



# CAMPBELLTOWN COLLEGIANS ATHLETICS CLUB

## COVID – 19 - RETURN TO PLAY - PLAN

Campbelltown Collegians Athletics Club has developed the following plan to support the Covid safe operation of the return to athletics training and competition.

It provides requirements for how athletics activities should be undertaken in a cautious and considered way because our priority is maintaining public health and minimising the risk of community transmission.

We all play a role in helping to slow the spread of COVID-19.

This plan provides a minimum standard of practice and is based on the best available evidence and advice to ensure the health and safety of those involved in our sport. It should be used in conjunction with the directives and guidelines of the relevant Federal and State authorities.

### It's up to all of us

As we resume training and competition at athletics it's important to remember that it is up to each of us to take the following steps:

- **Stay 1.5 metres away from other people whenever and wherever we can**
- **Maintain good hand washing and cough/sneeze hygiene**
- **Stay home when we're unwell, and get tested if we have respiratory symptoms or a fever**
- **Download the COVIDSafe app so we can find the virus quickly**

## Covid - 19 Safety Coordinator:

The Campbelltown Collegians Athletics Club has a nominated COVID – 19 Safety Coordinator who will oversee the compliance with this Plan and will be the point of contact for the club in relation to all COVID – 19 related matters.

**All incidences of COVID – 19 are to be reported to the COVID – 19 Safety Coordinator.**

## General Requirements:

Campbelltown Collegians Athletics Club is run by a dedicated group of volunteers. Any volunteer who is unwell is required to stay at home and get tested.

1. This plan will be posted on the club Facebook page and the club website. A link to the plan will be emailed to all athlete families. It will also be posted at the venue.
2. The club will distribute any communications requested by any Government or public health authority in relation to health advice and potential contact incidents with confirmed cases.
3. Signage, posters and warnings specific to COVID-19 transmission will be displayed at the venue and specific areas within the Campbelltown Athletics Stadium.
4. Room Capacity signage for each room used by the Club at the Campbelltown Athletics Stadium will be posted outside each room.
5. All persons entering the Campbelltown Athletics Stadium are encouraged to download the Australian government's COVIDSafe app.
6. People at a higher risk of severe illness (those aged over 70 and/or those with chronic medical conditions or compromised immune systems) are encouraged to remain at home whenever possible.
7. All persons entering the Campbelltown Athletics Stadium for Campbelltown Collegians Athletics Club associated activities must scan the NSW Government QR Code Covid Register and complete requested details on the form on the website. Names of additional people scanning for (athletes / children etc) must also be included. All persons are encouraged to download the Service NSW App.

8. The maximum persons allowed at each competition or training activity including athletes, committee, officials and spectators will be that as declared by the NSW Health Public Health Order.
9. Social distancing is to be enforced.
10. A cleaning register of club room and canteen will be kept. (Responsibility of Campbelltown City Council).
11. Hand sanitiser and notices will be available at locations around venue and competition areas and at entry and exit points.
12. Gloves and hand sanitizers will be available at each event.
13. Disposable masks will be available for Age Managers and parent helpers upon request.
14. Gloves, disinfectant and wipes will be available at each event for cleaning equipment and implements.
15. All financial transactions (other than canteen) will be contactless. Contactless payments will be encouraged at the canteen.
16. All laptops and tablets will be sanitized prior to and after each use.
17. Starting guns will be sanitized at the start and end of each competition and each time they are used by another starter.
18. Photo Finish Camera will be sanitized at the start and end of each competition.
19. If stopwatches are used, they will be sanitized at the start and end of each competition and each time they are used by another timekeeper.
20. All Age Manager and helper vests will be washed each week. Once issued each week they are not to be shared.
21. All Age Manager folders and pens will be sanitized before and after each competition.
22. Age Flags will be sanitized before and after each competition.
23. Athletes are responsible to carry their own clothing i.e. jackets, track suits, running shoes, running spikes etc.
24. Any cases of COVID – 19 occurring at the venue will be notified to the NSW Health department to allow contact tracing.

## Competition Requirements:

The following requirements are to be adhered to for all events / competitions:

**Note: If an athlete or athlete family member, official or Committee member is unwell they must stay at home and get tested. They must not attend the Campbelltown Athletics Stadium.**

1. All persons entering the Campbelltown Athletics Stadium for Campbelltown Collegians Athletics Club associated activities must scan the NSW Government QR Code Covid Register and complete requested details on the form on the website. Names of additional people scanning for (athletes / children etc) must also be included. All persons are encouraged to download the Service NSW App.
2. A minimum of 1.5 metres between each individual. The following ways will be employed to achieve social distancing:
  - a. Smaller groups of athletes at each event
  - b. Repositioning of events where possible
  - c. Using the minimum number of officials / helpers to run events
  - d. Clear markings on the ground to indicate appropriate spacing (where possible)
  - e. Clear signage around the venue
  - f. Regular PA announcements and reminders to parents/spectators
  - g. No parents/carers will be allowed on the field unless helping/Age Manager at events. (1 parent/carer per athlete will be permitted at field events for Tiny Tots and Under 6 age groups. No strollers or siblings will be allowed on the field at any time).
3. No physical contact such as hugging, handshaking or high fives. Verbal good luck and congratulations are good alternatives.
4. All athletes must bring their own water bottles which must not be shared.
5. All equipment will be wiped down with sanitizer before and after each age group or event. This includes discus's, shotputs and javelins.

6. All measuring equipment will be wiped down with sanitizer before and after each event. This includes sand spikes, flags, measuring tapes, cones, rakes, brooms, sand frames, shovels, trowels and hose nozzles.
7. All high jump bar ends and height adjusters will be sanitized at the beginning and end of each event.
8. All blocks are to be sanitized before and after each event.
9. All cleaning paper towels etc. are to be disposed of at the end of each competition.
10. No age group baskets or trolleys will be used for carrying water bottles, jumpers etc.
11. Athletes are encouraged to use hand sanitizer before handling implements.
12. All participants and officials to shower at home instead of at the venue.
13. At the end of each event all athletes, age managers and helpers are to go directly to their next event or return to the designated social distancing seats in the grandstand.
14. At the completion of the age groups events for the competition, all age managers, athletes, helpers, parents and carers are to leave the venue immediately (unless they are waiting for a child or sibling in another age group. In this case they must wait in the social distancing seats in the grandstand or around the outside of the track fence). **All participants are to 'Get in, compete and get out'.**
15. All parents not involved in assisting at age group events must remain in the social distancing seats in the grandstand or around the outside of the track fence.

## Training Requirements:

The following requirements are to be adhered to for all training sessions:

**Note: If an athlete or athlete family member, official or Committee member is unwell they must stay at home and get tested. They must not attend the Campbelltown Athletics Stadium.**

1. All persons entering the Campbelltown Athletics Stadium for Campbelltown Collegians Athletics Club associated activities must scan the NSW Government QR Code Covid Register and complete requested details on the form on the website. Names of additional people scanning for (athletes / children etc) must also be included. All persons are encouraged to download the Service NSW App.
2. All athletes are to **'Get in, train and get out'**. Athletes are to arrive at the venue ready to participate and leave directly at the end of the activity.
3. All training sessions are to be restricted to 1.5 hours max.
4. Group warm-ups are conducted in several smaller groups, or if possible, participants should warm up prior to arriving at the venue.
5. Training groups will be no bigger than 20 athletes/coaches/helpers.
6. No parents are to be at the training session, they are to be seated in the social distancing seats in the grandstand or practicing social distancing outside the track fence.
7. No parents / carers are to train on the track or field during their child's training session
8. A minimum of 1.5 metres between each individual during the sessions. The following ways will be employed to achieve social distancing:
  - a. Smaller groups of athletes at each event or activity
  - b. Repositioning of events or activities where possible
  - c. Clear markings on the ground to indicate appropriate spacing (where possible)
9. No physical contact such as hugging, handshaking or high fives. Verbal good luck and congratulations are good alternatives.
10. All athletes must bring their own water bottles which must not be shared.

11. There is no sharing of personal implements.
12. Athletes are encouraged to use hand sanitizer before handling implements.
13. All implements will be wiped down with sanitizer before and after each training session.  
This includes discus's, shotputs, javelins and hammers.
14. All measuring equipment will be wiped down with sanitizer before and after each session. This included sand spikes, flags, measuring tapes, cones, rakes, brooms, sand frames, shovels, trowels and hose nozzles.
15. All high jump bar ends and height adjusters will be sanitized at the beginning and end of each session.
16. All blocks are to be sanitized before and after each athlete use.
17. All cleaning paper towels etc are to be disposed of at the end of each session.
18. All participants and coaches are to shower at home instead of at the venue.
19. At the completion of the training session, all athletes, coaches and parents/carers are to leave the venue immediately.
20. All coaches must ensure all these requirements are adhered to.

### Maximum Competition / Training Ground Capacity:

The maximum persons allowed at each competition or training activity including athletes, committee, officials and spectators will be that as declared by the NSW Health Public Health Order.

To avoid reaching this maximum number, the club hold the Little Athletics Friday night competition in 2 sessions. Tiny Tots – U/9 will compete 5.30 pm – 7.00 pm. U/10 – U/17 will compete 7.30 pm – 9.30pm.

All athletes will have 2 throws and 2 jumps for the entire season.

## Venue Attendance Record Keeping:

The following requirements are specific to venue attendance record keeping:

1. All persons entering the Campbelltown Athletics Stadium for Campbelltown Collegians Athletics Club associated activities must scan the NSW Government QR Code Covid Register and complete requested details on the form on the website. Names of additional people scanning for (athletes / children etc) must also be included. All persons are encouraged to download the Service NSW App.

## Canteen:

The following requirements relate to canteen areas only:

1. Personal protective equipment (PPE) will be made available for all canteen members (disposable gloves, disposable masks etc).
2. Cash-free transactions are encouraged. Any handling of cash must occur with the use of gloves. Gloves to be disposed of after each use.
3. Canteen areas will be fully compliant with all aspects of the environmental cleaning and disinfection principles for Covid-19, including regular cleaning and provision of cleaning products and hand sanitiser.
4. No common use condiments will be available. Individual serve packets only will be used.
5. Hand sanitizer will be available at the canteen.
6. Deliveries of canteen supplies will be contactless with invoices paid electronically.
7. Clear markings for entry and exit and social distancing will be made in accordance with Safe Work Australia's information on COVID-19 and work health and safety.



## Toilets and change room facilities:

The following requirements are specific to all toilet and change room facilities within the venue:

1. All changerooms and showers will be closed.
2. Only paper towels and air dryers will be used in the toilets.
3. All shared surfaces and spaces will be disinfected since the last activity was conducted. (Responsibility of Campbelltown City Council).
4. All toilets will be cleaned after each competition in accordance with environmental cleaning and disinfection principles for COVID-19. (Responsibility of Campbelltown City Council).
5. A cleaning register for the toilets will be kept. (Responsibility of Campbelltown City Council).

## Clubroom:

The following requirements are specific to the upstairs Clubroom:

1. Only Committee members or authorised persons are allowed entry during competition.
2. Meetings will be limited to the room capacity of 18. Meetings involving more than 18 attendees will be arranged as Zoom meetings.
3. Social distancing will be maintained.
4. No communal cutlery will be used.
5. Clubroom will be cleaned in accordance with environmental cleaning and disinfection principles for COVID-19. (Responsibility of Campbelltown City Council).
6. Coffee cups are to be washed with detergent.