

August 16: COVID-19 Lockdown Rules Update

Reasons I am allowed to cycle	LGAs of Concern: Bayside, Burwood, Blacktown, Campbelltown, Cumberland, Canterbury-Bankstown, Fairfield, Georges River, Liverpool, Parramatta Strathfield LGAs & some suburbs of Penrith LGA.	The rest of Greater Sydney and all of regional NSW
To Get a COVID Test	Yes	Yes
Attend a vaccination appointment	Yes	Yes
Go to a doctor's appointment	Yes	Yes
Donate blood	Yes	Yes
To do the grocery shop or obtain medical supplies for my household, no more than 1 person per household, once a day	Yes - but only within 5km of my home, or the nearest location if goods are unavailable within 5km	Yes - but only within your LGA or within 5km of your home. You must not enter a LGA of concern.
Travel to provide care	Yes	Yes
Attend work or education	Yes – but only if your job is in the LGA you live in and your workplace is allowed to be open or you are allowed to leave your LGA because you are an authorised worker.	Yes - but only if you cannot work or study from home
To pick up or drop off my child at childcare, or to visit a parent or sibling they do not live with	Yes	Yes
Undertake legal obligations, deal with an emergency, avoid injury, view or inspect real property for sale or lease or participate in an auction, or attend a small funeral	Yes	Yes
Exercise on my bike alone, with 1 other person not from my household, or with only members of my household*	Yes - but you must stay within 5km of your home.	Yes - but you must stay within your LGA or 5km of your home.
Put bike on the back of car to take to a park to exercise	Yes - but you must stay within 5km of your home and only travel in the vehicle with members of your household or registered singles buddy	Yes - but you must stay within your LGA or 5km of your home and only travel in the vehicle with members of your household or registered singles buddy
Outdoor Recreation*	No - but you can supervise a child under 12 who is playing or exercising	Yes - but only within your LGA or, if you need to cross into another LGA, stay within 5km of your home
To travel to meet the person in my singles bubble	Yes – but the person you pair with must live within 5km of your home and within the LGA and the singles bubble must be registered from 21/8/2021	Yes - but only with someone within 5km of your home and not from the LGAs of concern and registration is not currently required
Mask rules**	Must wear a mask covering your nose and mouth if you are over 12 whenever you are outside your home. You do not have to wear it while engaging in strenuous physical exercise outside.	Everyone over the age of 12 is legally required to bring a mask that covers your nose and mouth when leaving the home. It must be worn indoors, in queues outdoors and some workplaces, but not required to wear when riding
Identification rules	You must carry proof of address (18+)	You must carry proof of address (18+)

*People who live outside the LGAs of concern can still enter those areas for exercise, so long as they are no further than five kilometres from their home. People outside of Greater Sydney also can't enter Greater Sydney or LGAs of concern for exercise or outdoor recreation.

**If you have a special exemption from wearing a mask you need to carry a medical certificate or Statutory Declaration providing evidence of this and produce it if asked by a Police officer.