

Little Athletics Australia

Proposed framework for reopening of centres and clubs

Little Athletics Australia welcomes the Federal Government's guidance to provide a pathway for a safe return to sport.

Little Athletics Australia has developed the following framework to support state and territory Member Associations for the reopening of local centre/club facilities for training and competition. It provides a guide for how athletics activity should resume 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 framework 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 federal government and the relevant state or territory.

Key information and guidance used by Little Athletics Australia to develop this framework includes:

- [Roadmap to a COVIDSafe Australia](#)
- [National Principles for the Resumption of Sport and Recreation Activities](#)
- [Framework for Rebooting Sport in a COVID-19 Environment](#) released by the Australian Institute of Sport (AIS)
- Information from government health departments and the relevant health authorities

At all times community and individual sport will be governed by public health policy and Federal, State/Territory Government directives.

This framework highlights the initial phase of reopening centre/club facilities, however these recommendations should remain in place until otherwise notified by the relevant health authorities. State Member Associations, centre/club management teams and committees are responsible for communicating all relevant guidelines and for ensuring they are in place and followed across all areas of our sport.



It's up to all of us

As we resume practice and competition at Little 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

For any further information or clarification contact your state or territory association, or Little Athletics Australia.



What does this framework mean for my state/territory?

COVID-19 has impacted states and territories across Australia in different ways. As a result we expect that sporting activities will resume at different times. These timelines will be influenced by factors such as local COVID-19 transmission, available resources and other variables influencing local policy. It is important that we all continue to observe our local state/territory rules.

The guidelines in this document are currently in place for:

- **Victoria** – [read more on the Victorian government website.](#)
- **South Australia** – [read more on the South Australian government website.](#)
- **Western Australia** – [read more on the Western Australian government website.](#)
- **Northern Territory** – [read more on the Northern Territory government website.](#)
- **Australian Capital Territory** – [read more on the Australian Capital Territory website.](#)

For Queensland, New South Wales and Tasmania the guidelines will only come into effect once individual state legislation and/or restrictions are relaxed:

- **Queensland** – easing of restrictions on sport and recreation (up to 10 people per group) from May 15. [Read more on the Queensland government website.](#)
- **Tasmania** – easing of restrictions on sport and recreation (up to 10 people per group) from May 18. [Read more on the Tasmanian government website.](#)
- **New South Wales** – easing of restrictions on sport and recreation from May 15. [Read more on the New South Wales government website.](#)





General recommendations for reopening centre/club facilities:

These guidelines are recommendations for all Little Athletics centres/clubs:

1. Ensure they are fully aware of and compliant with their own State or Territory Government advice, and that all of these guidelines are adhered to.
2. Establish clear protocols for efficiently creating and distributing any communications requested by any Government or public health authority in relation to potential contact incidents with confirmed cases.
3. Establish communication to all members regarding the procedures listed being implemented.
4. Distribute required communication to members and erect signage indicating conditions of entry to all facilities. This must outline people considered to be at high risk.
5. Additional signage and warnings specific to COVID-19 transmission to be displayed at all venues and specific areas within the venues. You are encouraged to use the [Australian government's posters regarding Covid-19](#).
6. Encourage others to download the Australian government's COVIDSafe app wherever possible.
7. All member associations and their affiliated centres/clubs must give absolute priority to the safety and well-being of participants, especially for those over 60-years of age.
8. 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.
9. Committee members are to put in place a cleaning register and complete additional regular cleaning duties of clubhouses, changerooms, toilets, canteen surfaces etc. Refer to the Australian government's [environmental cleaning and disinfection principles for COVID-19](#).
10. Hand sanitiser and notices should be available at all entrances/exits to the facility and competition areas.
11. Additional cleaning equipment should be available throughout active areas (sprays, wipes etc.) with appropriate waste management practices in place. Supplies of hand sanitiser, disposable gloves, disposable masks, antibacterial surface sprays, antibacterial wipes should also be available.
12. Encourage contactless (cash free) transactions for sign on and all purchases.

Training/competition recommendations:

The following guidelines are general recommendations for all Little Athletics centres/clubs:

1. Remind all participants to 'Get in, train and get out'. Participants should arrive at the venue ready to participate and leave at the end of the activity.
2. Group warm-ups where possible are conducted in several smaller groups, or if possible participants should warm up prior to arriving at the venue.
3. Ensure a minimum of 1.5 metres between each individual. You may like to consider some of the following ways to achieve social distancing:
 - a. Smaller groups at each event
 - b. Staggered program start times
 - c. Repositioning of events/sites where possible
 - d. Using the accepted minimum number of officials to run events
 - e. Clear markings on the floor to indicate appropriate spacing
 - f. Clear signage on or around the venue
 - g. Regular PA announcements and reminders to parents/spectators
 - h. Encouraging only one family member to attend with their children
4. No shared officials vests/bibs to be worn.
5. No physical contact such as hugging, handshaking or high fives. Verbal good luck and congratulations are good alternatives.
6. All equipment is wiped down before and after each trial.
7. Ensure all shared surfaces and spaces have been disinfected since the last activity was conducted.
8. No age group baskets or trolleys used for carrying water bottles, jumpers etc.
9. All participants and officials to shower at home instead of at the venue.
10. At the end of the activity participants should be focussed on leaving the facility as soon as practical. This can be encouraged with the following:
 - a. Immediately following the end of the activity remind all participants to sanitise/wash hands and leave the venue.
 - b. Sanitise all equipment and surfaces that were used during the activity.
 - c. Not organising an end of activity meal or other social activity.
 - d. Ensure all non-essential activities (e.g. recovery sessions, presentations or meetings) take place at home or online.





Canteen areas:

The following guidelines relate to canteen areas only:

1. Personal protective equipment (PPE) made available for all canteen members (disposable gloves, masks etc).
2. Encourage cash-free transactions. Any handling of cash must occur with the use of PPE.
3. Canteen areas to 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. Clear markings and instructions for members and committees to maintain social distancing in all areas in accordance with [Safe Work Australia's information on COVID-19 and work health and safety](#).
5. Removal or cordoning off of common areas (i.e. chairs, tables lounges) where members may otherwise congregate.
6. Ensure all shared surfaces and spaces have been disinfected since the last activity was conducted.

Bathrooms and change room facilities:

The following guidelines are specific to all bathroom and change room facilities found within a fitness facility:

1. Closure/removal of all non-essential bathroom or change room facilities or equipment. This includes the following:
 - o Showers
 - o Saunas
 - o Bath tubs/ice baths
2. Removal of any hand towels other than paper towels. Additional hygiene supplies and instructional signage must be displayed.
3. Ensure all shared surfaces and spaces have been disinfected since the last activity was conducted.
4. Committee members to undertake additional regular cleaning duties in line with the [environmental cleaning and disinfection principles for COVID-19](#).