

August 9: COVID-19 Lockdown Rules Update

Reasons I am allowed to cycle	LGA of Concern	Stay At Home	Other Areas of NSW
What Applies To Me	Blacktown, Campbelltown, Canterbury-Bankstown, Cumberland, Fairfield, Georges River, Liverpool or Parramatta & some suburbs of Penrith.	The rest of Greater Sydney, the Hunter, Upper Hunter, Armidale and Tamworth	Other Areas Of NSW
To Get a COVID Test	Yes	Yes	Yes
Attend a vaccination appointment	Yes	Yes	Yes
Go to a doctor's appointment	Yes	Yes	Yes
Donate blood	Yes	Yes	Yes
To do the grocery shop for my household, no more than 1 person per household, once a day	Yes - but only within 5km of my home (unless goods are unavailable, then they can be purchased from the closest place)	Yes - but within my LGA or 10km of my home	Yes - but do not enter areas of concern, where possible
Obtain medical supplies	Yes - but only within 5km of my home (unless goods are unavailable)	Yes - but within my LGA or 10km of my home	Yes - do not enter Greater Sydney unless supplies unavailable outside
Travel to provide care	Yes	Yes	Yes
Attend work or education	Yes – but 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	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 they do not live with	Yes	Yes	Yes
Undertake legal obligations, deal with an emergency or attend a small funeral	Yes	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. We advise not to cross the border into a less restricted LGA, even if it's within your 5km radius.	Yes - but stay within my LGA or within a 10km of my home. We advise not to cross the border into a more restricted LGA, even if it's within your 10km radius.	There is no limit to the number of people who can exercise together outside, however do not enter Greater Sydney.
Put bike on the back of car to take to a park to exercise	Yes - but you must stay within 5km of your home	Yes – but stay within my LGA or within a 10km of my home	Yes but do not enter areas of concern, where possible
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. You can't form a bubble with anyone outside the 8 LGAs.	Yes - but only with someone within Greater Sydney and not from the 8 LGAs	No singles bubble required. You may ride to visit others but no more than 5 visitors are allowed in your home.
Mask rules*	Must wear a mask if you are over 12 whenever you are outside your home, but not if cycling 'strenuously'.	Everyone over the age of 12 is legally required to bring a mask when leaving the home. It must be worn indoors or in queues outdoors, but not required to wear when riding	Not needed when riding but pack it because you must wear a mask if you are over 12 in a range of transport, residential common areas, non residential indoor settings and some outdoor settings
Identification rules	You must carry proof of address	You must carry proof of address	You don't have to carry proof.

*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.