



COVID-19 SAFETY PLAN

Tuggeranong Little Athletics Association

Association/Club	Tuggeranong Little Athletics Association
Ground Location	Kambah Oval 3
Club Facility Location	Kett St, Kambah
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Annette Grocott is responsible for this document	

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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 Tuggeranong Little Athletics Association (TLAA) to support TLAA 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, coaches, officials, administrators/volunteers, visitors, families and the broader community. The Plan provides the framework to govern the general operation of the TLAA, any facilities it controls, the playing/training behaviour of all members and participants and the monitoring and reporting of the health of attendees at TLAA 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**) and the [National Principles for the Resumption of Sport and Recreation Activities](#) (**National Principles**). The Plan is also based on the [ACT Government's Recovery Plan: Easing Restrictions roadmap](#) for COVID19.

The Plan also accepts as key principles that:

- The health and safety of members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community is the number one priority;
- Members, participants, coaches, officials, administrators/volunteers, families and the broader community need to be engaged and briefed on TLAA's return to sport plans;
- Facilities 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 TLAA must consider and apply all applicable ACT Government restrictions and regulations. TLAA needs to be prepared for any localised outbreak at our facilities, within our competitions or in the local community.

3. Responsibilities under this Plan

TLAA 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 TLAA 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 TLAA 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:

Name	Barbra Miels-Barrett
Contact Email	president@tlaa.org.au
Contact Number	0418452889

TLAA expects all members, participants, coaches, officials, administrative staff 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 TLAA;
- 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

The Plan outlines specific sport requirements that TLAA will implement for Level C of the AIS Framework.

4.1 AIS Framework Arrangements

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

4.2 Roadmap to a COVIDSafe Australia

TLAA 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).

AIS Activities	Level A: Training in no more than pairs. Physical distancing required.	Level B: Indoor/outdoor activity. Training in small groups up to 10. Physical distancing required.		Level C: Full sporting activity (training and competition) allowed. No restriction on numbers. Contact allowed.	
Roadmap Activities	N/A	Step 1: No indoor activity. Outdoor sport (up to 10 people) consistent with AIS Framework.	Step 2: Indoor/outdoor sport up to 20 people. Physical distancing (density 4m ²).	Step 3: Venues allowed to operate with up to 100 people with physical distancing. Community sport expansion to be considered consistent with AIS Framework.	Further steps TBC

5. Recovery

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

At this time the Committee of TLAA 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: TLAA outline of Return to Sport Arrangements

Part 1 – Sport Operations

Area	Plan Requirements (for activities under AIS Framework Level C)
Approvals	<p>TLAA must obtain the following approvals to allow a return to training/competition at Level C:</p> <ul style="list-style-type: none"> • Relaxation of public gathering restrictions to enable training to occur. • Local government/venue owner approval to training/competition at venue, if required. From 9 October 2020 the ACT Government's Recovery Plan: Easing Restrictions roadmap for COVID19 is at stage 3.2. • National/state sporting body/local association approval to return to training/competition for community sport. • Club committee has approved return to competition for club. • Insurance arrangements confirmed to cover competition.
Training Processes	<p>Competition days (Saturdays)</p> <ul style="list-style-type: none"> • Participation limited to 200 (athletes and spectators) excluding officials, this is in line with the ACT Government's Canberra Recovery Plan step 3.2 as at 9 October 2020. TLAA membership and spectator attendance expected to be under 200. • The Age Groups will be spread wide apart (at least 1.5m) at the beginning of the competition day. • All athletes, officials and spectators asked to sanitise their hands on arrival at the Hand Sanitising Station. • Attendance register to be kept for parents/carers via the QR code on arrival. Athlete attendance will be recorded with results sheets. • Warm ups to be conducted with athletes asked and encouraged to spread wide apart (at least 1.5m each) • Sanitiser stations to be located at each event and in each Age Group's basket and athletes and officials asked to use them at the start and conclusion of each event. • Age groups not to intermingle or gather together while waiting for events to begin. • For Track events, if an age group is still using the straight or circular track, the waiting age group is to wait at the designated spot as indicated away from the age group that is finishing up their event. • Equipment, including timers, starting guns, discus, shot puts, javelins, turbo javelins, vortex, hurdles, rakes and high-jump mats are to be cleaned with anti-bacterial wipes and/or sprays at the conclusion of each event. This will be the responsibility of age-group managers to co-ordinate with assistance from the officials. • For place cards, all officials to sanitise hands before and after handing out place cards for track events to reduce touch points. • Each age group will have their own designated place card sets that will be in a separate container and located in each Age Group basket to reduce touch points.

	<ul style="list-style-type: none"> • All officials to sanitise hands before and after setting up the hurdles for an age group. • If a hurdle falls over the officials are asked to sanitise their hands before and after picking up the hurdle • Athletes and officials will be asked to have their own water bottles and will be responsible for taking their own water bottles with them between events. • Athletes, officials asked to maintain 1.5m distance unless competing. • Parents not assisting with Officials' duties (timing of races, measuring jumps etc) to keep the social distance of 1.5m. • Personal hygiene encouraged. • Avoid coughing where possible and if so conduct in a discrete hygienic manner. <p>Training days (Wednesday)</p> <ul style="list-style-type: none"> • Attendees asked to maintain 1.5m distance. • Personal hygiene encouraged (e.g. wash hands prior to training, no spitting) • Sanitiser to be available for use at arrival and after using equipment. • Avoid coughing where possible and if so conduct in a discrete hygienic manner. • Training attendance register kept.
Personal health	<ul style="list-style-type: none"> • Advice to players, coaches, officials to not attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). • Hand sanitiser to be available on arrival and at each event. • Athletes and officials to avoid physical greetings (i.e. hand shaking, high fives etc.). • Avoid coughing, clearing nose, spitting etc.
Hygiene	<ul style="list-style-type: none"> • Hand sanitiser to be available at arrival, in the bathrooms and at each event. • At each event athletes and officials to use hand sanitiser before the event. • Equipment, including timers, starting guns, discus, shot puts, javelins, turbo javelins, vortex and high-jump mats are to be cleaned with anti-bacterial sprays and wipes at the conclusion of each event. This will be the responsibility of age-group managers to co-ordinate with the assistance of officials. • At set up and pack up all officials to use hand sanitiser and clean equipment.
Communications	<ul style="list-style-type: none"> • TLAA COVID plan to be available to members. • Email to be sent to members prior to the start of the season detailing hygiene protocols and COVID-Safe messaging to stay at home if unwell and get tested if you have symptoms, not to attend if they have travelled to a COVID hotspot in the last 14 days, sanitise hands on arrival, after the training activities and at the end of the session, practise good hand and respiratory hygiene, maintain a physical distance of 1.5m • Weekly email to be sent to members reminding of COVID-Safe messaging to stay at home if unwell and get tested if you have symptoms, not to attend if they have travelled to a COVID hotspot in the last 14 days, sanitise hands on arrival, after the training activities and at the end of

	<p>the session, practise good hand and respiratory hygiene, maintain a physical distance of 1.5m</p> <ul style="list-style-type: none"> • ACT Government COVID Safe posters to be displayed at the field. • QR Code registration poster to be displayed at the field along with manual registration for all spectators and officials to register attendance • Continued endorsement of government COVidsafe app and encouragement to players, coaches, members, officials and families to download and use app. • Encourage individuals to access mental health and wellbeing counselling services if required.
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Part 2 – Facility Operations

Area	Plan Requirements (for activities under AIS Framework Level C)
Approvals	<p>The club must obtain the following approvals to allow use of club facilities at Level C:</p> <ul style="list-style-type: none"> • Territory Government approval of the resumption of facility operations. • Territory government has given approval to use of Kambah Oval, if required. • Club committee has approved plan for use of club facilities. • Insurance arrangements confirmed to cover facility usage.
Facilities	<ul style="list-style-type: none"> • Toilets to have hand sanitiser available. The ACT Government is responsible for cleaning the toilets and ensuring the hand sanitiser is topped up. Each competition day the toilets will be cleaned before, during and after the event and the toilets will be checked to ensure hand sanitiser is in each toilet. • Canteen surfaces to be cleaned at the start and end of each competition day. • Canteen operators to wear disposable gloves. • Cashless payment to be available as the preferred option.
Facility access	<ul style="list-style-type: none"> • Restrictions on facility access to limit anyone who has: <ul style="list-style-type: none"> – COVID-19 or has been in direct contact with a known case of COVID-19 in the previous 14 days. – Flu-like symptoms or who is a high health risk (e.g. due to age or pre-existing health conditions). • Gathering numbers should not exceed government allowances ACT Government COVidsafe Roadmap maximum gatherings: as at 9 October a total of 200 people which includes athletes and spectators, excluding officials at the Kambah number 3 oval. • Any spectators should observe physical distancing requirements (>1.5 metres) and density requirements (one person per 4 square metres). • Managed access not required as there is no single point of entry/exit.

	<ul style="list-style-type: none"> • Physical distancing protocols assisted by athletes remaining in their age group and groups not combining while waiting for events. • Canteen to use physical zone indicators of >1.5metres • Hand sanitiser to be available on canteen counter and operators required to wear gloves, changing them as appropriate. • Detailed attendance register to be kept via QR code for parents/carers and via results sheets for athletes. Noting that the QR code will be available at multiple points around the ground.
Hygiene	<ul style="list-style-type: none"> • As detailed in 'hygiene' under Part 1.
Management of unwell participants	<ul style="list-style-type: none"> • Any attendee showing symptoms of COVID 19 at a competition day or training day will be asked to leave until free of symptoms. • Any equipment used by a person who show symptoms of COVID 19 to be cleaned.
Club responsibilities	<p>The club will oversee:</p> <ul style="list-style-type: none"> • Provision and conduct of hygiene protocols as per the Plan. • The capture of a record of attendance at all training and club activities and maintaining an up-to-date log of attendance. • Coordination of Level C field and training operations. <p>Operation of the club's facilities in support of all Level C training activities in accordance with this Plan.</p>