitness centres must take all reasonable steps to reduce the transmission of [COVID-19](#). Businesses who fail to be compliant will risk facing a fine or venue closure. Yoga Australia has reached out to the NSW Government for further advice and clarification and we will update you as more information becomes available. We have suggested the NSW Government updates its latest advice to include explicit reference to yoga studios, to avoid confusion.

[Minister for Customer Service Victor Dominello said](#) the extra measures are necessary to stop the spread of the virus.

“Without proper COVID safeguards, they may present a transmission risk and that is why we need operators to put their customers first by registering their COVID Safety Plan,” Mr Dominello said.

“Whether it’s maintaining [social distancing](#), cleaning equipment after use or making hand sanitiser available for customers, these dedicated COVID Safe Hygiene Marshals will play a pivotal role in keeping gyms safe and compliant.”

You can submit or update your business [COVID-19 Safety Plan](#) here.

Information on PPE for Yoga Therapists

Yoga Therapists may find the follow documents and links helpful in terms of requirements around hygiene and PPE:

- [COVID-19 Infection Prevention and Control Advice for Health Workers](#)
- [NSW Health advice on Personal Protective Equipment](#)
- [Infection Prevention and Control Application of PPE During Covid-19](#)

It is always wise to check your local state guidance for specific requirements for businesses, you will find links in our re-opening guidance document or by visiting the Covid pages of your state government.

Breaking News: Metro Melbourne and Mitchell Shire going back into lockdown ...

The Victorian Premier Daniel Andrews is [currently holding a press conference](#) and has announced further lockdowns in Victoria. This is understandably distressing news for those of you in Metropolitan Melbourne (and Mitchell Shire).

Victoria will reimpose stage three restrictions for six weeks in greater Melbourne and the Mitchell Shire in a bid to slow a rapid spread of coronavirus. These stay-at-home orders will be reimposed from midnight tomorrow night.

We will update you as soon as further information is available...

Updated July 1, 2020:

Please see below for further information for those in Victoria regarding the lockdown postcodes and a grant that is available for businesses in these suburbs.

Breaking News June 30, 2020

Queensland was due to go into Phase 3 of easing restrictions on July 10, but Phase 3 is kicking off this week, coming into effect from midday on Friday, July 3.

On Tuesday 30 June 2020, Premier Annastacia Palaszczuk announced Stage 3 Easing of Restrictions, including border changes.

Sport, recreation and fitness organisations when following a COVID Safe Industry Plan:

- indoor sports facilities can open with one person per 4 square metres
- outdoor sports facilities can open with physical distancing

Maximum number of customers for a business at any one time is determined by the 4 square metre rule (Max 50 with a COVID Safe Checklist when not complying with the COVID Safe Industry Plan.)

For smaller venues below 200 square metres, businesses can have one person per 2 square metres up to 50 persons at a time (Provided contact details are kept for at least 56 days)

- [Updated Roadmap](#)

Victorian Premier Daniel Andrews says a stay-at-home order will be imposed on several Melbourne suburbs experiencing a spike in coronavirus cases from 11.59pm tomorrow.

Postcodes for these suburbs are as follows:

- Postcode 3038: Keilor Downs, Keilor Lodge, Taylors Lakes, Watergardens.
- Postcode 3064: Cragieburn, Donnybrook, Kalkallo, Mickleham, Roxburgh Park.
- Postcode 3047: Broadmeadows, Dallas, Jacana.
- Postcode 3060: Fawkner.
- Postcode 3012: Brooklyn, Kingsville, Maidstone, Tottenham and West Footscray.
- Postcode 3032: Ascot Vale, Highpoint City, Maribyrnong and Travancore.
- Postcode 3055: Brunswick South, Brunswick West, Moonee Vale and Moreland West.
- Postcode 3042: Airport West, Keilor Park, Niddrie. (Australia Post lists Niddrie North as a separate suburb in this postcode, but the Victorian government release does not.)
- Postcode 3021: Albanvale, Kealba, Kings Park, St Albans.

- Postcode 3046: Glenroy, Hadfield, and Oak Park.

“The Chief Health Officer has advised me to reimpose restrictions in line with stage 3 so they will be stay-at-home orders except for four reasons to leave your home.”

“These orders will be effective from 11:59pm tomorrow night and they will run for four weeks until 29 July. There will only be four reasons that you are permitted to leave your house and only if you really have to. For work or school, for care or care giving, for daily exercise, for food and other essentials. They are the acceptable reasons to leave but only if you need to.”

Notes:

- Indoor sports centres including gyms (which will include Yoga Studios) training facilities and pools will be closed in those postcodes. You can [find out more about the return to Stage 3 Stay at Home for those postcodes here.](#)
- Outdoor sport facilities will be closed. Personal training outdoors can occur but with a limit of **two participants** plus the instructor
- From 11:59pm on 1 July, changed gathering limits apply to restricted postcodes. If you live in an impacted area, you are only allowed to exercise with one other person, or members of your household. This applies even if you leave a restricted postcode to exercise.
- **Local Lockdowns Business Support Program** is offering \$5,000 grants to help businesses through temporary coronavirus (COVID-19) lockdowns. You can find [out further information here.](#)

Updated Monday June 28, 2020

See minor edits to links and information provided below for SA.

Updated Friday June 26, 2020

WA: Your restrictions have eased further. Phase 4 will start on Saturday, 27 June (11.59pm Friday, 26 June).

Key points to consider as you decide how to manage you're the further relaxation of restrictions and how they apply to classes and equipment are as follows:

- Businesses will [no longer be subject to a defined venue capacity limit](#). The number of people that a venue can accommodate will be determined by the [2 square metres per person rule](#).
- All other specific restrictions on venues or activities, such as seated service at pubs and bars, have been removed.
- All businesses are encouraged to complete a [COVID Safety Plan](#). (See Phase 4 template [here](#))
- Wellness centres that provide group fitness classes, including yoga or Pilates, must observe the 2 square metre per person rule. (So divide your studio size in square metres by 2 to work out the maximum number you are allowed. Note, you may find you do not have enough room to fit this maximum number if you space your mats 1.5m apart as recommended. See our [matt spacing guide and checklists here](#).)

Here is some further information you might find useful:

[Phase 4 of the COVID-19 WA roadmap](#) sees further easing of restrictions related to sport and recreation.

Gyms, fitness and sporting centres can now open without the requirement of supervision, however, these venues are encouraged to:

- undertake regular cleaning of the premises and equipment ([See our cleaning guidance here](#))
- ensure patrons follow social distancing requirements (See our [social distancing guide and checklists here](#).)
- promote good personal hygiene practices among staff and patrons.

An organisation that controls or operates the premises will need to complete or update their COVID Safety Plan and explain how the business will take steps to implement the requirements and the advice set out in these guidelines. The business must have its COVID Safety Plan available for inspection upon request by an authorised officer. If your business has multiple premises you must prepare a COVID Safety Plan for each premises.

Other organisations, including sporting organisations, may choose to voluntarily complete a COVID Safety Plan.

Refer to [COVID Safety Guidelines: Sport and Recreation](#) for further information around hygiene requirements.

For venues/spaces where the 2 square metre rule is an increase from local government approved capacities, the local government determination will apply.

SA: You will be moving to Step 3 from June 29.

Social distancing requirements will be reduced to one person per two square metres. This is how you calculate the maximum number of people allowed in a space. The 1.5 distancing is still required.

Businesses and defined public activities with an existing COVIDSafe Plan do not need to complete a new plan and will be emailed an updated version of their existing plan before 29 June.

Businesses and defined public activities that do not have a COVIDSafe Plan must complete a plan before they can commence. Create a new [plan here](#).

Contact tracing -Indoor fitness classes **must** still keep records of all attendance as per FAQ doc. Electronic methods of this are permitted (eg scan-in or online booking systems). This is also encouraged for all non-class based businesses.

Exercise Mats and other equipment –

- Participants should bring their own mat and towel as per the COVID Safety plan
- Equipment should be cleaned after every individual use
- Participants should also clean/sanitise their hands between each equipment use as per COVID Safety plan
- It is suggested that fans not be used.

Note step 2 arrangements apply until June 29:

Classes in larger rooms can have up to 20 people if they meet a density requirement of 1 person per 7 square metres.

For smaller rooms, classes of up to 10 can be accommodated if they meet the density requirement of 1 person per 4 square metres. **Contact tracing forms must be kept for indoor sport and indoor fitness or recreation activities.**

Updated Wednesday June 17, 2020

South Australia – Re indoor classes, if space allows for 1 person per 4 sqm: Indoor group fitness classes remain limited to 10 people. [This can be increased to 20 if space allows for 1 person per 7 sqm.](#)

Updated Tuesday June 16, 2020

Victorian yoga studios will be finally able to reopen next week, with the Victorian Government releasing their [guidelines for sport and exercise](#).

In Victoria, from 11:59pm on 21 June, indoor physical recreation venues, including yoga studios, can open with up to 20 people allowed per space (10 per class), subject to the four square metre rule. Participants must remain at least 1.5 metres apart. Key points:

- There can be multiple separate 'zones' within large indoor spaces.
- Cap class sizes at 10 people excluding instructors per separate zone, subject to 4 sqm per person. See [our suggested mat layout](#) for more support.
- Have measures in place to manage the movement of people through communal areas, such as change rooms, for example staggered class or session times. [See our guidelines for reopening support](#).

Updated Tuesday June 2, 2020

NSW has announced From Saturday, June 13, indoor fitness activities like yoga, pilates or group training sessions will be permitted, and class sizes will be capped at 20 people.

Refer to the [NSW safety plan for gyms](#) for more info

Tasmania has also just eased their restrictions further...

Effective Friday June 5 at 3.00pm, gatherings increase to 20 people at a time for indoor and outdoor. [Your link here](#).

Queensland eases its restrictions further. [More information here \(Scroll down\)](#) and [here](#):

From June 1 at 12.00 noon. Gatherings of up to 20, non-contact indoor and outdoor sport, includes Yoga Studios.

NOTE: For all businesses that are open or opening in Queensland, [a voluntary general checklist is available](#) to assist you in opening safely and you may also find this '[Return to play](#)' checklist useful as it details what you need to do to safely re-start your activities.

ACT –

In line with Step 2 of the COVID Safety Australia Plan, the ACT Government has announced from **11.59pm on Friday 29 May 2020**, COVID-19 restrictions in the ACT will ease further. [Your link here](#).

Key changes include:

- Gyms, health clubs, fitness and wellness centres (including yoga, barre, pilates and spin facilities) can reopen with up to 20 people per indoor space at one time if they can follow physical distancing.

[WA – Moving to stage 3 as of June 6](#)

Phase 3 commences June 6. Note 4 square metre rule becomes 2 square metres. This determines how many people you can have in a space *with* physical distancing.

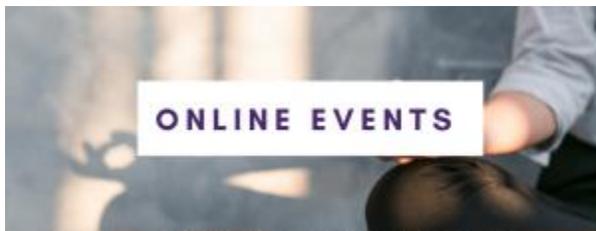
SA – 10 per class indoors from June 1, note [safety plan needed](#).[Your link here](#).

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- NT (Coming soon)
- QLD (Coming soon)
- SA (Coming soon)
- TAS (Coming soon)
- NT (Coming soon)
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