

တၢ်သိၣ်တၢ်သီဘၣ်ထွဲတၢ်လိာ်ခိၣ်လိာ်ကွဲး ဇီးနီၣ်ခိတၢ်ဟူးတၢ်ဂဲၤ လၢခိၣ်ရိနၢ်တၢ်ဆါတၢ်ဖိၣ်ယံးဖိၣ်ယီၣ် (၃)ပတီၢ်တပတီၢ်အပူၤ (Rules regarding sport and physical activity in stage 3 restrictions)



စးထီၣ်ဖးဖီမ့ၢ် ၁၁း၅၉, မ့ၢ်သၢနၤ လါအီကူၣ် (၅)သီ ၂၀၂၀ န့ၣ် ဘဲဒံၣ်ကိၣ်ကကွၤအိၣ်ကဒီးလၢတၢ်သိၣ်တၢ်သီလၢအဖိၣ်ယံး တၢ် (၃)ပတီၢ်တပတီၢ်လၢအသီတဘျီန့ၣ်လီၤ.

လၢပှၤလၢအိၣ်လၢဝံးထီၣ်ရံၤယါအဝုၢ်ချၢသ့ၣ်တဖၣ်အဂီၢ်တၢ်သိၣ်တၢ်သီဘၣ်ထွဲတၢ်လိာ်ခိၣ်လိာ်ကွဲးဇီးတၢ်နီၣ်ခိတၢ်ဟူးတၢ်ဂဲၤအဂီၢ် မ့ၢ်ဒ်လၢအသီးန့ၣ်လီၤ-

- တၢ်ဂဲၤလိာ်ကွဲးလၢတၢ်သ့ၣ်ထီၣ်ပူၤအလီၢ်လၢအဟံၣ်ယုၣ်ဒီးတၢ်ဂဲၤကွဲး 'Gyms' , တၢ်လိာ်ကွဲးတၢ်မၤလိာ်ဒီး တၢ်ဖိၣ်ထံလီၤသ့ၣ် တဖၣ်ကပံးဝဲဒၣ်န့ၣ်လီၤ.
- ပှၤတတၢ်တၢ်လိာ်ကွဲးတၢ်မၤလိာ်ဒီးတၢ်ပြၢသ့ၣ်တဖၣ်တၢ်မၤအီၤတသ့လၢၤဘၣ် (တၢ်အံၤဟံၣ်ယုၣ်ဝဲဒၣ်ဒီးဖျၢၣ်ထူဒီး ဖျၢၣ်ယၢန့ၣ်လီၤ).
- နမၤနီၣ်ခိတၢ်ဟူးတၢ်ဂဲၤ မ့တမ့ၢ်န့ၣ်လိာ်ကွဲးလၢတၢ်ချၢယုၣ်ဒီးပှၤဂၤသ့ၣ်ထဲတဂၤ မ့တမ့ၢ်ယုၣ်ဒီးနဟံၣ်ဖိယီဖိသ့ဝဲဒၣ် န့ၣ်လီၤ. နကဘၣ်အိၣ်ယံၤသးဒီးပှၤဂၤအစ့ၤကတၢၢ် (၁၀၅)မံထၢၣ်န့ၣ်လီၤ. တၢ်အံၤအဒိပညီမ့ၢ်ဝဲ နထံၣ်လိာ်ဖိၣ် သးလၢကရူၢ်ဒီးနတံၤသကိးလၢကထူဖျၢၣ်ထူ မ့တမ့ၢ်ဂဲၤဖျၢၣ်ယၢအဂီၢ်တသ့ဘၣ်န့ၣ်လီၤ.
- တၢ်လိာ်ခိၣ်လိာ်ကွဲးအလီၢ်လၢတၢ်ချၢတနီၤကဘၣ်တၢ်ပံးကွံာ်အီၤန့ၣ်လီၤ.
- နမၤနီၣ်ကစၢ်တၢ်ဂဲၤလိသ့သးတၢ်မၤလိသ့ ဘၣ်ဆၣ်သ့ဒၣ်ထဲ(၂)ဂၤ, ဟံၣ်ယုၣ်အါထီၣ်ဒီးပှၤသိၣ်လိတၢ်တဂၤသ့န့ၣ်လီၤ.
- နကြၢၤမၤနီၣ်ခိတၢ်ဟူးတၢ်ဂဲၤ ဒီးသ့တၢ်မၤမ့ၢ်သးအလီၢ်လၢအဘူးကတၢၢ်ဒီးနဟံၣ်သ့ၣ်တဖၣ်န့ၣ်လီၤ.

ယဘၣ်ဖျိၣ်တၢ်ကးဘၢနီၣ်ကိာ်ပူၤဖဲယမၤနီၣ်ခိတၢ်ဟူးတၢ်ဂဲၤခါစ့ၢ်ကိးခါ.

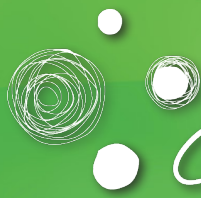
Do I have to wear a face covering while exercising?

နမ့ၢ်မၤနီၣ်ခိတၢ်ဟူးတၢ်ဂဲၤလၢနကသၢတဘျီဘၣ်မ့တမ့ၢ်ကသါဆဲးဖိုး, ဒ်အမ့ၢ်တၢ်ဟီၣ်လုၣ်ဟီၣ် မ့တမ့ၢ်တၢ်ဟ့ၢ်လိာ်ကွဲးန့ၣ် တလိၣ်နဖျိၣ်တၢ်ကးဘၢနီၣ်ကိာ်ပူၤဘၣ်. နကဘၣ်စိာ်ယာ်တၢ်ကးဘၢနီၣ်ကိာ်ပူၤဒီးနၤ ဒီးဖျိၣ်အီၤဖဲတချုးနဂဲၤဒီးဂဲၤဝံၤ အလီၢ်ခံအခါန့ၣ်လီၤ.

နမ့ၢ်မၤနီၣ်ခိတၢ်ဟူးတၢ်ဂဲၤလၢနကသၢဘျီမ့တမ့ၢ်တလိၣ်နကသါဆဲးဖိုးဘၣ်န့ၣ် နဘၣ်ဖျိၣ်တၢ်ကးဘၢနီၣ်ကိာ်ပူၤန့ၣ်လီၤ. မ့တမ့ၢ်လၢနအိၣ်ဒီးတၢ်ဂ့ၢ်တၢ်ကျိၤလၢတၢ်အိၣ်ဆူၣ်အိၣ်ချအယီဘၣ်န့ၣ် ဖဲနဟးအခါနဘၣ်ဖျိၣ်ဝဲဒၣ်တၢ်ကးဘၢနီၣ်ကိာ်ပူၤ န့ၣ်လီၤ.

ဝံသးစူၤကွၢ်ဆူညါတကဘျးလၢနကဒီးန့ၣ်ဘၣ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤအဂီၢ်.

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ယဟးထီၣ်လၢဟံၣ်ပူၤလၢကလဲၤမၤနီၣ်ခိတ်ဟူးတၢ်ဂဲၤလၢတၢ်ချၢသ့ၣ်.

Can I leave the house to exercise outdoors?

သ့ၣ်လီၤ - နဟးထီၣ်လၢဟံၣ်ပူၤလၢကလဲၤမၤနီၣ်ခိတ်ဟူးတၢ်ဂဲၤလၢတၢ်ချၢလၢပှၤကမျၢၢ်သ့ၣ်လီၤသ့ၣ်လီၤ. နလဲၤတၢ်ဂၤသ့ၣ်, ယုၣ်ဒီးနဟံၣ်ဖိယီၤသ့ မ့တမ့ၢ်ပှၤလၢအၤတၢ်ဂၤလၢတအိၣ်ယုၣ်ဟံၣ်တဖျၢၣ်ယီၤဒီးနၤသ့ၣ်န့ၣ်လီၤ.

နကြၢးသ့ၣ်ကမျၢၢ်အကရၢၢ်ဒီးလဲၤတၢ်လီၤသ့ၣ်တဖၣ်လၢအဘူးကတၢ်ဒီးနဟံၣ်န့ၣ်လီၤ. တၢ်အံၤဟံၣ်ယုၣ်တၢ်ဟးလိာ်ကွဲ, တၢ်ဟးထီၣ်လိာ်ကွဲကစၢ်လၢခိၣ်, ယီၤလုၣ်ယီၤ, တၢ်ဒီးလိာ်ကွဲလဝီ, တၢ်ဒီးလိာ်ကွဲချံဖိ မ့တမ့ၢ်တၢ်မၤယီၤကၣ် 'Yoga' လၢကမျၢၢ်ကရၢၢ်ပူၤသ့ၣ်န့ၣ်လီၤ.

ယမၤနီၣ်ခိတ်ဟူးတၢ်ဂဲၤယုၣ်ဒီးပှၤဂၤသ့ၣ်စ့ၢ်ကိးခါ.

Can I exercise with others?

နမၤနီၣ်ခိတ်ဟူးတၢ်ဂဲၤလၢတၢ်ချၢဒီးပှၤလၢအိၣ်ညီန့ၣ်ဒီးနၤသ့ၣ်တဖၣ် မ့တမ့ၢ်ပှၤအၤတၢ်ဂၤလၢတၢ်ချၢလၢအိၣ်ယုၣ်ဒီးနၤသ့ၣ်န့ၣ်လီၤ. တၢ်အံၤဟံၣ်ယုၣ်ဒီးတၢ်ဟးလိာ်ကွဲလၢခိၣ်, ဟးယုၤထွံၣ်, မၤယီၤကၣ် 'Yoga' လၢကမျၢၢ်ကရၢၢ်ပူၤ, ယုၣ်လိာ်ကွဲ မ့တမ့ၢ်ယီၤလုၣ်ယီၤန့ၣ်လီၤ. နဒီးနသကိးလၢအဂဲၤယုၣ်ဒီးနၤတၢ်ဂၤလိာ်ဒၣ်ပှၤသိၣ်လိာ်ဖိတၢ်ဂၤသ့ၣ်န့ၣ်လီၤ.

ယဟံၣ်ယုၣ်ဂဲၤလိာ်ကွဲလၢပှၤတၢ်လိာ်ကွဲကျိသ့ၣ်.

Can I participate in community sport?

တသ့ၣ်ဘၣ် - နဟံၣ်ယုၣ်ဂဲၤလိာ်ကွဲလၢပှၤတၢ်လိာ်ကွဲကျိလၢတၢ်လိာ်ကွဲမုၢ်သးအဂီၢ်မုၢ်ဂ့ၤလၢတၢ်ပြၢအဂီၢ်မုၢ်ဂ့ၤတသ့ၣ်ဘၣ်.

ယလဲၤဆူတၢ်လီၤလၢအိၣ်ဘူးဒီးမဲလ်ဘၢၣ်ဝုၢ်လၢကမၤနီၣ်ခိတ်ဟူးတၢ်ဂဲၤအဂီၢ်သ့ၣ်.

Can I travel to metropolitan Melbourne to exercise?

နမ့ၢ်အိၣ်လၢဟံၣ်ကဝီၤလၢအအိၣ်ဘူးဒီးမဲလ်ဘၢၣ်ဝုၢ်အချၢန့ၣ် နလဲၤလၢတၢ်လီၤအံၤလၢနကမၤနီၣ်ခိတ်ဟူးတၢ်ဂဲၤ မ့တမ့ၢ်မၤတၢ်ချၢတၢ်မၤမုၢ်သးတၢ်ဟူးတၢ်ဂဲၤတသ့ၣ်ဘၣ်.

တၢ်ဟံၣ်ပတုၣ်ဝဲဒၣ်ဖိသ့ၣ်တဖၣ်လိာ်ကွဲပျီ ဒီးနီၣ်တလူၣ်ဘ့ၣ်ဘၣ်အလီၢ် 'Skate park' စ့ၢ်ကိးခါ.

Are playgrounds and skate parks closed?

တၢ်ဟံၣ်ပတုၣ်ဝဲန့ၣ်လီၤ - တၢ်လိာ်ကွဲပျီလၢတၢ်ချၢဒီးနီၣ်တလူၣ်ဘ့ၣ်ဘၣ်အလီၢ် 'Skate park' အလီၢ်တဖၣ်တၢ်ပံးဝဲဒၣ်န့ၣ်လီၤ.

ဝံသးစူၤကွၢ်ဆူညါတကဘျးလၢနကဒီးန့ၣ်ဘၣ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိအဂီၢ်.

ယလဲလၢကမျၢ်ကရၢ် 'Park' သ့ဧါ.

Can I go to the park?

သ့ဝဲလီၤ - နလဲလၢကမျၢ်ကရၢ်လၢနကမၤနီၢ်ခိတၢ်ဟူးတၢ်ဂဲၤအဂီၢ် ဧိးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့အဂီၢ်ထဲတၢ်မ့ၢ်ဂ့ၤ, ယုၣ်ဒီးပှၤအဂီၢ်တၢ်မ့ၢ်ဂ့ၤ မ့တမ့ၢ်ဒီးနဟံၣ်ဖိယိဖိလၢအအိၣ်ယုၣ်ညီန့ၣ်ဒီးနၤသ့ဝဲန့ၣ်လီၤ. အဒိ - နမၤလိသးလၢယီၤကၢ် 'Yoga', ဖးလံာ် မ့တမ့ၢ်ဒုတၢ်ဒုတၢ်အူလၢကမျၢ်ကရၢ်ပူၤသ့ဝဲန့ၣ်လီၤ. ဘၣ်ဆၣ်နကဘၣ်ဖျိၣ်တၢ်ကးဘၢနီၣ်ကိာ်ပူၤထီၣ်န့ၣ်လီၤ.

ယဟံၣ်ယုၣ်လၢတၢ်မၤမ့ၢ်သးတၢ်ဟူးတၢ်ဂဲၤအကျါသ့ဧါ.

Can I participate in recreational activities?

သ့ဝဲလီၤ - နဟးထီၣ်လၢဟံၣ်ချၢလၢနကမၤနီၢ်ခိတၢ်ဟူးတၢ်ဂဲၤ ဧိးတၢ်မၤမ့ၢ်သးတၢ်ဟူးတၢ်ဂဲၤလၢတၢ်ဟ့ၣ်အခွဲးသ့ၣ်တဖၣ်လၢ နနီၢ်ကစၢ်ဒၣ်ဝဲ, ယုၣ်ဒီးပှၤလၢအိၣ်ယုၣ်ဒီးနၤတဖၣ် မ့တမ့ၢ်ပှၤလၢတၢ်ချၢအဂီၢ်တၢ်မ့ၢ်သ့ဝဲန့ၣ်လီၤ.

တၢ်အံၤပာ်ယုၣ်ဒီးတၢ်ဝါလိာ်ကွဲးချဲ, ဧိးလိာ်ကွဲးလဝီ, တၢ်ညီလီၤလၢထံကျါ မ့တမ့ၢ်ဖးလံာ်လၢကရၢ်ပူၤသ့ဝဲန့ၣ်လီၤ. တၢ်ကြၢး မၤဝဲဒၣ်နီၢ်ခိတၢ်ဟူးတၢ်ဂဲၤ ဧိးတၢ်မၤမ့ၢ်သးတၢ်ဟူးတၢ်ဂဲၤသ့ၣ်တဖၣ်လၢတၢ်လီၤလၢအဘူးကတၢ်ဒီးနဟံၣ်တတီၤန့ၣ်လီၤ.

Rules regarding sport and physical activity in Stage 3 restrictions

From **11.59pm on Wednesday, August 5, 2020**, regional Victoria will return to Stage 3 Coronavirus restrictions which means for most of us the way we exercise and do physical activity will change.

For those of us living in regional Victoria the rules around sport and physical activity are now:

- Indoor sports centres including gyms, training facilities and pools are closed.
- Community sport training and competition cannot occur. This includes soccer and cane ball.
- You can only exercise or undertake sporting activities outside with one other person or your household members. You must be able to keep at least 1.5 metres distance between yourself and others. This means you cannot meet with a group of friends to kick the soccer ball or play a game of cane ball.
- Some outdoor sport facilities are closed.
- Personal training outdoors can occur but with a limit of two people, plus the instructor.
- You should exercise and use recreational facilities that are closest to your home.

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Do I have to wear a face covering while exercising?

If you are doing exercise or a physical activity where you are out of breath or puffing, such as cycling or running, you do not need to wear a face covering. You must carry a face covering with you and wear it before and after you exercise. If you are doing physical activity where you are not out of breath or puffing then you must wear a face covering. You must wear a face covering while walking, unless you have an approved medical reason not to wear one.

Can I leave the house to exercise outdoors?

Yes. You can leave your home to exercise outdoors in a public space, either alone, with members of your household or with one other person outside your household. You should use the parks and public spaces which are closest to your home. This includes walking, hiking, bike riding, surfing, kayaking or yoga in the park.

Can I exercise with others?

You can exercise outdoors with people who normally live with you or with one other person outside your household. This includes taking a walk or walking the dog, yoga in the park, running, or bike riding. You and your exercise partner can also hire a personal trainer.

Can I participate in community sport?

No. You cannot participate in community sport either for fun or in competition.

Can I travel to metropolitan Melbourne to exercise?

If you live outside metropolitan Melbourne, you cannot travel into this area to exercise or for outdoor recreation.

Are playgrounds and skate parks closed?

Yes. Outdoor playgrounds and skate parks are closed.

Can I go to the park?

Yes. You can go to the park for exercise and for wellbeing by yourself, with one other person or your usual household members. For example, you can do yoga, read a book, or play a musical instrument in a park but you must wear a mask at all times.

Can I participate in recreational activities?

Yes. You can leave home for permitted exercise and recreation activities that are outdoors and can be done by yourself, members of your household, or with one other person. This includes, boating, surfing, recreational diving, learning to drive, or reading in a park. Exercise and recreational activities should be undertaken at the closest available locations to your home.

