

September 20: COVID-19 Lockdown Rules Update

Reasons I can cycle	Local Government Areas of Concern*	Greater Sydney Now not including Central Coast and Shoalhaven	Regional and rural NSW still under restrictions**	Low risk areas of regional and rural NSW
To Get a COVID Test	Yes	Yes	Yes	Yes
Attend a vaccination appointment	Yes	Yes	Yes	Yes
Go to a doctor's appointment	Yes	Yes	Yes	Yes
Donate blood	Yes	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 your LGA or within 5km of your home.	Yes - but only within your LGA or within 5km of your home. You must not enter a LGA of concern.	Yes - but only within your LGA or within 5km of your home. Do not enter Greater Sydney without a reasonable excuse.	Yes - no shopping trip limits. Do not enter Greater Sydney without a reasonable excuse.
Obtain medical supplies	Yes - but only within your LGA or within 5km of your home.	Yes - but only within your LGA or within 5km of your home. You must not enter a LGA of concern.	Yes - but only within your LGA or within 5km of your home. Do not enter Greater Sydney without a reasonable excuse.	Yes - no trip limits. Do not enter Greater Sydney without a reasonable excuse.
Obtain supplies not considered essential such as hardware, garden supplies, rural supplies and pet-food	Click and collect only	Yes - can shop in store	Yes - can shop in store	Yes - can shop in store
To borrow and return library items	Click and collect only	Click and collect only	Click and collect only	Attend as normal in line with COVID-19 safety plan
Travel to provide care	Yes	Yes	Yes	Yes
Attend work All: Permits required to leave from 28/8/2021	Yes – only if your job is in the LGA you live in & your workplace is <u>allowed to be open</u> or you are allowed to leave your LGA because you are an <u>authorised worker</u> .	Yes - Testing and <u>permit</u> requirements in place for people travelling more than 50km outside Greater Sydney to work.	Yes	
Attend education	Only schools or face to face education run by NSW Health if you cannot learn from home. Return to face-to-face learning from: 25 October – Kindergarten, Year 1, Year 12 full-time 1 November – Year 2, 6 and 11 8 November – Year 3, 4,5, 7, 8, 9 and 10	Yes - but only if you cannot learn from home Return to face-to-face learning from: 25 October – Kindergarten, Year 1, Year 12 full-time 1 November – Year 2, 6 and 11 8 November – Year 3, 4,5, 7, 8, 9 and 10	Yes - but only if you cannot learn from home. Return to face-to-face learning from: 25 October – Kindergarten, Year 1, Year 12 full-time 1 November – Year 2, 6 and 11 8 November – Year 3, 4,5, 7, 8, 9 and 10	Yes - attendance in person for everyone with COVID-safe measures in place
To pick up or drop off my child at childcare, or to visit a parent they do not live with, to provide childcare	Yes	Yes	Yes	Yes
Undertake legal obligations, deal with an emergency or attend a small funeral	Yes	Yes	Yes	Yes

Exercise on my bike alone, with 1 other person not from my household, or with members of my household	Yes - but you must stay within your LGA or 5km of your home. Exercise outdoors with 4 other people if you are all fully vaccinated or 2 if anyone is not.	Yes - but you must stay within your LGA or 5km of your home. Exercise outdoors with 4 other people if you are all fully vaccinated or 2 if anyone is not.	Yes - but you must stay within your LGA or 5km of your home. Exercise outdoors with 4 other people if you are all fully vaccinated or 2 if anyone is not. Do not enter Greater Sydney without a reasonable excuse.	Yes - Do not enter Greater Sydney without a reasonable excuse. Exercise outdoors with 4 or up to 20 other people if you are all fully vaccinated may be allowed, but we do not have confirmation
Put bike on the back of car to take to a park to exercise	Yes - but only within your LGA or, if you need to cross into another LGA, stay within 5km of your home. Only travel with your household members or bubble buddy.	Yes - but only within your LGA or, if you need to cross into another LGA, stay within 5km of your home. Only travel with your household members or bubble buddy.	Yes - but only within your LGA or, if you need to cross into another LGA, stay within 5km of your home. Only travel with your household members or bubble buddy.	Yes Do not enter Greater Sydney without a reasonable excuse.
Supervise a child under 12 to play	Yes - but you must stay within your LGA or 5km of your home.	Yes - but you must stay within your LGA or 5km of your home.	Yes - but you must stay within your LGA or 5km of your home.	Yes
Ride to my local public swimming pool - once their COVID-safe plan is in place	Yes	Yes	Yes	Yes
To travel to meet the person in my singles bubble	Yes – but the person you pair with must live within Greater Sydney.	Yes – but the person you pair with must live within Greater Sydney	Yes - but only with someone your LGAs	No singles bubble applies, up to 5 visitors allowed at home (not including children under 12).
Recreation	People who have received both doses of a COVID-19 vaccine up to 5 fully vaccinated adults can engage in outdoor recreation in their LGA or within 5km of home. Children under 12 are not counted in this total. If adults are unvaccinated only 2 are allowed to gather outside..	People who have received both doses of a COVID-19 vaccine up to 5 fully vaccinated adults can engage in outdoor recreation in their LGA or within 5km of home. Children under 12 are not counted in this total. If adults are unvaccinated only 2 are allowed to gather outside.	People who have received both doses of a COVID-19 vaccine up to 5 fully vaccinated adults can engage in outdoor recreation in their LGA or within 5km of home. Children under 12 are not counted in this total. If adults are unvaccinated only 2 are allowed to gather outside.	You may gather outdoors in groups of up to 20 people.
Mask rules***	Wear a mask in public spaces, if you are over 12, not required whilst exercising.	Wear a mask in public spaces, if you are over 12, not required whilst exercising.	Wear a mask in public spaces, if you are over 12, not required whilst exercising.	Masks required if using public transport, attending an event or indoor area that requires it for their COVID-safety plan.
Identification rules	You must carry proof of address if you leave home and are 16+.	You must carry proof of address if you leave home and are 16+.	You must carry proof of address if you leave home and are 16+.	It is unclear whether identity rules remain in place but we advise you to carry it until this rule is repealed.

* Local Government Areas of Concern are Bayside, Blacktown, Burwood, Campbelltown, Canterbury-Bankstown, Cumberland, Fairfield, Georges River, Liverpool, Parramatta, Strathfield LGAs & some suburbs of Penrith.

** Albury, Bathurst, Bourke, Brewarrina, Broken Hill, Central Coast, Central Darling, Cessnock, Cowra, Dubbo, Eurobodalla, Gilgandra, Glen Innes, Goulburn, Hilltops, Mulwarre, Kiama, Lake Macquarie, Lismore, Lithgow, Maitland, Mid-Coast, Mid-Western, Narromine, Newcastle, Orange, Port Stephens, Queanbeyan-Palerang, Shellharbour, Shoalhaven, Walgett, Wingecarribee and Yass Valley.

***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.