

From Phillip Urquhart, Secretary - Victorian Masters Athletics

All Victorian Masters Athletics Venues remain closed. All events are postponed or cancelled.



The Victorian Government announced the relaxation of some restrictions on exercise to apply from midnight Tuesday 12 May, 2020

The VMA Committee reviewed the changes last night and advise as follows:

- Social distancing measures still apply (at least 1.5 metres separation etc) but up to 10 people can now train together in non contact sports.
- Training is allowed - competition is not.
- The guidelines on restrictions now in place include:
- Outdoor sport or exercise activity can be part of a club, but you cannot use club facilities, except toilets.
- A team of more than ten people cannot play or train together at one time.
- Use of shared sporting equipment should be minimised.
- You can use toilet facilities connected to a permitted sport location. However, clubhouses, bars, eating areas, indoor sitting areas, showers and change facilities must remain closed. You should not drink from public drinking fountains.

AIS level B guidelines include:

- Full training permitted but avoid running in the slipstream of others.
- Where communal facilities are used risk assessment and a mitigation process should be undertaken.
- “Get in, Train, Get out” - minimise need to gather.
- No socialising or group meetings.

Weekly venue meetings cannot resume under these restrictions as weekly programs mainly involve racing and socialising.

It was noted that informal training may occur as long as strict adherence to the guidelines is practised. This means in groups of no more than 10 athletes including coach/manager and no socialising.

It does not mean you can organise your venue members into separate groups of 10 and train at the same time.

We encourage venues who have organised “virtual” races to continue these activities as they help to maintain contact with members and motivate members to train.

VMA AGM and 3000 m Championship- to be rescheduled when restrictions lifted further.

Browne Shield 2020 - Dates to be reviewed early June.

We plan to meet again early June to review any further relaxations. In the meantime please direct any questions to me -

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