



# COVID-19 SAFETY PLAN

Belconnen Little Athletics Centre Inc.

<b>Ground Location</b>	COOK Oval. Biffin Street, COOK, ACT
<b>Centre President</b>	Wayne Harding
<b>Contact Email</b>	<a href="mailto:president@belconnenathletics.org.au">president@belconnenathletics.org.au</a>
<b>Contact Mobile Number</b>	0423 952 355
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<b>The Centre Secretary is responsible for this document</b>	

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# 1. Introduction

The purpose of this COVID-19 Safety Plan (**Plan**) is to provide an overarching plan for the implementation and management of procedures by Belconnen Little Athletics Centre (BLAC) to support BLAC and its members and participants in the staged resumption of community sport and club activities.

The arrangements set out in this Plan are intended to prevent the transmission of COVID-19 among members, participants, committee members, volunteers, visitors, families and the broader community. The Plan provides the framework to govern the general operation of the BLAC, any facilities it controls, the playing/training behaviour of all members and participants and the monitoring and reporting of the health of attendees at BLAC facilities.

This Plan includes, but is not limited to, the conduct of:

- a. staged training and competition activities (sport operations); and
- b. facility management and supporting operations (facility operations).

At all times the Plan is subject to all regulations, guidelines and directions of government and public health authorities.

## 2. Key Principles

This Plan is based on, and accepts, the AIS [Framework for Rebooting Sport in a COVID-19 Environment](#) (**AIS Framework**), the [National Principles for the Resumption of Sport and Recreation Activities](#) (**National Principles**) and the [ACT Governments Pathway Forward](#).

The Plan also accepts as key principles that:

- The health and safety of members, participants, committee members, volunteers, visitors, families and the broader community is the number one priority;
- Members, participants, committee members, volunteers, visitors, families and the broader community need to be engaged and briefed on BLAC's return to sport plans;
- Facilities (toilets and canteen etc.) are assessed and appropriate plans are developed to accommodate upgraded hygiene protocols, physical distancing and other measures to mitigate the risk of transmission of COVID-19;
- Training cannot resume until the arrangements for sport operations and facility operations are finalised and approved, if necessary; and
- At every stage of the return to sport process BLAC must consider and apply all applicable ACT Government restrictions and regulations. BLAC needs to be prepared for any localised outbreak at our facilities, within our competitions or in the local community.

### 3. Responsibilities under this Plan

BLAC retains the overall responsibility for the effective management and implementation of the return to sport activities and operations outlined in this Plan.

The Committee of BLAC is responsible for:

Approving the Plan and overseeing the implementation of the arrangements in the Plan; and

Revising the Plan as required, ensuring it reflects up to date information from government and public health officials.

The Committee has appointed the following person as the BLAC COVID-19 Safety Coordinator to execute the delivery of the Plan and to act as a point of contact for information relating to this Plan:

<b>Name</b>	Wayne Harding
<b>Contact Email</b>	<a href="mailto:president@belconnenathletics.org.au">president@belconnenathletics.org.au</a>
<b>Contact Number</b>	0423 952 355

BLAC expects all members, participants, coaches, the committee and volunteers to:

- Comply with the health directions of government and public health authorities as issued from time to time;
- Understand and act in accordance with this Plan as amended from time to time;
- Comply with any testing and precautionary measures implemented by BLAC;
- Act with honesty and integrity in regard to the state of their personal health and any potential symptoms; and
- Monitor their health and take a cautious approach to self-isolation and reporting of potential symptoms.

### 4. Return to Sport Arrangements

As at the date of this Plan, activities are undertaken at Level C of the AIS Framework. The Plan outlines specific sport requirements that BLAC will implement for Level B and Level C of the AIS Framework.

BLAC will transition to the training activity and facility use as outlined in Level B of the AIS Framework and the training/competition activities and facility use outlined in Level C of the AIS Framework when permitted under local restrictions and regulations and the [ACT Pathway forward](#).

#### 4.1 AIS Framework Arrangements

The protocols for conducting sport operations and facility operations under Level B and Level C of the AIS Framework are set out in the Appendix.

#### 4.2 Roadmap to a COVIDSafe Australia

BLAC will also comply with the Australian government's [Roadmap to a COVIDSafe Australia](#), which places limits on the type of activity that can be conducted and the number of people who can gather at facilities, notwithstanding the activities permitted by the AIS Framework (see below).

## 4.3 The ACT Pathway Forward

The ACT Government has released a Pathway Forward indicating the easing of restrictions in the ACT post the lockdown which ended on 15 October.

The Pathway Forward allows for up to 500 persons at a density of 1 person per 2 square metres in organised outdoor sport from 29 October 2021. This level of easing of restrictions will enable BLAC to accommodate the highest ever registration numbers of athletes and will not require separate meet times for different age groups.

<b>AIS Activities</b>	<b>Level A:</b> Training in no more than pairs. Physical distancing required.	<b>Level B:</b> Indoor/outdoor activity. Training in small groups up to 10. Physical distancing required.		<b>Level C:</b> Full sporting activity (training and competition) allowed. No restriction on numbers. Contact allowed.	
<b>Roadmap Activities</b>	N/A	<b>Step 1:</b> No indoor activity. Outdoor sport (up to 10 people) consistent with AIS Framework.	<b>Step 2:</b> Indoor/outdoor sport up to 20 people. Physical distancing (density 4m <sup>2</sup> ).	<b>Step 3:</b> Venues allowed to operate with up to 100 people with physical distancing. Community sport expansion to be considered consistent with AIS Framework.	<b>Further steps TBC</b>
<b>ACT Pathway Forward</b>	Before 15 October 2021 In Lockdown	<b>From 15 October to 29 October 2021</b> <b>Outdoor training</b> capacity of 25 people or density of 1 per 4 sqm Facemasks required when not exercising vigorously. No organised community sport		<b>From 29 October 2021</b> Outdoor 1 per 2 sqm or up to 500 people: > Organised sport and swimming pools – changerooms open Facemasks not required outdoors.	

## 5. Recovery

When public health officials determine that the outbreak has ended in the local community, BLAC will consult with relevant authorities to identify criteria for scaling back its COVID-19 prevention actions. BLAC will also consider which protocols can remain to optimise good public and participant health.

At this time the Committee of BLAC will consult with key stakeholders to review the delivery of its return to sport arrangements and use feedback to improve organisational plans and systems.

# Appendix: Outline of Return to Sport Arrangements

## Part 1 – Sport Operations

Area	Plan Requirements (for activities under AIS Framework Level B)	Plan Requirements (for activities under AIS Framework Level C) or the ACT Plan Forward from 29 October 2021 - up to 500 persons outdoors
<b>Approvals</b>	<ul style="list-style-type: none"> <li>• Committee Agreement to suspend training sessions.</li> <li>• Under the level B limit of 10 persons it is not viable to continue with once a week athletics discipline training.</li> <li>• Meets automatically suspended under Level B.</li> </ul>	<ul style="list-style-type: none"> <li>• The Centre must obtain the following approvals to allow a return to training/competition at Level C:</li> <li>• Relaxation of public gathering restrictions to enable training to occur.</li> <li>• Local government/venue owner approval to training/competition at venue, if required.</li> <li>• National/state sporting body/local association approval to return to training/competition for community sport.</li> <li>• Centre committee has approved return to competition for club.</li> <li>• Insurance arrangements confirmed to cover competition.</li> </ul>
<b>Athletics Meet and Training Processes</b>	<ul style="list-style-type: none"> <li>• All training and meets are suspended under Level B.</li> </ul>	<ul style="list-style-type: none"> <li>• AIS Framework principles – full sporting activity that can be conducted in groups of any size (subject to COVIDSafe Roadmap).</li> <li>• Implementing ACT Health “Check in CBR” App with specific QR Code for tracking attendance at meets and training.</li> <li>• Limit unnecessary social gatherings. Athletes and families should leave Cook Oval as soon as possible once events have been completed.</li> <li>• All athletics events and training is permitted within the maximum gathering size.</li> <li>• <b>Shared equipment</b> - Sanitising/cleaning requirements – shared use equipment such as discuses, shot puts, javelins, turbo javelins, vortexes, numbered markers, measuring tapes, high jump bars and carry containers must be cleaned between each change of age/gender groups before they start the event.</li> <li>• For clarity, this means that equipment will be left “uncleaned” after completion of the event and the</li> </ul>

		<p>responsibility will fall to the incoming group to ensure that shared equipment is cleaned before use.</p> <ul style="list-style-type: none"> <li>• This process will be managed by age marshals and monitored by Committee members.</li> <li>• Athlete's to sanitise their hands then complete their three throw attempts then sanitise their hands once more. Shared use equipment will be cleaned after each meet during the pack up process.</li> <li>• Age Marshals to ensure athletes sanitise before and after each throw event.</li> <li>• Parents using measuring equipment to sanitise their hands before and after each event</li> <li>• Personal hygiene encouraged (e.g. wash hands prior to activities, no spitting). Sanitise hands often.</li> <li>• Avoid coughing where possible and if so conduct in a discrete manner</li> <li>• Meet attendance register Check in CBR supplemented by Timing Solutions system to confirm athlete (and family) attendance.</li> </ul>
<b>Personal health</b>	<ul style="list-style-type: none"> <li>• All training and meets are suspended under Level B.</li> </ul>	<ul style="list-style-type: none"> <li>• Friday before each scheduled meet an email will be sent with advice to athletes, parents and carers, age marshals and volunteers to not attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). Further, this weekly email will advise persons not to attend the meet if they have visited a designated COVID-19 hot spot, as identified from time to time, in the past 14 days.</li> <li>• Washing of hands prior to, during and after events and at training and should use hand sanitiser often.</li> <li>• Avoid physical greetings (i.e. hand shaking, high fives etc.).</li> <li>• Avoid coughing, clearing nose, spitting etc.</li> <li>• All persons attending a meet are to bring their own water bottles and sun protection. Providing their own portable sanitiser is recommended but sanitiser will be made available by BLAC.</li> </ul>
<b>Hygiene</b>	<ul style="list-style-type: none"> <li>• All training and meets are suspended under Level B.</li> </ul>	<ul style="list-style-type: none"> <li>• All persons attending a meet are to bring their own water bottles and sun protection. Providing their own portable sanitiser is recommended but sanitiser will be made available by BLAC.</li> <li>• Sanitising requirements – shared use equipment such as discuses, shot puts, javelins, turbo javelins, vortexes, numbered markers, measuring tapes, high jump bars and carry containers etc.</li> </ul>

		<ul style="list-style-type: none"> <li>• Athletes to sanitise their hands then complete their three throw attempts then sanitise their hands once more. Shared use equipment will be washed/sanitised/disinfected after each meet.</li> <li>• Age Marshals to ensure athletes sanitise before and after each throw event.</li> <li>• Parents using measuring equipment to sanitise their hands before and after each event</li> <li>• Personal hygiene encouraged (e.g. wash hands prior to activities, no spitting). Sanitise hands often.</li> </ul>
<b>Communications</b>	<ul style="list-style-type: none"> <li>• During Level B, BLAC will keep members apprised of COVID-19 restriction developments in the ACT and when Saturday meets and training may recommence.</li> </ul>	<ul style="list-style-type: none"> <li>• Every Friday, before each Saturday meet, BLAC will send an email reminding all members about COVID-19 restrictions and this plan, not to attend meets if any member is feeling unwell or displaying symptoms; is awaiting a COVID-19 test result or has been to a designated COVID-19 hot spot in the previous 14 days.</li> <li>• The Centre President or Vice President will include at the commencement of Saturday Meet announcements, reminders of social distancing requirements and the protocols that are to be undertaken during the meet as described in this plan.</li> </ul>
<b>Spectators</b>	<ul style="list-style-type: none"> <li>• All training and meets are suspended under Level B.</li> <li>• All facilities are inaccessible.</li> </ul>	<ul style="list-style-type: none"> <li>• Spectators are discouraged from attending Cook Oval unless they are the sole responsible carer in attendance for an athlete and are unable to assist with marshalling an age group or officiating.</li> <li>• This will assist BLAC with managing attendance and participation restrictions.</li> <li>• Any spectators present should remain away from event areas and all participants and officials.</li> <li>• Spectators please refer to signs at Cook Oval for designated spectator areas. Please ask your athlete to return to you in this spectator area if they need to speak with you or at the conclusion of the meet.</li> </ul>



## Part 2 – Facility Operations

Area	Plan Requirements (for activities under AIS Framework Level B)	Plan Requirements (for activities under AIS Framework Level C) or the ACT Plan Forward from 29 October 2021 - up to 500 persons outdoors
<b>Approvals</b>	<ul style="list-style-type: none"> <li>All training and meets are suspended under Level B.</li> <li>All facilities are inaccessible.</li> </ul>	<ul style="list-style-type: none"> <li>The Centre must obtain the following approvals to allow use of Cook Oval facilities at Level C:</li> <li>Territory Government approval of the resumption of facility operations.</li> <li>Territory Government has given approval to use of facility, if required.</li> <li>Centre Committee has approved this plan for use of Cook Oval facilities.</li> <li>Insurance arrangements confirmed to cover facility usage.</li> </ul>
<b>Facilities</b>	<ul style="list-style-type: none"> <li>All facilities are inaccessible.</li> </ul>	<ul style="list-style-type: none"> <li>Return to full use of Cook Oval facilities.</li> <li>Toilet block will be open.</li> <li>Canteen will be operating.</li> </ul>
<b>Facility access</b>	<ul style="list-style-type: none"> <li>All facilities are inaccessible.</li> </ul>	<ul style="list-style-type: none"> <li>Entry and exit points to the main facilities area will be clearly signposted, including a sign in process for attendance tracking.</li> <li>Canteen ingress, waiting and egress points will be clearly marked to assist with the orderly and socially distant movement of persons making purchases at the canteen.</li> <li>Up to two person's maximum inside the canteen at any one time.</li> </ul>
<b>Hygiene</b>	<ul style="list-style-type: none"> <li>All facilities are inaccessible.</li> </ul>	<ul style="list-style-type: none"> <li>Toilet facilities are cleaned by the ACT Government and hand washing facilities are available.</li> <li>Canteen facilities will be operated by Committee or volunteers only.</li> <li>Canteen surface cleaning will be undertaken before, during and after meets.</li> <li>Canteen personnel will wear gloves at all times.</li> </ul>

		<ul style="list-style-type: none"> <li>• Food handling implements will be used at all times for non-wrapped food items – however, BLAC will limit the sale of unwrapped food items.</li> <li>• Hand sanitiser will be available for use by canteen customers.</li> <li>• Electronic payment will be encouraged over cash.</li> </ul>
<b>Management of unwell participants</b>	<ul style="list-style-type: none"> <li>• All facilities are inaccessible and the Centre is not operating.</li> </ul>	<ul style="list-style-type: none"> <li>• Any athlete, parent or carer or volunteer who is unwell will be asked to leave Cook Oval safely and seek medical advice at their discretion.</li> <li>• BLAC will keep a register of unwell members and relevant dates to assist with managing their return to athletic meets to protect the safety of all BLAC members and volunteers.</li> <li>• As noted in the Communications section in Part 1, BLAC will email members before each meet to ask that they not attend Cook Oval if they are feeling unwell or displaying symptoms; are awaiting a COVID-19 test result or have been to a designated COVID-19 hot spot in the previous 14 days.</li> </ul>
<b>Centre responsibilities</b>	<ul style="list-style-type: none"> <li>• All facilities are inaccessible and activities have ceased.</li> </ul>	<ul style="list-style-type: none"> <li>• The BLAC Committee are responsible for ensuring that members are aware of this Plan and the restrictions, protocols and requirements that they are to adhere to as a member of BLAC.</li> <li>• The BLAC Committee will monitor and encourage members adherence to the measures and behaviours required under this plan.</li> <li>• The BLAC Committee may be required to implement disciplinary measures against members who do not adhere to the requirements set out in this plan to minimise the risks to all members and volunteers attending Cook Oval.</li> </ul>