

# RETURN TO ATHLETICS GUIDELINES: HIGH PERFORMANCE



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In line with the AIS return to sport High Performance (HP) athletes, coaches and staff have been defined as a distinct group within sport. The AIS return to sport also outlines that HP may be given priority in accessing HP facilities ahead of community level participants, especially where the government or facility regulations/requirements restrict the number of participants able to access a facility at any one time.

The athletics re-boot for HP athletes accompanies the wider athletics reboot to provide support for this smaller but elite group of athletes to return to training as soon as possible. As a smaller group, HP athletes (and their coaches) may be able to access athletics facilities for training purposes sooner than community groups, however the actual activity of training is extremely similar for community and HP groups.

Athletics Australia's NASS program is delivered through our NIN partners and as such AA will adopt and follow the COVID-19 risk mitigation framework produced by those partners. NASS athlete's return to training will be in accordance with their relevant framework.

The local jurisdictional requirements and regulations may (and likely will) change from time-to-time. Given the likelihood of changes within each state/local government this document is presenting the steps that should be implemented alongside the relevant state/local government requirements and regulations, which our NIN partners are best placed to be across.

This document is relating to training only; the athletics competition and event COVID-19 Reboot document is being developed in line with governmental return to competition guidelines and timelines.

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

*This guidance is current as at 20 May 2020*

## **ACTION PLAN FOR HP ATHLETES TO ACCESS A NON-NIN TRAINING FACILITY**

Further outbreaks are a risk to athletics and wider society. Facility owners will make a decision on not opening due to this being likely or having to close their doors again based on it actually occurring. We all have a responsibility to adopt practices which ensure the safety of all involved:

- Athlete/coach/performance staff should be free of respiratory symptoms or any likely exposure to COVID-19 prior to commencing training at the facility.
- Athlete/coach/staff should not have travelled internationally within the last 14 days.
- Any respiratory symptoms that develop after initiating training at a training facility requires athlete/coach/staff to self-isolate and should not return to the facility until cleared to do so by a doctor (preferably the relevant NIN partner's approved medical officer).
- Athletes/coaches/staff should follow the AIS hygiene requirements and wash their hands prior to entry and upon exit of the training facility and where possible use only one exit/entry point.
- Athletes/coaches/staff are encouraged to have their own hand sanitiser / disinfectant spray / antibacterial wipes & gloves to clean and sanitise equipment and themselves throughout their training sessions.
- Training and distancing requirements should be met, with the first stage of training to be a maximum group of 10.
- Sharing of equipment should be avoided. Any shared equipment used should be cleaned after use (prior to departure) in accordance with the requirements laid down in each state/at each facility.
- Athletes/coaches/staff should arrive at the facility ready for training, complete training in the minimum practical time, and leave the facility as soon as possible, without using changing or showering facilities.
- All indoor training facilities should open in line with the relevant government distancing requirements terms of numbers and square meterage and HP

athletes should only access when the facility owner is able to manage appropriate cleaning and sanitising requirements.

- The coach and/or performance staff member should be the responsible person to ensure all facility owner's requirements are met for the duration of their training sessions and period

If a positive COVID-19 test is reported within an HP athlete's approved training group, the state government response will likely be implemented immediately and supersede any framework from AA, NIN, MA and/or a facility. Having said that Athletics Australia's cluster outbreak framework is:

- The group's access to the affected facility should immediately cease.
- The facility should be professionally cleaned prior to any other group using the facility.
- All athletes/coaches/staff present at the session where the positive case was identified go into self-isolation for 14 days and present for a COVID-19 test.
- All members of the group must be individually cleared by a doctor prior to being able to access the training facility again.

## PROCESS FOR SUPPORT AS A HIGH PERFORMANCE ATHLETE

For a non-NASS athlete who is aspiring for selection for Tokyo 2020 (Olympic or Paralympic Long List athlete), they should initially request access to their normal training facility through the owner of the facility.

If the facility owner declines such a request for access to an athletics training facility Athletics Australia may be able to provide support for the request of training access.

In the first instance the athlete (or coach) should email [highperformance@athletics.org.au](mailto:highperformance@athletics.org.au) outlining the affected athlete(s) with a description of the current situation (including the reason the request was declined), what access is being requested, the facility owner and a contact number for the responsible person for the athlete/training group (i.e. the coach).

Athletics Australia will then determine if they are in a position to provide written support for this request to the facility owner and will liaise directly with the responsible person for the group (in most cases this will be within 48 hours).



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## Before and After Activity



Do not attend training if unwell



Shower at home (if possible) with soap

Wash and sanitise your hands



Prepare for a quick in and out of training & competitions

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



## During Activity



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



Bring your own items. EG, 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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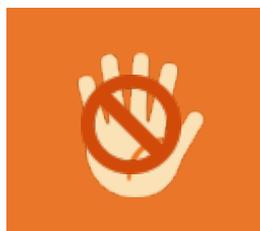
Wash your hands often with soap and water for at least 20 seconds.



Wash or sanitise your hands before eating



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



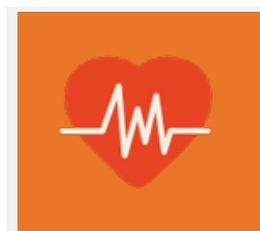
Avoid touching your eyes, nose or mouth



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.