

# Roadmap to the new normal

## Staged approach to COVID-19

This roadmap to the new normal is based on principles for personal responsibility, physical distancing, and hygiene, which are derived from the best available evidence and advice, applied in the context of the NT.

### Stage 1

Where physical distancing can be maintained at all times. Advise groups of 10 but can be larger if physical distancing is maintained.

1 May 2020

#### Activities such as:

- Attend personal gatherings including markets, weddings and funerals.
- Attend playgrounds, parks and campgrounds outside biosecurity areas.
- Participate in outdoor sports where physical distancing can be maintained including golf and tennis.
- Exercise with other people outdoors
- Go fishing, boating, and sailing with other people
- Conduct and attend a real estate open house inspection or a real estate auction.
- Have visitors to your home.
- Go shopping at leisure.

5 May  
Stage 2 safety  
plan information  
available

### Stage 2

Must be undertaken in less than 2 hours.

15 May 2020

#### Activities such as:

- Serve and consume food or beverages in a shopping centre food court.
- Operate and attend restaurants, cafes, and bars with the consumption of food, excluding gaming activities.
- Participate in organised outdoor training activities for sporting clubs and teams.
- Operate and attend a beauty therapy salon for non-facial services such as nails, massage and tanning.
- Operate and attend a gymnasium.
- Visit a public library, a toy library or indoor playgrounds.
- Operate and attend a place used for religious worship.

18 May  
Stage 3 safety  
plan information  
available

### Stage 3

Activities and services resume with retention of key principles.

5 June 2020

All businesses to have a COVID-19 safety plan by 5 June

#### Activities such as:

- Resume officiating, participating and supporting the playing of team sports such as football, basketball, soccer and netball
- Attend a venue that operates a TAB or gaming facility
- Attend any cinema or theatre, concert hall or nightclub in an approved configuration.
- Attend a bar without food being consumed.
- Provide full range of beauty therapy, and/or cosmetic services including facial care.
- All businesses, facilities and services previously restricted can now resume ensuring adherence to key principles.

#### Biosecurity areas open

Subject to federal government decision.

18 June 2020

Major events will be on a case-by-case basis

# Roadmap to the new normal

## Key principles

### Principles to adhere to

This Roadmap to the new normal is based on principles for personal responsibility, physical distancing and hygiene, which are derived from the best available evidence and advice, applied in the context of the NT.

#### Personal and community responsibility principle

- Ensure you are following these principles in your daily life
- Encourage your family and friends to follow these principles in their daily life
- Take responsibility - it is only if the community work together that we will keep the NT safe.

#### Physical distancing principle

- A minimum space of 1.5 metres between you and other people that aren't from your household
- Reduce the size of gatherings
- If you need to be facing another person (not from your household) and closer than 1.5 metres apart minimise contact to less than 15 minutes.

#### Hygiene principle

- Avoid touching your face and cough and sneeze into a tissue or into your elbow
- Hand washing with soap and water for 20 seconds or use hand sanitiser before and after any contact with surfaces such as playground equipment that is used by more than one person
- Regularly cleaning and disinfecting surfaces that are touched by more than one person – e.g. phones, door handles, benches, equipment, toys etc.
- Avoid sharing cups, utensils and cigarettes.

#### Respiratory symptoms

- Stay home and stay away from other people and arrange to be tested for COVID-19 infection if you have symptoms of respiratory illness, including loss of smell, nasal symptoms, sore throat, tired, cough or fever
- Call ahead to your GP before presenting for review of respiratory symptoms.

#### Biosecurity areas

- The new arrangements also apply to communities within Designated Biosecurity Areas
- Non-essential travel is still not permitted into or through biosecurity zones.

# Roadmap to the new normal

## Stage 1:

Where physical distancing can be maintained at all times.

Advise groups of 10 but can be larger if physical distancing can be maintained

### Changes to what you can do from **12 noon Friday 1 May**

In addition to existing places, services and facilities that are currently open, you can do the following.

Exercise outdoors with other people such as yoga, boot camp.

Participate in non-contact, non-collision outdoor sports such as athletics, golf, tennis, lawn bowls, swimming, shooting, archery, badminton, geocaching, and paddling. (Note: You cannot use a clubhouse facility to consume food or drink).

Meet up with people in outdoor areas, including gatherings like markets, weddings and funerals.

Conduct and attend outdoor religious gatherings.

Visit parks and reserves including campgrounds that are accessible from where you are without needing to enter a restricted area biosecurity zone (see map on [coronavirus.nt.gov.au](http://coronavirus.nt.gov.au)).

Swim in the lagoon at the waterfront, rivers and natural pools outside the biosecurity zones.

Go fishing, boating, sailing with other people.

Attend a public swimming pool, water park or recreational lake for swimming or water sports.

Use a skate park, outdoor public playground or outdoor gym equipment.

Conduct and attend a real estate open house inspection or a real estate auction.

Have visitors to your home.

You can shop at your leisure.

### More Information?

More information is available at [www.coronavirus.nt.gov.au](http://www.coronavirus.nt.gov.au)

# Roadmap to the new normal

## Stage 2:

Must be undertaken in less than 2 hours.

### Changes to what you can do from 12 noon Friday 15 May

Serve and consume food or beverages in a shopping centre food court.

Operate and attend restaurants, cafes.

Operate and attend a bar, sports or RSL club (alcohol allowed with the consumption of food), excluding gaming activities.

Participate in organised outdoor training activities for sporting clubs and teams.

Operate or attend an indoor market.

Operate or attend a beauty therapy salon for (non facial) services, such as nails, massage and tanning.

Operate or attend a studio that provides yoga, Pilates, Zumba, barre, dance classes.

Operate or attend physical training activities indoors such as Cross Fit.

Operate and attend a gymnasium.

Visit a public library or a toy library, or indoor playground.

Operate and attend a place used for religious worship.

Attend an art gallery, museum, public memorial, public historic site, zoo or wildlife facility.

## More Information?

More information is available at [www.coronavirus.nt.gov.au](http://www.coronavirus.nt.gov.au)

# Roadmap to the new normal

## Stage 3:

### Activities and services resume with retention of key principles

#### Changes to what you can do from 12 noon 5 June

*All businesses and organisations to have a COVID-19 Safety Plan in place.*

Operate all licenced gaming activities including a TAB.

Resume officiating, participating and supporting the playing of team sports such as football, basketball, soccer and netball.

Attend any cinema or theatre, concert hall, music hall, dance hall, nightclub or any other similar entertainment venue in approved configuration.

Attend an amusement venue.

Attend a bar without food being consumed.

Operate and access all previously restricted services at a place that provides beauty therapy and/or cosmetic services including facial care.

Operate and access all previously restricted services at a place that provides tattooing or body art such as branding and piercing.

Attend an amusement park, community centre, recreation centre or play centre.

Attend an arena, stadium, sporting facility including community and sporting competitions with spectators in approved seating configuration. However, if above 500 people the event requires a separately approved COVID-19 Safety Plan.

All businesses, facilities and services previously restricted can now resume ensuring adherence to key principles.

Major events will be approved on a case by case basis.

## More Information?

More information is available at [www.coronavirus.nt.gov.au](http://www.coronavirus.nt.gov.au)