

SPORT AND RECREATION - WHAT CAN YOU PLAY

Updated 4th December 2020

| Sport / Recreation activity | NSW | VIC | QLD | SA | WA | ACT | NT | TAS |
|-----------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Golf | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* |
| Swimming - pools | ✓* | ✓ | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* |
| Swimming - beach | ✓* | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓* |
| Basketball | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* |
| Netball | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* |
| Soccer | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* |
| Rugby | ✓*# | ✓* | ✓*# | ✓*# | ✓*# | ✓*# | ✓*# | ✓*# |
| AFL | ✓*# | ✓* | ✓*# | ✓*# | ✓*# | ✓*# | ✓*# | ✓*# |
| NRL | ✓*# | ✓* | ✓*# | ✓*# | ✓*# | ✓*# | ✓*# | ✓*# |
| Touch Football | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* |
| Gym | ✓* | ✓* | ✓* | ✓* | ✓ | ✓* | ✓* | ✓* |
| Cricket | ✓* | ✓ | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* |
| Darts | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* | ✓ | ✓* |
| Tenpin Bowling | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* | ✓ | ✓* |
| Table Tennis | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* |
| Volleyball | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* |
| Indoor exercise | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* |
| Outdoor exercise / training | ✓* | ✓ | ✓* | ✓* | ✓* | ✓* | ✓ | ✓* |
| Outdoor gyms | ✓* | ✓ | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* |
| Personal Training | ✓* | ✓ | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* |
| Skate parks | ✓* | ✓ | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* |
| Canoeing / kayaking | ✓* | ✓ | ✓* | ✓* | ✓* | ✓* | ✓ | ✓* |
| Rowing | ✓* | ✓ | ✓* | ✓* | ✓* | ✓* | ✓ | ✓* |
| Surfing / surf skiing | ✓ | ✓ | ✓* | ✓ | ✓ | ✓ | ✓ | ✓ |
| Yoga / Tai Chi | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* | ✓ | ✓* |
| Walking - parks | ✓* | ✓ | ✓* | ✓* | ✓* | ✓* | ✓ | ✓* |
| Playgrounds | ✓* | ✓ | ✓* | ✓* | ✓* | ✓* | ✓ | ✓* |
| Fishing | ✓* | ✓ | ✓* | ✓* | ✓* | ✓* | ✓ | ✓* |
| Lawn Bowls | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* | ✓ | ✓* |
| Tennis | ✓* | ✓* | ✓* | ✓* | ✓* | ✓* | ✓ | ✓* |
| Yachting | ✓* | ✓ | ✓* | ✓* | ✓* | ✓* | ✓ | ✓* |

*= Modified rules or normal restrictions (up to 20 / 50 people / 1.5metre distancing) and dates and location applies.

*Indoor and Outdoor rules apply

#= Elite teams only (professional levels)

Metropolitan Melbourne and regional Victoria are now at the same position on the roadmap to reopening, with a summary of restrictions as they impact physical recreation and community sport below:

Outdoor sport and recreation:

- Contact and non-contact sport for all ages is allowed
- Patron cap of 500, group sizes align with public gathering limits of 50 people.
- Density quotient of 1 per 4 square metres

Outdoor pools, including lessons:

- Patron cap of 300 and a density quotient of 1 per 4 square metres.
- No group size limit

Indoor sport and recreation, including fitness centres and gyms:

- Patron cap of 150 people.
- Group limit of 20 people.
- Density quotient of 1 per 4 square metres
- Large multipurpose sporting facilities will be able to open with a 25 per cent total venue cap
- For classes, a group limit of 20 participants indoors, and 50 participants outdoors

Indoor pools, including lessons:

- Patron cap of 150 patrons.
- Density quotient of 1 per 4 square metres.
- No group size limit

Playcentres:

- Patron cap of 150, density quotient of 1 per 4 square metres, no group size limit.

Skateparks:

- Outdoor open
- Indoor up to 150 people indoors, density quotient of 1 per 4 square metres, no group size limit.

Trampolining centres:

- Outdoor open
- Indoor up to 150 people indoors, density quotient of 1 per 4 square metres, no group size limit.

If you feel unwell you should stay at home. If you have symptoms of coronavirus (COVID-19), however mild, you should get tested.

Please check with your government/sport/recreation rules for further information

To find your state/territory's general COVID-19 sport & recreation updates, please visit the COVID-19 page at our Deaf Sports Australia's website: <https://deafsports.org.au/resources/covid-19/>