

#### Stage 4 Restrictions Metro Melbourne

From 2 August, a curfew will be in place in metropolitan Melbourne. Curfews will be in operation from 8pm to 5am every evening, with people only allowed to leave their house for work, and essential health, care or safety reasons.

From 5am – 8pm, you can only leave your home for one of the following four reasons:

#### Necessary goods and services:

- To shop for necessary goods and services.
- You can only travel up to 5km from your home. You should stay as close to your home as possible, for example shopping at the nearest supermarket. For some people the nearest goods and services will be more than 5km away. In this situation you may travel beyond 5km to the nearest provider.
- Only one person per household can leave home to get necessary goods and services and only once a day (this means you can't do multiple shopping trips in a day). You should limit the time you spend away from home. If you are unable to leave home because it would mean leaving a young child or at-risk person at home unattended then they may accompany you.

#### Exercise:

- You can leave home to exercise but there are limits:
- You must not travel more than 5km from where you live to exercise.
- You can exercise with one other person you live with or a friend or family member, as long as neither of you travel more than 5km from your home. Please use common sense and limit the number of people you see in person right now. It is safer to connect with friends and family using phone calls, social media and video calls. If you are exercising with someone else, you should keep 1.5 metres distance between you. Don't hug, kiss or shake hands.
- You must limit your exercise to once a day and for only one hour.
- If you are a parent or guardian who is caring for a young child or someone who cannot be left unattended then they may accompany you.

#### Changes to exercise from stage 3:

- Community sport: closed
- Indoor sport and recreation: closed.
- Outdoor sport: only allowed to exercise with one other person or a member of your household.
- Recreation: activities such as fishing, golf, boating, tennis, surfing and drive range shooting are **not** allowed.
- Outdoor sporting facilities: closed.
- Swimming pools: closed.
- Playcentres: closed.
- Playgrounds: closed.

#### Can I use sports club facilities?

- All club facilities are closed for member and public use
- Club restaurants and cafes open for take away and delivery only.

#### **Marinas and Yards (state government answers to specific questions in this area)**

- Marina staff and boat owners that must access boats for emergency and essential matters can do so.  
*Allowed but with COVID Safe Plans. **Stage 4 Restrictions Transport, Other Services***
- Marina staff accessing for maintenance / preventative environmental reasons.  
*Allowed but with COVID Safe Plans. **Stage 4 Restrictions Transport, Other Services***
- Marinas providing staff for emergency response capability in the event of medical emergency, fire, oil spill, vessel sinking or the like.  
*Allowed but with COVID Safe Plans. **Stage 4 Restrictions Transport, Other Services***
- Marinas providing staff for supervision and protection of the vessels stored within the marina.  
*Allowed but with COVID Safe Plans. **Stage 4 Restrictions Transport, Other Services***
- Fuel services should remain open and supported in the case of emergency and essential services.  
*Allowed but with COVID Safe Plans. **Stage 4 Restrictions Transport, Other Services***
- Boats for sale in marinas and at on-water dealerships need care and attention. They cannot be neglected for weeks. It is assumed that these business operators can attend on-site, work on-line, and protect the boats they are selling.  
*Allowed but with COVID Safe Plans. **Stage 4 Restrictions Transport, Other Services***

#### **Sailing and Boating Specific Summary:**

- All forms of sailing and boating are **NOT** allowed

Please be assured AS is working hard to get as much information to you as we can and as quickly as we can. However, we do need to ensure we give you accurate advice. We will continue to communicate with you as further information comes to hand, in the meantime more information can be found at <https://www.dhhs.vic.gov.au/victorias-restriction-levels-covid-19>