

RETURN TO PLAY IN A COVID-SAFE ENVIRONMENT



A framework for community sport in the ACT

The ACT Government has eased restrictions to allow sport in the Canberra community to resume under a phased approach. Commencing with “small group” non-contact outdoor activities (individual groups of no more than 10 participants – inclusive of any coaches and support staff), will allow each phase to be closely monitored for any impacts before we ease restrictions further.

All individual sport and activity providers should ensure they are complying with the ACT Government’s general principles for the return of Sport:

- › Outdoor sports only;
- › Limit activities to small individual groups with a maximum of 10 participants (inclusive of coaches and support staff);
- › Get in, train and get out;
- › Practice good hand hygiene before and after training;
- › Avoid physical contact between participants;
- › Changerooms, canteens and kitchens remain closed – arrive dressed and ready to train;
- › Stay home if you are unwell;
- › Don’t share drinks or towels;
- › Sharing of equipment such as balls and weights is allowed however should be kept to a minimum;
- › Sportsgrounds must be booked prior to use;
- › Keep a distance of 1.5 metres from other people; and
- › Follow the one person per 4 square metres rule to ensure sufficient physical distancing between participants.

EACH individual sporting organisation (including peak body, individual clubs), activity providers and venues must develop a Return to Play in a COVID-safe Environment Plan to help guide your return.

This plan should remain flexible and acknowledge the broader principles relevant to each phase of eased restriction, while also providing a level of operational detail relevant to your sport, the organisation/club and the facilities used. The plan should be designed to provide consistency of activity delivery, ensure that physical distancing and hygiene principles are clear and can be easily understood, and that the health of participants, staff, coaches, volunteers and spectators is protected.

Your plan must be clearly communicated to all stakeholders, with specific requirements communicated or promoted as required.

Your plan does not need to and will not be approved by the ACT Government, but all sporting organisations must be able to produce a copy of the completed framework for compliance purposes if asked.

Resources

Development of a plan should be informed by:

- › ACT Government Public Health Directions www.covid19.act.gov.au;
- › National Principles for the resumption of sport and recreation activity <https://www.health.gov.au/resources/publications/coronavirus-covid-19-national-principles-for-the-resumption-of-sport-and-recreation-activities>;
- › AIS Framework for Rebooting Sport in a COVID-19 Environment https://ais.gov.au/health-wellbeing/covid-19#ais_framework_for_rebooting_sport;
- › Sport-specific advice from National and/or State Sporting Organisations (peak bodies); and
- › Any specific requirements from venue owners or managers.

There is no “template” for any framework, recognising the individual nature of organisations and activities.

What to consider for your Return to Play in a COVID-safe Environment Plan

Hygiene

- › Personal hygiene requirements for participants pre and post activity (including encouragement for participants to shower at home pre and post activity).
- › Provision of hand sanitiser, positioning of this for participants and responsibility for monitoring its availability.
- › Clear direction for unwell participants to not attend or leave immediately if they begin to feel unwell.
- › No sharing of personal equipment (e.g. water bottle and towels).

- › Discouraging any spitting or nasal secretions from participants.
- › Limited sharing of any equipment (e.g. balls and pads), with appropriate cleaning protocols in place where this is required.
- › Use of communal facilities (e.g. sport facility change rooms) is not permitted under Phase 1. Appropriate risk mitigation and cleaning protocols in place where these are used for any emergency situations. Use of public toilets is permitted where appropriate hygiene and cleaning protocols are in place.
- › Beyond Phase 1 and as appropriate, management of food service and associated cash-handling practices.

For detail and resources <https://www.covid19.act.gov.au/protecting-yourself-and-others/protect-yourself#Practising-good-hygiene>

Physical Distancing

- › Activities aimed at supporting the principle “Get in, train, get out” – encourage participants to arrive ready to go (limiting any warm up), leave on completion of activities and discourage any unnecessary social interaction (e.g. face to face meetings, group functions).
- › Activities in separated individual small groups of no more than 10 (including coaches/staff).
- › Physical contact between participants should be avoided at all times under Phase 1.
- › Adequate spacing to support physical distancing requirements (not more than 1 person per 4 square metres).
- › Spectators should be limited (i.e. one parent/carer per participant at junior sport activities) and where required, spectator access should be monitored to consider maximum venue capacity (not more than one person per 4 square metres).

- › Where spectators are necessary, clear separation of any spectators from participants, with physical distancing of no less than 4 square metres maintained between spectators.
- › Control measures for participants (and spectator) entry and exit into facilities at all venues.

For detail and resources

<https://www.covid19.act.gov.au/protecting-yourself-and-others/protect-yourself#Practising-good-hygiene>

Activity/Sport-specific considerations

- › Need to format training/activities to preserve the small group setting and comply with broader physical distancing and hygiene requirements.
- › Protocols on capturing participant details for attendance and individual small groupings (to support contact tracing if required), including record keeping. Use of the Australian Government COVIDSAFE app is encouraged.
- › Use of available facilities in the most efficient and practical means, ensuring the maintenance of small individual group activities and adherence to general principles for hygiene and physical distancing – might include segmentation of a single training space into defined areas (e.g. dividing a single field into quadrants) or a cap on the number of small groupings per area (e.g. court or half court).
- › Instructions to participants on training practices to be avoided, such as avoidance of slipstreaming when running or cycling.
- › Clear protocols for equipment to be used and not to be used, including cleaning protocols.
- › Avoiding physical contact both in training and a more social context, such as group huddles or handshakes.

- › Other protocols or requirements put in place by venue owners and managers which require consideration and compliance.

Communications

- › Communications to participants and members as to what activities will look like as they recommence and individual expectations of them.
- › Communications to participants as to the need for contact tracing (register) to be undertaken by all organisations for each individual session/activity.
- › Clear guidance for staff, coaches and volunteers informing them of activity requirements, including but not limited to venue set up, permissible training structures and hygiene protocols.
- › Specific advice for high risk groups <https://www.covid19.act.gov.au/protecting-yourself-and-others/at-risk-groups>.
- › Venue signage.
- › Informing spectators, including parents, on their responsibilities.
- › Making the Return to Sport in a COVID-safe Environment Plan accessible for participant and stakeholder access/review.

Review and Monitor

Ensure there is a process to review and monitor the plan, allowing for changes as sport progresses through the phased approach to recommencement and/or aspects need alteration.

Incident Management

In the event of a COVID-19 positive result within your organisation or activity's membership you may be required to support contact tracing efforts – access to records related to training and groupings is important.

Protocols will apply related to quarantine/self-isolation for the individual/s and those contact considered at risk.