



## DSMRA COVID-19 Riding requirements

As at 30.05.2020 these are the COVID-19 riding requirements. Please note this screen will be shown every time you search for a ride.

These rules have been extracted from the Outdoor Council Of Australia, the national peak advocacy body for organisations and individuals who participate in outdoor recreation. For further information you can visit ["http://www.outdoorcouncil.asn.au/news/oca-framework-for-rebooting-outdoor-activities-in-a-covid-19-environment/"](http://www.outdoorcouncil.asn.au/news/oca-framework-for-rebooting-outdoor-activities-in-a-covid-19-environment/)

### DSMRA COVID-19 general rules:

- Follow all directives from your relevant State/ Territory or Local Government authority travel to and from the trails.
- Practice good hygiene before, during & after activity.
- No sharing of personal gear or equipment.
- Strictly 1.5m between parked vehicles and individuals
- No congregating in the car park Limit congregating on the trails, at trail junctions & trailheads
- Maintain your 4 square metre space. That is one meter front, rear and to each side of you.
- Stay at home if you are unwell.

### STAGE One Restrictions

<b><i>Social rides</i></b>	<b><i>Club meetings</i></b>
As per general rules, plus: <ul style="list-style-type: none"> <li>- ride in groups of no more than 10 or as per your State/Territory and/or local government directions</li> <li>- Maintain at least 1.5m between coach/instructor and participants or between participants.</li> <li>- One person per 4m<sup>2</sup>.</li> <li>- Strict maintenance of hand hygiene using hand sanitiser before, during and after activity.</li> <li>- No sharing of communal facilities.</li> <li>- No social gatherings.</li> <li>- Spitting and clearing of nasal/respiratory secretions strongly discouraged.</li> <li>- Sanitise equipment pre &amp; post individual use.</li> <li>- If required, online registration only</li> </ul>	Face to face club meetings should be avoided.

## STAGE Two Restrictions

<p>As per general rules, plus:</p> <ul style="list-style-type: none"><li>- ride in groups size as per your State/Territory and/or local government directions</li><li>- maintain at least 1.5m between riders</li><li>- limit gatherings to sharing of ride instructions</li><li>- Maximum group size of 20 participants.</li><li>- Maintain at least 1.5m between between participants.</li><li>- One person per 4m<sup>2</sup>.</li><li>- Strict maintenance of hand hygiene using hand sanitiser before, during and after activity.</li><li>- No sharing of communal facilities.</li><li>- No social gatherings.</li><li>- Spitting and clearing of nasal/respiratory secretions strongly discouraged.</li><li>- Sanitise equipment pre &amp; post individual use.</li><li>- If required, online registration only.</li></ul>	<p>Face to face club meetings should be limited to group size as per your State/Territory and/or local government directions.</p>
--	---

## STAGE Three Restrictions

<p>As per general rules, plus:</p> <ul style="list-style-type: none"><li>- Group size and participant to coach ratios as per relevant ride requirements {no particular limit)</li><li>- Maintain at least 1.5m between between participants.</li><li>- One person per 4m<sup>2</sup>.</li><li>- Strict maintenance of hand hygiene using hand sanitiser before, during and after activity.</li><li>- No sharing of communal facilities.</li><li>- Limit unnecessary gatherings before &amp; after activity.</li><li>- Spitting and clearing of nasal/respiratory secretions strongly discouraged.</li><li>- Sanitise equipment pre &amp; post individual use.</li><li>- If required, online registration only</li></ul>	<p>Face to face club meetings can be held if social distancing requirements and/or other relevant state/territory and/or local government directions can be met.</p>
---	--

---

## Local Health State or Territory Government Contacts

<https://www.health.gov.au/about-us/contact-us/local-state-and-territory-health-departments>

### **Australian Capital Territory Department of Health**

Contact for the Australian Capital Territory Government's Department of Health.

Business hours

[02 5124 9213](tel:0251249213) [ACT Health](#)

---

### **New South Wales Department of Health**

Contact for the New South Wales Government's Department of Health.

[1300 066 055](tel:1300066055) [NSW Health](#)

### **Northern Territory Department of Health**

Contact for the Northern Territory Government's Department of Health.

[08 8922 8044](tel:0889228044) [Department of Health Northern Territory](#)

### **Queensland Department of Health**

Contact for the Queensland Government's Department of Health.

13HEALTH

[13 432 584](tel:13432584) [Queensland Health](#)

### **South Australian Department of Health**

Contact for the South Australian Government's Department of Health.

[1300 232 272](tel:1300232272) [SA Health](#)

### **Tasmanian Department of Health**

Contact for the Tasmanian Government's Department of Health.

[1800 671 738](tel:1800671738) [Department of Health and Human Services Tasmania](#)

### **Victorian Department of Health**

Contact for the Victorian Government's Department of Health.

[1800 675 398](tel:1800675398) [Department of Health and Human Services Victoria](#)

### **Western Australian Department of Health**

Contact for the Western Australian Government's Department of Health.

[WA Health](#)

*Disclaimer:* information contained in this document is based on the Australian Government's 3 Step Framework for a COVID-SAFE Australia and the AIS Framework for Rebooting Sport in a COVID-19 Environment as at 13 May 2020.

Users of this information MUST refer to their relevant State/Territory or Local Government for up-to-date directives that are applicable to their location and where necessary, relevant DSMRA policies and procedures.