



Northern Tasmanian Athletics

COVID-19

Return to Sport Guidelines



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TASMANIA'S PLAN FOR RETURNING TO SPORT AND RECREATION

On Friday 8 May 2020, Premier Peter Gutwein released Tasmania's Plan to Rebuild a Stronger Tasmania. The Plan has Three Stages to ease COVID-19 restrictions to support the health and safety of all Tasmanians.

Local Councils will determine if an athletics facility will remain open or closed and may require a Club/Management Committee/Venue Operator to provide a *RETURN TO PLAY* policy. This document outlines recommendations which may be adopted however Clubs/Management Committees/Venue Operators may be required to amend this policy to comply with any requirements issued by Local Council.

If a situation is not covered under this policy, it does not automatically mean that it is a permitted activity. Clubs and all individuals are expected to adhere to the restrictions in place.

Northern Tasmanian Athletics strongly recommends that everyone downloads the COVID 19 app ([information here](#)).

If there are any questions about the *RETURN TO PLAY* policy or about a specific activity you can direct your questions to executivedirector@northerntasathletics.org.au or through our facebook page.



COVID-19 Symptoms and Testing

The symptoms of COVID-19 are similar to colds and flus and include:

- fever
- sore throat
- cough
- tiredness
- difficulty breathing

If you are experiencing any of these symptoms, or within the last 14 days you have been in contact with a person who has tested positive to COVID-19 or has the above symptoms, do not attend a stadium or training facility. Instead, follow quarantine and testing requirements and contact the COVID-19 Public Health hotline – 1800 671 738.

COVID-19 Quarantine Guidelines

If you have been diagnosed with COVID-19, the person must stay at home to prevent it spreading to other people. They might also be asked to stay at home if you may have been exposed to the virus. Staying at home means:

- do not go to public places such as work, school, shopping centres, childcare or university
- ask someone to get food and other necessities for you and leave them at your front door
- do not let visitors in — only people who usually live with you should be in your home

A person does not need to wear a mask in their home. If they need to go out to seek medical attention, wear a surgical mask to protect others.

Northern Tasmanian Athletics encourages quarantined persons to stay in touch by phone and on-line with family and friends.

Review and Revision

The Tasmanian Government's Plan to Rebuild a Stronger Tasmania advises Stage Three restrictions are planned to be implemented on 26 June 2020, and are subject to Public Health advice. To comply with Australian and Tasmanian Public Health advice, our COVID-19 Return To Sport guidelines will be reviewed and updated as required.



Northern Tasmanian Athletics - Return to Play

Easing of restrictions will be assessed by Public Health Services. The following is details for Stage Three, which came into effect 26 June 2020.

Gathering sizes increased to a maximum of 500 people outside and maximum of 250 people inside, however, social distancing rules must still be enforced. Community and competitive sport will be able to resume.

Club training (Level C of the AIS Framework)

- Outdoor activity can be conducted in groups of any size (consider maintaining some small group separation at training)
- Indoor facilities will not be open eg changerooms, and gym
- Equipment will not be available for use.
- Athletes to bring their own equipment and this is not to be shared.
- Limit unnecessary social gatherings
- Adopt 'Get In, Train and Get Out' approach

Track use

- Full training and competition allowed
- Individuals are reminded that the track is a shared facility, and unless privately booked, you must share access.
- Warming up can be conducted, and individuals where possible remain 1.5m apart
- At the end of your training session or competition, make sure you promptly leave the venue.

Medical / First Aid

Athletes and coaches to minimise medical treatment during training. If treatment is necessary, exercise increased hygiene measures or seek assistance from medical services following distancing guidelines.

Spectators and Additional Personnel:

- Spectators to be separate from athletes who are training, maintaining 1.5m distancing and adequate spacing (one person per 2m²)



The AIS Framework can be found [here](#).

For more information and to keep up to date please refer to the following links:

[Australian Government Department of Health](#)

[Australian Institute of Sport](#)

[Australian Health Protection Principal Committee \(AHPPC\)](#)

[Tasmanian Government Department of Health and Human Services](#)

[WorkSafe Tasmania](#)

[Local Government Tasmania – Communities, Sport and Recreation](#)

[Download the COVID app – information here](#)



1. HYGIENE

Enhanced hygiene measure of participants is key to reducing the transmission of Coronavirus (COVID-19). Examples of personal hygiene measures that should be promoted include handwashing and covering mouth and nose with a tissue or sleeve during coughing/sneezing.

Requirement:

Northern Tasmanian Athletics will keep a record of track attendees. It is therefore a requirement that registered athletes and coaches advise the us of attendees, including first name, phone number, date and time of attendance. This is to be emailed to executivedirector@northerntasathletics.org.au or a text sent to 0409 857 967.

Recommendations:

Coaches to administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

Northern Tasmanian Athletics will:

- Display signs at the entry point and around the venue including but not limited to:
 - Keep that cough under cover
 - Good hand hygiene – use hand sanitiser pre, post and during training/programs
 - Keeping your distance

Examples of Government posters available via the links below:



[Keep that Cough Under Cover](#)



[Good Hand Hygiene](#)



[Keep Your Distance](#)



Individuals

- Remember to observe good hygiene:
- Wash your hands with soap and water for at least twenty (20) seconds
- Remain 1.5m apart
- Cover your mouth and nose with a tissue or sleeve during coughing/sneezing,
- Medical First Aid - athletes and coaches to minimise medical treatment during training. If treatment is necessary, exercise increased hygiene measures or seek assistance from medical services following distancing guidelines.
- Bring your own equipment including but not limited to clean towel, stretching mat, water bottle and water and do not share; and
- Do not spit

Keep your distance. Keep good hand hygiene.

Get in – train – and get out.

Do not attend if you are feeling unwell.

Do not spit.

Remember it is up to you to comply with all restrictions.

If any restrictions are breached, Northern Tasmanian Athletics will recommend to Local Councils that the Venue be immediately closed.



2. PHYSICAL DISTANCING/CONTACT

Physical distancing decreases the risk of transmission by reducing incidence of contact with other persons through shaking hands or hugging. COVIDSafe Australia requires that participants take reasonable steps to maintain 1.5m distance from all other people.

Requirement:

Northern Tasmanian Athletics will keep a record of track attendees. It is therefore a requirement that registered athletes and coaches advise us of attendees, including first name, phone number, date and time of attendance. This is to be emailed to executivedirector@northerntasathletics.org.au or a text sent to 0409 857 967.

Recommendations:

Coaches must administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

Northern Tasmanian Athletics will:

- Display signs at the entry point and around the venue including but not limited to:
- Keeping your distance of 1.5m
- Ensure adequate spacing of one person per 2 square metres

Examples of Government posters available via the links below:



[Keep Your Distance](#)



Individuals

- Individuals must remain at least 1.5m from each other.
- Drafting or running side by side in the same lane is not permitted.
- Individuals can run in the next lane provided they remain at least 1.5m apart.
- Individuals are reminded that the venue/track is a public facility and unless a private exclusive booking, must share access to and use of the facility.
- Warming up can be conducted either on the track or if safe to do so on the infield provided individuals remain 1.5m apart at all times.
- At the end of your session make sure you leave the facility promptly.

Keep your distance. Keep good hand hygiene.

Get in – train – and get out.

Do not attend if you are feeling unwell.

Do not spit.

Remember it is up to you to comply with all restrictions.

If any restrictions are breached, Northern Tasmanian Athletics will recommend to Local Councils that the Venue be immediately closed.



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

Physical distancing decreases the risk of transmission by reducing incidence of contact between people. The control of facilities and management of areas where people might gather will reduce the risk of Coronavirus (COVID-19) transmission.

Requirement:

Northern Tasmanian Athletics must keep a record of track attendees. It is therefore a requirement that registered athletes and coaches advise the Venue Operator of attendees, including first name, phone number, date and time of attendance. This is to be emailed to executivedirector@northerntasathletics.org.au or a text sent to 0409 857 967.

Recommendations:

Coaches must administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

Individuals are encouraged to '**Get in, train, and get out**'. Where an individual requires a parent and/or carer then they will be counted as part of the group (500 outdoors and 250 indoors, with 1.5m distance) It will be the responsibility of the Coaches to make sure that no more than 500 people are in the Group.

A parent and/or carer cannot become a spectator and wait inside the venue until the conclusion of the activity UNLESS they comply with the social distancing requirements of 1.5m and 2m² per person rule AND in a group of no more than 500 people outdoors and 250 indoors.

A Northern Tasmanian Athletics executive member may audit compliance and take appropriate action. Where an individual refuses to leave a venue after being asked to do so, Northern Tasmanian Athletics may:

- Close the venue for all activity; or if required
- Report the situation to the Police

Keep your distance. Keep good hand hygiene.

Get in – train – and get out.

Do not attend if you are feeling unwell.

Do not spit.

Remember it is up to you to comply with all restrictions.

If any restrictions are breached, Northern Tasmanian Athletics will recommend to Local Councils that the Venue be immediately closed.



4. SPECTATORS/GATHERINGS

Tasmanian Government restrictions currently limit gatherings to groups of 500 people to reduce the risk of people spreading Coronavirus (COVID-19). Spectators, and other non-participants watching activities should not attend activities unless they have an essential role, or they are parents and/or guardians. Public gathering limitations apply.

Requirement:

Northern Tasmanian Athletics must keep a record of track attendees. It is therefore a requirement that registered athletes and coaches advise the Venue Operator of attendees, including first name, phone number, date and time of attendance. This is to be emailed to executivedirector@northerntasathletics.org.au or a text sent to 0409 857 967.

Recommendations:

Coaches must administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

A parent and/or carer cannot become a spectator and wait inside the venue until the conclusion of the activity UNLESS they comply with the social distancing requirements of 1.5m and 2m² per person rule AND in a group of no more than 500 people outdoors and 250 indoors.

Northern Tasmanian Athletics will:

- Include all restrictions and information on use of the venue to all Coaches and to groups/individuals at the time of booking including the maximum number of people that can participate in the activity at one time;
- Communicate opening hours, restrictions and options for training and use of equipment and all other relevant information by email to our database.

Keep your distance. Keep good hand hygiene.

Get in – train – and get out.

Do not attend if you are feeling unwell.

Do not spit.

Remember it is up to you to comply with all restrictions.

If any restrictions are breached, Northern Tasmanian Athletics will recommend to Local Councils that the Venue be immediately closed.



5. SHARING EQUIPMENT

In combination with good hygiene practices, a similar pre-emptive measure is to promote behaviours such as not sharing drink bottles, towels, or equipment. Equipment that touches the head or face cannot be effectively cleaned (for example, if made from soft materials or clothing) and should not be shared. Where sharing equipment cannot be avoided, equipment with smooth surfaces should be cleaned between sessions.

Requirement:

Northern Tasmanian Athletics must keep a record of attendees. It is therefore a requirement that registered athletes and coaches advise the Venue Operator of attendees, including first name, phone number, date and time of attendance. This is to be emailed to executivedirector@northerntasathletics.org.au or a text sent to 0409 857 967.

Recommendations:

Coaches must administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

Northern Tasmanian Athletic equipment will not be available for use. Equipment may include (but not limited to): Javelins, Shot Puts, Discus, Hammers, Hurdles, Starting blocks, Personal training equipment, Exercise/stretching mats and Weights.

PERSONAL – Throws equipment

Make sure your equipment is cleaned prior to attending training and make sure no-one uses your equipment.

Keep disinfectant wipes in your bag in case you need to clean your equipment during training. Make sure you are the only person that retrieves your equipment.

Keep your distance. Keep good hand hygiene.

Get in – train – and get out.

Do not attend if you are feeling unwell.

Do not spit.

Remember it is up to you to comply with all restrictions.

If any restrictions are breached, Northern Tasmanian Athletics will recommend to Local Councils that the Venue be immediately closed.



6. GROUP/TEAM ACTIVITY

Tasmanian Government restrictions currently limit gatherings to up to 500 people outdoors and 250 indoors. Coaches, athletes, officials, staff and spectators are all counted within the maximum number of people permitted in that space.

Requirement:

Northern Tasmanian Athletics must keep a record of track attendees. It is therefore a requirement that registered athletes and coaches advise the Venue Operator of attendees, including first name, phone number, date and time of attendance. This is to be emailed to executivedirector@northerntasathletics.org.au or a text sent to 0409 857 967.

Recommendations:

Coaches must administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

Local Council will determine the maximum number of people that can be within the venue at any one time to ensure 2 square metres of space per participant.

The capacity of the venue to conduct training on the track and on the in-field at the same time without endangering any participants is **??**.

Coaches and individuals are required to take reasonable steps to maintain 1.5m distance from all other people.

Keep your distance. Keep good hand hygiene.

Get in – train – and get out.

Do not attend if you are feeling unwell.

Do not spit.

Remember it is up to you to comply with all restrictions.

If any restrictions are breached, Northern Tasmanian Athletics will recommend to Local Councils that the Venue be immediately closed.



7. INDOOR ACTIVITIES (CURRENTLY PROHIBITED)

Indoor facilities such as club rooms, gym, change rooms, showers and toilets should remain closed.

8. HIGH INJURY ACTIVITY

To reduce the strain on Tasmania's health and emergency services, common sense should be used in avoiding activities that have a high risk of injury that may result in hospitalisation.

Requirement:

Northern Tasmanian Athletics must keep a record of track attendees. It is therefore a requirement that registered athletes and coaches advise the Venue Operator of attendees, including first name, phone number, date and time of attendance. This is to be emailed to executivedirector@northerntasathletics.org.au or a text sent to 0409 857 967.

Recommendations:

Coaches must administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

Keep your distance. Keep good hand hygiene.

Get in – train – and get out.

Do not attend if you are feeling unwell.

Do not spit.

Remember it is up to you to comply with all restrictions.

If any restrictions are breached, Northern Tasmanian Athletics will recommend to Local Councils that the Venue be immediately closed.



9. COMMUNICATION

Communicating Coronavirus (COVID-19) risk mitigation strategies to participants is vital. Setting and promoting expectations for required behaviours prior to recommencing activities will be crucial to ensuring activities are safe to return to and remain free of further restrictions. This includes communicating current restrictions.

Requirement:

Northern Tasmanian Athletics must keep a record of track attendees. It is therefore a requirement that registered athletes and coaches advise the Venue Operator of attendees, including first name, phone number, date and time of attendance. This is to be emailed to executivedirector@northerntasathletics.org.au or a text sent to 0409 857 967.

Recommendations:

Coaches must administer and implement the restrictions and recommendations to prevent the transmission of COVID-19.

The following communication plan will be implemented:

Northern Tasmanian Athletics will:

- Email current membership database including athletes, Clubs, Coaches, the details of the Return To Sport Guidelines, including the current restrictions.
- Email Local Council the Return To Sport Guidelines.

Northern Tasmanian Athletics Website:

The Return To Sport Guidelines will be uploaded to the Northern Tasmanian Athletics website.

Changes to Restrictions:

If the restrictions change then Northern Tasmanian Athletics will communicate those changes and update these guidelines to reflect the changes.

Keep your distance. Keep good hand hygiene.

Get in – train – and get out.

Do not attend if you are feeling unwell.

Do not spit.

Remember it is up to you to comply with all restrictions.

If any restrictions are breached, Northern Tasmanian Athletics will recommend to Local Councils that the Venue be immediately closed.



10. COACHING PROTOCOLS

Coaches will play a pivotal role to ensure that the group activity complies with the restrictions in place at all times.

It is a requirement that Coaches:

- Keep a record of attendees including first name, phone number, date and time of attendance at each training session
- Structure physical activities that comply with physical distancing, and
- Remind individuals about the rules in place during the activity.

Look out for any symptoms such as fever, shortness of breath, coughing and or high temperatures and discuss them with the individual an appropriate course of action.

Remind individuals not to spit at any time. If an individual is unwell during training (eg vomiting) the individual (and coach) will be required to clean any effected area as soon as possible.

Please refer to the Athletics Australia Return to Athletics Guidelines for Coaches, Run-Leaders, Officials and Volunteers: [HERE](#)

11. PARTICIPANT PROTOCOLS

Quick guide – Athletics Australia guidelines for participants: [HERE](#)

12. PARENT AND CARER PROTOCOLS

Quick guide – Athletics Australia guidelines for parents and carers: [HERE](#)

Keep your distance. Keep good hand hygiene.

Get in – train – and get out.

Do not attend if you are feeling unwell.

Do not spit.

Remember it is up to you to comply with all restrictions.

If any restrictions are breached, Northern Tasmanian Athletics will recommend to Local Councils that the Venue be immediately closed.