

# Step 2.2+: Return to Sport & Recreation and Swimming Pools

Information for clubs, organisations and participants

**12 noon Friday, 17 July 2020**

---

## What changes are being made to sport and recreation?

Step 2.2 restrictions remain in place for community sport and recreation in line with [Canberra's Recovery Plan](#) with some additions.

These additions include:

- Full-contact sporting competition, including dance and martial arts, can recommence.
- Competition and squad swimming can recommence within the gathering requirements for swimming pools.
- No limit on the number of swimmers per lane.

The following will continue under Step 2.2:

- Indoor and outdoor spaces can be used by groups of up to 100 people (including staff, trainers and spectators), or one person per 4 square metres, whichever is the lesser.
- All sporting organisations, clubs and venues must have a Return to Play in a COVID Safe Environment plan or a COVID Safety Plan (whichever is relevant).
- Swimming pools can operate with one person per 4 square metres to a maximum of 100 people, including staff.
- Communal facilities (such as changerooms) can open if a risk assessment has been done and a strict cleaning regime is put in place. This should be outlined in the COVID Safety Plan.
- Canteens can operate; however, physical distancing must be encouraged.

Visit the ACT Government's COVID-19 website to find out more about [changes to restrictions](#) including community responsibilities when participating and watching sport.

## What is defined as “community sport”?

The term ‘community sport’ or ‘social sport’ includes any organised sporting activity, be it through community clubs, commercial providers, individual activities or high-performance training programs.

## What do I need to know if I am restarting training or competitions?

- Sports and/or venues must have a [Return to Play in a COVID Safe Environment plan](#), or a COVID Safety Plan (whichever is relevant).
- Sport and activity providers should ensure their individual members/communities are aware of changes to restrictions each time they come into place.
- Limit sharing equipment.
- Put a process in place to ensure shared equipment is appropriately cleaned between each use.
- Ensure facilities (for example canteens and change rooms) are only opened with appropriate physical distancing and cleaning procedures in place.
- Spectators in corporate boxes or function rooms must observe the one person per 4 square metre rule.
- Consider whether the use of public transport to sporting events is required.
- Manage the number of people in a swimming pool at any one time.
- For larger team sports, consider maintaining smaller separate groups at training.
- Maintain a minimum number of officials and coaches.
- Do not allow gatherings to take place in communal areas.
- Spectators must be seated – no standing.

Visit the [Sport and Recreation website](#) for information on how to develop a Return to Play in a COVID-safe Environment plan.

## What do participants and spectators need to know?

- Participants and spectators should continue to abide by the “get in, train, get out” principal and not gather in communal areas before or after training.
- Reduce contact with other swimmers, particularly if they are sharing lanes.
- Ensure equipment is cleaned properly before and after use.
- Maintain personal hygiene, including regular hand washing.
- Stay home if unwell.
- Get tested if they have COVID-19 symptoms.

Visit the [ACT Government COVID-19 website](#) to find out more.

## Can a coach or instructor work with multiple teams or groups on the same or subsequent days?

Yes; however, the club or coach must conduct a risk assessment. Physical distancing must be encouraged where possible and shared equipment must be cleaned between uses.

If the coach or instructor is diagnosed with COVID-19 then all teams/participants groups will be impacted.

Coaches, instructors, participants and staff members must not work/train/coach if they are unwell.

## How does this impact community martial arts and dance?

Martial arts and dance can include a maximum of 100 people (including staff, trainers and spectators) per indoor or outdoor space, or one person per 4 square metres, whichever is lesser.

Details of session attendees should be kept.

Events and performances can include spectators with one person per 4 square metres and cannot exceed 25 percent of a venue's total seating capacity. Events/performances must be ticketed, with 1.5 metres between any group (household or family) in the audience.

## Will school sports resume now that all students have returned to the classroom?

Information about school sports is available on the [Education Directorate website](#).

## Can I use ACT Government sportsgrounds?

Yes; however, you must book for formal use of sportsgrounds for training and competition. The ACT Government has waived all sportsground hire fees for six months from 1 April 2020.

Find out more about booking requirements on the [ACT sportsgrounds website](#).

## Can I access changerooms, kitchens and other communal facilities?

Communal facilities (such as changerooms) can open if a risk assessment has been done and a strict cleaning regime is put in place. This should be outlined in the COVID Safety Plan.

The capacity of any area, including changerooms and club rooms is limited to the one person per 4 square metre rule.

ACT Government sportsground facilities are thoroughly cleaned; however, individual hirers are encouraged to take responsibility for their own hygiene procedures and requirements, including providing sanitising products and wipes as required.

View the [Worksafe Cleaning Fact Sheet](#) for more information.

## Will the winter sports season be extended to make up for the part of the season we lost?

Yes. The winter season will continue until Saturday, 3 October 2020 before ACT Government sportsgrounds commence the normal seasonal shutdown/transition period from 4 until 16 October 2020.

The summer sporting season will run from Saturday 17 October 2020 until 16 March 2021.

## Is Stromlo Forest Park open?

Stromlo Forest Park is open for community access and recreation. Bookings have also resumed and all hirers must have a Return to Play in a COVID Safe Environment plan, or a COVID Safety Plan in place when booking the facilities.

Visit the [Stromlo Forest Park website](#) to book or for any questions about booking requirements.

## Can I access other sports facilities not owned or managed by government?

All sport facilities should have a COVID Safety Plan in place to manage physical distancing and general hygiene principles.

All hirers should have a Return to Play in a COVID Safe Environment plan in place before booking facilities.

## Can I use the canteen?

Canteens can operate; however, physical distancing must be encouraged inside the canteen and while people are queuing for service.

The number of people inside the canteen should be based on the one person per 4 square metre rule. Outside the canteen, people must remain 1.5 metres apart.

Appropriate cleaning procedures and hygiene practices supporting food services must be in place and outlined in the Return to Play in a COVID Safe Environment plan or COVID Safety Plan.

For more information about cleaning and food handling visit the [Infection control and training resources page](#) or the [Food Standards Australia and New Zealand website](#).

## What happens if there is a positive COVID-19 case within our sporting club or facility?

If someone tests positive for COVID-19 ACT Health will perform contact tracing to determine where they have been and who they have been in contact with. If your club or organisation is impacted, health authorities will contact you and advise you what to do next.

Sporting clubs and facilities should remind participants and spectators to:

- Continue to practise good hand and respiratory hygiene, physical distancing, stay home if they are unwell and get tested if they have symptoms of COVID-19.
- Download the COVIDSafe app and ensure they provide their first name and contact number to the club or facility for contact tracing purposes.
- Download the COVIDSafe app, join [Flu Tracker](#) and participate in important [YourSay Community Panel](#) engagements and health surveys that will help the ACT respond the best that it can.

Visit the [ACT Government COVID-19 website](#) to find out more.

## Can swim schools recommence?

Yes, swim schools can recommence at the discretion of program operators.

Physical distancing must be encouraged where possible, but contact is permitted to support swimming instruction and the safety of students.

Shared equipment must be cleaned between uses.

## Can my private pool open for things like swimming lessons?

Yes; however, you are encouraged to have a Return to Play in a COVID Safe Environment plan in place.

Private pools can open with a maximum of 100 people (including staff, trainers and spectators) per indoor or outdoor space, or one person per 4 square metres, whichever is lesser.

Physical distancing must be encouraged where possible, but contact is permitted to support swimming instruction and the safety of students.

Shared equipment must be cleaned between uses.

## Can I use a pool for hydrotherapy, prenatal classes or other health-related activities?

Hydrotherapy pools being used for therapeutic purposes must observe physical distancing of one person per 4 square metres. The person undergoing the therapy may only be accompanied by one parent, guardian or carer.

Physical distancing must be encouraged where possible, but contact is permitted to support swimming instruction and the safety of students.

Shared equipment must be cleaned between uses.

## When will pool-based sports like water polo recommence?

Pool-based sports can continue training with a maximum of 100 people or one person per 4 square metres, whichever is lesser in the venue.

Physical distancing must be encouraged where possible and shared equipment must be cleaned between uses.