

Physical distancing

- Ensure the number of people in a facility does not exceed one person per 4 square metres (including staff).
- Ensure sport and recreation activities (including fitness, health and dance classes) have no more than 20 participants, plus the instructor and any assistants, per space and comply with one person per 4 square metres.
- Ensure activities are non-contact as much as practical. Accidental contact may occur but no deliberate body contact drills.
- Ensure any spectators comply with 1.5 metres [physical distance](#) where practical, such as through staggered seating. Household contacts are not required to distance.
- Move or block access to equipment to support 1.5 metres of [physical distance](#) between people.
- Assess the safe capacity of communal facilities such as showers, change rooms and lockers. Communicate this at their entrance and have strategies in place to reduce crowding and promote [physical distancing](#).
- Where practical, stagger the use of communal facilities. Strongly encourage visitors to shower/change at home where possible.
- Reduce crowding wherever possible and promote [physical distancing](#) with markers on the floor, including where people are asked to queue.
- Have strategies in place to manage gatherings that may occur immediately outside the premises.
- Minimise co-mingling of participants from different activities and timeslots where possible.
- Have strategies in place to manage gatherings that may occur immediately outside the premises, such as with drop off and pick up zones or staggered class start times.
- Implement measures to prevent crowding, such as limiting the number of swimmers to 3 per lane and ensuring [physical distancing](#) for adult swim classes (which can have up to 20 participants).
- For children's swim classes, take reasonable steps to ensure parents supervising or supporting children are [physically distancing](#).
- Saunas and spa pools should have no more than 20 people inside at any one time or up to one person per 4 square metres, whichever is the lesser. If capacity cannot be closely monitored then these facilities should remain closed.
- Steam rooms are higher risk and should have no more than 20 people inside at any one time or up to one person per 4 square metres, whichever is the lesser. Clean steam rooms with a [detergent and disinfectant](#) several times per day, should the facility choose to open them for use.
- Use telephone or video platforms for essential staff meetings where practical.
- Review regular business deliveries and request contactless delivery and invoicing where practical.
- Ensure any communal areas where people gather, such as BBQ or kitchen facilities, maintain capacity limits of one person per 4 square metres and appropriate [physical distancing](#).