

LAVic COVID-19 Protocols – New South Wales Centres

21/22 Summer Track & Field Competition & Training

3rd December 2021

Background

The NSW State Government has imposed restrictions to minimise the spread of COVID-19. LAVic has developed a set of protocols to assist Affiliated Centres in NSW conduct summer Track & Field competition & training activities, in alignment with advice from Little Athletics NSW and the NSW Office of Sport.

Please refer all related queries to LAVic's 'COVID Safe Co-ordinator' in writing to office@lavic.com.au.

Definitions:

- Attendees: all in attendance at sanctioned competition & training activities, inclusive of all Centre & Club Committee members, coaches, officials, volunteers, athletes, parents, siblings and spectators
- Come & Try athletes: children not registered as a Competitive Member or a Trial Athlete. (Come & Try Days are currently not permitted; all athletes must be registered prior to attending).
- Competitive Member: is a registered, financial athlete in the current season.
- Members of the public: people that are not registered Competitive Members, registered Trial Athletes, Associate Members or hold a formal role necessary for the conduct of Little Athletics activities.
- Parents/guardians: the parents/guardians are responsible for supervising children at a sanctioned competition & training activity. The presence of parents/guardians are required for the safe conduct of sanctioned Little Athletics activities.
- Spectators: includes relatives (such as grandparents), friends, members of the general public etc. whose presence is not essential for the conducting of sanctioned competition & training activities or required to supervise children.
- Stakeholder: entities mutually interacting with a Centre in any given season. These typically might be athletes, families, volunteers, committee members, venue managers, entities sharing facilities, sponsors, Local Government Organisation, local media etc.
- Summer Track & Field competition & training pertains to the period 1st September 2021 to 31st March 2022.
- Training: is defined by drills, skills activities, repeated practice etc conducted by coaches or volunteers. Training does not involve measuring, timing, recording performances, modified competition, or the presence of officials.
- Competition: is defined by the conducting of activities by officials, and volunteers, as aligned with the [Standard Events Table](#). Competition typically involves measuring, timing, recording performances in the presence of officials, and using the competition rules of Little Athletics.

- Trial Athlete: an athlete registered as a Trial Athlete in the current season; Trial Athletes are required to be registered prior to attending the activity.
- Venue manager: the body responsible for the management of the venue. This will typically be a Local Government Organisation, committee of management, collective sporting body, school or similar.

21/22 SUMMER TRACK & FIELD COMPETITION & TRAINING – NSW CENTRES

General

- All adults, including those 16 years and above in attendance, are required to be fully vaccinated for COVID-19.
- Unvaccinated children 15 years and under, and people who have been issued with a medical contraindication certificate compliant with the Public Health Order, are entitled to attend competition & training.
- Centre sanctioned competition & training activities are permitted indoors and outdoors, with a maximum density quotient of 1 person per 2 square metres.
- COVID Safety Plans are not required for events with up to 1,000 attendees; COVID Safety Plans are required for events with more than 1000 attendees.
- Masks are required to be worn in indoor settings including canteens, change rooms and clubrooms. This does not apply to athletes that are competing or training.
- The CSO, Centre administrators and venue managers will manage the use of the facilities.

COVID Safe Official (CSO)

- Affiliated Centres intending to conduct Track & Field competition & training activities must appoint a minimum of one (preferably several) CSOs.
- The CSO is responsible for the Centre's implementation and compliance with these protocols.
- The tasks and responsibilities assigned to the CSO role are documented in the CSO Duty Statement. Click [HERE](#) to view.
- When rostered, the CSO can only undertake the role of the CSO and not undertake additional or other volunteer duties.
- CSOs are encouraged to complete the free online Australian Government [COVID-19 Infection Control Training](#) course.

Communication

- The Centre must communicate the Track & Field competition & training protocols to all members, athletes, coaches, officials, volunteers, Committee members, families, sponsors, venue managers and other Centre stakeholders.

Attendance Records and Managed Access

- Prior to the commencement of sanctioned Centre competition & training activities, all attendees must register their attendance via the NSW State Government QR Code system. (A manual register must also be available in the event the attendee is unable to use the QR Code system).
- It is the responsibility of the attendee to register their attendance via the QR Code service.

Cleaning/disinfecting/sanitising shared equipment

- Athletes are encouraged to bring their own water bottles, towels, and other personal items to avoid sharing where possible.
- Athlete's clothing items, such as tops, hoodies, etc, are to be separated when not worn to avoid contact with other athletes' items.
- Uniform items are not to be shared.
- Athletes will be required to only use the equipment allocated to them unless they supply their own (training only).

- Throwing implements (shot put, discus, javelins) are to be cleaned with disinfectant wipes after every attempt.
- Starting blocks must be cleaned/disinfected prior to each use.
- Athletes will be required to sanitise their hands after using shared equipment.
- In training and competition, all shared equipment, such as rakes, brooms, tape measures etc, must be cleaned/disinfected after each use.
- High jump: all forms of high jump are permissible, with the following provisos:
 - that all equipment is thoroughly cleaned after the session;
 - each athlete sanitises their hands after each jump.
- For all strength & conditioning training, all shared equipment (such as gym mats, skipping ropes, medicine ball, kettle bells etc) must be cleaned/disinfected after each use.
- Centres are required to allocate the responsibility for accessing the equipment shed and handling equipment. Access to the equipment shed can be accessed by authorised people only. To assist with this, the equipment shed should be secured at all times.

Personal infection control & management

- CSOs must advise those attending sanctioned competition & training activities to go home and get tested that if they have:
 - Any cold or flu symptoms;
 - Been in direct contact with a known case of COVID-19 in the previous 14 days;
 - A high risk from a health perspective (for example those with pre-existing medical health conditions).
- Attendees must inform the CSO if they are feeling unwell.
- Confirmed cases of COVID-19 in attendance at the Centre are to be reported to LAVic as well as the following (as per www.nsw.gov.au/covid-19):
 1. Tell the attendee who has tested positive for COVID-19 to return home directly and follow the [advice from NSW Health](#).
 2. Ensure the safety of the Centre and attendee, for example by cleaning and disinfecting all areas used by the person who tested positive for COVID-19. See further information on [cleaning the premises](#).
 3. Notify SafeWork NSW on [13 10 50](tel:131050). Be ready to give details by phone and if requested, in writing within 48 hours. SafeWork NSW will share this information with NSW Health to assist the contact tracing and management of COVID-19.
 4. Centres should assess how much contact other attendees had with the person who tested positive for COVID-19, while that person was infectious at the Centre. Use the Contact Classification Tool (this tool will be published soon), the [contact risk assessment matrix for community and workplace settings](#) and [community sport-specific guidance](#) to help with this assessment. If you need assistance with this process, call SafeWork NSW on 13 10 50.
 5. Your assessment of the Centre risk, guided by the NSW Health contact risk assessment matrix, may indicate there are attendees who could be close contacts or casual contacts. In this situation, ask the affected attendees to be tested straight away and stay at home until they have received a negative test result. They should not wait for official communication from NSW Health. NSW Health will contact people who are confirmed as close contacts to tell them what else they need to do.
 6. Inform NSW Health if any close contacts are identified by emailing MOH-PHEOVMT@health.nsw.gov.au.
 7. Advise members & families of the situation in your Centre.

Hygiene

- All attendees will be required to maintain physical distancing of at least 1.5 metres (those people with whom they ordinarily reside are excepted).

- Participants must use hand sanitiser prior to commencement and completion of any sanctioned activity.
- Attendees at sanctioned competition & training activities are advised to:
 - Regularly and thoroughly wash hands, especially after using toilets and sneezing/coughing;
 - Carry and use hand sanitiser;
 - Sneeze or cough into the elbow or tissue rather than hands;
 - Immediately dispose of used tissues in the bin;
 - Avoid close contact with people who are unwell;
 - Limit the touching of eyes, nose, or mouth;
 - Not spit or clear nasal/respiratory secretions;
 - Avoid contact with other participants, inclusive of handshakes, high fives, huddles, and celebrations.
- Athletes are required to sanitise their hands after sneezing/coughing.
- Hand sanitiser must be provided for use at the registration area and each event site.
- Disinfectant wipes must be available at each event site where equipment is used.
- Centres must prominently [display posters and signage](#) promoting COVID Safe practices (supplied by the Office of Sport NSW).
- Car pooling is to be avoided for compliance with child safety standards and COVID-19 safety.

Cleaning

- Centres must devise a regular and thorough cleaning schedule to disinfect all common areas and high touch surfaces.
- The toilets must be thoroughly cleaned and disinfected before and after each competition & training session.
- The Centre cleaning roster must be prominently displayed.

Compliance

- Affiliated Centres and all attendees must comply with these protocols at all times.
- CSOs are required to report incidences of blatant/flagrant non-compliance to their Centre Committees and to LAVic.
- Breaches of these protocols may be punishable by law.

Version control

Date	Version #	Action Taken / Updates
28 th May 2020	1.0	New document
14 th July 2020	2.0	Renamed. Updated to include references to competition and align with current restrictions.
4 th September 2020	2.1	NSW adaptation.
12 th October 2020	2.2	Updated in accordance with eased restrictions & border restriction changes.
14 th October 2021	3	Revised and updated.
20 th October 2021	3.1	Updated for resumption of competition.
3 rd December 2021	3.2	Updated COVID reporting procedures & removal of CSO responsibilities for checking vaccination status, QR Code check in & COVID Safety Plan.