

RETURN TO ATHLETICS GUIDELINES: PARENTS & CARERS



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 20th May 2020.

Whilst ensuring a duty of care is continued, parents and carers have a role to play in helping to minimise the risk of contracting or transmitting COVID-19 as we return to athletics activity. Parents, carers, and spectators must adhere to the following:

- Adhere to the relevant local guidance in relation to the attendance of parents / carers / spectators at training.
 - 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.
 - Practice good personal hygiene including, for example, washing your hands with soap regularly, using a hand sanitiser and coughing into your elbow.
 - If you are unwell, see a doctor in accordance with local Public Health Authority guidelines
- Ensure Participants in your care are supported to meet the guidelines for Participants (see Participant Quick Guide), including:
 - Supporting a gradual return to training to reduce the risk of injury, particularly if the participant has had a period of inactivity
 - Avoiding the sharing of personal items with others
 - Showering at home with soap before and after all activity (where possible)
 - Arriving ready to train
 - Encouraging the avoidance of unnecessary body contact
 - Planning for a quick departure and avoid gathering with others for prolonged periods before or after activity
 - Ensuring adherence to group number and activity restrictions in your state or territory
 - Wiping down equipment, blocks or any other shared surfaces before and after use

Before, During and After Activity



Prepare and support a quick in and out of training



Minimise time lingering or in groups with others



Maintain social distancing

Avoid body contact



Wash and sanitise your hands



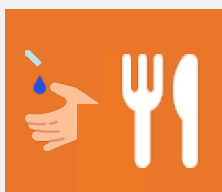
Do not attend if unwell or symptomatic

GENERAL HYGIENE PROTOCOLS

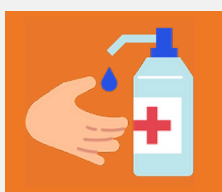
Always take the following steps to ensure you, your colleagues, training partners and friends remain healthy.



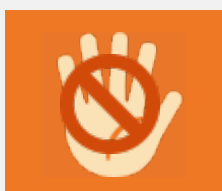
Wash your hands often with soap and water for at least 20 seconds.



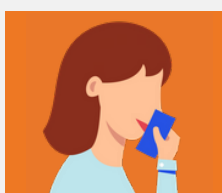
Wash or sanitise your hands before eating



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.