

## COVID-19 Update – July 15, 2021

To Our Members,

Given the ongoing number of infectious cases in the community, the current lockdown will be extended for at least another two weeks until 11:59pm on Friday, 30 July.

This means the restrictions currently in place across Greater Sydney including the Central Coast, Blue Mountains, Wollongong and Shellharbour will remain in place until this time.

- Outdoor public gatherings (including exercise) will be **limited to two people** (excluding members of the same household).
- A person must exercise **in their local government area or no further than 10 kilometres from their home**.
- Car-pooling with members who are not in your household is **not permitted** if a person is travelling to exercise or engage in outdoor recreation.
- A person over 18 must carry documentary evidence showing their address and show it to police on request (**including when undertaking exercise**).
- A person cannot enter Greater Sydney for the purpose of exercise or outdoor recreation.
- Browsing in shops is prohibited, plus only one person per household, per day, may leave the home for shopping.

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

Restrictions in Regional NSW remain unchanged. The following restrictions relating to sport and active recreation will continue to apply to regional areas until Friday 30 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;
- You must be seated when consuming alcohol in an indoor area of non-residential premises in NSW. This includes hospitality venues (such as restaurants, pubs and registered clubs) and nightclubs, as well as outdoor gatherings or stadiums.
- 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.

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