

# RETURN TO ATHLETICS GUIDELINES: PARTICIPANTS



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 governments COVIDSafe app.

*This guidance is current as at 20 May 2020*

To help minimise the risk of contracting or transmitting COVID-19 as we return to athletics activity, participants 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.
- Any participant who is unwell should see a doctor in accordance with local Public Health Authority guidelines.
- Participants should gradually return to training and competition to reduce the risk of injury, particularly if participants have had a period of inactivity.
- Consider vulnerable participants as they may be at increased risk.
- Avoid sharing items with others. Bring your own drink bottles, towels and equipment (where possible) to training.
- Shower at home with soap before and after all activity (where possible)
- Participants should arrive ready to train. Warm-up and cool down routines should be undertaken alone or in very small groups where possible.
- Avoid unnecessary body contact, for example no hand shaking or high fives.
- Plan for a quick departure and avoid gathering with others for prolonged periods before or after activity.
- Adhere to group number and activity restrictions in your state or territory.
- Wipe down equipment, blocks or any other shared surfaces before and after use.
- Practice good personal hygiene including, for example, washing your hands with soap regularly, using a hand sanitiser and coughing into your elbow.

## Before and After Activity



Do not attend training if unwell



Shower at home (if possible) with soap

Wash and sanitise your hands



Plan a gradual return to training to minimise risk of injury



Prepare for a quick in and out of training

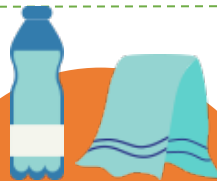
Exclude yourself from activity if tested



## During Activity



Adhere to group number and activity restrictions in your state or local area



Bring your own items, e.g. drink bottles, towels, nutrition and equipment

Practice good personal hygiene



Arrive ready to train



Wipe down equipment or other shared surfaces before and after use

Keep personal items and clothing separate

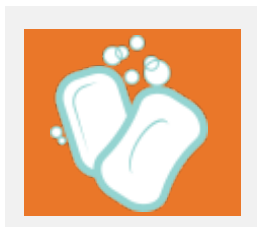


# GENERAL HYGIENE PROTOCOLS

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



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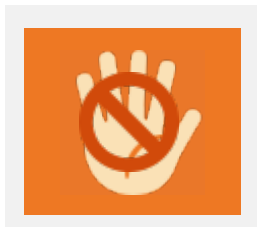
Wash your hands often with soap and water for at least 20 seconds.



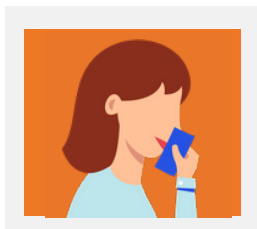
Wash or sanitise your hands before eating



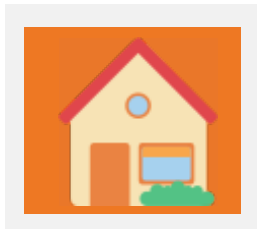
If soap and water are not available, use an alcohol-based hand sanitiser



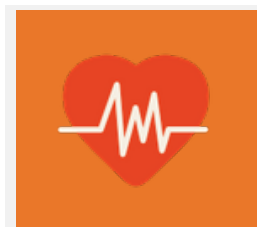
Avoid touching your eyes, nose or mouth



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.