

# RETURN TO PLAY IN A COVID-SAFE ENVIRONMENT



## A framework for community sport in the ACT

The ACT Government is easing restrictions to allow sport in the Canberra community to resume under a phased approach. This commenced with “small groups” outdoors, followed by indoor activities and increased group sizes. This approach allows 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 rules for the return of sport. These include:

- › Ensuring you conform to the ‘get in, train, get out’ principle;
- › Limiting activities to comply with the relevant advice on group sizes and any restriction relative to indoor enclosed areas;
- › Minimising sharing of sporting equipment and where equipment is used, ensure appropriate cleaning;
- › No play for people who are unwell;
- › Limiting spectators to one parent or carer as required;
- › Beyond the field or court, keeping a distance of 1.5 metres between yourself and other people; and
- › Practicing good hand and general hygiene and washing your hands well if using shared equipment.

**EACH** individual sporting organisation (including peak bodies and 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 easing restrictions, 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 their completed plan for compliance purposes if asked.

## Resources

Development of a plan should be informed by:

- › ACT Government Public Health Directions [www.covid19.act.gov.au/what-you-can-do/act-public-health-directions](http://www.covid19.act.gov.au/what-you-can-do/act-public-health-directions);
- › National Principles for the resumption of sport and recreation activity [www.health.gov.au/resources/publications/coronavirus-covid-19-national-principles-for-the-resumption-of-sport-and-recreation-activities](http://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 [ais.gov.au/health-wellbeing/covid-19#ais-framework\\_for\\_rebooting\\_sport](http://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.
- › Where equipment is shared ensure appropriate cleaning protocols are in place.
- › Appropriate risk mitigation and cleaning protocols in place where communal spaces like changerooms, kitchens and clubhouses are used.
- › Management of food service and associated cash-handling practices.

For detail and resources [www.covid19.act.gov.au/stay-safe-and-healthy/protect-yourself](http://www.covid19.act.gov.au/stay-safe-and-healthy/protect-yourself)

### 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 as required.
- › Beyond the field or court, physical distancing of 1.5 metres should be promoted.
- › Adequate spacing, indoor and outdoors, to support physical distancing requirements (not more than 1 person per 4 square metres).
- › Spectators should be limited, 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, ensure clear separation of any spectators from participants, with physical distancing of 1.5 metres maintained between spectators.
- › Control measures for participant (and spectator) entry and exit into facilities at all venues.

For detail and resources [www.covid19.act.gov.au/stay-safe-and-healthy/protect-yourself#Physical-social-distancing](http://www.covid19.act.gov.au/stay-safe-and-healthy/protect-yourself#Physical-social-distancing)

## Activity/Sport-Specific Considerations

- › Format training/activities to comply with group maximums and seek to comply with broader physical distancing and hygiene requirements.
- › Develop protocols for capturing participant details (to support contact tracing if required), including record keeping. Use of the Australian Government COVIDSafe app is encouraged.
- › Provide instructions to participants on any training practices to be avoided.
- › Provide clear protocols for the use of equipment, including cleaning protocols.
- › Limit unnecessary physical contact such as group huddles or handshakes.
- › Consider any other protocols or requirements put in place by venue owners or managers which require consideration and compliance.

## Communications

- › Communicate to participants and members what activities will look like as they recommence and any individual expectations there will be.
- › Communicate to participants any need for contract tracing (or registration) to be undertaken by organisations.
- › Provide 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.

- › Consider specific advice for high risk groups: [www.covid19.act.gov.au/protecting-yourself-and-others/at-risk-groups](http://www.covid19.act.gov.au/protecting-yourself-and-others/at-risk-groups).
- › Consider additional venue signage.
- › Inform spectators, including parents, on their responsibilities.
- › Make your Return to Sport in a COVID-safe Environment Plan accessible for participants and stakeholders to access/review.

## Review and Monitor

Ensure there is a process to review and monitor your plan, allowing for changes as sport progresses through the phased approach to recommencement or as 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. This may include access to records related to training and groups.
- › Protocols will apply related to quarantine/self-isolation for the individual/s and those contacts considered at risk.