

# Athletics Bendigo Incorporated

## RETURN TO PLAY (training activities only – competition activities are not permitted)

This document contains recommendations and rules for return to play (training) for LUBAC.

It is based on the Return to Play principles recommended by SportAus and Sport & Recreation Victoria.

Under the current restrictions issued by the Victorian Government:-

### Requirement:-

Athletics Bendigo will keep a record of attendees including name, phone number, date and time of attendance.

Athletics Bendigo requires coaches to record all attending the venue in their group by name and phone number.

The main entry to be open from 4.00pm to 6.00pm Monday, Tuesday, Wednesday & Thursday. Individual members accessing the LUBAC outside these hours with swipe cards will have time of entry and exit recorded automatically.

Athletics Bendigo will appoint a Safety Officer(s) who can administer and implement the restrictions and recommendations to prevent the transmission of COVID-19

## Victorian Government Statement (current 1<sup>st</sup> June 2020)

From 1<sup>st</sup> June 2020, the Victorian Chief Health Officer has approved community sport and recreation activities that can resume according to the following rules:

- Groups of up to 20 people outdoors (or people from the same household), plus a coach or the minimum number of support staff reasonably required to manage the activity
- Parents and guardians taking children to and from training activities are required to follow the Chief Health Officers' Directions for public gatherings and maintain physical distancing of 1.5 metres.
- If they remain with their children during participation in sport, will be considered part of the group up to 20 people, unless they are formally coaching or instructing the activity.
- No indoor activity – indoor physical recreation facilities must remain closed
- Maintain physical distancing of 1.5 metres wherever reasonably possible
- All activity and training must be non-contact, and no competitions are to take place. Contact sports must be modified so that you can maintain 1.5m distance.
- No outdoor or indoor swimming pools can be used
- No use of communal facilities, except for toilets
- If the activity is run by an operator of an indoor physical recreation facility (such as a gym, health club or fitness centre), a personal training facility (indoors or outdoors) or an arena or stadium, then the operator must keep a record of attendees including first name, phone number, date and time of attendance
- Shared equipment that touches the head of face or cannot be effectively cleaned should not be used i.e. soft materials, helmets or clothing
- Hand hygiene, frequent environmental cleaning & disinfection, use of own equipment where possible and minimise sharing of equipment

For more information and to keep up to date please refer to the following links:-

[Athletics Bendigo](#)  
[Retreat Road](#)  
[Fora Hill](#)  
[gm.athsbendigo@gmail.com](mailto:gm.athsbendigo@gmail.com)  
[0417881442](tel:0417881442)

[Version 1.1](#)

[27<sup>th</sup> May 2020](#)



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Agency	Online resource
Australian Government Department of Health	<a href="https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert">https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert</a>
Australian Institute of Sport	<a href="https://ais.gov.au/health-wellbeing/covid-19">https://ais.gov.au/health-wellbeing/covid-19</a>
Australian Health Protection Principal Committee (AHPPC)	<a href="https://www.health.gov.au/committees-and-groups/australian-health-protection-principal-committee-ahppc">https://www.health.gov.au/committees-and-groups/australian-health-protection-principal-committee-ahppc</a>
Victorian Government Department of Health and Human Services	<a href="https://www.dhhs.vic.gov.au/state-emergency">https://www.dhhs.vic.gov.au/state-emergency</a>
VicHealth	<a href="https://www.vichealth.vic.gov.au/">https://www.vichealth.vic.gov.au/</a>
Vicsport	<a href="https://vicsport.com.au/">https://vicsport.com.au/</a>
Local Government Victoria	<a href="https://www.localgovernment.vic.gov.au/">https://www.localgovernment.vic.gov.au/</a>
Other key regulators – e.g., Worksafe Victoria	<a href="https://www.worksafe.vic.gov.au/">https://www.worksafe.vic.gov.au/</a>



# Athletics Bendigo – RETURN TO PLAY

## 1. HYGIENE

### *Venue Operator*

- Venue to display signs at the entry point and around the venue including but not limited to:-
  - o Keep that cough under cover
  - o Good hand hygiene
  - o Keeping your distance
  - o Operating hours of the venue
  - o Additional rules for use of the Venue and
- Make sure toilets are cleaned regularly and there is access to soap and paper towels

### *Individuals*

- Remember to observe good hygiene.
  - o Wash your hands with soap and water for at least twenty (20) seconds
  - o Remain 1.5m apart
  - o Cover your mouth and nose with a tissue or sleeve during coughing/sneezing,
  - o Bring your own equipment including but not limited to clean towel, stretching mat, water bottle and water and do not share
  - o Do not spit

## 2. PHYSICAL CONTACT

### *Venue Operator*

- Venue to display signs at the entry point and around the venue including but not limited to:-
  - o Keeping your distance
  - o Operating hours of the venue; and
  - o Additional rules for use of the Venue

### *Individuals*

#### TRACK USE

- Individuals must remain at least 1.5m from each other.
- Drafting or running side by side in the same lane is not permitted.
- Individuals can run in the next lane provided they remain at least 1.5m apart.
- Individuals are reminded that the venue/track is a public facility and unless a private exclusive booking, must share access to and use of the facility.
- Warming up can be conducted either on the track or if safe to do so on the infield provided individuals remain 1.5m apart at all times.
- At the end of your session make sure you leave the facility promptly



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### 3. ARRIVAL AND DEPARTURE OF PARTICIPANTS, OFFICIALS, PARENTS AND CARERS

Groups of up to 20 people outdoors (or people from the same household), plus are permitted to participate in physical activity.

Individuals are encouraged to “get in – train – and get out”. Where an individual requires a parent and/or carer then they will be counted as part of the group of 20. It will be the responsibility of the Coach to make sure that no more than 20 people are in the Group.

A parent and or carer cannot become a spectator and wait inside the venue until the conclusion of the activity.

The Safety Officer will be required to enforce this restriction and where appropriate, advise individuals to leave the venue.

Where an individual refuses to leave a venue after being asked to do so, the Venue Operator may

- Close the venue for all activity; or if required
- Report the situation to the Police

### 4. SPECTATORS/GATHERINGS

There are to be no spectators at any time within the venue during this period of restrictions. Competition and/or organised Events are not permitted

### 5. SHARING EQUIPMENT

Equipment may include (but not limited to):-

Javelins	Shot Puts	Discus	Hammers	Hurdles	Starting blocks
Personal training equipment			Exercise/stretching mats		Weights

- PERSONAL - Throws equipment
  - Make sure your equipment is cleaned prior to attending training and make sure no-one uses your equipment.
    - Keep disinfectant wipes in your bag in case you need to clean your equipment during training.
    - Make sure you are the only person that retrieves your equipment
- CLUB/VENUES equipment

Where Clubs have purchased training equipment that can be used by individuals, and the Venue Operator has approved the use of the equipment by the public, all equipment should be cleaned by a designated representative before/after use. It is recommended that equipment is booked by individuals for use at specified times. The following process is recommended:-

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- All equipment is cleaned before and after use and stored in a safe and clean environment
- The equipment is retrieved from storage by a representative ready for use by an individual
- All equipment bookings contain name, email and mobile number and each individual signs the equipment IN and OUT with appropriate time stamp.
- It will be the responsibility of the individual to collect and return the equipment
- The equipment is to be cleaned before being issued out for the next booking.
  
- **HURDLES**
  - **PERSONAL** training (brought to and taken from the venue)
    - Make sure your equipment is cleaned prior to attending training.
    - Only one person should move the hurdles on to and off the track as required
    - Bring appropriate cleaning/disinfectant wipes in your bag in case you need to clean your equipment during training.
  
  - **VENUE** – where the venue has hurdles for use
    - Venues may decide to ask individuals to book the use of hurdles and can adopt the recommended process as outlined for CLUB/VENUES throws equipment
    - Hurdles can be placed in groups of six (6) and one person from each GROUP is to be designated to collect, move and return the hurdles at the end of the activity
    - Hurdles should be cleaned before the next use
  
- **POLE VAULT** ( to be confirmed by Chief Medical Officer)
  - Only one (1) person can use pole vault equipment at any given time.
  - Pole Vault equipment includes uprights, mats, bars and pole.
  - Two people (a Coach and the vaulter) can change the height of the bar and replace the training/jumping bar after each attempt
  - At the end of training, the pole vault bags, uprights, bars and poles must be wiped cleaned before the next individual can use the equipment.
  
- **HIGH JUMP** ( to be confirmed by Chief Medical Officer)
  - Only one (1) person can use high jump equipment at any given time.
  - High Jump equipment includes uprights, mats, and high jump bars.
  - Two people (a Coach and the high jumper) can change the height of the bar and replace the training/jumping bar after each attempt.
  - At the end of training, the high jump bags, uprights, and bars must be wiped cleaned before the next individual can use the equipment.
  
- **LONG JUMP/TRIPLE JUMP** (to be confirmed by Chief Medical Officer)
  - Only one (1) person can use one jumps pits at any given time.
  - Jumps equipment includes measuring tapes, measuring spike, rakes, brooms, run up markers and pins.
  - At the end of training, the sand in the pit must be ‘turned over’ using a shovel/spade so that the jumping area used is sufficiently aerated so that the pit can be sprayed with cleaning solution before use by the next jumper.
  - All equipment used in or around the jumps pit must be cleaned after use and returned as directed by the Safety Officer.



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### 6. GROUP/TEAM ACTIVITY

The Venue Operator will determine the maximum number of groups (20 people) that can be within the venue at any one time. It is recommended that the following be considered:-

- The number of entry and exit points to ensure that individuals can enter and leave without being at risk of unreasonable contact
- The capacity of the venue to conduct training on the track and on the in-field at the same time without endangering any participants
- The ability to create and if necessary 'mark out' or flag areas where groups may meet and place their belongings and/or possessions without being at risk of unnecessary contact; and
- The capacity of the running track to manage groups training on the track ensuring appropriate distancing between individuals.

Coaches and individuals are required to make sure that there are no more than 20 people involved in physical activity at any time.

### 7. INDOOR ACTIVITIES (Currently prohibited)

*Venue Operator:-*

- Function Rooms, change rooms and other indoor areas are to remain closed.
- Toilets will be open and accessible during advertised training times.
- Toilets will be cleaned daily either after closing time or prior to opening the following day.
- Soap dispensers/paper towels are to be checked daily and replaced/filled as required.

Opening hours for the athletics track will be clearly advertised

- On the venue website/Club website
- On entry to the venue and
- Around the venue in prominent places

### 9. HIGH INJURY ACTIVITY

Training activities involving throwing implements are to be conducted in the usual course of practice.

Where venues have a designated and approved throwing cage for hammer and discus and shot-put areas, individuals must observe all rules and regulations for the use of these areas.

Where javelin is permitted individuals must observe all rules and regulations for this area.

While our sport is a 'non-contact activity', individuals are reminded to observe the following rules :-

#### TRACK USE

When training on the circular track, individuals must remain 1.5m from each other.

There is to be no drafting (running in the slip stream) or running side by side in the same lane.

Individuals can run in the next lane provided they remain 1.5m apart.



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### Warm up

Individuals are reminded that the venue/track is a public facility and unless a private exclusive booking, must share access to and use of the facility.

Warming up can be conducted provided individuals remain 1.5m apart at all times.

At the end of your warmup, training, use of or warm down, make sure you promptly leave the training area

## 10. PROTOCOLS

Prior to coming to the venue:-

If you are unwell or have the following symptoms:-

- high temperature
- sore throat
- shortness of breath
- fever; and/or
- A cough

do not attend the venue.

If the Safety Officer reasonably believes that you have any of the symptoms, you will be refused entry and/or asked to leave the premises immediately. The Safety Officer will provide your details to the Department of Health for tracing purposes.

## 11. COMMUNICATION

The following communication plan will be implemented:-

### *Athletics Victoria*

- Email to current membership database detailing the purpose of the *RETURN TO PLAY* policy and including the current restrictions with appropriate links for further and more detailed information including a link to the *RETURN TO PLAY* policy.
- Email to all Clubs and Specialist Groups with the *RETURN TO PLAY* policy and links to download additional information on the restrictions currently in place; and
- Email to Local Councils containing the *RETURN TO PLAY* policy.

### AV WEBSITE

The RETURN TO PLAY policy will be uploaded to a dedicated section of the Athletics Victoria website

### CHANGES TO RESTRICTIONS

If the restrictions change then Athletics Victoria will communicate those changes and update this policy to reflect the changes.

Venue Operators will be required to also communicate any changes.



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## 12. COACHING PROTOCOLS

Coaches are reminded to:-

- Structure physical activities that comply with physical distancing; and
- Remind individuals about the rules in place during the activity.

Look out for any symptoms such as fever, shortness of breath, coughing and/or high temperature and advise the individual to leave training immediately and seek medical advice. Make sure you advise the Safety Officer who may also discuss an appropriate course of action.

Remind individuals not to SPIT at any time.

If an individual is unwell during training (e.g. vomiting) the individual (and coach) must clean any effected area with disinfectant.





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## ATTENDANCE REGISTER – SPORT AUSTRALIA TEMPLATE

[Club Name] Register of attendees

Activity: \_\_\_\_\_ Location: \_\_\_\_\_ Date: \_\_\_\_\_

Arrival time	Departure time	Full name	Phone	Email address	Club	Role	In the previous 14 days, have you: <ul style="list-style-type: none"> <li>• Had any COVID-19 symptoms?</li> <li>• Been in contact with any confirmed/suspected COVID-19 case?</li> <li>• Travelled internationally?</li> </ul>	Downloaded and using COVIDSafe app?



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### CLEANING PROTOCOLS

Venue Operator will have the following supplies available:-

- Disinfectant and cleaning products
- Clean and disposable cloths and cleaning material and
- Rubbish bags and bins

Hand sanitiser at the entry point to the venue and in each of the toilets with appropriate signage reminding individuals of good hand hygiene.

Suitable cleaning methods and products as listed in the information sheet provided by SafeWork Australia

