

**Athletics Victoria**  
**RETURN TO TRAINING AND COMPETITION**

## Athletics Victoria Incorporated

ABN 47 382 664 821

### RETURN TO TRAINING AND COMPETITION

This document contains recommendations for return to training and competition for all weather athletics tracks (venues) throughout Victoria.

It is based on the RETURN TO TRAINING/COMPETITION principles recommended by SportAus and Sport & Recreation Victoria.

Venue Operators are required to adopt all or part of the recommendations and where appropriate, may decide to open or offer access to part and/or all activities within a venue so long as it complies with Victorian Government COVID guidelines.

This document can be provided to Local Councils as recommendations for return to training and competition.

As restrictions ease it is more important than ever that we take steps every day to keep ourselves and others safe. The steps below can help protect you from coronavirus (COVID-19).

- Stay safe as restrictions ease by washing your hands regularly, wearing a face mask where physical distancing cannot be maintained, coughing and sneezing into your elbow, and maintain a 1 person per 4m2 distancing rule.
- Keep your friends and family safe by meeting outdoors. There is a lower risk of spreading coronavirus (COVID-19) between people if you are outdoors.
- Groups of up to 50 people will be able to meet outdoors.
- Face masks are no longer required outdoors except where physical distancing cannot be maintained, in such case for athletics face masks are required during training and competition sessions as part of the Athletics Victoria COVIDSafe Plan
- If you have symptoms of coronavirus (COVID-19) get tested and stay home. Stay at home if you feel unwell.

#### Version Control

Date	Version	Description	Owner/Author
4 <sup>th</sup> November 2020	Version 3.0	Return to Training/Competition – Third Step	Glenn Turnor
5 <sup>th</sup> November 2020	Version 3.1	High Jump, Pole Vault, Horizontal Jumps (Page 9 & Cleaning Protocols (Page 18)	Glenn Turnor
24 <sup>th</sup> November 2020	Version 3.2	Return to Training/Competition – Fourth Step	Ross Cunningham

Athletics Victoria Incorporated (AV) is the State Sporting Organisation for athletics in Victoria and provides this information to assist Venue Operators with RETURN TO TRAINING/COMPETITION procedures. AV does not accept any liability where some, and/or all, of the recommendations have not been implemented by a Venue Operator/Organiser(s).

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# Athletics Victoria

## RETURN TO TRAINING AND COMPETITION

### Commencement Statement

Local Councils will determine if an athletics facility will open, remain open or closed and may require a Club/Management Committee/Venue Operator to provide a *RETURN TO TRAINING/COMPETITION plan*. 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.

It is recommended that the Club/Management Committee/Venue Operator appoint a Safety Officer who may be on site during opening hours of the venue and can assist with any questions relating to the use of the venue. The Safety Officer may be more than one person appointed by the Organiser/Venue Operator

A Club/Management Committee/Venue Operator and/or Local Council may implement a booking system to conduct training/competition however it is recommended that there is a fifteen minute gap between booking times to allow for a group to enter/leave the facility and any cleaning that may be required.

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

If there are any questions about the *RETURN TO TRAINING/COMPETITION* policy or about a specific activity you can direct your questions to [info@athsvic.org.au](mailto:info@athsvic.org.au).

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

- An affiliated Athletics Club that manages and/or controls an athletics track on behalf of a Local Council
- Venue Operator that manages and/or controls an athletics track on behalf of a Local Council
- Management Committee that manages and/or controls an athletics track on behalf of a Local Council or a Local Council.
- For more information and to keep up to date please refer to the following links:-

Agency	Online resource
Australian Government Department of Health	<a href="https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert">https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert</a>
Australian Institute of Sport	<a href="https://ais.gov.au/health-wellbeing/covid-19">https://ais.gov.au/health-wellbeing/covid-19</a>
Australian Health Protection Principal Committee (AHPPC)	<a href="https://www.health.gov.au/committees-and-groups/australian-health-protection-principal-committee-ahppc">https://www.health.gov.au/committees-and-groups/australian-health-protection-principal-committee-ahppc</a>
Victorian Government Department of Health and Human Services	<a href="https://www.dhhs.vic.gov.au/coronavirus">https://www.dhhs.vic.gov.au/coronavirus</a>
VicHealth	<a href="https://www.vichealth.vic.gov.au/">https://www.vichealth.vic.gov.au/</a>
Vicsport	<a href="https://vicsport.com.au/">https://vicsport.com.au/</a>
Local Government Victoria	<a href="https://www.localgovernment.vic.gov.au/">https://www.localgovernment.vic.gov.au/</a>
Other key regulators – e.g., Worksafe Victoria	<a href="https://www.worksafe.vic.gov.au/">https://www.worksafe.vic.gov.au/</a>
COVID 19 Course – useful for Safety Officers	<a href="https://www.playbytherules.net.au/online-courses/mini-courses/covid-19-awareness-mini-course">https://www.playbytherules.net.au/online-courses/mini-courses/covid-19-awareness-mini-course</a>

# Athletics Victoria

## RETURN TO TRAINING AND COMPETITION

### 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/Event Organiser(s) must keep a record of attendees including first name, phone number, date, and time of attendance.

#### Recommendations:-

All venues appoint a Safety Officer 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:-
  - 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
  - o Procedures for booking training/competition times (if venue requires)
- Make sure toilets are cleaned regularly and there is access to soap and paper towels

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.
  - o Wash your hands with soap and water for at least twenty (20) seconds
  - o **Maintain a 1 person per 4m<sup>2</sup> distancing rule.**
  - 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, and
  - o Do not spit

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 Victoria will recommend to Local Councils that venue (s) are immediately closed.

# Athletics Victoria

## RETURN TO TRAINING AND COMPETITION

### 2. PHYSICAL CONTACT

Physical distancing decreases the risk of transmission by reducing incidence of contact with other persons through shaking hands, hugging, or tackling. The Stay at Home Directions require that participants take reasonable steps to **maintain a 1 person per 4m<sup>2</sup> distancing rule from all other people**

Requirement:-

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

Recommendations:-

All venues appoint a Safety Officer 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:-
  - o Keeping your distance
  - o Operating hours of the venue; and
  - o Additional rules for use of the Venue



[Keep your distance](#)

*Individuals*

TRACK USE

- **Individuals must maintain a 1 person per 4m<sup>2</sup> distancing rule.**
- No high five's, hugs, kissing and/or handshakes
- 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 maintain a 1 person per 4m<sup>2</sup> distancing rule.**
- 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 Victoria will recommend to Local Councils that venue (s) are immediately closed.

## Athletics Victoria

### RETURN TO TRAINING AND COMPETITION

#### 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 Stay at Home Directions](#) currently limit gatherings of groups of people to reduce the risk of people spreading coronavirus (COVID-19). 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/Event Organiser(s) must keep a record of attendees including first name, phone number, date, and time of attendance.

##### Recommendations:-

All venues appoint a Safety Officer who can administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

Public gatherings up to **50 people** can meet outdoors for social interaction (infants under 12 months of age are not included in the cap)

**For outdoor physical recreation and community sport, contact or noncontact for all ages a cap of 500 patrons will be allowed to enter a venue/premises however must be limited to a group size of 50 people at one time and maintain a 1 person per 4m<sup>2</sup> distancing rule.**

**Individuals are encouraged to “get in – train/compete – and get out”. Where an individual requires a parent and/or carer then they will be counted as part of the permitted numbers. It will be the responsibility of the Coach/Safety Officer and Venue to make sure that no more than the recommended quota are permitted in the group/gathering.**

It is also a recommendation that where it is possible to do so, a drop off and pick up zone outside the venue and within the car park is set up clearly identifying the area. Physical distancing measures should be in place within this area where possible.

The Safety Officer/Venue Operator 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/Event Organiser(s) 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 Victoria will recommend to Local Councils that venue (s) are immediately closed.

# Athletics Victoria

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### 4. SPECTATORS/GATHERINGS

The Stay at Home Directions currently limit public gatherings up to 50 people to meet outdoors for social interaction (infants under 12 months of age are not included in the cap) 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 still apply under step four. For outdoor physical recreation and community sport, contact or noncontact for all ages a cap of 500 patrons will be allowed to enter a venue/premises however must be limited to a group size of 50 people at one time and maintain a 1 person per 4m2 distancing rule.**

#### Requirement:-

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

#### Recommendations:-

All venues appoint a Safety Officer who can administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

**Parents, carers, coaches are now permitted to attend the venue as spectators under step four capped at 500 however must maintain gathering limits of up to 50 people and adhere to a 1 person per 4m2 distancing rule.**

**Example: A venue can be split into multiple areas/zones for the purpose of training and competition, Zone A – Competition Field of Play (Competition Field of Play consists of track and field event sites) Zone B – External zones including areas such as viewing galleries/platforms, grandstands etc. Both areas/zones must adhere to the gathering limitations as outlined above.**

#### Venue Operators/Event Organiser(s):-

- Options:- The Safety Officer sets up an online training booking system for 30 mins, 60 mins, 90mins or 120mins 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 that can participate in the activity at one time.
- Communicate opening hours, restrictions and options for training/competition and use of equipment and all other relevant information by email to your venue database and/or via Local Council newsletter.

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 Victoria will recommend to Local Councils that venue (s) are immediately closed.

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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/Event Organiser(s) must keep a record of attendees including first name, phone number, date, and time of attendance.

#### Recommendations:-

All venues appoint a Safety Officer 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-equipment				Exercise/stretching mats		Weights

- PERSONAL - Throws equipment
  - Make sure your equipment is cleaned prior to attending training/competition 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
- CLUB/VENUES equipment

Where Clubs have purchased training/competition equipment that can be used by individuals, and the Venue Operator has approved the use of the equipment by the public, all equipment should be cleaned by a designated 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 a 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.



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- 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
  - It is recommended that only one (1) person uses pole vault equipment at any given time where the equipment cannot be sanitised and/or appropriately cleaned between use.
  - 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
  - It is recommended that only one (1) person uses high jump equipment at any given time where the equipment cannot be sanitised and/or appropriately cleaned between use.
  - 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
  - It is recommended that only one (1) person uses a long jump at any given time where the equipment cannot be sanitised and/or appropriately cleaned between use.
  - 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.

### Cleaning Protocols - General

- Athletes must use hand sanitiser before each jump if more than one person using the pit at same time and checks are in place to ensure that all athletes don't have any symptoms before commencement
- Appropriate disinfectant to spray the pit/mats between jumps and all other surfaces where contact has been made (especially if head or face hits the sand/mat surface)
- 1.5m distance maintained at all times including before during and after each training jump
- No more than a group of 10 in any area at any time and each group ten metres apart.
- No mixing between groups and
- All other COVIDSafe protocols are in place and all athletes are compliant.

For Long Jump: - Turning over the sand and allowing it to aerate after each jump (not simply raking) and rakes and all equipment wiped down before during and after as required (or spray disinfectant/sanitiser used)

# Athletics Victoria

## RETURN TO TRAINING AND COMPETITION

### 6. GROUP/TEAM ACTIVITY

[Restricted Activity Directions and Stay at Home Directions](#) currently limit public gatherings up to 50 people to meet outdoors for social interaction (infants under 12 months of age are not included in the cap).

#### Requirement:-

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

#### Recommendations:-

All venues appoint a Safety Officer who can administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

The Venue Operator will monitor the number of people that can be within the venue at any one time as outlined by government and in this document. Public gathering limitations still apply under step four. For outdoor physical recreation and community sport, contact or noncontact for all ages a cap of 500 patrons will be allowed to enter a venue/premises however must be limited to a group size of 50 people at one time and maintain a 1 person per 4m<sup>2</sup> distancing rule.

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/competition 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/competition on the track ensuring appropriate distancing between individuals.

Coaches and individuals are required to make sure that there are no more than the recommended people involved in physical activity at any time.

Outdoor personal training/coaching is allowed with up to 50 people per trainer/coach. Coaching and or managing more than one group over and above the restricted numbers simultaneously within the same venue, albeit separated by distance is **not** permitted. Venues are allowed to have 500 in the venue at one time so long as groups of 50 are managed and adhered to with no mixing of those groups.

Parents or carers are permitted to attend if they are supervising children or supporting players 18 years and under with additional needs, while maintaining gathering limits of up to 10 people (or more if the group is from the same household).

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 Victoria will recommend to Local Councils that venue (s) are immediately closed.

**Athletics Victoria**  
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**7. INDOOR ACTIVITIES (Restrictions under **Fourth Step**)**

The Restricted Activities Direction prohibits the use of indoor facilities such as club rooms. Toilets and changerooms can remain open

**Requirement:-**

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

**Recommendations:-**

All venues appoint a Safety Officer who can administer and implement the restrictions and recommendations to prevent the transmission of COVID-19

**Venue Operators/Event Organiser(s):-**

- **Cap of 150 patrons with group limit of 20, subject to density quotient**
- Toilets and change rooms should be open and accessible during advertised training/competition times.
- Toilets and change rooms should 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 should be clearly advertised

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

**Notices should clearly show the updated step four restrictions including capacity limitations for indoor and outdoor areas including but not limited to Club Rooms, Gym Rooms, Weights Rooms. TOILETS and CHANGE ROOMS should remain open and cleaning principles adhered to.**

\*Information about appropriate cleaning materials can be found at the end of this document.

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 Victoria will recommend to Local Councils that venue (s) are immediately closed.

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### 8. TRAVEL

Travel from Metropolitan to Regional and Regional to Metropolitan areas is now permitted under step three and four. For more information on the current travel guidelines and restrictions visit the Victorian Department of Health and Human Services website.

#### Requirement:-

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

#### Recommendations:-

All venues appoint a Safety Officer who can administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

Under the new Victorian guidelines and restrictions in place, access to training/competition venues is no longer limited to members and/or individuals who reside within a specified distance of the athletics track. Venue Operators and Organisers can if required include geographical restrictions on attending certain venues if required.

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 Victoria will recommend to Local Councils that venue (s) are immediately closed.

# Athletics Victoria

## RETURN TO TRAINING AND COMPETITION

### 9. HIGH INJURY ACTIVITY

To reduce the strain on Victoria'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/Event Organiser(s) must keep a record of attendees including first name, phone number, date, and time of attendance.

#### Recommendations:-

All venues appoint a Safety Officer who can administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

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/competing on the circular track, individuals must maintain a 1 person per 4m<sup>2</sup> distancing rule.**

There is to be no drafting (running in the slip stream) or running side by side in the same lane.

**Individuals can run in the next lane provided individuals maintain a 1 person per 4m<sup>2</sup> distancing rule.**

#### *Warm up*

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 provided individuals maintain a 1 person per 4m<sup>2</sup> distancing rule.**

At the end of your warmup, training, and or competition or warm down, make sure you promptly leave the training area to limit group/capacity numbers.

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 Victoria will recommend to Local Councils that venue (s) are immediately closed.

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**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/competition with symptoms consistent with COVID-19 (fever or respiratory symptoms such as cough, sore throat, and shortness of breath)?

Requirement:-

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

Recommendations:-

All venues appoint a Safety Officer who can administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

*Venue Operators/Event Organiser(s):-*

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
- 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.

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 Victoria will recommend to Local Councils that venue (s) are immediately closed.

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## RETURN TO TRAINING AND COMPETITION

### 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/Event Organiser(s) must keep a record of attendees including first name, phone number, date, and time of attendance.

#### Recommendations:-

All venues appoint a Safety Officer who can administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

The following communication plans are recommended:-

#### *Athletics Victoria*

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

#### AV WEBSITE

The RETURN TO TRAINING/COMPETITION 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.

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 Victoria will recommend to Local Councils that venue (s) are immediately closed.

### COACHING PROTOCOLS

## **Athletics Victoria**

### **RETURN TO TRAINING AND COMPETITION**

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

Coaches are reminder to:-

- Structure physical activities that comply with physical distancing; COVIDsafe principles; 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 temperature and advise the individual to leave training/competition immediately and seek medical advice. Make sure you advise the Safety Officer who may also discuss an appropriate course of action.

Remind individuals not to SPIT at any time.

If an individual is unwell during training/competition (e.g. vomiting) the individual (and coach) must clean any effected area with disinfectant.

The following course is recommended for Coaches :-

<https://www.openlearning.com/courses/covid-safe-sport-coach-certification/>



## Athletics Victoria RETURN TO TRAINING AND COMPETITION

### 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:	Downloaded and using COVIDSafe app?
							<ul style="list-style-type: none"> <li>Had any COVID-19 symptoms?</li> <li>Been in contact with any confirmed/suspected COVID-19 case?</li> <li>Travelled internationally?</li> </ul>	

**Athletics Victoria**  
**RETURN TO TRAINING AND COMPETITION**

**CLEANING PROTOCOLS**

Venue Operator is recommended to have the following supplies available:-

- Disinfectant and cleaning products
- Clean and disposable cloths and cleaning material and
- Rubbish bags and bins
- Gloves

Hand sanitiser is recommended 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 details on products are listed in the attached information sheet provided by SafeWork Australia OR via the link below to the DHHS website for cleaning products.

For specific equipment including pole vault mats, high jump bags the recommendation

- Undiluted methylated spirits (95% ethanol) to wipe down and clean mats to avoid any reaction with the foam or PVC.
- Lightly spray and then wipe over mats to disinfect or spray on a towel or other cloth and then wipe OR
- alcohol solution with at least 70% alcohol can be used as an alternative. Refer to the link below

For more information on specific cleaning products please follow the link below:-

<https://www.dhhs.vic.gov.au/cleaning-and-disinfecting-reduce-covid-19-transmission-tips-non-healthcare-settings>

**Athletics Victoria**  
**RETURN TO TRAINING AND COMPETITION**

**MEDICAL STAFF PROTOCOLS**

External medical providers will be required to implement required principles and recommendations based on your profession including all recommendation and restrictions outlined by the Victorian government.

It is essential that any medical equipment within the venue including but not limited to :-

- First aid kits and
- Defibrillators

Are accessed and used with gloves and other required protective equipment.

Where components of a first aid kit and/or other medical instruments are used then they must be appropriately disposed of and/or cleaned.

If a positive case is identified:-



Notify close contacts



Do a comprehensive clean



Notify Worksafe Victoria 13 23 60



Notify DHHS and seek advice 1800 675 398

# Athletics Victoria

## RETURN TO TRAINING AND COMPETITION

### CONTACT TRACING PROTOCOLS

All venues must keep an accurate and up to date record of people attending any venue. Records are required to be kept for more than 28 days.

Athletics Victoria is providing to all Clubs access to COVID Safe Sports App.

Access to the data will be provided to one individual per venue as nominated by Club/Venue Operator.

All patrons will be required to 'Check in' or Scan the QR Code on entry and 'check out' on exit. Venue Operators will be required to check everyone's screen/tablet/mobile device on entry to confirm that they have checked in . This app will be accessible by all AV Members, Officials, volunteers and spectators for each venue that conducts training and competition.



**NOTE that the app is currently being populated with information provided by Clubs and will be used at all AV events this season until such time check-in restrictions ease.**

**Athletics Victoria**  
**RETURN TO TRAINING AND COMPETITION**

**COMPETITION PROTOCOLS**

Competition is permitted under the Fourth Step within an outdoor athletics facility subject to the following:-

For ALL AGES a person may only participate in a community sport if

- it is conducted outdoors; and
- is non-contact; and
- no more than 50 members of the public participate in individual events at one time and
- spectators are capped at 500 and split into groups of 50.

Community Sport (including competitions) can go ahead with a maximum of 50 people in any one activity provided:-

- participants maintain a 1 person per 4m2 distancing rule.
- the activity requires minimum number of officials/volunteers to be conducted
- equipment must be cleaned and sanitised before the next use.
- participants avoid congregating at the start, or end of the activity with participants required to leave once the activity is complete.
- officials/volunteers observe physical distancing, and wear masks and are provide with any other PPE deemed appropriate for managing that activity.
- spectators abide by social gathering rules and venue has completed relative safety checks to ensure compliance; and
- where more than one group of 50 is participating in an activity, participants must not move or switch between groups.

# Athletics Victoria

## RETURN TO TRAINING AND COMPETITION

### COVIDSafe Plan

Sport and Recreation Victoria have prepared a sport specific template for a COVIDSafe plan which is awaiting approval from DHHS. Once approved it will be provided to Clubs.

The COVIDSafe Plan has been developed to support businesses to safely reopen, maintain a COVIDSafe workplace, and prepare for a suspected or confirmed case of coronavirus (COVID-19) in the workplace.

There are six principles that form the COVIDSafe Plan:-

1. Ensure physical distancing
2. Wear a face covering
3. Practise good hygiene
4. Keep records and act quickly if workers become unwell
5. Avoid interactions in enclosed spaces
6. Create workforce bubbles

Public health advice and related restrictions can change.

- Review and update your COVIDSafe Plan regularly to make sure you comply with current regulations and health requirements.
- Organisations with multiple worksites must complete a COVIDSafe Plan for each worksite.
- Note that some higher-risk industries or workplaces have additional requirements.
- Download the latest fact sheets and resources to help you update your COVIDSafe Plan and to display at your workplace