



AUSTRALIAN ICE RACING



AUSTRALIAN ICE RACING
SPORT READY COVID-19 SAFE COMMUNITY
CLUB AND PROGRAM GUIDELINES

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TABLE OF CONTENTS

INTRODUCTION	3
INTERPRETATION OF STATE LEGISLATION IS KEY TO A SUCCESSFUL RETURN TO SPORT PLAN FOR YOUR CLUB OR PROGRAM.....	3
 AIS FRAMEWORK FOR REBOOTING SPORT.....	3
 THE AIS FRAMEWORK FOR	4
 REBOOTING SPORT	4
5 STEPS TO BE SPORT READY.....	6
STEP 1 – APPOINT A COVID-19 LIAISON OFFICER.....	6
STEP 2 – COVID-19 INFECTION CONTROL TRAINING	7
STEP 3 - UNDERSTANDING THE ORGANISATIONAL AND	8
OPERATIONAL REQUIREMENTS.....	8
STEP 4 - DEVELOP A COVID SAFE PLAN TO BE SPORT READY	9
STEP 5 – COMMUNICATION AND IMPLEMENTATION.....	10
RESOURCES	11
Resource 1 - RECOMMENDED LEVELS TO RETURN TO SPORT	11
Resource 2 – IMPORTANT COVID-19 INFORMATION AND RESOURCES LINKS.....	14
resource 3 – AUSTRALIAN ICE RACING RECOMMENDATIONS FOR CLUBS AND PROGRAMS TO MINIMISE RISK TO CLUB AND PROGRAM ENVIRONMENTS	15

INTRODUCTION

This document has been developed to assist Australian Ice Racing Community Clubs and Programs to be Sport Ready. The information provided is to assist Clubs and Program leadership and coaches to operate as safely as possible.

The guidelines presented here are in line with current recommendations and COVID-19 Sport Safe plans issued by the Australian Government, The AIS Framework for Rebooting Sport, Sport Australia.

The guidelines presented here are for all levels of participants.

When viewing and considering the information in this document, please note:

- Each State and venue has its unique regulations and requirements.
- Each club and program structure is unique and therefore may have different organisational and operational protocols.
- This document must be viewed with the understanding that it covers a wide variety of club and program requirements.
- All clubs and programs should consider each of the actions set out in the accompanying checklists.
- If an organisation determines there is no need to undertake a particular action in the checklists provided here, the organisation should be able to justify that decision to relevant sport stakeholder groups, including government and public health authorities, on an “if not, why not?” basis.
- Failure to undertake recommended actions may lead to return to sport arrangements that expose the club/program’s participants and the wider community to health risks.

INTERPRETATION OF STATE LEGISLATION IS KEY TO A SUCCESSFUL RETURN TO SPORT PLAN FOR YOUR CLUB OR PROGRAM

Australia Ice Racing is the National Sport Organisation (NSO) for Australia. As the clubs are located in Victoria, New South Wales, Queensland and Western Australia, each skating club and program must ensure that, first and foremost, the club /program operations or training sessions meet the minimum guidelines of their applicable state legislation. The Australian Institute of Sport framework / guidelines that are outlined in this document may be different to the legislated limits that have been put into place by local state and territory governments.

Australian Ice Racing advises that all clubs and programs that operate during 2020 must make certain that they comply with the minimum legislation and regulations provided by the state government in which they will be carrying out their activity. In addition, on ice training is conducted in indoor ice rink venues and therefore clubs must also ensure that the ice rinks have formal plans that satisfy the COVID safe rules and regulations. The clubs must also adhere to the process and procedures of the rink.

AIS FRAMEWORK FOR REBOOTING SPORT

The **AIS Framework for Rebooting Sport** (link below) outlines 15 national principles for the resumption of sport and recreation activities. This document aims to align with these principles and provide more specific information pertinent to our Clubs and Programs wanting to operate during 2020.

Australian Ice Racing recommends each Club and Program nominates a COVID-19 liaison officer, to ensure appropriate guidelines and actions are implemented.

THE AIS FRAMEWORK FOR REBOOTING SPORT

15 PRINCIPLES

1. Resumption of sport and recreation activities can contribute many health, economic, social and cultural benefits to Australian society emerging from the COVID-19 environment.

2. Resumption of sport and recreation activities should not compromise the health of individuals or the community.

3. Resumption of sport and recreation activities will be based on objective health information to ensure they are conducted safely and do not risk increased COVID-19 local transmission rates.

4. All decisions about resumption of sport and recreation activities must take place with careful reference to these National Principles following close consultation with Federal, State/Territory and/or Local Public Health Authorities, as relevant.

5. The AIS 'Framework for Rebooting Sport in a COVID-19 Environment' provides a guide for the reintroduction of sport and recreation in Australia, including high performance sport. The AIS Framework incorporates consideration of the differences between contact and non-contact sport and indoor and outdoor activity. Whilst the three phases A, B and C of the AIS Framework provide a general guide, individual jurisdictions may provide guidance on the timing of introduction of various levels of sport participation with regard to local epidemiology, risk mitigation strategies and public health capacity.

6. International evidence to date is suggestive that outdoor activities are a lower risk setting for COVID-19 transmission. There are no good data on risks of indoor sporting activity but, at this time, the risk is assumed to be greater than for outdoor sporting activity, even with similar mitigation steps taken.

7. All individuals who participate in, and contribute to, sport and recreation will be considered in resumption plans, including those at the high performance/professional level, those at the community competitive level, and those who wish to enjoy passive (non-contact) individual sports and recreation.

8. Resumption of community sport and recreation activity should take place in a staged fashion with an initial phase of small group (<10) activities in a non-contact fashion, prior to moving on to a subsequent phase of large group (>10) activities including full contact training/competition in sport. Individual jurisdictions will determine progression through these phases, taking account of local epidemiology, risk mitigation strategies and public health capability.
 - This includes the resumption of children's outdoor sport with strict physical distancing measures for non-sporting attendees such as parents.
 - This includes the resumption of outdoor recreational activities including (but not limited to) outdoor-based personal training and boot camps, golf, fishing, bush-walking, swimming etc.

9. Significantly enhanced risk mitigation (including avoidance and physical distancing) must be applied to all indoor activities associated with outdoor sporting codes (e.g. club rooms, training facilities, gymnasium and the like).

10. For high performance and professional sporting organisations, the regime underpinned in the AIS Framework is considered a minimum baseline standard required to be met before the resumption of training and match play, noting most sports and participants are currently

operating at level A of the AIS Framework.

11. If sporting organisations are seeking specific exemptions in order to recommence activity, particularly with regard to competitions, they are required to engage with, and where necessary seek approvals from, the respective State/Territory and/or Local Public Health Authorities regarding additional measures to reduce the risk of COVID-19 spread.

12. At all times sport and recreation organisations must respond to the directives of Public Health Authorities. Localised outbreaks may require sporting organisations to again restrict activity and those organisations must be ready to respond accordingly. The detection of a positive COVID-19 case in a sporting or recreation club or organisation will result in a standard public health response, which could include quarantine of a whole team or large group, and close contacts, for the required period.

13. The risks associated with large gatherings are such that, for the foreseeable future, elite sports, if recommenced, should do so in a spectator-free environment with the minimum support staff available to support the competition. Community sport and recreation activities should limit those present to the minimum required to support the participants (e.g. one parent or carer per child if necessary)

14. The sporting environment (training and competition venues) should be assessed to ensure precautions are taken to minimise risk to those participating in sport and those attending sporting events as spectators (where and when permissible).

15. The safety and well-being of the Australian community will be the priority in any further and specific decisions about the resumption of sport, which will be considered by the COVID-19 Sports and Health Committee.

5 STEPS TO BE SPORT READY

STEP 1 – APPOINT A COVID-19 LIAISON OFFICER

A COVID-19 liaison officer and/or team must be appointed for each club and program.

It is recommended that the COVID-19 liaison/ team to work closely with the club leadership and staff to ensure a cohesive and workable COVID-19 plan is created and implemented.

The COVID-19 liaison officer would be responsible for:

-
1. Overseeing the development and implementation of the organisation's return to sport arrangements through the development and documenting the appropriate arrangements in a COVID-19 Plan

 2. Liaise between the venue(s), club and program leadership and Australian Ice Racing

 3. Understanding the organisational and operational requirements as guided by the government's regulations and legislations, public health authorities, venue(s) and Australian Ice Racing

 4. Staying up-to-date and compliant with the current COVID-19 changes, regulations and recommendations

 5. Be responsible for keeping leadership, coaches, staff and club members up-to-date

 6. Be the club's COVID-19 information contact person

 7. Ensure the COVID-19 Plan and recommendations have been implemented correctly

 8. Act as the contact point for questions relating to return to sport and the actions undertaken by your organisation to be COVID-19 safe for:
Members and participants and relevant stakeholders, including:
 - Government
 - Public health and other authorities
 - Venue
 - Other clubs
 - Associations
 - State and National Sporting Organisations
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STEP 2 – COVID-19 INFECTION CONTROL TRAINING

The COVID-19 infection control training is a 30-minute online training module, outlining the fundamentals of infection prevention and control for COVID-19. The module includes:

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- COVID-19 – what is it?
 - Signs and symptoms of COVID-19 infection
 - Staying safe (protecting yourself and others)
 - Busting the COVID-19 myths
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The following persons should undertake the COVID-19 infection control training provided by the Government.

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- COVID-19 liaison officer
 - Club and Program leadership
 - Club and Program Staff including coaches
 - Other Club and Program volunteers deemed by the COVID-19 liaison officer
-

The COVID-19 Liaison Officer should collect and keep completion certificates on file.

LINK: COVID-19 Infection Control Training <https://www.health.gov.au/resources/apps-and-tools/COVID-19-infection-control-training>

LINK: COVID Safe Sport Coaches and Officials Training (Australian Coaching Council)
<https://www.openlearning.com/courses/covid-safe-sport-coach-certification/>

STEP 3 - UNDERSTANDING THE ORGANISATIONAL AND OPERATIONAL REQUIREMENTS

The COVID-19 Liaison office/team must:

1. Understand the pre-COVID-19 club and program structure including how the club/ program operated on a daily basis. E.g.: venue access, change room arrangements, equipment access and use. This information is important to understand how to implement changes and new protocols

2. Review the current state level as outlined below in the AIS Framework for rebooting sport (**Resource 1: Recommended Levels to Return to Sport**)

3. Review the new organisational and operational requirements as guided by the government and public health authorities (**Resource 2: Important COVID-19 Information and Resource Links**)

4. Review venue(s) COVID-19 protocols and their club/program requirements

5. Review the Australian Ice Racing – Sport Ready COVID-19 Safe Club and Program Checklist to understand areas of focus and recommendations (**Resource 3: Recommendations for Clubs And Programs To Minimise Risk To Club And Program Environments**)

6. Review and understand Government resources including the COVIDSafe app (**Resource 2: Important COVID-19 Information and Resource Links**)

STEP 4 - DEVELOP A COVID SAFE PLAN TO BE SPORT READY

The COVID-19 Sport Ready Safety Plan should address:

- Transmission risks of COVID-19
- Transmission and infection controls and mitigation measures
- Necessary hygiene and behaviour requirements
- Physical and fitness preparations before a restart
- Education and communication to relevant personnel
- Recommendations to encourage all club members, program staff, volunteers and athletes to download and use the COVIDSafe App.

To assist with developing this plan, please refer to the AIS COVID-19 Safety Plan template.

LINK: AIS COVID-19 Safety Plan Template

https://www.sportaus.gov.au/return-to-sport#COVID-19_safety_plan

LINK: COVID Safe App

<https://www.health.gov.au/resources/apps-and-tools/COVIDsafe-app>

To develop this plan, the COVID-19 liaison officer/ team must:

1. Review and identify the areas of consideration (**Resource 3**) within the club/programs organisational and operational structures

2. Consider the AIS Framework for rebooting sport (**Resource 2**) to ensure the club's COVID-19 plan addresses and complies with the AIS Framework's Level B and C requirements

3. Apply the information and recommendations to develop an appropriate plan outlining the protocols and changes for each of the areas

4. Identify and develop resources to support club and programs in maintaining records to support any contact tracing, COVID-19 safe education and information sharing which may include:
 - Club recording procedures – what needs to be recorded, who is responsible, how it is stored.
 - Athlete wellbeing waivers/records – how it is collected, what needs to be recorded, who is responsible, how it is stored.
 - Communication plans for venues, leadership, coaches, staff, parents, athletes.
 - Additional resources to reinforce and remind club/programs communities about protocols.

5. Document a plan of your club/program's responsibilities and procedures if there is any exposure to COVID-19.

STEP 5 – COMMUNICATION AND IMPLEMENTATION

1. The COVID-19 Safe Plan should be communicated and adopted by the Club leadership.

2. When updated, the new COVID-19 Safe Plan should be communicated directly to all staff including coaches and administration staff.

3. The COVID-19 Safe Plan should be communicated to the club/program community.

4. Implement any signage, floor coverings and other protocols before the commencement of activity.

RESOURCES

RESOURCE 1 - RECOMMENDED LEVELS TO RETURN TO SPORT

The decisions for your club's Sport Ready Plan should be based on the most current information available. Your information should come from official, reputable sources including national and state-level government and public health authorities, the AIS, Sport Australia and your venue leadership.

The AIS Framework for rebooting sport outlines the current proposed criteria and stages of return to sporting activity. However, as likely as it that restrictions will ease over time, all necessary safety precautions must remain in place and in accordance with the relevant State requirements.

An initial resumption of sporting activity is dependent on several factors:

- A sustained decrease in COVID-19 transmission
 - Healthcare system capacity
 - Individual circumstances of sports organisation and risk assessment
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Three levels (Levels A, B, C) of community and individual sporting activities are recommended in the context of a COVID-19 environment (**Table 1**). For each level, there are minimum baseline of standards required regarding permitted activities, general hygiene measures, and medical servicing considerations.

The AIS have developed a Return to Sport toolkit. This toolkit includes resources and templates for the following items.

- Detailed and Simple Checklists
 - Recommendations for Clubs and Programs to Minimise Risk to Club And Program Environments (Resource 3).
 - COVID-19 Safety Plan template
 - Attendance Register template
 - COVID-19 Hygiene Guidance – communication material
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These resources and templates, are there to assist with developing your COVID-19 Sport Ready Safety Plan

LINK: AIS Return to Sport Toolkit

<https://www.sportaus.gov.au/return-to-sport>

TABLE 1. AIS FRAMEWORK FOR REBOOTING SPORT – RECOMMENDED LEVEL A, B, C ACTIVITIES FOR COMMUNITY AND INDIVIDUAL SPORT

	Level A	Level B	Level C
General description	<p>Activity that can be conducted by a solo athlete or by pairs where at least 1.5m can always be maintained between participants. No contact between athletes and/or other personnel. Examples for all sports — general fitness aerobic and anaerobic (e.g. running, cycling sprints, hills). Strength and sport-specific training permitted if no equipment required, or have access to own equipment (e.g. ergometer, weights). Online coaching and resources (e.g. videos, play books).</p>	<p>As per Level A plus:</p> <ul style="list-style-type: none"> – Indoor/outdoor activity that can be conducted in small groups (not more than 10 athletes and/or other personnel in total) and with adequate spacing (not more than 1 person per 4m²). – Some sharing of sporting equipment permitted such as kicking a football, hitting a tennis ball, use of a skipping rope, weights, mats. – Non-contact skills training. Accidental contact may occur but no deliberate body contact drills. No wrestling, holding, tackling or binding. – Commercial gyms, bootcamps, yoga, Pilates, dance classes (e.g. barre, ballet, hip hop, not partnered), cycling ‘spin’ classes permitted if other measures (above) are met 	<p>As per Level B plus:</p> <ul style="list-style-type: none"> – Full sporting activity that can be conducted in groups of any size including full contact (competition, tournaments, matches). Wrestling, holding, tackling and/or binding (e.g. rugby scrums) permitted. – For larger team sports, consider maintaining some small group separation at training. – For some athletes full training will be restricted by commercial operation of facilities.
General hygiene measures	<ul style="list-style-type: none"> – No sharing of exercise equipment or communal facilities. – Apply personal hygiene measures even when training away from group facilities — hand hygiene regularly during training (hand sanitisers) plus strictly pre and post training. – Do not share drink bottles or towels. Do not attend training if unwell (contact doctor). – Spitting and clearing of nasal/ respiratory secretions on ovals or other sport settings 	<ul style="list-style-type: none"> – Communal facilities can be used after a sport-specific structured risk assessment and mitigation process is undertaken. – ‘Get in, train and get out’— be prepared for training prior to arrival at venue (minimise need to use/ gather in change rooms, bathrooms). Minimise use of communal facilities (e.g. gym, court) with limited numbers (not more than 10 athletes/staff in total). Have cleaning protocols in place for 	<ul style="list-style-type: none"> – Return to full use of sporting facilities. Continue hygiene and cleaning measures as per Level B. – If any massage beds being used, hygiene practices to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each athlete and hand hygiene. – Limit unnecessary social gatherings.

	must be strongly discouraged	equipment and facilities. – Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap before and after training (preferably at home). Where possible maintain distance of at least 1.5m while training. – No socialising or group meals.	
Spectator, additional personal	No spectators unless required (e.g. parent or carer).	Use of institute gym facilities and indoor ice surfaces in small groups (<10 total athletes/support staff). Use of acrobatic facilities such as trampoline, bungee and water ramp in small groups with 1 athlete at a time and at least 1.5m distancing to support staff. Limited on ice training dependent on travel restrictions. Small groups widely spaced, no communal living.	Full training and competition dependent on commercial operation of mountain facilities.
Winter sports	Running/aerobic/agility training (solo), resistance training (solo), balance training (solo)	– Use of institute gym facilities and indoor ice surfaces in small groups (<10 total athletes/support staff). Use of acrobatic facilities such as trampoline, bungee and water ramp in small groups with 1 athlete at a time and at least 1.5m distancing to support staff. Limited on ice training dependent on travel restrictions. Small groups widely spaced, no communal living.	Full training and competition dependent on commercial operation of mountain facilities.

RESOURCE 2 – IMPORTANT COVID-19 INFORMATION AND RESOURCES LINKS

With ever-changing restrictions, it is important to understand how to keep up to date with the latest COVID-19 information.

Regularly check official COVID-19 information sources by clicking on the following links.

It is important to ensure your Club or Program remains in constant communication with your venue and implements their guidelines.

TABLE 2. IMPORTANT COVID-19 INFORMATION WEBSITE LINKS

GOVERNMENT ORGANISATION / DOCUMENT	LINK
Australia Government Department of Health	https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert
World Health Organisation	https://www.who.int/
Australia Institute of Sport – AIS framework for rebooting sport	https://ais.gov.au/health-wellbeing/COVID-19
Sport Australia	https://www.sportaus.gov.au/
Sport Australia COVID-19 Return To Sport Toolkit	https://www.sportaus.gov.au/return-to-sport
Sport and Recreation Victoria	https://sport.vic.gov.au/news/articles/sport-and-recreation-gets-ready-to-return-to-play
Sport NSW	https://www.sportnsw.com.au
Department of Education	NSW: https://education.nsw.gov.au/early-childhood-education/coronavirus VIC: https://www.education.vic.gov.au/about/department/Pages/coronavirus.aspx
ADDITIONAL RESOURCES	LINKS
COVIDSafe App	https://www.health.gov.au/resources/apps-and-tools/COVIDsafe-app
COVID-19 Infection Control Training	https://www.health.gov.au/resources/apps-and-tools/COVID-19-infection-control-training
COVID-19 exposure procedure	https://www.australia.gov.au/
Australia Institute of Sport - Return to Sport Toolkit	https://www.sportaus.gov.au/return-to-sport
Identify and adopt for use and prominent display in facilities and entry points, Australian Government COVID-19 “campaign resources”, including posters outlining hygiene practices	https://www.health.gov.au/resources/collections/coronavirus-COVID-19-campaign-resources
Safework Australia	https://www.safeworkaustralia.gov.au/COVID-19-information-workplaces

RESOURCE 3 – AUSTRALIAN ICE RACING RECOMMENDATIONS FOR CLUBS AND PROGRAMS TO MINIMISE RISK TO CLUB AND PROGRAM ENVIRONMENTS

These guidelines consist of two checklists outlining actions an organisation should consider taking as part of its “Sport Ready” plan.

These checklists cover:

1. Organisational considerations; and
2. Operational considerations

PART A ORGANISATIONAL CONSIDERATIONS

1. COVID-19 LIASON OFFICER

COVID-19 Club Liaison Officer has been appointed

Club leadership, Staff, Club Community, Venue(s), Australian Ice Racing has been provided with the COVID-19 Club Liaison Officer details

Consider the use of an intra-venue and Club working group to plan and manage your sport’s return to sport

2. GOVERNANCE AND STRATEGY

Ensure that all levels of leadership understand their role within the Sport Ready planning process and document those roles.

Confirm reporting requirements to keep your organisation’s directors/management committee members informed of your organisational activities, plans and any issues your sport encounters as it resumes (including material departures from this protocol and confirmed cases of COVID-19)

Confirm your Board/Management Committee has identified an appropriate governance structure to oversee your organisation’s Sport Ready Planning

Undertake a risk review process to identify, assess and mitigate risks connected to return to sport, including the risk of a localised outbreak in your area or within your sport. Review the adequacy of your existing risk controls.

Review your organisation’s critical incident management arrangements and test your organisational readiness to respond to a localised outbreak of COVID-19.

Conduct a general review of your organisation’s strategy and adjust based on changes in your financial and operational circumstances, including by resetting key measures of success

Determine, in consultation with your Venue(s) and Australian Ice Racing, any changes required to:

- a. Season dates;
- b. Venue and facility access;
- c. Coaching availability;
- d. Event rules; or
- e. Participations formats.

Undertake scenario planning to ensure preparedness for further disruptions to your sport and its return to sport plan. Consider scenarios including:

- a. a temporary seasonal disruption;
- b. a prolonged disruption; and
- c. an interrupted return to sport

Review your organisation’s budget, revise forecasts based on likely changes in revenue and expenditure and communicate to relevant stakeholders.

Develop, in collaboration with representatives from all levels of your sport, a member/participant retention and attraction strategy to mitigate the impact of potential refunds/fee reductions, including a consideration of flexible refund policies.

3. EMPLOYEES AND VOLUNTEERS

Consider a resourcing plan if you now have a smaller workforce or your staff are working fewer hours, if you need additional coaching staff and where to source them from.

Support the transition of your workforce returning to work and/or returning to original roles, including staff returning to work who have recovered from COVID-

19 or who have been in self-isolation.
Ensure you operate COVID-19 safe workplaces and educate staff on safe work practices. Facilitate COVID-19 education for volunteers and administrators in community sport.
Facilitate mental health support services for employees, volunteers and participants.
Update performance management agreements including professional development plans for your workforce to reflect the new operating environments.

PART B. OPERATIONAL CONSIDERATIONS, PROTOCOLS AND IMPLEMENTATION CHECKLISTS
Australia Ice Racing advises that references to use of training facilities, the size of training groups and any other operating guidelines may be subject to different state government legislation and therefore Clubs in different States may have to develop different operating protocols.

1. HYGIENE

Athletes cannot attend who are unwell and present with either: <ul style="list-style-type: none"> - A sore throat, cough, cold or flu like symptoms, with fever or respiratory symptoms - Who have returned to Australia within the last 14 days from international travel - Who have been exposed to anyone that has COVID-19 - Has fever or respiratory symptoms, within the last 14 days must not enter the facility
Participants should be checked for: Any mild symptoms such as fever, sore throat, cough, shortness of breath before all sessions
Anyone with even mild symptoms must not attend or exercise, but get a Polymerase Chain Reaction PCR test ASAP & isolate until results are available
Athletes or parents with pre-existing medical conditions such as lung disease, diabetes, immune compromise, and smokers should not enter the club facilities until further notice
Using an alcohol-based hand sanitizer with over 60% alcohol is recommended when soap and water is impractical
Those coughing and sneezing should do so away from other people and into a tissue, or their elbow. Tissues should be disposed of immediately and hands washed thoroughly
Avoid touching your face and hair unless you have just washed/sanitized your hands
Avoid close contact with others including personal greetings, such as touching, handshakes, kisses and hugs
Drink bottles and food should not be shared. Individuals should label their drink bottle and clean it in soap and water after each session
No spitting or clearing nasal / respiratory secretions during training sessions or in sport settings or using gloves to wipe nose / face
If allowed for use under government legislation all communal or shared sporting equipment should be thoroughly cleaned with disinfectant after each use. This includes helmets, racing suit, glasses, gloves, boots if shared. The cleaning agent should be bleach or a 60%+ alcohol solution
Member's / athlete's clothing, helmets, glasses, gloves, jackets and any other equipment should not be left in club facilities or placed on tables in communal areas

1B. GENERAL HYGIENE PRACTICES

CONSIDERATIONS TO INCLUDE IN COVID-19 PLANS

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitiser with at least 60% alcohol concentration

Avoid touching your eyes, nose and mouth

Avoid close contact with people who are sick

Stay home and seek medical treatment when you are sick

Cover your mouth with your elbow to cough or sneeze

Any club member that has underlying health conditions or is considered a vulnerable person should consult with a healthcare professional prior to returning to small outdoor group training.

IMPLEMENTATION CHECKLIST

Have you provided education or information on COVID-19 hygiene protocols and practices to staff, volunteers, members, and participants?

Have you provided clear guidance on COVID-19 hygiene protocols and practices to club members?

Do you have adequate supplies of cleaning and sanitiser products? (Club rooms and equipment)?

Can your staff, volunteers, members, participants, visitors and parents/guardians wash or sanitise their hands regularly?

Have you identified high touch surfaces (for example door handles, key locks on doors, tables / chairs) and increased your regular cleaning schedule?

Do you have adequate waste management facilities including rubbish bins?

Can you list the measures you will use to manage hygiene and how will you promote these?

How will people within the club environment be consistently reminded about the protocols in place? Is there suitable signage?

2. TRAINING ACTIVITIES

CONSIDERATIONS TO INCLUDE IN COVID-19 PLANS

Ensure training activity aligns with the minimum standards set out in the AIS Framework for the rebooting of sport

The club / coaches / officials should all promote the approach of “get in, train, get out” to minimise unnecessary contact with training facilities, change rooms, bathrooms and communal areas. This approach involves participants getting dressed to train at home and ready to go on-ice. Ensure access to facilities meets current state government legislation

All training program activities should be developed in consultation with the venue’s COVID safe operating protocols

Staggered training schedules, start times, use of different locations and different days should all be considered in planning for the season

IMPLEMENTATION CHECKLIST

Ensure training activity aligns with the minimum standards set out in the AIS Framework for the rebooting of sport and any current state government legislation for indoor and outdoor activities

All training programs and activities should be modified to accommodate social distancing regulations

Confirm with state government legislation the maximum group size that can train. For example, in some states this maximum number may include the athletes and officials, and in another state the maximum number may just be athletes with an extra 2 officials. It is up to each club or program to ensure they meet the requirements of state legislation

All athletes / coaches and support staff must maintain social distancing requirements of a minimum of 1.5 metres at all times

All athletes to be advised at each training session that there are to be no high fives, handshakes, hugs, or physical contact between athletes or club members

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

CONSIDERATIONS TO INCLUDE IN COVID-19 PLANS

All arrival and departure of training groups should be staggered and distanced to ensure that there is no crossover between training groups. Use of numbered

identification flags / or markers will help athletes and parents on arrival and departure

Ensure that parents do not stay at the club drop off / pick up zone following athlete arrival and the end of training

Consider limiting the number of parents / guardians that can attend drop off and pick up at sessions times. (i.e. 1 per athlete to minimise any breach of social distancing regulations)

4. SPECTATORS / GATHERINGS

CONSIDERATIONS TO INCLUDE IN COVID-19 PLANS

All club social functions, season launches, fundraising functions must be postponed until they can be accommodated under government COVID-19 restrictions

Until full sporting activity resumes (Level C) spectators are not permitted to attend club training sessions

Spectators / parents / guardians and non-essential officials should be restricted from start and finish areas of all club training and event sites until the resumption of full sporting activity

5. SHARING EQUIPMENT

CONSIDERATIONS TO INCLUDE IN COVID-19 PLAN

Club training activities should be restricted to avoid sharing of any training equipment until the resumption of full sporting activity

Where there is requirement for sharing of training equipment this must be cleaned / disinfected after use. The cleaning agent should be bleach or a 60%+ alcohol solution. The use of shared equipment must also be approved under state government legislation

6. GROUP / TEAM ACTIVITY

CONSIDERATIONS TO INCLUDE IN COVID-19 PLANS

All group activity must be limited to group sizes that align with the applicable state legislation. Special attention must be taken to investigate if the number of coaches / officials is to be included in the maximum group size

Where multiple groups are training at the same time, athletes are not permitted to swap groups during training activities

7. INDOOR FACILITIES

CONSIDERATIONS TO INCLUDE IN COVID-19 PLANS – no checklist provided due to different state legislation requirements

Each club / program is responsible for adhering to the applicable state government legislation that determines whether indoor facilities can or cannot be used, and the usage restrictions that may be in place

IF under state government legislation limits access to club rooms / facilities IS permitted then consider the following points in conjunction with the AIS Framework guidelines.

HOWEVER, note that at all times state government legislation will apply

Each club has access to different types of club facilities, some may include on-site accommodation for employees and coaches. As there is such a diverse range of considerations for clubs:

No personal clothing or equipment to be left in the changerooms or at the facility in general

Athletes and coaches not permitted to use showers at the facility. (This may need to be revised if on- site accommodation requirements at the facility)

Indoor gymnasium equipment not to be used and area to be closed under current level of restrictions

Recommended that communal kitchen ??? facilities are closed to all members

Unless otherwise required only Club / Program staff to use club facilities. Where possible all meetings and athlete feedback sessions to be conducted online

Clubs must make sure they adhere to the government legislation requirements for social spacing inside club facilities if use of facilities is allowed

Implement hygiene measures including hand sanitiser at entry point to club and /

or training facilities

All communal areas to be cleaned / sanitised after use – and at regular intervals during the day. Use a disinfectant in accordance with the manufacturer’s guidelines for cleaning. For further information consult:

<https://www.safeworkaustralia.gov.au/COVID-19-information-workplaces/cleaning-prevent-spread-COVID-19>

Surfaces should be frequently wiped down with appropriate disinfectant wipes or soap, particularly those frequently touched. This includes door handles, light switches, phones, remote controls, and any other high touch areas

8. TRAVEL

Until further guidelines about the 2020 Ice Racing season by the respective State Governments are outlined, Australian Ice Racing can only recommend the following guidelines for clubs to consider:

Clubs should consider suspending all inter-venue travel for program athletes and coaches for training until Level C of the AIS framework is reached

Inter-venue travel for coaches and athletes for competitions / events will not be possible until Level C is enacted, and all travel restrictions are lifted

Observe relevant government restrictions on cross border movements where interstate travel can be required and reconsider non-essential travel

Restrict travel on buses and carpools to activities where possible

9. HIGH INJURY RISK ACTIVITY

All Clubs should pre-determine training activities in consultation with local medical services to ensure there is capacity for quick response and treatment for all level of injuries

10. PROTOCOLS

CONSIDERATIONS TO INCLUDE IN COVID-19 PLANS

Clubs must develop a plan to enact whereby program staff understand that participants who become unwell should be immediately isolated and given a clean disposable facemask to wear. Procedures should also be established to help unwell staff leave a program and isolate as soon as possible whilst ensuring the safety of athletes under care

In event of a confirmed case, be prepared to immediately shut down facilities & contact the health department for further guidance

Clubs must develop a clear plan with identified trigger points for cancelling, postponing or modifying an activity and identify who has responsibility for making that decision

Clubs need to be prepared to liaise with public health authorities and facilitate the sharing of information about all symptomatic participants at an activity run by the club or program

Clubs should develop an emergency operation plan for each of the sport activities they operate and ensure that they are suitable for managing during a COVID-19 outbreak / cluster

Clubs must consider whether they will sanction individuals for non-compliance with any direction or protocol. If so, determine the basis on which your organisation may enforce the sanction and seek advice if required

Consider use of waivers / declarations for participants and volunteers to sign acknowledging that participation is at their own risk

Prepare for increased level of employee/volunteer absences. Employees and volunteers need to stay home when sick or when caring for a sick family member

IMPLEMENTATION CHECKLIST

All Athletes / parents or guardians need to sign a declaration on each day of training advising that: **A)** They currently have no cold or flu like symptoms
B) They have not come in to contact with a person/s that have tested positive to COVID-19 in the past 14 days
C) They have not travelled overseas in the past 14 days

Clubs must maintain an attendance register for all training sessions including training start and completion times to assist with any contact tracing if required

Copies of all the training registers must be kept by a central person at the club following each session (e.g. Club COVID-19 liaison officer)

Clubs must ensure they can contact participants (referring to the attendance register) if an activity attendee subsequently becomes unwell and provide advice on what actions should be taken

Have a process to Immediately address non-compliance / safety issues with athletes / parents / coaches / program staff / volunteers / board or committee members

11. COMMUNICATION

CONSIDERATIONS TO INCLUDE IN COVID-19 PLANS

Clubs to develop organisational communications plans that ensure the club is regularly communicating with all stakeholders

Ensure there are instant messaging protocols to share timely and accurate information to internal stakeholders (text / email / Team App/ WhatsApp groups)

IMPLEMENTATION CHECKLIST

Advise participants not to attend if unwell or if they have travelled overseas or have been exposed to a person with COVID-19 in the preceding 14 days

Your sport should encourage all participants (including athletes, coaches, officials, administrators, volunteers, parents and spectators) to subscribe to and appropriately use the government's COVID-19 Safe App

Provide briefings to outline protocols in advance of return to sport for participants

Display posters and distribute information about COVID-19 at your activities and facilities

Regularly advise participants members on hygiene behaviours which will reduce the risk of transmission
