

19 October 2021

TMA Covid-19 Plan

Tasmanian Masters Athletics has developed the following guidelines to assist with the safe participation in athletics activity during the COVID-19 pandemic. It is stressed that these guidelines are subject to change at short notice. For the latest government updates please go to <https://coronavirus.tas.gov.au/>.

These guidelines are aimed at limiting the spread of COVID-19 and ensuring participant and community safety. These guidelines must be read in conjunction with the current directives and / or guidelines of the Athletics Tasmania, the AIS, the Australian Government and the Tasmanian Government.

Tasmanian Masters Athletics' priority is the preservation of public health and minimising the risk of community transmission to enable continuation of athletic activity for all.

From participants to volunteers, to coaches, parents, spectators and staff, the entire athletics community has an important role to play in helping to slow the spread of Covid-19.

Sporting activities permitted based on Level C of the AIS Framework for Rebooting Sport, meaning the following are permitted:

- full contact training;
- full competition sport (contact and non-contact);
- sharing of equipment where necessary; and
- use of change rooms and other shared facilities.

To help minimise the risk of contracting or transmitting Covid-19 as we return to athletics activity, participants must adhere to the following:

1. do not attend training or competition if you are unwell and experiencing symptoms such as a cough, sore throat, fever, fatigue or shortness of breath
2. do not attend training or competition if, in the last 14 days, you have been unwell or had close contact with a known or suspected case of COVID-19
3. any participant who is unwell should see a doctor in accordance with local Public Health Authority guidelines
4. practice good personal hygiene including, for example, washing your hands with soap regularly, using a hand sanitiser and coughing into your arm or a tissue
5. no sharing personal items with others. Bring your own drink bottles, towels and equipment (as applicable) to training.
6. 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 or 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 prior to registering, participants should use hand sanitiser to minimise the risk of spread. Likewise, volunteers should use hand sanitiser on arrival

7. warming up can be conducted, individuals where possible remain 1.5m apart. At the end of your warmup, training, competition, use of or warm down, make sure you promptly leave the training.
8. avoid unnecessary body contact, for example no hand shaking or high fives.

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 personal equipment including but not limited to a clean towel, stretching mat, water bottle and water and do not share; and
- do not spit

For additional information please go to <https://coronavirus.tas.gov.au/>

The Athletics Tasmania Participation And Event Guidelines can be found at:

<https://cdn.revolutionise.com.au/cups/tasathletics/files/fsp3qhaqi4fkfuyn.pdf>

The AIS Framework can be found at:

<https://www.ais.gov.au/health-wellbeing/covid-19>

Tasmanian Government Guidelines for sport and recreation can be found at:

<https://www.coronavirus.tas.gov.au/families-community/sport-and-recreation>