

RETURN TO ATHLETICS GUIDELINES: COACHES, RUN-LEADERS, OFFICIALS AND VOLUNTEERS



Athletics Australia has developed the following guidelines to assist the safe return to athletics activity during the COVID-19 pandemic.

These guidelines are aimed at limiting the spread of COVID-19 and ensuring participant and community safety as we return to athletics. These guidelines must be read in conjunction with the current directives and guidelines of the Australian Government and those of the relevant state or territory.

In returning to athletics activity, Athletics Australia's priority is the preservation of public health and minimising the risk of community transmission to enable a safe and gradual return to sport for all.

From participants to volunteers, to coaches, parent, spectators and staff, the entire athletics community has an important role to play in helping to slow the spread of COVID-19.

We encourage everyone to download the Federal Government's COVIDSafe app.

This guidance is current as at 20th May 2020.

To minimise the risk of contracting or transmitting COVID-19, coaches, officials, and volunteers must adhere to the following:

- Do not attend training if you are unwell and experiencing symptoms such as a cough, sore throat, fever, fatigue or shortness of breath.
 - Do not attend training if, in the last 14 days, you have been unwell or had close contact with a known or suspected case of COVID-19. This includes while you are being tested.
 - Any participant who is unwell should see a doctor in accordance with local Public Health Authority guidelines.
 - Support Participants in their return to training, including adherence to the Participant guidelines (see *Participants Quick Guide*).
 - Consider vulnerable participants as they may be at increased risk.
- instructions on how to keep safe.
- Develop plans for the arrival and departure of all participants (entry/exit patterns) and provide alcohol-based hand sanitiser for all upon entry.
 - Develop a plan to enact hand hygiene protocols during training.
 - Ensure all equipment is sanitised before use each day and wiped down between users.
 - Have a plan for capacity control and maintenance of social distancing rules.
 - Schedule training and other activities in a staggered manner as necessary to ensure adherence to physical distancing and group size restrictions.
 - Have a plan for cash handling with the aim to have cashless transactions.

Member Organisations, Associations, Clubs and Venues to:

- Ensure all staff, volunteers and officials who interact with participants have access to alcohol-based sanitisers and

- Have a plan for communal spaces; it is recommended that changerooms, officials' rooms, canteens, public water fountains and general seating areas are closed or roped off to the general public in accordance with the relevant local restrictions.
- Regularly clean all bathrooms and communal areas and maintain a cleaning log.

Management of a suspected COVID-19 case or confirmed COVID-19 case:

- Participants must follow Public Health Authority / State Government processes upon confirmation of a positive COVID-19 case.
- Member Organisations, associations, clubs and venue managers to assist the Department of Health in contact-tracing and potentially shutting/reducing access to training if there has been a positive case in the area.

Managing a return to training of a confirmed COVID-19 case:

- Ensure the participant no longer poses any infection risk to the community.
- Ensure the participant has sufficiently recovered to safely participate in.
- In both instances, obtain clearance from their Doctor/ local Public Health Authority.



Wipe down equipment or shared surfaces before and after use



Comply with maximum activity numbers in your state or territory

Keep a log of attendees with contact details



Support participants to get in, train, and get out



Ensure access to hand washing or sanitisation



Adhere to state, local and venue activity restrictions



Support the gradual return to activity for participants



Do not attend if unwell or symptomatic



Practice appropriate personal hygiene



Promote social distancing by staggering activity or diving into smaller groups

Exclude yourself and others from activity if being tested for COVID-

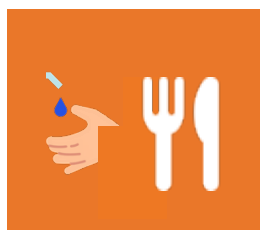


GENERAL HYGIENE PROTOCOLS

Always take the following steps to ensure you, your colleagues, training partners and friends remain healthy.



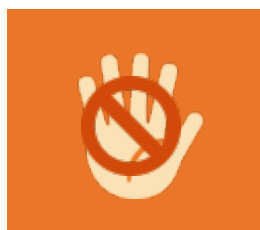
Wash your hands often with soap and water for at least 20 seconds.



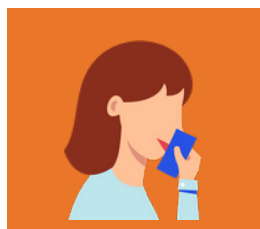
Wash or sanitise your hands before eating



If soap and water are not available, use an alcohol-based hand sanitiser



Avoid touching your eyes, nose or mouth



Cover your mouth to cough or sneeze



Stay home and seek medical treatment when you are sick



Avoid close contact with people who are sick

DO NOT ATTEND
group training, competitions
or events if you exhibit any
of these symptoms:

FEVER

FATIGUE

SORE
THROAT

COUGH

SHORTNESS OF
BREATH

PLEASE SEEK APPROPRIATE
MEDICAL TREATMENT.