



Athletics Tasmania

COVID-19 Return to Sport Guidelines

*A review of this plan will be conducted prior to
Stage Three on Thursday 9 July 2020.*



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Tasmania's Plan for Returning to Sport and Recreation

On Friday 8 May 2020, Premier Peter Gutwein released Tasmania's Plan to Rebuild a Stronger Tasmania. The Plan has Three Stages to ease COVID-19 restrictions to support the health and safety of all Tasmanians.

Local Councils will determine if an athletics facility will remain open or closed and may require a Club/Management Committee/Venue Operator to provide a *RETURN TO SPORT* Guidelines. This document outlines recommendations which may be adopted however Clubs/Management Committees/Venue Operators may be required to amend this policy to comply with any requirements issued by Local Council.

The number of groups permitted at any one time within an athletics track may be determined by the Club/Management Committee/Venue Operator and/or Local Council.

It is recommended that the Club/Branch/Coach/Committee/Venue Operator appoint a Safety Officer who may be contactable during opening hours or hiring of the venue and can assist with any questions relating to the use of the venue. There are resources available for the Safety Officer to get access to as required.

A Club/Branch/Coach/Committee/Venue Operator and/or Local Council may implement a booking system for groups of no more than twenty (20) to conduct training however it is recommended that there is a twenty minute gap between booking times to allow for a group to enter/leave the facility and any cleaning that may be required.

What is clear is that competitions/organised events/time trials/ or any other form of competition is currently NOT PERMITTED.

If a situation is not covered under these guidelines, it does not automatically mean that it is a permitted activity. Clubs and all individuals are expected to adhere to the restrictions in place.

Athletics Tasmania strongly recommends that everyone downloads the COVID-19 app.

If there are any questions about the *RETURN TO SPORT* Guidelines or about a specific activity you can direct your questions to info@tasathletics.org.au

NOTE: In this document *Venue Operator* means any one of the following:

- An affiliated Athletics Club, Branch or Coach that manages and/or hosts athletics training and competition when hiring Local Council facilities;
- A Local Council.



COVID-19 Symptoms and Testing

The symptoms of COVID-19 are similar to colds and flus and include:

- fever
- sore throat
- cough
- tiredness
- difficulty breathing

If you are experiencing any of these symptoms, or within the last 14 days you have been in contact with a person who has tested positive to COVID-19 or has the above symptoms, **do not attend a stadium or training facility**. Instead, follow quarantine and testing requirements and contact the COVID-19 Public Health hotline – 1800 671 738.

COVID-19 Quarantine Guidelines

If you have been diagnosed with COVID-19, the person must stay at home to prevent it spreading to other people. They might also be asked to stay at home if you may have been exposed to the virus.

Staying at home means:

- do not go to public places such as work, school, shopping centres, childcare or university
- ask someone to get food and other necessities for you and leave them at your front door
- do not let visitors in — only people who usually live with you should be in your home

A person does not need to wear a mask in their home. If they need to go out to seek medical attention, wear a surgical mask to protect others.

Athletics Australia encourages quarantined persons to stay in touch by phone and on-line with family and friends.

Review and Revision

The Tasmanian Government's Plan to Rebuild a Stronger Tasmania advises Stage Two restrictions are planned to be lifted on 5 June 2020, subject to Public Health advice. To comply with Australian and Tasmanian Public Health advice, our COVID-19 *RETURN TO SPORT* Guidelines will be reviewed and updated on 4 June 2020.



Athletics Tasmania - Return to Sport

Easing of restrictions will be assessed by Public Health Services throughout each stage. The following three stages apply to sport and recreation activities in Tasmania. The first review of guidelines will be conducted on 4 June 2020.

Stage One – from 18 May 2020

- Outdoor park exercise equipment, skate parks and playgrounds may open for up to 10 people.
- Outdoor boot camps may operate for groups of up to 10 attendees (excluding the trainer).
- Indoor and outdoor pools may operate for up to 10 people per pool. This may include lane swimming and/or pool-based exercise, ensuring social distancing requirements are met (e.g. pools may open 3 lanes for 3 people to do lap swimming, and open the remainder of the pool for 7 participants in a group class).
- Outdoor exercise may be undertaken in groups of up to 10 people.
- Groups of up to 10 people can gather in large parks or reserves for recreational activities. Multiple groups of 10 people can use the same park or reserve so long as they are separate gatherings and allow 4 square metres of space available per attendee. Attendees must also maintain a distance of at least 1.5 metres from each other.
- Sporting groups may undertake outdoor training with up to 10 attendees (excluding coaches/staff), and only where activity aligns with the specified activities in Level B of the AIS Framework.
- Most sports are limited to training only (refer to specified activities in Level B, in the AIS Framework).
- For all sports and activities, multiple groups of 10 people can use the same outdoor venue so long as they are in separate groups and allow 4 square metres of space per attendee. Attendees must also maintain a distance of at least 1.5 metres from each other.
- Full training cannot resume for sports or activities that involve person-to-person contact (e.g. boxing, wrestling, holding, tackling, blocking). Modified, non-contact training (such as skills training) is permitted for these activities.

Athletics Specific Responses

Club and Squad Training (Level B of the AIS Framework):

- Outdoor activity that can be conducted in multiple small groups - not more than 10 athletes (excludes coach) in each group using cones as markers.
- Athletics activity to be conducted outside only – no indoor spaces to be utilized, including toilets
- Ensure squads are following social distancing with adequate spacing of athletes
- Adopt '**Get in, train and get out**' approach. Implement cleaning and personal hygiene protocols pre and post training (refer to 'Hygiene' on page 6).

The AIS Framework can be found: https://ais.gov.au/data/assets/pdf_file/0006/730374/35845_AIS-Framework-for-Rebooting-Sport-Summary.pdf



Stage Two – from 5 June 2020 (subject to advice from Public Health Services)

Updated 17 June 2020

- Gyms and boot camps can operate for up to 80 attendees (excluding coaches/staff).
- Outdoor park exercise equipment, skate parks and playgrounds can open for up to 80 people.
- Outdoor exercise and community sport and recreation activities will be expanded, with up to 80 attendees (excluding coaches/staff, and in alignment with Level B in the AIS Framework).
- Indoor sport and recreation activities will commence for up to 80 attendees (excluding coaches/staff, in alignment with Level B, in the AIS Framework).
- There are a few limited sports, where full competition can resume. Most sports however, are limited to training (refer to specified activities in Level B, in the AIS Framework).
- Indoor and outdoor pools may operate for up to 80 people per pool. This may include lane swimming and/or pool-based exercise, ensuring social distancing requirements are met.
- For all sports and activities, multiple groups of up to 80 people can use outdoor venues so long as they are separate groups and allow 4 square metres of space available per attendee. Attendees must also maintain a distance of at least 1.5 metres from each other.
- Full training cannot resume for sports or activities that involve person-to-person contact (e.g. boxing, wrestling, holding, tackling, blocking). Modified, non-contact training (such as skills training) is permitted for these activities.

Athletics Specific Responses

Club, Squad and Development Training and Programs (Level B of the AIS Framework):

- Outdoor activity that can be conducted in multiple small groups - not more than 20 athletes (excludes coach) in each group using cones as markers.
- Encourage clubs and athletes to minimise use of indoor facilities where possible
- Ensure all squads and development programs (e.g. Target Talent Program) are following social distancing with adequate spacing of athletes.
- Club/Coach/Branch equipment use – refer to 'Sharing Equipment' on page 12.
- Athletes to bring their own equipment including but not limited to a clean towel, stretching mat, water bottle and water and do not share.
- Adopt '**Get in, train and get out**' approach. Implement cleaning and personal hygiene protocols pre and post training (refer to 'Hygiene' on page 7).

Track use:

- When training on the circular track, individuals must remain 1.5m from each other.
- There is to be no drafting or running side by side in the same lane.
- Individuals can run in the next lane provided they remain 1.5m apart.

Medical/First Aid:

- Athletes and coaches to minimise medical treatment during training. If treatment is necessary, exercise increased hygiene measures or seek assistance from medical service following distancing guidelines.

Spectators and Additional Personnel:

- Spectators to be separate from athletes who are training, maintaining 1.5m distancing and adequate spacing (one person per 4m²).
- Non-essential spectators are discouraged from attending any indoor aspects of development and program activities.



Managing Illness:

- Communication to participants not to attend if unwell prior to training.
- If participant/s become unwell after event with COVID-19 symptoms, propose the individual isolates and is tested.
- The detection of a positive COVID-19 case will result in a standard public health response, which would include quarantine of a whole group, and close contacts, for the required period.

The AIS Framework can be found: https://ais.gov.au/data/assets/pdf_file/0006/730374/35845_AIS-Framework-for-Rebooting-Sport-Summary.pdf

Stage Three – from 26 June 2020 (subject to advice from Public Health Services) **Updated 12 June 2020**

On 26 June, caps on public gatherings will no longer apply, however, social distancing rules must still be enforced. Community and competitive sport will be able to resume and crowds of up to 500 will be able to attend.

NOTE: A review of the plan will be conducted prior to Stage Three on Thursday 25 June 2020.

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
Tasmanian Government Department of Health and Human Services	https://dhhs.tas.gov.au/
WorkSafe Tasmania	https://www.worksafe.tas.gov.au/
Local Government Tasmania – Communities, Sport and Recreation	https://coronavirus.tas.gov.au/families-community/sport-and-recreation
Download the COVID app	https://www.health.gov.au/resources/apps-and-tools/covidsafe-app



1. HYGIENE

A pre-emptive low-cost intervention like enhanced hygiene measures of participants is key to reducing the transmission of Coronavirus (COVID-19). Examples of personal hygiene measures that should be promoted include handwashing and covering mouth and nose with a tissue or sleeve during coughing/sneezing. Advice on cleaning is available from the [Department of Health and Human Services](#) and the [Commonwealth Department of Health](#)

Requirement:

The Venue Operator must keep a record of attendees including first name, phone number, date and time of attendance.

Recommendations:

All venues appoint a **SAFETY OFFICER (Branch delegate/Coach)** who can administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

Venue Operators

Venues to display signs at the entry point and around the venue including but not limited to:

- Keep that cough under cover;
- Good hand hygiene – use hand sanitiser pre, post and during training/programs
- Keeping your distance
- Operating hours of the venue
- Additional rules for use of the Venue and
- Procedures for booking training times (if venue requires)

Examples of Government posters available via the links below:



[Keep that cough under cover](#)



[Good Hand Hygiene](#)



[Keep your distance](#)

Individuals

Remember to observe good hygiene:

- Wash your hands with soap and water for at least twenty (20) seconds
- Remain 1.5m apart
- Cover your mouth and nose with a tissue or sleeve during coughing/sneezing,
- Medical First Aid - athletes and coaches to minimise medical treatment during training. If treatment is necessary, exercise increased hygiene measures or seek assistance from medical service following distancing guidelines.
- Bring your own equipment including but not limited to clean towel, stretching mat, water bottle and water and do not share; and
- Do not spit



The AIS Framework can be found: https://ais.gov.au/data/assets/pdf_file/0006/730374/35845_AIS-Framework-for-Rebooting-Sport-Summary.pdf

Keep your distance. Keep good hand hygiene.

Get in – train – and get out. Do not attend if you are feeling unwell. Do not spit.

Remember it is up to you to comply with all restrictions.

If any restrictions are breached, then Athletics Tasmania will recommend to Local Councils that venues are immediately closed.



2. PHYSICAL DISTANCING/CONTACT

Physical distancing decreases the risk of transmission by reducing incidence of contact with other persons through shaking hands or hugging. COVIDSafe Australia requires that participants take reasonable steps to maintain 1.5m distance from all other people.

Requirement:

The Venue Operator must keep a record of attendees including first name, phone number, date and time of attendance

Recommendations:

All venues appoint a **SAFETY OFFICER (Branch delegate/Coach)** who can administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

Venue Operators

Venues to display signs at the entry point and around the venue including but not limited to:

- Keeping your distance of 1.5m
- Ensure adequate spacing of one person per 4 square metres
- Operating hours of the venue; and
- Additional rules for use of the venue



[Keep your distance](#)

Individuals

- 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.

Keep your distance. Keep good hand hygiene.

Get in – train – and get out. Do not attend if you are feeling unwell. Do not spit.

Remember it is up to you to comply with all restrictions.

If any restrictions are breached, then Athletics Tasmania will recommend to Local Councils that venues are immediately closed.



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

Physical distancing decreases the risk of transmission by reducing incidence of contact between people. The control of facilities and management of areas where people might gather will reduce the risk of Coronavirus (COVID-19) transmission.

Requirement:

The Venue Operator must keep a record of attendees including first name, phone number, date and time of attendance.

Recommendations:

All venues appoint a **SAFETY OFFICER (Branch delegate/Coach)** who can administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

Groups of up to 80 people outdoors (or people from the same household) 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 eighty (80). It will be the responsibility of the Coaches to make sure that no more than eighty (80) 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 unless they comply to the social distancing requirements of 1.5m and the 4m² per person rule and in a group of no more than 80 people.

The Safety Officer/s/Branch delegate will randomly audit compliance and take appropriate action.

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

Keep your distance. Keep good hand hygiene.

Get in – train – and get out. Do not attend if you are feeling unwell. Do not spit.

Remember it is up to you to comply with all restrictions.

If any restrictions are breached, then Athletics Tasmania will recommend to Local Councils that venues are immediately closed.



4. SPECTATORS/GATHERINGS

Tasmanian Government restrictions currently limit gatherings to groups of 80 people to reduce the risk of people spreading Coronavirus (COVID-19). Spectators, and other non-participants watching activities should not attend activities unless they have an essential role, or they are parents and/or guardians. Public gathering limitations apply. Organisations should plan for activities without crowds to prevent the spread of Coronavirus (COVID-19).

Requirement:

The Venue Operator must keep a record of attendees including first name, phone number, date and time of attendance.

Recommendations:

All venues appoint a **SAFETY OFFICER (Branch delegate/Coach)** who can administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

A parent and/or carer cannot become a spectator and wait inside the venue until the conclusion of the activity unless they comply to the social distancing requirements of 1.5m and the 4m² per person rule and in a group of no more than 80 people.

Venue Operators:

- Options - The Safety Officer/Branch delegate sets up an online training booking system for 30, 60, 90 or 120 minutes depending upon the capacity of the venue;
- Contact your Local Council and confirm if an existing booking system exists or alternatively there are free online tools that can be used such as "googledocs";
- Include all restrictions and information on use of the venue at the time of booking including the maximum number of people eighty (80) that can participate in the activity at one time;
- Communicate opening hours, restrictions and options for training and use of equipment and all other relevant information by email to your venue database and/or via Local Council newsletter.

The AIS Framework can be found: https://ais.gov.au/data/assets/pdf_file/0006/730374/35845_AIS-Framework-for-Rebooting-Sport-Summary.pdf

Keep your distance. Keep good hand hygiene.
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5. SHARING EQUIPMENT

In combination with good hygiene practices, a similar pre-emptive measure is to promote behaviours such as not sharing drink bottles, towels, and limiting the shared use of equipment. Equipment that touches the head of face or cannot be effectively cleaned (for example, if made from soft materials or clothing) should not be shared. Where sharing equipment cannot be avoided, equipment with smooth surfaces should be cleaned between sessions.

Requirement:

The Venue Operator must keep a record of attendees including first name, phone number, date and time of attendance.

Recommendations:

All venues appoint a **SAFETY OFFICER (Branch delegate/Coach)** delegate who can administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

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.

CLUBS/BRANCH/VENUES Equipment

Where Clubs, Branches and Venues have purchased training equipment that can be used by individuals, all equipment should be cleaned by a designated Club or Branch representative before/after use. It is recommended that equipment is booked by individuals for use at specified times. The following process is recommended:

- All equipment is cleaned before and after use and stored in a safe and clean environment.
- The equipment is retrieved from storage by one designated Club or Branch 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
 - 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
 - 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
 - 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.

Keep your distance. Keep good hand hygiene.

Do not attend if you are feeling unwell. Do not spit.

Remember it is up to you to comply with all restrictions in place

If any restrictions are breached, then Athletics Tasmania will recommend to Local Councils that venues are immediately closed.



6. GROUP/TEAM ACTIVITY

Tasmanian Government restrictions currently limit gatherings to up to 80 people outdoors (plus a coach or the minimum number of support staff reasonably required to manage the activity) which impacts team or group activities.

Requirement:

The Venue Operator/Club/Branch must keep a record of attendees including first name, phone number, date and time of attendance.

Recommendations:

All venues appoint a **SAFETY OFFICER (Branch delegate/Coach)** who can administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

The Venue Operator/Local Council will determine the maximum number of groups (80 people) that can be within the venue at any one time to ensure 4 square metres of space per participant. 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 eighty (80) people involved in physical activity at any time. The Government has confirmed that a Coach may only manage one group at any given time and must wait twenty (20) minutes before commencing coaching a further group to allow individuals to leave the venue before the next group arrives.

Coaching and or managing more than one group simultaneously within the same venue, albeit separated by distance is not permitted, for example: a Coach or assistant to the coach cannot conduct activity with two groups where one group is at the 200m start area and the second group is at the finish line. There are to be no spectators within the venue.

The AIS Framework can be found: https://ais.gov.au/data/assets/pdf_file/0006/730374/35845_AIS-Framework-for-Rebooting-Sport-Summary.pdf

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7. INDOOR ACTIVITIES (updated for 17 June)

The Restricted Activities Direction prohibits the use of indoor facilities such as club rooms, change rooms, and showers. Toilets should remain closed during Stage One (18 May) but can be open from Stage Two (17 June - updated) subject to public health advice. Refer to information under sport and recreation facilities: <https://www.coronavirus.tas.gov.au/families-community/sport-and-recreation>

Requirement:

The Venue Operator must keep a record of attendees including first name, phone number, date and time of attendance.

Recommendations:

All venues appoint a **SAFETY OFFICER (Branch delegate/Coach)** who can administer and implement the restrictions and recommendations to prevent the transmission of COVID-19

Venue Operators

- Club Rooms, change rooms, Club gyms (AT Tin Shed) and other indoor areas are to remain closed.
- Toilets should be open and accessible during advertised training times.
- Toilets should be cleaned daily (Local Council responsibility)
- Soap dispensers/paper towels are to be checked daily and replaced/filled as required (Local Council responsibility)
- NOTE: In the South, the Athletics South buildings and the Athletics Tasmania office areas to adhere to WorkSafe Tasmania recommended cleaning minimum standards. This applies where applicable to our Northern Branch and North West Club when in control of the venue.

Opening hours for the athletics track should be clearly advertised (Club/Coach/Branch responsibility when hiring venue, otherwise Local Council responsibility)

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

NOTE: Recommendation – Branches to promote training times.

Notices should clearly show that the Tin Shed Gym REMAINS CLOSED and that TOILETS are open (Local Council responsibility).

Keep your distance. Keep good hand hygiene.
Do not attend if you are feeling unwell. Do not spit.
Remember it is up to you to comply with all restrictions in place
If any restrictions are breached, then Athletics Tasmania will recommend to Local Councils that venues are immediately closed.



8. TRAVEL

The Tasmanian Government has eased the restrictions on travel to participate in sport and recreation activities from the 5 June 2020.

Requirement:

The Venue Operator must keep a record of attendees including first name, phone number, date and time of attendance.

Recommendations:

All venues appoint a **SAFETY OFFICER (Branch delegate/Coach)** who can administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

There is no restriction on physical activity. However, access to training venues may be limited to members and/or individuals who reside within a specified distance of the athletics track.

Venue Operators can include any restrictions on all communications, websites, and/or booking forms to this effect.

Keep your distance. Keep good hand hygiene.

Do not attend if you are feeling unwell. Do not spit.

Remember it is up to you to comply with all restrictions in place

If any restrictions are breached, then Athletics Tasmania will recommend to Local Councils that venues are immediately closed.



9. HIGH INJURY ACTIVITY

To reduce the strain on Tasmania's health and emergency services, common sense should be used in avoiding activities that have a high risk of injury that may result in hospitalisation.

Requirement:

The Venue Operator/Branch delegate/Coach must keep a record of attendees including first name, phone number, date and time of attendance.

Recommendations:

All venues appoint a **SAFETY OFFICER (Branch delegate/Coach)** who can administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

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 or running side by side in the same lane.
- Individuals can run in the next lane provided they remain 1.5m apart.

Warm up

- Individuals are reminded that the venue/track is a public facility and unless it is 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

Keep your distance. Keep good hand hygiene.
Do not attend if you are feeling unwell. Do not spit.
Remember it is up to you to comply with all restrictions in place
If any restrictions are breached, then Athletics Tasmania will recommend to Local Councils that venues are immediately closed.



10. PROTOCOLS

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

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)?

Requirement:

The Venue Operator/Branch delegate/Coach must keep a record of attendees including first name, phone number, date and time of attendance.

Recommendations:

All venues appoint a **SAFETY OFFICER (Branch delegate/Coach)** who can administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

Venue Operators

It is recommended that venues clearly set out the restrictions in place along with the following information: Every person attending the venue will be required to provide their Name, Address, email and contact phone number.

If any person refuses to provide this information, they will not be permitted into the venue.

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
- cough

DO NOT attend the venue.

If the Safety Officer/Branch delegate/Coach 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.

Keep your distance. Keep good hand hygiene.

Do not attend if you are feeling unwell. Do not spit.

Remember it is up to you to comply with all restrictions in place

If any restrictions are breached, then Athletics Tasmania will recommend to Local Councils that venues are immediately closed.



11. COMMUNICATION

Communicating Coronavirus (COVID-19) risk mitigation strategies to participants is vital. Setting and promoting expectations for required behaviours prior to recommencing activities will be crucial to ensuring activities are safe to return to and remain free of further restrictions. This includes communicating current restrictions, improved health literacy of participants and social distancing measures.

How will you coordinate and communicate any changes to the directions to your clubs, members and stakeholders?

Requirement:

The Venue Operator/s must keep a record of attendees including first name, phone number, date and time of attendance.

Recommendations:

All venues appoint a **SAFETY OFFICER (Branch delegate/Coach)** who can administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

The following communication plan will be implemented:

Athletics Tasmania:

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

AT Website:

The *RETURN TO SPORT* Guidelines will be uploaded to a dedicated section of the Athletics Tasmania website.

Changes to Restrictions

If the restrictions change then Athletics Tasmania will communicate those changes and update these guidelines to reflect the changes.

Venue Operators/Clubs/Branch will be required to also communicate any changes.

Keep your distance. Keep good hand hygiene.

Do not attend if you are feeling unwell. Do not spit.

Remember it is up to you to comply with all restrictions in place

If any restrictions are breached, then Athletics Tasmania will recommend to Local Councils that venues are immediately closed.



12. COACHING PROTOCOLS

Coaches will play a pivotal role to ensure that the group activity complies with the restrictions in place at all times.

It is a requirement that Coaches:

- Must keep a record of attendees including first name, phone number, date and time of attendance at each training session
- 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 temperatures and discuss them with the individual before advising the Safety Officer to discuss an appropriate course of action.

Remind individuals not to SPIT at any time. If an individual is unwell during training (eg. vomiting) the individual (and coach) will be required to clean any effected area as soon as possible.

Please refer to the Athletics Australia **Return to Athletics Guidelines** for Coaches, Run-Leaders, Officials and Volunteers:

<https://cdn.revolutionise.com.au/cups/aa/files/8rskf3uswygsmjuc.pdf>

PARTICIPANT PROTOCOLS

Quick guide – Athletics Australia guidelines for participants:

<https://cdn.revolutionise.com.au/cups/aa/files/onk5amyxyolqea2.pdf>

PARENT AND CARER PROTOCOLS

Quick guide – Athletics Australia guidelines for parents and carers:

<https://cdn.revolutionise.com.au/cups/aa/files/tlytays4p1zqcqaz.pdf>

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Do not attend if you are feeling unwell. Do not spit.
Remember it is up to you to comply with all restrictions in place
If any restrictions are breached, then Athletics Tasmania will recommend to Local Councils that venues are immediately closed.