

## COVID-19 Update – July 09, 2021

To Our Members,

Given the growing number of infectious cases in the community and unlinked cases of community transmission, COVID-19 restrictions will be tightened across Greater Sydney, Blue Mountains, Central Coast, Wollongong and Shellharbour.

From **5pm, Friday 9 July 2021**, the following additional restrictions will be in place:

- Outdoor public gatherings (including exercise) will be **limited to two people** (excluding members of the same household);
- People **must stay in their Local Government Area or within 10km of home for exercise and outdoor recreation**, with no carpooling between non-household members.
- Browsing in shops is prohibited, plus only one person per household, per day may leave the home for shopping.

Restrictions in Regional NSW remain unchanged.

The following restrictions relating to sport and active recreation will continue to apply to regional areas until Friday 16 July 2021:

- Visitors to households will be limited to 5 guests – including children;
- Masks will be compulsory in all indoor non-residential settings, including workplaces, and at organised outdoor events;
- Drinking while standing at indoor venues will not be allowed;
- Dance and gym classes limited to 20 per class (masks must be worn);
- The one person per four square metre rule will be re-introduced for all indoor and outdoor settings;
- Outdoor seated events will be limited to 50% seated capacity.
- Masks must be worn by spectators, officials and players (over the age of 12) at all times to training and matches unless they are warming up or playing in the game.

**No community sport (either training or a match) can proceed in Greater Sydney including the Central Coast, Blue Mountains, Wollongong and Shellharbour.**

[The NSW Government COVID-19 website](#) continues to be updated as restrictions change.