

Community Bulletin - COVID-19 Information

YOUR COMMUNITY

Check local rules first!

The NSW Government continues to ease restrictions on activities while focusing on us staying safe while being out and about.

Recent announcements include:

- more than one parent can watch their child play sport
- playing wind instruments, singing and chanting allowed with restrictions
- parents can volunteer in classrooms
- schools can hold camps, excursions and interschool sports
- theatres, cinemas and concert halls can increase their capacity to 50 per cent.

Strict rules apply to the easing of all restrictions, with an emphasis on maintaining 1.5m physical distance between all participants and spectators who don't live together.

Please don't assume your usual activities will go ahead under the easing of restrictions. Some sports associations and venues may not be able to allow all these activities or welcome as many people as the NSW Government has suggested. Check with your venue, club or sports association about events you are planning to attend.

YOUR ACTIVITIES

Seniors centres open

We're delighted some of our most popular venues for older people are reopening their doors.

Our 50+ centres at Gosford and Ettalong will once again host activities from the following dates:

- 7 October – Gosford
- 14 October – Ettalong

Details of all Senior's 50+ Leisure and Learning Centres at centralcoast.nsw.gov.au/facilities

Water fun

Last week we opened a Water Play Park at the Peninsula Leisure Centre, which is sure to be a hit with youngsters.

However, due to COVID restrictions, we need to restrict the numbers using either the Water Play Park or any of our pools at any one time.

This may mean you have to wait before you can enter. We thank you for your patience as we maintain usage limits so we can help keep everyone safe and stop the spread of COVID.

YOUR HEALTH

Testing matters!

With COVID case numbers falling in NSW and very few local cases in recent months, it's easy to become complacent about the likelihood of contracting the virus.

As a result, COVID test numbers have fallen, meaning a local outbreak could occur and remain undetected for many days.

Please seek a free COVID test as soon as you experience any of the following symptoms:

- fever
- cough
- sore throat
- shortness of breath
- runny nose
- loss of taste or smell

To find your closest COVID testing clinic, search 'COVID-19 clinics' at health.nsw.gov.au

Please continue to help prevent the spread of COVID-19 by:

- maintaining physical distancing (at least 1.5m)
- practising good hygiene
- considering wearing a mask
- remaining at home if you are feeling unwell
- self-isolating if you are waiting for test results or had recent contact with a COVID-19 case.

PRESENTED BY



live well
Central Coast

CALLING ALL HEALTH AND WELLBEING BUSINESSES AND PROFESSIONALS ON THE CENTRAL COAST TO BE A PART OF LIVE WELL FESTIVAL 2021.

The event will feature the 4 key health HUBS include



MOVE



EAT



THINK



LOVE YOUR EARTH

Expressions of interest (EOI's) are now open to be involved in the week of programming and on event day as a guest speaker or entertainment in our activity zones.

NSW Government restrictions will be monitored in the lead up to the event with the event format subject to change.

EOI'S CLOSE 2PM FRIDAY, 30 OCTOBER 2020

Find out how you can be involved:
Visit centralcoast.nsw.gov.au/livewellEOI



We're consolidating all former Wyong Shire Council or Gosford City Council policies for the one Central Coast region.

Now on exhibition:

- Temporary Licensing of a Trade or Business on Open Space Areas Policy
- Events on Open Space Areas Policy
- Tree Vandalism Management Policy
- Keeping of Animals Policy
- Smoke-free Outdoor Public Places Policy

Review and submit comments by **29 October 2020** at yourvoiceourcoast.com



yourvoiceourcoast.com