

LIST OF PERMITTED SPORT AND RECREATION ACTIVITIES IN METROPOLITAN MELBOURNE AND MITCHELL SHIRE

From 11:59pm, 8 July in metropolitan Melbourne and the Shire of Mitchell the following activities will be restricted:

- You can only exercise or undertake sporting activities outside with one other person or members of your household. You must be able to keep 1.5 metres distance between yourself and others while undertaking the activity at all times.
- Indoor sports centres including gyms, training facilities and pools will be closed.
- Community sport training and competition cannot occur within metropolitan Melbourne and Mitchell Shire.
- If you live in metropolitan Melbourne or Mitchell Shire, you cannot attend or participate in community sport outside of metropolitan Melbourne and Mitchell Shire.
- People aged 18 years and younger are not exempt from this restriction.
- Some outdoor sport facilities will be closed.
- You can be joined by a professional trainer / coach who is training you outdoors as part of their employment (two plus a trainer)
- Swimming pools will be closed.
- Outdoor sport facilities can open if people can exercise outside, equipment is not shared or rented, no indoor facilities or shared facilities (except toilets) are used, and people must be able to keep 1.5 metres distance between each other.
- Where outdoor facilities can open, these facilities must have a patron cap of 10, unless each group can maintain 100 meters distance from all other people. Examples of outdoor facilities which may be able to open under these requirements include golf courses, footy ovals, tennis courts, or outdoor shooting ranges. Groups can be no larger than 2 people, unless all participants are from the same household.
- Arenas, playcentres and trampolining centres, and stadiums will be closed, except for professional sport and racing activities.
- If you are a volunteer worker at a sport or recreation club or organisation that is outside the metropolitan Melbourne or Mitchell Shire, you can continue to carry out your volunteer role, but only that activity and only for the time required to undertake it. If you feel unwell you must stay at home and get tested.
- If you live in metropolitan Melbourne or Mitchell Shire, you cannot travel outside of these areas to exercise or for outdoor recreation.
- If you live outside metropolitan Melbourne or Mitchell Shire, you cannot travel into these areas to undertake exercise.

The activities listed below are advice only and guide individual community sport and recreation organisations to better understand the type of activities that can be undertaken. The conduct of any sport or recreation activity in a coronavirus (COVID-19) environment is subject to the Directions from the Victorian Chief Health Officer and standing regulations of Federal, State and Local Public Health Authorities.

All sport and recreation organisations and participants must maintain awareness of the evolving coronavirus (COVID-19) environment and align current practices with informed decisions for athlete and other community sport member safety.

If you are unable to see your sport or recreation activity listed below or have any further questions about return to play preparation, please contact us at info@sport.vic.gov.au.

LIST OF PERMITTED SPORT AND RECREATION ACTIVITIES IN METROPOLITAN MELBOURNE AND MITCHELL SHIRE

American Football

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance.
- Participants must bring their own equipment from home - no rented or borrowed equipment

Archery

- Outdoor range only, with no more than two people (or members of your household), maintaining 1.5 metres distance
- No shared equipment.

Artistic Swimming

- Open water only (unless at home)
- No more than two people (or members of your household), maintaining 1.5 metres distance.

Athletics

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance
- No shared equipment.

Australian Rules Football

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance.
- Participants must bring their own equipment from home - no rented or borrowed equipment

Badminton

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance.
- Participants must bring their own equipment from home - no rented or borrowed equipment

Baseball

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance.
- Participants must bring their own equipment from home - no rented or borrowed equipment
- No sharing of helmet or protective equipment

Basketball

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance.
- Participants must bring their own equipment from home - no rented or borrowed equipment

Boxing

- Outdoor activity only
- Shadow sparring allowed. Non-contact technical work with coach permitted.
- No more than two people (or members of your household), maintaining 1.5 metres distance.
- If you have a professional coach, they are permitted to join you.
- No shared equipment

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Bushwalking

- Allowed
- No more than two people (or members of your household), maintaining 1.5 metres distance.
- You cannot travel outside of metropolitan Melbourne or the Shire of Mitchell to undertake this activity.

Canoeing

- Allowed
- No more than two people (or members of your household), maintaining 1.5 metres distance.
- No shared equipment

Caving

- Allowed
- No more than two people (or members of your household), maintaining 1.5 metres distance.
- No sharing of harnesses and helmets and caving equipment.

Climbing & Abseiling

- Allowed
- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance.
- No sharing of harnesses and helmets.

Cricket

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance.
- Participants must bring their own equipment from home - no rented or borrowed equipment
- No sharing of helmet or protective equipment

Cycling

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance
- No shared equipment.

Diving

- Outdoor open water only
- No more than two people (or members of your household), maintaining 1.5 metres distance.

Equestrian

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance.

Fencing

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance
- No shared equipment
- If you have a professional coach, they may join you.

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Field Hockey

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance.
- Participants must bring their own equipment from home - no rented or borrowed equipment

Fishing

- Allowed
- No more than two people (or members of your household), maintaining 1.5 metres distance
- No shared equipment
- Fish close to home.

Football (soccer)

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance.
- Participants must bring their own equipment from home - no rented or borrowed equipment
- No ball contact with face or head permitted.

Golf

- Outdoor activity only
- Shared facilities closed
- Activity between no more than two people (or members of your household) permitted providing participants can maintain 1.5 m distance from each other, and maintain 100 m from all other groups (e.g. only two people should be playing a single hole at a time)
- Driving ranges are not permitted to operate
- Participants must bring their own equipment from home - no rented or borrowed equipment

Gymnastics

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance
- No shared equipment.

Handball

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance.
- Participants must bring their own equipment from home - no rented or borrowed equipment

Horse trail riding

- Allowed
- No more than two people (or members of your household), maintaining 1.5 metres distance
- No shared equipment.

Judo

- Outdoor activity only
- Non-contact shadow training with coach
- No more than two people (or members of your household), maintaining 1.5 metres distance
- No shared equipment.

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Karate

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance
- Shadow sparring
- Non-contact technical work with coach
- No shared equipment.

Lawn Bowls

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance bowling on a rink at one time
- Shared facilities closed
- No shared equipment and hygiene practises in place.

Modern Pentathlon

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance
- Swimming — open water only (unless at home)
- Laser run practice with no more than two people (or members of your household), maintaining 1.5m between you
- No shared equipment.

Motor Sports

- Full training while maintaining 1.5m distance
- No more than two people (or members of your household)
- No shared equipment.

Mountain Bike Riding

- No more than two people (or members of your household)
- Every rider needs to maintain at least 1.5 metres beside each bike when riding side by side on wider trails
- No rental or shared equipment.

Netball

- Outdoor training activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance.
- Participants must bring their own equipment from home - no rented or borrowed equipment

Orienteering

- Allowed
- No more than two people (or members of your household), maintaining 1.5 metres distance
- No shared equipment.

Para-Athletes Sports (General)

- Para-athletes may require individualised consideration and assessment. Some para-athletes will have medical conditions that will require detailed planning and consultation with their regular treating medical team prior to a return to formal training

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- Specific para-athlete equipment (e.g. wheelchairs, prostheses) will require regular cleaning (for all levels).

Rafting

- Allowed
- No more than two people (or members of your household), maintaining 1.5 metres distance
- No rental or sharing equipment.

Rowing

- No more than two people (or members of your household), maintaining 1.5 metres distance
- Outdoor resistance training sessions and ergometer training placed more than 1.5 metres apart
- No shared equipment

Rugby League

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance.
- Participants must bring their own equipment from home - no rented or borrowed equipment

Rugby Sevens

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance.
- Participants must bring their own equipment from home - no rented or borrowed equipment

Rugby Union

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance.
- Participants must bring their own equipment from home - no rented or borrowed equipment

Sailing

- Outdoor activities only
- No more than two people (or members of your household), maintaining 1.5 metres distance.
- No shared equipment

Shooting

- Continuation of athlete-led preparation at home
- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance
- No shared equipment

Skateboarding

- No more than two people (or members of your household), maintaining 1.5 metres distance
- No shared equipment
- No public skate parks open.

Snorkelling

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance

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- No rental or shared equipment.
- You cannot travel outside of metropolitan Melbourne or the Shire of Mitchell to undertake this activity.

Softball

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance.
- Participants must bring their own equipment from home - no rented or borrowed equipment.
- No sharing of helmet or protective equipment

Sport Climbing

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance
- No shared equipment.

Surfing

- Allowed
- No more than two people (or members of your household)
- Maintain at least 1.5 metres between surfers in the water
- Surf close to home.

Swimming

- Open water only (unless at home)

Table Tennis

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance.
- Participants must bring their own equipment from home - no rented or borrowed equipment

Taekwondo

- Outdoor activity only
- Non-contact technical work with coach
- No more than two people (or members of your household), maintaining 1.5 metres distance
- No shared equipment.

Tennis

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance.
- Participants must bring their own equipment from home - no rented or borrowed equipment

Triathlon

- Avoid cycling in slipstream of others
- No more than two people (or members of your household), maintaining 1.5 metres distance
- Open water only (unless at home)
- No shared equipment

Volleyball

- Outdoor activity only

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- No more than two people (or members of your household), maintaining 1.5 metres distance.
- Participants must bring their own equipment from home - no rented or borrowed equipment

Water Polo

- Open water only (unless at home)
- Non-contact skills training
- Activity between no more than two people (or members of your household) permitted providing participants can maintain 1.5 m distance and ensure no sharing of equipment.

Weightlifting

- Outdoor activity only (unless training at home)
- No more than two people (or members of your household), maintaining 1.5 metres distance.
- No shared equipment.

Wheelchair Basketball

- Outdoor activity only where it is safe to do so
- Activity between no more than two people (or members of your household) permitted providing participants can maintain 1.5 m distance and ensure no sharing of equipment.

Wheelchair Rugby

- Outdoor activity only where it is safe to do so
- Activity between no more than two people (or members of your household) permitted providing participants can maintain 1.5 m distance and ensure no sharing of equipment.

Winter Sports (snow skiing/snowboarding)

- Outdoor activity only
- No more than two people (or members of your household), maintaining 1.5 metres distance
- Use of acrobatic facilities such as trampoline, bungee and water ramp permitted providing there is no sharing of equipment
- You cannot travel outside of metropolitan Melbourne or the Shire of Mitchell to undertake this activity.

Wrestling

- Outdoors activity only including solo mat-based drills (e.g. weighted bags)
- Non-contact skills training. Resistance training in home gym
- No more than two people (or members of your household), maintaining 1.5 metres distance.
- No shared equipment.

Zip Lines

- Not allowed

The overarching general rules for permitted community and recreation activities outlined at the beginning of this document also apply to the following:

- Darts
- Tenpin bowling
- Cue sports (billiards, snooker)
- Croquet
- Bocce



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- Dance sport
- Bull riding
- Cheerleading
- Crossfit
- Lacrosse
- BMX
- Squash
- Roller Derby
- Any other sports