



COVID-19 SAFETY PLAN

Cooma Athletics Club

Association/Club	Cooma Athletics Club
Ground Location	Snowy Oval
Club Facility Location	Yarra St, Cooma NSW
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Version	3
Plan last updated	15/11/2021
The Cooma Athletics Club Committee is responsible for this document	

Template Instructions

1. The Australian Institute of Sport (**AIS**) has published a “Framework for Rebooting Sport in a COVID-19 Environment” to inform the resumption of sporting activity in Australia, including community sport. Sport Australia has separately developed a “Return to Sport Checklist for Clubs and Associations” that provides operational guidance to local sporting clubs and associations on considerations that should be taken into account to appropriately resume sport and club operations.
2. To support the AIS and Sport Australia return to sport documents, Sport Australia has developed this COVID-19 Safety Plan template. This template can be used by associations and clubs to consolidate their planning for the resumption of activities at its club. Your association/club should review the Sport Australia Checklist and document its operational requirements for return to sport in the Appendix to this COVID-19 Safety Plan.
3. Yellow highlighting within brackets i.e. [] indicates further information is required from an association/club prior to finalising and adopting the COVID-19 Safety Plan. Before finalising, insert relevant information where highlighted in yellow and delete these template instructions.
4. Your association/club’s COVID-19 Safety Plan should be appropriately ratified within your club’s governance arrangements and regularly reviewed to ensure it remains fit for purpose and aligned with the AIS Framework, government restricted activity measures, public health advice and health and safety laws.
5. **DISCLAIMER:** This template does not constitute legal or health and safety advice. A club should take its own professional advice regarding the development and contents of its COVID-19 Safety Plan.

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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 Cooma Athletics Club to support Cooma Athletics Club 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 Cooma Athletics Club, any facilities it controls, the playing/training behaviour of all members and participants and the monitoring and reporting of the health of attendees at Cooma Athletics Club 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 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 Cooma Athletics Club'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 Cooma Athletics Club must consider and apply all applicable State and Territory Government and local restrictions and regulations. Cooma Athletics Club needs to be prepared for any localised outbreak at our facilities, within our competitions or in the local community.

3. Responsibilities under this Plan

Cooma Athletics Club 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 Cooma Athletics Club 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 Cooma Athletics Club 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	Mathew Jamieson
Contact Email	coomaathletics@gmail.com
Contact Number	0429775322

Cooma Athletics Club 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 Cooma Athletics Club
- 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

As at the date of this Plan, participants are training at Level B, step 2 of the AIS Framework. The Plan outlines specific sport requirements that Cooma Athletics Club will implement for Level B and Level C of the AIS Framework.

Cooma Athletics Club will transition to the training activity and facility use as outlined in Level B of the AIS Framework and the training/competition activities and facility use outlined in Level C of the AIS Framework when permitted under local restrictions and regulations.

4.1 AIS Framework Arrangements

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

4.2 Roadmap to a COVIDSafe Australia

Cooma Athletics Club 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 only. Capacity limits apply. Physical distancing required.	Level B: Indoor/outdoor activity. Capacity limits apply. Physical distancing required.		Level C: Full sporting activity (training and competition) allowed. No restriction on numbers. Contact allowed.	
Roadmap Activities	As per NSW Government Roadmap regulations https://www.nsw.gov.au/covid-19/easing-covid-19-restrictions	Step 1: As per NSW Government Roadmap regulations https://www.nsw.gov.au/covid-19/easing-covid-19-restrictions	Step 2: As per NSW Government Roadmap regulations https://www.nsw.gov.au/covid-19/easing-covid-19-restrictions	Step 3: As per NSW Government Roadmap regulations https://www.nsw.gov.au/covid-19/easing-covid-19-restrictions	Further steps As per NSW Government Roadmap regulations https://www.nsw.gov.au/covid-19/easing-covid-19-restrictions

5. Recovery

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

At this Committee of Cooma Athletics Club 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: Outline of Return to Sport Arrangements

Part 1 – Sport Operations

Area	Plan Requirements (for activities under AIS Framework Level B)	Plan Requirements (for activities under AIS Framework Level C)
Approvals	<p>The club must obtain the following approvals to allow a return to training at Level B:</p> <ul style="list-style-type: none"> • State/Territory Government approval of the resumption of community sport. • Relaxation of public gathering restrictions to enable training to occur. • Local government/venue owner approval to training at venue, if required. • National/state sporting body/local association approval of return to training for community sport. • Club committee has approved return to training for club. • Insurance arrangements confirmed to cover training. 	<p>The club 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. • National/state sporting body/local association approval to return to training/competition for community sport. Club to follow and react accordingly to NSW Government Roadmap regulations as indicated on: https://www.nsw.gov.au/covid-19/easing-covid-19-restrictions • Club committee has approved return to competition for club. • Insurance arrangements confirmed to cover competition. Insurance certificates have been uploaded to Service NSW.
Training Processes	<ul style="list-style-type: none"> • Club to adhere to NSW Government Roadmap regulations on capacity, social distancing, etc as indicated and when updated on the NSW Government website: https://www.nsw.gov.au/covid-19/easing-covid-19-restrictions • Athletes remain with age groups, no contact including high fives/hand shaking, athletes carry own equipment, dispose of rubbish immediately, wash hands before and after training. • Maintaining base density requirement on NSW Government COVID regulations. • Sanitise hand upon arrival, between events and when leaving 	<ul style="list-style-type: none"> • Club to adhere to NSW Government Roadmap regulations on capacity, social distancing, etc as indicated and when updated on the NSW Government website: https://www.nsw.gov.au/covid-19/easing-covid-19-restrictions • Sanitising requirements continue from Level B. • Treatment of shared equipment continues from Level B. Sanitise before and after each age group. • Personal hygiene encouraged (e.g. wash hands prior to training, no spitting) • Avoid coughing where possible • Training/playing attendance register kept.

	<ul style="list-style-type: none"> • Treatment of shared equipment (e.g. sanitise equipment before and after sessions) and use of such equipment to be limited. Bring own equipment if needed. • No sharing of personal equipment. • Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing). • Training attendance register kept in Cooma Athletics Club shed. 	<ul style="list-style-type: none"> • Club to adhere to NSW Government Roadmap regulations on capacity, social distancing, etc as indicated and when updated on the NSW Government website: https://www.nsw.gov.au/covid-19/easing-covid-19-restrictions
Personal health	<ul style="list-style-type: none"> • Graded return to sport to avoid injury. • Advice to players, coaches, volunteers to not attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). • Washing of hands prior to, during and after training and use of hand sanitiser where available. • Avoid physical greetings (i.e. hand shaking, high fives etc.). • Avoid coughing, clearing nose, spitting etc. • Launder own training uniform and wash personal equipment]. 	<ul style="list-style-type: none"> • Requirements continue from Level B].
Hygiene	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Hygiene and cleaning measures to continue from Level B].
Communications	<p>Communications plan to be adopted by the Club in communicating to players, coaches, members, volunteers and families. Should cover:</p> <ul style="list-style-type: none"> • Cooma Athletics will brief athletes, coaches and volunteers on return to training protocols including hygiene protocols (via email and Facebook post) and reinforcement of hand washing and general hygiene etiquette. • Endorsement of government COVIDSafe app and encouragement to players, coaches, members, volunteers and families to download and use app. • Provide copy of COVIDSafe Plan and most recent Government Roadmap at oval entry and in training equipment sheds. • Posters from NSW Health will be printed in colour and laminated. They will be put on the club house walls, on the back of the “Beware throwing 	<ul style="list-style-type: none"> • As for level B

	<p>event in progress” signs, on the trailer and communicated to athletes after warm up</p> <ul style="list-style-type: none"> • Make a parent information brochure to ensure all parents are aware of what is required • A list of mental health and wellbeing counselling services is provided • Direct parents to ACT Athletics, NSW Athletics and Sport NSW for more information 	
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Part 2 – Facility Operations

Area	Plan Requirements (for activities under AIS Framework Level B) [Club to provide further detail]	Plan Requirements (for activities under AIS Framework Level C) [Club to provide further detail]
Approvals	<p>The club must obtain the following approvals to allow use of club facilities at Level B:</p> <ul style="list-style-type: none"> • State/Territory Government approval of the resumption of facility operations. • Local government/venue owner approval to use of facility, if required. • Club committee has approved plan for use of club facilities. • Insurance arrangements confirmed to cover facility usage. 	<p>The club must obtain the following approvals to allow use of club facilities at Level C:</p> <ul style="list-style-type: none"> • State/Territory Government approval of the resumption of facility operations. • Local government has given approval to use of facility, 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"> • Committee members will check toilets and will not let the change rooms be used • Cleaning will be conducted by the facilities owners 	<ul style="list-style-type: none"> • Return to full use of Club facilities. • Hygiene and cleaning protocols measures as per Level B.
Facility access	<ul style="list-style-type: none"> • No temperature checks will be conducted • Club to adhere to NSW Government Roadmap regulations on capacity, social distancing, etc as indicated and when updated on the NSW Government website: https://www.nsw.gov.au/covid-19/easing-covid-19-restrictions 	<ul style="list-style-type: none"> • Continue Level B protocols as appropriate. • Who may attend the club facilities: gathering numbers should not exceed government allowances (COVIDSafe Roadmap maximum gatherings. • Club to adhere to NSW Government Roadmap regulations on capacity, social distancing, etc as indicated and when updated on

	<ul style="list-style-type: none"> • Current NSW Government Roadmap to be displayed at entry to oval • Managed access including separate entry/exit points, managed traffic flows, stagger arrival/departure times. • Physical distancing protocols including used in the spectator area • Only committee members and approved volunteers permitted to enter indoor spaces while capacity limits are in place on the NSW Roadmap • General advice on physical distancing in club facilities including discouraging face to face meetings where possible, restricting site visitors, deferring or splitting up large meetings. • Detailed attendance registers to be kept. • QR Code check-in to be utilized in accordance with NSW COVID safe requirements relating to Community Sport • No Canteen to operate 	<p>the NSW Government website: https://www.nsw.gov.au/covid-19/easing-covid-19-restrictions</p> <ul style="list-style-type: none"> • Current NSW Government Roadmap to be displayed at entry to oval • Managed access including separate entry/exit points, managed traffic flows, stagger arrival/departure times. • Physical distancing protocols including used in the spectator area • Only committee members and approved volunteers permitted to enter indoor spaces while capacity limits are in place on the NSW Roadmap • Canteen to display capacity limit signage and Canteen Manager to ensure density limits are adhered to. • General advice on physical distancing in club facilities including discouraging face to face meetings where possible, restricting site visitors, deferring or splitting up large meetings. • Detailed attendance registers to be kept. • QR Code check-in to be utilized in accordance with NSW COVID safe requirements relating to Community Sport
Hygiene	<ul style="list-style-type: none"> • Any safe hygiene protocols distributed by national/state sporting body or local association that will be adopted by club including: <ul style="list-style-type: none"> – Availability of wipes and hand sanitiser at entry/exit points to venue and elsewhere and at each event – Cleaning standards – equipment to be cleaned after each competition – Displaying posters outlining relevant personal hygiene guidance. – Avoiding shared use of equipment. – Provide suitable rubbish bins with regular waste disposal. – Guidelines for sanitisation and cleaning of Club facilities 	<ul style="list-style-type: none"> • Continue hygiene and cleaning measures as per Level B].
Management of unwell participants	<p>[Isolation/medical requirements for all players, members, volunteers and their families at the onset of any symptoms including club facilities that can be used to manage symptomatic participants.</p> <ul style="list-style-type: none"> • Training of volunteers/club management on treatment of symptomatic participants and disinfecting of facilities used by such participants. 	<ul style="list-style-type: none"> • Measures as per Level B].

	<ul style="list-style-type: none"> • Notification protocols for notifying public health authorities and other attendees of symptomatic participants • Noticeably unwell attendees will be asked to leave 	
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 B field and training operations. • Provide copy of COVIDSafe Plan and most recent Government Roadmap at oval entry and in training equipment sheds. • Operation of the club's facilities in support of all Level B training activities in accordance with this Plan. • Club to adhere to NSW Government Roadmap regulations on capacity, social distancing, etc as indicated and when updated on the NSW Government website: https://www.nsw.gov.au/covid-19/easing-covid-19-restrictions 	As per Level B.