

SPORT AND RECREATION FACILITIES

The Tasmanian Government is implementing a staged approach in the lifting of restrictions so that we can continue to reduce the risk of COVID-19 to the community. Stage 1 commences on 18 May, with Stage 2 commencing on 15 June. *



What does this mean for the ways in which we exercise and take part in sport and recreation activities?

Here is a list of FAQs which might be of assistance.

Can I use outdoor gym equipment?

From 18 May 2020

- Yes. Gym and playground facilities in local parks are open for public use in gatherings of up to 10 people, maintaining 1.5 metres physical distancing.
- While using the equipment, maintain physical distancing and hand hygiene.

From 15 June 2020

- Gym and playground facilities in local parks are open for public use in gatherings of up to 20 people, maintaining 1.5 metres physical distancing.
- While using the equipment, maintain physical distancing and hand hygiene.



Can I use outdoor gym equipment if I am in a boot camp/fitness class?

From 18 May 2020

- Yes. Gym and playground facilities in local parks are open for public use in gatherings of up to 10 people, maintaining 1.5 metres physical distancing. This includes boot camps.
- While using the equipment, maintain physical distancing and hand hygiene.



From 15 June 2020

- Gym and playground facilities in local parks are open for public use in gatherings of up to 20 people, maintaining 1.5 metres physical distancing.
- This includes boot camps.
- While using the equipment, maintain physical distancing and hand hygiene.



Can I go to the gym?

From 18 May 2020

No. Indoor gym, sport and recreation facilities remain closed.

From 15 June 2020

- Yes. Indoor gym, sport and recreation facilities are open to up to 20 people where physical distancing measures allow.
- Use your own equipment (e.g. a fitness mat) if possible or clean the communal equipment between uses. Maintain physical distancing and hand hygiene.
- Gym operators must conduct regular cleaning, enforce physical distancing and disinfect equipment between each use.
- Patrons may experience longer wait times at the gym, due to implementing physical distancing requirements. You are encouraged to contact the gym operator in advance, where possible, to limit queueing.
- Companies will be required to develop a COVID-19 Safety Work Plan to implement practical measures to manage the risks of transmission of COVID-19 at their facility.



Can I go for a swim in a pool?

From 18 May 2020

- Yes. If the pool is open, one person per lane is allowed to swim, up to a maximum of 10 people in one pool. The gym and other indoor sport facilities of the centre must remain closed.
- The facilities must ensure that there is four square metres per person.
- Spectators are not allowed other than one parent or carer supervising a child.
- Gym/pool operators are required to close communal showers and change rooms (although toilets may remain open).
- Swimmers are encouraged to shower with soap at home before and after training.
- Gym/pool operators must ensure that physical distancing, hand hygiene and frequent environmental cleaning and disinfection occurs.
- Gym/pool operators may experience long wait times as they maintain physical distancing requirements. You are encouraged to contact the pool operator in advance, where possible, to limit queueing.
- Companies will be required to develop a COVID-19 Safety Work Plan to implement practical measures to manage the risks of transmission of COVID-19 at their facility.



From 15 June 2020

- Yes. If your gym has a pool and it is open, up to 20 people are allowed at a pool where physical distancing measures allow (that is, there is enough space for four square metres per person).
- Only one person is allowed per lane, with a maximum of 20 swimmers per pool.
- Communal showers and change rooms are to close (although toilets may remain open).
- Swimmers are encouraged to shower with soap at home before and after training.
- Gym/pool operators must ensure that physical distancing, hand hygiene and frequent environmental cleaning and disinfection occurs.
- Gym/pool operators may experience long wait times as they maintain physical distancing requirements. You are encouraged to contact the gym operator in advance, where possible, to limit queueing.
- Companies will be required to develop a COVID-19 Safety Work Plan to implement practical measures to manage the risks of transmission of COVID-19 at their facility.

Can I play indoor sports at a sports centre or facility?

From 18 May 2020

- No. Indoor gym, sport and recreation facilities remain closed.

From 15 June 2020

- Yes. Indoor gym, sport and recreation facilities are open to up to 20 people where physical distancing measures allow (that is, there is enough space for four square metres per patron).
- Allowed activities are detailed in the AIS Framework for Rebooting Sport Level B.
- Bring your own equipment (e.g. a fitness mat) where possible or disinfect communal equipment between uses.
- Activities that involve shared equipment (e.g. a fit ball) should be avoided.
- Gym operators must ensure that physical distancing, hand hygiene and frequent environment cleaning and disinfection occurs. Where possible, staff should be available to supervise regular cleaning and enforce physical distancing.
- Gym operators may experience long wait times as they maintain physical distancing requirements. You are encouraged to contact the gym operator in advance, where possible, to limit queueing.
- Companies will be required to develop a COVID-19 Safety Work Plan to implement practical measures to manage the risks of transmission of COVID-19 at their facility.



Can I play outdoor social sports?

From 18 May 2020

- COVID-19 is transferred through close contact with others, so remaining physically distant continues to be a highly successful safeguard to transmission. A common-sense approach should be applied to playing social sports.
- If the training or sport involves touching someone else who does not live in the same house as you, it is not allowed. For example, no boxing, tackling, binding, wrestling or holding can be played.
- There must be no spitting or clearing of respiratory secretions.
- The maximum gathering number of 10 people applies, and there must be enough room to allow 4 square metres per person.
- Players must maintain physical distancing, hand hygiene and frequent environmental cleaning and disinfection.

From 15 June 2020

- The gatherings number of 20 will apply.
- Allowed activities are detailed in the AIS Framework for Rebooting Sport Level B.

Can I go to an outdoor boot camp?

From 18 May 2020

- Yes. If your boot camp is outdoors, up to 10 people (excluding the trainer) may participate where physical distancing measures allow (that is, there is enough space for four square metres per patron).
- Indoor boot camps are not allowed.
- Bring your own equipment (e.g. a fitness mat) where possible or disinfect communal equipment between uses. Activities that involve shared equipment (e.g. a fit ball) are not permitted.
- Trainers must ensure that physical distancing, hand hygiene and frequent environmental cleaning and disinfection occurs.



From 15 June 2020

- Yes. If your boot camp is outdoors, up to 20 people (excluding the trainer) may participate where physical distancing measures allow (that is, there is enough space for four square metres per patron).
- Indoor boot camps are not allowed.
- Bring your own equipment (e.g. a fitness mat) where possible or disinfect communal equipment between uses. Activities that involve shared equipment (e.g. a fit ball) are not permitted.
- Trainers must ensure that physical distancing, hand hygiene and frequent environmental cleaning and disinfection occurs.

Can I go to yoga/ barre/ gym/ dance classes?

From 18 May 2020

During Stage One there will be no change to the current restrictions that apply to indoor gym, sport and recreation facilities, which will remain closed.

From 15 June 2020

- Yes. Indoor gym, sport and recreation facilities are open to up to 20 people where physical distancing measures allow (that is, there is enough space for four square metres per patron).
- Bring your own equipment (e.g. a fitness mat) where possible or disinfect communal equipment between uses. Activities that involve shared equipment (e.g. a fit ball) are not permitted.

- The facilities must ensure that physical distancing, hand hygiene and frequent environment cleaning and disinfection occurs.
- Where possible, staff should be available to supervise regular cleaning and enforce physical distancing.
- Companies will be required to develop a COVID-19 Safety Work Plan to implement practical measures to manage the risks of transmission of COVID-19 at their facility.



*As we move through the changes they will be careful monitored and will be subject to change, according to Public Health advice.