

Tuesday 16<sup>th</sup> June, 2020

ABN 75 008 545 569  
Sports House, GMHBA Stadium  
370 Moorabool St, Geelong 3220

## RETURN TO TRAINING GUIDELINES

Key information for us from the state government regarding restrictions includes that **from 11:59pm on 21 June:**

- Indoor sports centres and venues (for example, gyms, health clubs, class-based fitness studios, dance studios) can open. No more than 20 participants are allowed per separate space, subject to the four square metre rule, with up to 10 people per group or class. There are no limits on the number of people per group or class if all participants are 18 years old or younger.
- Organised non-contact competitions are allowed for all age groups if participants can keep 1.5 metres between them and there are no more than 20 participants in the competition.
- For people aged 18 years and under, full-contact training and competition may resume.
- Spectators for training and competitions must abide by gathering restrictions – spectators should be in groups of no more than 20 and spread out around the ground or venue.
- Indoor and outdoor swimming pools can have a maximum of 20 patrons. There is no limit on the number of people per lane in each pool.
- Communal facilities, such as change rooms, can now open for indoor and outdoor sport venues.
- Large indoor venues will be able to allocate separate spaces and have up to 20 people in each space. For example, a large indoor court could be separated into 2 spaces for different groups at each end. (Tennis centre)

### **Before attending training**

Staff, coaches, athletes and parents/carers are advised to stay at home if they have been exposed to someone with COVID-10 in the last 14 days or have even mild flu-like symptoms.

Furthermore, for anyone in a high risk health category, please consider whether you should be administering or participating at any time during this period and please do not take unnecessary risks.

### **Personal hygiene**

1. Athlete & coach health and wellbeing survey to be completed weekly.
2. Athletes asked to shower where possible prior to attending S & C or coaching sessions
3. Athletes & coaches to wash hands on entry to venue or session
4. Athletes & coaches sign in and complete simple COVID-19 questionnaire on entry
5. Cleaning of any equipment used in gym or open space
6. No sharing of equipment including mats, weights, towels, water bottles etc.
7. Social distancing of 1.5m to be strictly adhered
8. Washing of hands before exiting venue
9. Athletes only in venues. Pick-ups outside any indoor facility

### **Facilities and equipment maintained**

1. Provide & promote hand sanitisers for use on entering buildings
2. Increase environmental cleaning
3. Clean & disinfect high touch surface regularly, including desks, keyboards and change room surfaces
4. Change rooms closed. Toilets only to be used in facilities.
5. Open windows, enhance airflow, adjust air conditioning. Ensure the highest hygiene practices among food handlers and canteen staff.
6. Purchase supplies to help limit infection, for example alcohol sanitisers and soap.

### **Physical contact activities**

1. Plan ways to enable physical distancing of at least 1.5 metres to reduce person to person contact for staff & clients.
2. In an enclosed workspace there should be an average no more than one person per four square metres of floor space.
3. Provide a clearly visible sign for customers and staff stating how many people are allowed in your premises
4. Avoid large indoor meetings and lunchrooms and use outdoor venues

### **Arrival and departure participants, officials, parents or carers.**

1. One entry point for strength and conditioning venues & venues where coaching sessions are held.
2. Athletes to provide wellness checklist on entry & verbal questioning by key staff member/coach prior to entry.
3. Hand washing/sanitising prior to entry.
4. Social distancing 1.5metres applies at entry & exit point as well as throughout sessions.
5. Parents, guardians will be asked to drop off and pick up but not remain in close proximity during sessions.

### **Spectators/gatherings**

1. Family and friends of athletes aske to drop off and pick up but not remain in close proximity of athletes during sessions.
2. These will be in line with social distancing requirements as per each venue utilised by the BSA

## Sharing equipment

1. Athletes will be asked to bring their own mats, towels, drink bottles or rehab equipment to use during strength & conditioning sessions. (No sharing will be permitted).
2. Guidelines for gym equipment will be adhered to ([Cleaning after use compulsory](#))
3. Hand sanitisers, paper toweling & tissues will be available and regularly utilised to clean equipment.

## Group/team activities

1. Each strength & conditioning session will have no more than 12 athletes and one coach at each session outdoors.
2. Social distancing will be invoked with 1.5 meters between each person. Marking on the floor will assist this process.
3. Once gym facilities open we will adhere to the above protocols and any other that is recommended.
4. Each BSA sports coaching session will be no more than 20 people outdoors (tennis, golf & netball specifically).
5. Social distancing will be invoked with 1.5 metres between each person. Marking on the floor will assist this process.
6. Once gym facilities/indoor venues open we will adhere to the above protocols and any other that is recommended.

## Indoor facilities

1. BSA will hire venues that comply with the framework regarding the closure of indoor facilities such as clubrooms, change rooms and showers in accordance with the state government directives.
2. Signage to be displayed indicating the indoor facilities apart from toilets, are not to be accessed.

## Travel

1. Travel will be held in areas which are central to where participants live.
2. Training sessions will go no longer than three hours in duration to allow time for participants to travel home and uphold day trip.
3. Travel kept to minimum where possible.

## High risk activities

1. Normal operations and processes are in place with family members, coacher and program managers in attendance to support in case of any injury.

## Protocols

### ***What protocols or processes are in place to ensure participants are free of coronavirus (COVID-19) symptoms?***

1. Pre event materials sent to athletes, families, staff and coaches regarding the procedures and protocols for the event. This includes; check in at central point, checklist to complete with COVID-19 Officer, hand washing instructions and guidelines on social distancing and sharing of equipment etc.
2. COVID-19 Officer check in to include checklist of questions relating to name, mobile, has COVID-19 app been downloaded, overseas travel, contact with someone who has COVID-19 and general health history and currently.
3. Coaches and Program manager also onboard to ensure the 1.5m social distancing and cleaning requirements are carried out.
4. No shared equipment including clubs, towels, drinks etc

### ***What protocols do you have in place for people who present to training with symptoms consistent with COVID-19 (fever or respiratory symptoms such as cough, sore throat and shortness of breath)?***

1. At the initial check in with COVID-19 officer, athletes would be sent home if showing or reporting any symptoms.
2. BSA CEO will follow up to ensure this has been completed before attending any future sessions.
3. Continue to follow the AIS Framework (for sport to reboot safely)
4. Promote the download of COVID-19 Safe app.
5. BSA personnel/staff to complete online COVID-19 infection control training.
6. BSA has been nominated as the organisations COVID-19 officer with backups ready to substitute.

## How will you coordinate, communicate and change to the directions to your club members and stakeholder?

1. This has been done through email and our WhatsApp communications.
2. Once approved our plan will be sent via these means again along with our Facebook page announcement directing members to email & WhatsApp

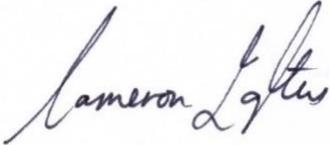
## Communication

1. Whole academy correspondence of plan sent via email to members
2. Overview of plan sent via email to members
3. Individual procedures for S & Conditioning & coaching sessions sent
4. Sport specific Return to Play guidelines have been distributed sent
5. Once approved BSA Return to play protocols will be sent and
6. As individual S & C and/or coaching specific sessions are held we will promote specifics of protocols at venue, social distancing and hygiene processes.

*In the advent of a rollback to tighter activity restrictions, outline how this would be communicated to stakeholders?*

In the advent of a rollback to tighter activity restrictions, the Chief Executive Officer of the BSA Barwon Sports Academy will email all members regarding changes to the directions of the BSA program. Additionally the BSA website and Facebook pages will be updated to reflect any tighter activity restrictions.

Kind regards,



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