

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

Rules of use for LUBAC (17 SEPTEMBER 2020)

- Access to LUBAC for swipe entry cards only. Card holders not to allow others access.
- Exercise at LUBAC restricted to individuals and groups with a maximum ten people plus a coach.
- Personal equipment to be used where possible and venue equipment to be sanitised between users.
- Maintain physical distancing of 1.5 metres wherever reasonably possible
- All activity and training must be non-contact.
- No use of communal facilities, except for toilets

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

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



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.
- 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

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

Individuals are encouraged to “get in – train – and get out”



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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

Parents and carers are allowed where they are performing supervision or assisting with activities.

Groups of no more than ten people are permitted.

5. SHARING EQUIPMENT

Personal equipment can be used.

Venue equipment to be sanitised between users

6. GROUP/TEAM ACTIVITY

Training groups will be limited to a maximum of ten people plus a coach.

More than one group is permitted provided separation and distancing is maintained.

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



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All safety measures for activities to be strictly adhered to.

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.

12. COACHING PROTOCOLS

One coach per ten people is permitted.



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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"> • Had any COVID-19 symptoms? • Been in contact with any confirmed/suspected COVID-19 case? • Travelled internationally? 	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

