

Restrictions Easing:

Paddle Victoria are pleased to announce on Wednesday 29th September, Victoria will reach the **80% first dose** vaccination target enabling more paddling activity in Melbourne.

For Paddlers in Metropolitan Melbourne the differences will be as per all exercise

- Paddlers must be in groups of two (**for participants who have received one or no vaccine doses**);
- Paddling can commence in groups of four for **participants who are fully vaccinated (from a maximum of two households)**
- Paddlers must reside within **15km** of the paddling site.
- Group coaching can take place with two people (**for participants who have received one or no vaccine doses**), or with up to five people (**if all participants are fully vaccinated**).

The coach is excluded from these numbers but must be fully vaccinated to conduct a session with more than two participants.

- Masks must be worn at all times unless there is a medical reason not to do so. Paddlers can remove masks when vigorous exercise commences.

I will continue to advocate for our sport to the State Government and Department of Health reinforcing the benefits and relative safety of our low-density outdoor sport.

These times have reinforced the deep psychological and social connections an activity like paddling provides.

Get out and enjoy the eased restrictions and check on your paddling friends who may need a nudge to get on the water after such a long break!

Yours in Paddling

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