



Cooma Athletics Club Covid-19 Safety



Return to Play

Our club will:

- Promote good personal hygiene
- Supply each group with their own equipment to use
- Provide hand sanitiser and wipes at each event
- Sanitise equipment before use and at the end of Saturday competition
- Open toilets and supply soap
- Have a trained Covid-19 safety officer at all meets
- Promote physical distancing amongst spectators
- Supply wipes to sanitise pens, clipboards etc
- Wipe down equipment between age groups
- Comply with NSW Health and Snowy Monaro Council guidelines and restrictions
- Provide ways to access mental health and wellbeing services in times of change (see below)

Athletes will:

- Not linger – “Get in, compete and get out”
- Bring their own drink bottle and not share it
- Stay with their age group throughout the morning
- Carry their own personal items (hats, jumpers, drink bottles, etc)
- Clean hands with sanitiser upon arrival, before and after events and when leaving Snowy Oval
- Sanitise equipment before the next age group uses it (discuss, vortex, shot put and javelin only)
- Cover coughs and sneezes, dispose of tissues and rubbish immediately
- Not do high fives, shake hands
- Not attend if they are unwell
- Ensure social distancing up to 1.5m between other athletes and spectators, especially if more than 1 family member attends. Social distancing with athletes is not required ‘on the field of play’.

Parents will:

- Ensure that the Age manager for each group does not share the clipboard and pen for recording
- Ensure their child uses hand sanitiser before and after each field event, especially throwing events
- Adhere to social distancing of 1.5m
- Be encouraged to download the COVID Safe app

All committee members, parents and children associated with Cooma Athletics Club will:

- Not attend if they are unwell or have possible symptoms of Covid-19, please do not be offended if you are asked to leave
- Not attend the centre if they have been in contact with a known case of Covid-19
- Not attend if they have been in a designated hot spot in the last 14 days
- Not attend if they are self-isolating and awaiting the results of a Covid-19 test

In the interest of supporting all of our members and their families, the following Mental health services may be of use to you:

Head to Health

For information, advice, and a wide range of support services visit www.headtohealth.gov.au.

Lifeline

For help and tips on looking after your mental health during the pandemic visit www.lifeline.org.au or [call 13 11 14](tel:131114).

Beyond Blue

Beyond blue has a dedicated Coronavirus support service you can use by [calling 1800 512 348](tel:1800512348). You can also visit www.coronavirus.beyondblue.org.au.

Kids Helpline

Provides free services for children and young people. For more information visit www.kidshelpline.com.au or call 1800 551 800.

Headspace

You can visit www.headspace.org.au for youth support services.

*The Cooma Athletics Covid-19 Safety plan is available on our website:
www.coomaathletics.org.au*