

## Advice for COVID-19 restrictions from Monday 11 October 2021

From Monday 11 October 2021, eased restrictions in NSW will allow those who are fully vaccinated to have additional freedoms. Some of the restrictions relating to the sport and recreation sector have been summarised below.

### Outdoor sport or exercise

#### For fully vaccinated adults (aged 16 years and over):

- The Public Health Order states that people can undertake outdoor sport and exercise at gatherings in **groups of up to 20**. This figure includes participants, coaches and support staff and spectators/parents.
- Unvaccinated children 15 and under may participate in outdoor public gatherings for sport and exercise and count towards the total number of people.
- **This will enable community sport training activities that are compliant with the Public Health Order to take place.**
- **It is recommended organisations have a COVID-19 Safety Plan in place.**
- A child (15 years and under) is **not** required to be accompanied by an adult member of the household. As noted above, all adults attending the gathering must be fully vaccinated.

**If you're fully vaccinated and live in Greater Sydney** (including the Central Coast, Wollongong, Shellharbour and the Blue Mountains) you:

- can travel anywhere within Greater Sydney
- cannot travel to regional NSW for holidays or recreation.

**If you're fully vaccinated and live in Regional NSW** you:

- can travel anywhere in regional and rural NSW
- cannot travel to Greater Sydney (including the Central Coast, Wollongong, Shellharbour and the Blue Mountains) for holidays or recreation.

#### Proof of vaccination can be provided via:

- COVID-19 digital certificate in the Express Plus Medicare app
- COVID-19 digital certificate in your smartphone wallet
- COVID-19 digital certificate on a Medicare online account through MyGov
- COVID-19 digital certificate – printed
- Immunisation history statement shown on a Medicare online account through MyGov
- Immunisation history statement – printed

#### Medical exemption

- COVID-19 medical clearance notice shown as a digital pdf or printed copy
- COVID-19 medical exemption form shown as a printed copy. Must be signed by a doctor.

These rules will be in place until at least Monday 25 October and will be reviewed once the Public Health Order for the 80% double vaccination target is released.

**Full community sport competitions can return for those who are fully vaccinated when NSW reaches the 80 per cent fully vaccinated level which is anticipated to be by late October at current vaccination rates. You can find more information on the planned further easing of restrictions at <https://www.nsw.gov.au/covid-19/easing-covid-19-restrictions>**

**Further health advice around competitions will be confirmed when Health advice is available.**

Please visit → <https://www.sport.nsw.gov.au/covid-19-information#70-percent> for more information.