

# **SOUTH AUSTRALIAN ROADMAP FOR EASING COVID-19 RESTRICTIONS**

STEP 1 - FROM 11 MAY

## **Sports – Step 1 Fact Sheet**

### **Restrictions prior to 11 May 2020**

Prior to 11 May 2020, most school, community and elite sports ceased, except for outdoor training in groups that did not exceed 10 people and those present did not exceed 1 person per 4 square metres, which was still allowed in South Australia.

This measure was part of a suite of restrictions imposed on non-essential businesses and activities to limit the spread of COVID-19.

### **Situation from 11 May 2020**

From 11 May 2020, any sport may recommence, provided that the following requirements and recommendations are observed and followed. Sports:

#### **Must:**

- ***Be outdoors***
- ***Have a maximum of 10 participants in any one group***
- ***Be non-contact***

#### **Should:**

- ***For contact sports: be limited to non-contact skills training***
- ***Minimise use of shared equipment and facilities***
- ***Limit the total numbers of additional people present, for example, up to 1 parent/carer per participant***
- ***Minimise unnecessary co-mingling***
- ***Encourage good hygiene, offer hand sanitiser at entrance and exit***
- ***Ensure frequent environmental disinfection cleaning of the premises***
- ***Implement signage/markings to support compliance with current restrictions and advice***
- ***Refer to the Australian Institute of Sport's Framework for Rebooting Sport for further guidance***

## More information

### **Recommencing outdoor training activities only**

The current Direction introduces the first stage of easing of restrictions. At present, only outdoor training activities can recommence; matches or competitions as well as indoor sports remain prohibited for now.

Recommencing outdoor training is considered safe for school, community and elite sports, for both contact and non-contact sports, although contact sports should be limited to non-contact skills training.

### **Maintaining a maximum of 10 participants in any one group**

Activities should still be limited to groups of 10 or less. While the density requirement does not apply, maintaining social distancing (where and if feasible in the context of your sport) is still encouraged.

Multiple groups of up to 10 people may participate in outdoor activities at the same venue, for example, on an oval, provided the density requirement is met.

### **Minimising the use of shared equipment and facilities**

Operators and attendees should endeavour to minimise the use of shared sports equipment, as well as communal facilities such as toilets, benches and so forth.

### **Limiting the total number of people on the premises**

The overall number of people on site should be minimised. As such, no spectators should attend, except one parent or carer per child should attend, where possible and if necessary. Non-participating attendees should adhere to social distancing principles.

### **Minimising unnecessary co-mingling**

Unnecessary co-mingling, such as socialising or group meals before or after training should be discouraged. Adopting a 'get in, train, get out' approach is recommended. As part of this, it is recommended to get changed at home, to avoid having to use changerooms.

### **Good hand and respiratory hygiene**

Adopt, and encourage adoption of, good hand and respiratory (coughing and sneezing) hygiene practices. Offering hand sanitiser, disinfectant or 70% alcohol wipes, or hand washing stations is strongly recommended.

### **Environmental disinfection cleaning of the premises**

Ensure frequent environmental disinfection cleaning is undertaken in line with health advice available from SA Health and the Australian Department of Health.

### **Implementing signage/markings**

To support compliance with current restrictions and advice, it is advisable to implement

signage to attendees of restrictions, recommendations and health advice, as well as floor markings to help with social distancing.

### **Australian Institute of Sport's Framework for Rebooting Sport**

Sports organisations that may now recommence outdoor training can refer to the AIS' Framework for Rebooting Sport for more detailed guidance on possible adaptive measures.

This Framework has been endorsed by the Australian Health Principal Protection Committee, which includes all State and Territory Chief Health Officers and is chaired by the Australian Chief Medical Officer.