



Return to Play in a COVID-Safe Environment

Introduction

The Corona virus restrictions, while disrupting sports such as boxing, have been successful in minimising the impact of the pandemic on the Australian population. The high vaccination rate has provided Federal and State/Territory Governments with the opportunity to ease restrictions and start the graduated process of return to normalcy.

The restrictions in force are determined by the ACT Government. These are determined based on the local situation following consultation with the National Cabinet, and the latest direction published on its website at www.covid19.act.gov.au. The ACT Government's health order currently includes the following restrictions relevant to boxing training and competition:

Restrictions in force as at 12 November 2021

Venue capacity	25 people or 1 person per 2m ² , whichever is greater, excluding staff.
Class sizes	Indoors - limited by venue capacity Outdoors - no more than 2,000 people across a site
Crowd sizes	Indoors - limited by venue capacity. Events over 1,000 people must be ticketed COVID Safe Event Checklist to be completed by organiser
Wearing of masks	Only in high-risk settings if not conducting vigorous exercise: schools (including out of hours), public transport, hospitals, residential aged care and correction centres.
QR Check-In	All visitors at first entry each day
Activity restrictions	Nil

This plan describes Boxing ACT's recommended measures to support its members and affiliated gyms to return to training and competition. These recommendations have been developed to align with ACT Government direction. However, the dynamic nature of the situation has seen Government direction change rapidly and this may result in this plan providing contradictory guidance. Members should keep abreast of the latest ACT Government direction at www.covid19.act.gov.au and be aware that the Government direction always takes precedence over this plan and all other sources of information.

The ACT Government requires all clubs and gyms to develop their own COVID-19 management plans as a condition of re-opening. Each gym's management plan takes precedence over the contents of this plan for all activities other than competition sparring or tournaments organised by Boxing ACT. Gyms are welcome to reproduce any content contained within this plan within their own management plans.

The ACT is constantly reviewing whether restrictions must be tightened or further relaxed. Adherence to these restrictions and adopting sensible precautions is essential in limiting transmission to allow further relaxation to occur.

Virus Transmission

COVID-19 is highly transmissible from person-to-person and readily spreads to close contacts of infected individuals. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth.

People can also catch COVID-19 if they breathe in droplets from a person with COVID-19. The virus can persist in the air for up to three hours and on a variety of surfaces for up to 72 hours

General Principles

Coaches and athletes should always seek to minimise the risk of spreading the virus by applying the following principles:

1. Maximise separation between individuals.
2. Minimise the size of the groups interacting.
3. Minimise the amount of interaction between individuals.
4. Maximise personal hygiene.
5. Maximise ventilation, including conducting activities outdoors if practical.

These principles need to be balanced against training requirements and commercial considerations while always adhering to the official restrictions currently in force.

All gyms and indoor facilities should have their own COVID-Safe plan that must be followed by all attendees. Coaches and/or event organisers are to ensure that all attendees are aware of the COVID-Safe plan requirements and monitor participants to ensure compliance.

Vaccination

All participants at Boxing ACT events are strongly encouraged to consult their doctor and follow advice regarding vaccination. COVID vaccination has been demonstrated to significantly reduce the likelihood of contracting and spreading the disease, and reduce the potential for hospitalisation or death if infected.

High rates of vaccination are critical for the ongoing easing of restrictions and recommencement of training and competition.

Group Training

Individuals participating in group training should minimise exposure by adopting the 'Get in, train and get out' strategy. This means avoiding interaction between participants before and after the session, athletes turning up attired and ready for the session, and avoid socialising before or after training. Individuals should avoid communal change rooms or shower facilities where possible.

Class changeovers present heightened risk as larger numbers of individuals may congregate or pass one another within the training area. Coaches and gym owners should limit these interactions using measures such as:

- Programming longer breaks between classes to allow groups completing classes to exit before the subsequent group enters and commences training.
- Designating routes throughout the training area that avoid/limit interaction between individuals entering, exiting, waiting or training.

Gyms must display Check-In CBR QR codes and coaches should ensure all individuals attending sessions have checked in to support contact tracing should a participant later be diagnosed as carrying the virus.

Boxing ACT will provide a Check-In CBR QR code for its events held in locations that do not already have a location-specific QR code.

Distancing between individuals should be maximised wherever possible during the training session. Unless athletes are conducting close-in partner work, individuals should be kept at least 1.5m apart. Floor markings, such as tape, chalk or mat boundaries, should be used to designate individual training spaces. Coaches and gym staff should ensure that the number of attendees does not exceed current restrictions on class sizes or venue capacity.

Where close-in partner work is conducted, athletes should avoid changing partners wherever practical and remain paired for the session.

Good ventilation can avoid airborne virus particles from lingering within training areas. Training should be conducted outdoors wherever practical, otherwise measures should be adopted to maximise the circulation of fresh air, such as opening windows or using fans.

Hygiene

Individuals should maintain good hygiene at all times. All persons should wash or sanitise their hands immediately before or upon entering the venue or training area.

All athletes should bring a towel to keep their individual training space clean. Personal towels should be used whenever an athlete is doing stationary floorwork indoors or on exercise benches, such as sit-ups, push-ups or bench-press, to prevent pooling of sweat on shared surfaces.

Any bodily excretion, such as blood, mucus or sweat, should be cleaned by its originator and their hands washed immediately afterwards. Participants are to avoid spitting at all times, whether training indoors or outdoors.

Individuals are not to share any equipment that comes into direct contact with the hands or face. This includes: bandages, gloves, focus mitts, skipping ropes, mouthguards, headguards, water bottles and towels. Each athlete should also bring their own disinfectant spray and paper towels for cleaning personal equipment.

Athletes should thoroughly clean and disinfect external surfaces of personal equipment that may have contacted training partners after each training session. Gloves and headguards should be sprayed with a disinfectant solution, wiped clean and left to dry in a ventilated area, preferably in direct sunlight.

Athletes may share other training equipment, such as boxing bags, pads, medicine balls or weights. Shared equipment should be cleaned and disinfected at the end of each session, prior to commencement of the next class.

Gyms are to provide adequate stocks of soap, paper towels, hand sanitiser and surface disinfectant to support good hand hygiene and cleaning of shared equipment.

Gyms should also regularly conduct thorough cleaning of all facilities and shared equipment.

Gym staff should avoid handling cash, with electronic payments used in preference.

Tea rooms, canteens and eating areas should not be accessed by athletes and coaches while participating in a class. People entering these areas should always wash/sanitise their hands upon entry.

Managing Illness

Any coach, athlete or gym employee demonstrating any cold or flu-like symptoms should avoid training or attending the gym and undergo COVID-19 testing as soon as possible and self-isolate until a negative result has returned. If a negative result is returned, the individual should avoid returning to the gym or group training until all symptoms have cleared.

If a coach, athlete or gym employee returns a positive COVID-19 test, they are to notify the gym or coach as soon as possible to determine who they may have come into contact with.

Anyone suspected of coming into contact with a COVID-19 positive person, whether through training or elsewhere in the community, must undergo a COVID-19 test and avoid returning to the gym or group training until a negative COVID-19 test result is achieved.

If a gym is notified that a COVID-positive person has visited, the gym should be immediately closed and not re-open until all surfaces and equipment have been thoroughly cleaned and disinfected.

Sparring and Physical Contact

Sparring and physical contact between athletes should be limited as much as practical and only be conducted when Government restrictions allow.

Sessions involving physical contact should limit exposure by maintaining the same pairing between partners. Athletes should clean and disinfect the external surfaces of their own gloves and headguards before commencing work with each partner.

Inter-club Sparring

Boxing ACT's Inter-club sparring events will be conducted in accordance with the other recommendations previously provided within this plan. Coaches should limit rotation between sparring partners, and ensure gloves and headguards have been cleaned and sanitised before changing partners.

All athletes and referees are to have their temperature checked by the Event Coordinator prior to entering the ring.

Boxing ACT is to provide disposable latex gloves for referees and coaches to wear during bouts. Referees and coaches are to change gloves after each bout. Referees are encouraged to wear face masks while officiating in the ring.

The Event Coordinator must ensure that appropriate distancing is maintained by all individuals outside the ring, such as spectators or coaches and athletes preparing to spar. The Event Coordinator, in conjunction with gym staff, is also responsible for ensuring that the number of attendees does not exceed 4m² per person average density limit or the current restriction caps.

Athletes and coaches should register online at the Boxing ACT Events webpage prior to attending Competition Sparring events to give Boxing ACT staff an indication of the likely numbers and assist in matching. Boxing ACT may split sparring events into several sessions if a large number of attendees is expected to ensure social distancing requirements can be met.

The Event Coordinator is to ensure all event attendees have checked in using the Check-in CBR app, regardless of whether they are a participant, official or spectator.

Tournaments

Whereas athletes are required to use their own gloves and headguards for training and competition sparring, they are required to use gloves provided by the gloving stewards during a tournament bout. Athletes may use their own AIBA-certified headguards or have a headguard provided by the gloving steward.

Competition organisers are to ensure that gloves and headguards are only used once by a single athlete during each event. All gloves and headguards are to be thoroughly cleaned, disinfected and dried between events, and quarantined for no less than 72 hours before reuse.

Gloving stewards are to ensure athletes sanitise their hands prior to donning competition gloves. Gloving stewards should wear a face mask while standing at the gloving table and sanitise their hands after handling equipment used during a bout.

All athletes and referees are to have their temperature checked by the Medical Supervisor prior to entering the ring.

Referees are to wear disposable latex gloves and face masks while officiating in the ring.

Each athlete may only have one coach corner them during a bout. Coaches must wear disposable latex gloves while cornering a boxer and must change gloves before cornering another boxer.

Event organisers are to provide sufficient hand sanitiser, disposable latex gloves and face masks for each event.

Event organisers must ensure that appropriate distancing is maintained by all individuals outside the ring, such as spectators or coaches and athletes warming up. Event organisers, in conjunction with venue staff, are also responsible for ensuring that the number of attendees does not exceed 4m² per person average density limit or the current restriction caps. Organisers may consider splitting a tournament into several sessions to limit the number of attendees present at any one time.

Event organisers are to record details of all individuals attending an event, regardless of whether they are a participant, official or spectator.

Conclusion

This plan provides the recommended measures to limit the risk of COVID infection as Boxing ACT members return to training and competition. It is essential that all members of Boxing ACT adhere to the ACT Government's restrictions and apply these measures in a practical manner to help keep the community safe from infection and allow the continued operation of the sport.

Please direct any queries or concerns with the content of this plan to admin@boxingact.org.au