



COVID-19 SAFETY PLAN

Tuggeranong Tornadoes Little Athletics Association

Association/Club	Tuggeranong Little Athletics Association
Ground Location	Kambah Oval 3
Club Facility Location	Kett St, Kambah
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Barbra Miels-Barrett 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 general health and well-being 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 ACT Government and public health authorities.

2. Key Principles

This Plan is based on, and accepts, the [ACT Government's COVID-19 Pathway Forward – From 21 October 2021](#) and the [ACT's COVID-19 Summary of Proposed Restrictions Sport and Recreation](#). The plan is also based on the documents from May 2020 which are 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 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 COVID-Safe 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 and Competition will resume when the arrangements for sport operations and facility operations are finalised and approved by the ACT Little Athletics Association (ACTLAA) 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 ACT 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	0418 452 889

TLAA expects all members, participants, coaches, officials, administrative staff, volunteers, parents and carers to:

- Comply with the health directions of the ACT 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 precautionary measures implemented by TLAA;
- Act with honesty and integrity in regard to the state of their personal health and any potential symptoms.

4. Return to Sport Arrangements

The Plan outlines specific return to community sport requirements that TLAA will implement as per the [ACT Government's COVID-19 Summary of Proposed Restrictions](#)

4.1 ACT's Pathway Forward from October 1 2021

TLAA will comply with the [ACT Government's COVID-19 Pathway Forward – From 21 October 2021](#) including the [ACT's COVID-19 Summary of Proposed Restrictions Sport and Recreation](#) which outlines the rules for restrictions from 1 October, to 15 October to 29 October and the end of November early December 2021. This pathway provides an outline on the on the type of activity that can be conducted and the number of people who can gather.

ACT's COVID-19 Pathway Forward from 1 October	1 October 2021: 1 household (any size) or up to 5 people can gather outdoors for up to 4 hours for physical or recreational activities.	From 15 October 2021: Indoor/outdoor activity. With capacity of 25 people of 1 per 4 sqm, whichever is less for:		From 29 October 2021: Outdoor with a density limit of 1 person per 2 sqm or up to 500 people.	
Roadmap Activities	Outdoor bootcamps and personal training can recommence with no more than 2 people (excluding instructors) Outdoor and contactless coaching can recommence with no more than 2 people (excluding the coach) *Facemasks are required indoors and outdoors	Face masks are required indoors and outdoors	Outdoor coaching is allowed for up to 25 people, excluding the coach.	Organised sport Up to 500 people 1 parent/carer per participant Small number of officials/volunteers total per session.	From End Nov- Early – Dec 2021 Following all public health social measure to align with the National Plan, taking into account the local situation

5. Recovery

TLAA will follow all ACT Government requirements and consult with relevant authorities including public health officials and the ACT Little Athletics Association 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
Approvals	<p>TLAA must obtain the following approvals to allow a return to training/competition as per the ACT Road Map commencing from 29 October 2021:</p> <ul style="list-style-type: none"> • Relaxation of public gathering restrictions to enable training to occur. • ACT Government approval to training/competition at venue, if required. From 21 October 2021 the ACT Government's COVID-19 Pathway Forward permits 1 per 2 sqm within each outdoor space up to 500 people (with 1 parent/carer per child) • ACT Little Athletics Association as the State sporting body approval to return to training/competition for community sport. • Club committee has approved return to competition for club..
Training Processes	<p>Competition days (Saturdays) from 29 October 2021</p> <ul style="list-style-type: none"> • Participation limited to 500 people within each outdoor space for organised sporting activity with a density limit of 1 person per 2 sqm, this is in line with the ACT Government's COVID-19 Pathway Forward – From 21 October 2021 • Participants under the age of 18 are allowed one parent/carer for each registered child. • All participants, volunteers, officials, parents and carers will be required to register attendance via Check in Canberra app on arrival with the QR Code for the club. All Parents/carers are to ensure they register their child's attendance through the Check in Canberra app. • All participants, parents, carers, volunteers and officials to follow the ACT Government's requirements for being COVID safe. ACT Little Athletics Association strongly encourages the wearing of Face Masks. • The Age Groups will be spread wide apart with visible gaps between Age Groups at a minimum of 1.5m. This will be at all times at the start and during the competition day. • All athletes, volunteers, officials and parents/carers asked to sanitise their hands on arrival at the Hand Sanitising Station. • Warm ups to be conducted within each age group with athletes asked and encouraged to spread wide apart (at least 1.5m each) • Hand sanitisers will be in each Age Group's basket and athletes, volunteers, officials, parents/carers 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 and must be spread apart with visible gaps. • 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. • Anti-Bacterial wipes will be included in the age group baskets - parents, carers, officials and volunteers are encouraged to wipe equipment after use.

	<ul style="list-style-type: none"> • All volunteers and officials encouraged to sanitise hands before and after setting up equipment for an age group. • Athletes, volunteers 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, volunteers and officials asked to maintain 1.5m distance unless competing. • All parents/carers are to be separated from the participants and maintain physical distancing from others of a least 1.5m. • Non-participating parents/carers (one per child) are excluded from the maximum group allowance of 500 participants and density limits. • Parents who are not volunteers or officials who are not assisting with Officials' duties (timing of races, measuring jumps etc) must keep the social distance of at least 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"> • All participants, volunteers, officials, parents and carers will be required to register attendance via Check in Canberra App on arrival with the QR Code for the club. • All participants, parents, carers, volunteers and officials to follow the ACT Government's requirements for being COVID safe. ACT Little Athletics Association strongly encourages the wearing of Face Masks. • Participants, volunteers, officials asked to maintain at least 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.
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. • All participants, parents, carers, volunteers and officials to follow the ACT Government's requirements for being COVID safe. ACT Little Athletics Association strongly encourages the wearing of Face Masks. • 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. • All participants, parents, carers, volunteers and officials to follow the ACT Government's requirements for being COVID safe. ACT Little

	<p>Athletics Association strongly encourages the wearing of Face Masks.</p> <ul style="list-style-type: none"> • Anti-Bacterial wipes will be included in the age group baskets - parents, carers, officials and volunteers are encouraged to wipe equipment after use. • At set up and pack up everyone to use hand sanitiser.
Communications	<ul style="list-style-type: none"> • TLAA COVID Safe plan to be available to members. • Email to be sent to members prior to the start of the season with COVID-Safe messaging in line with ACT Government messaging • Weekly email to be sent to members reminding of COVID-Safe messaging. • ACT Government COVID Safe posters to be displayed at the field. • Check in Canberra app QR Code posters to be displayed at numerous places at the field • Continued endorsement of Check in Canberra 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.
Protocol if TLAA venue for Training or Competition Day identified as an Exposure location	<ul style="list-style-type: none"> • If ACT Government identifies that the TLAA Training or a Competition Day is an exposure location TLAA will strictly follow the ACT Government rules and requirements for an exposure location notification. • The exposure location notification is outlined on the ACT Government's website: COVID-19 exposure locations in the ACT - COVID-19

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 prior to commencement on Saturday 30 October:</p> <ul style="list-style-type: none"> • ACT Little Athletics Association has approved the TLAA COVID Safe Plan • ACT Government has given approval for community sport to resume.

Facilities	<ul style="list-style-type: none"> • Toilets to have hand sanitiser available. The ACT Government is responsible for cleaning the toilets each week and ensuring the hand sanitiser is topped up. Each competition day the toilets will be checked by club officials. • Canteen surfaces to be cleaned at the start and end of each competition day. • Canteen operators to wear disposable gloves and wear encouraged to wear face masks. • 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 is waiting for the result of a COVID-19 as per the ACT Government's guidelines. – Cold or Flu-like symptoms • Gathering numbers should not exceed government allowances ACT Government's COVID-19 Summary of Proposed Restrictions maximum gatherings from 29 October with a total of 500 participants which by definition are the participants (including volunteers and officials) which includes athletes, at the Kambah number 3 oval. • One parent/carer is allowed to attend per child. Parents/carers will be separated from participants and maintain physical distancing from others of a least 1.5m. Non-participating parents/carers (one per child) are excluded from the maximum group allowance of 500 participants and the allowable density limit. • Managed access is not required as there is no single point of entry/exit. All participants, volunteers, officials, parents and carers are to ensure they do not all enter at the one point on the oval. Everyone will be encouraged to keep a space of a minimum of 1.5m and spread apart on arrival, during and after the event. • All participants, parents, carers, volunteers and officials to follow the ACT Government's requirements for being COVID safe. ACT Little Athletics Association strongly encourages the wearing of Face Masks. • 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 and canteen personnel encouraged to wear a face mask. • Hand sanitiser to be available on canteen counter and operators required to wear gloves, changing them as appropriate. • All parents, carers, volunteers and officials and participants to check every competition and training day via the Check in Canberra App QR Code. Noting that the Check in Canberra App 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 immediately leave until free of symptoms. • Any equipment used by a person who show symptoms of COVID 19 to be cleaned.
Club	The club will oversee:

responsibilities	<ul style="list-style-type: none">• Provision and conduct of hygiene protocols as per the Plan.• The display of the Check in Canberra App QR Code at multiple sites at Kambah Number 3 Oval.• Operation of the club's facilities in support of the ACT Government's COVID-19 Summary of Proposed Restrictions will be in accordance with this Plan.• If ACT Government identifies that the TLAA Training or a Competition Day is an exposure location TLAA will strictly follow the ACT Government rules and requirements for an exposure location notification including the cleaning of the venue.• The exposure location notification is outlined on the ACT Government's website: COVID-19 exposure locations in the ACT - COVID-19
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