

LAVic COVID-19 Protocols – Victoria

21/22 Summer Track & Field Competition & Training

3rd November 2021

Background

The Victorian State Government has imposed restrictions to minimise the spread of COVID-19. LAVic has developed a set of protocols to assist Affiliated Little Athletics Centres conducting activities in **Victoria**, with the advice from Sport & Recreation Victoria (SRV), Vicsport, and the Department of Health (DHS).

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, supervising parents/guardians, and siblings.
- Come & Try athletes: children not registered as a Competitive Member or a Trial Athlete. (Come & Try Days are no longer conducted or permitted).
- Community sport: Little Athletics operates under the terms of 'community sport' as defined in the Victorian State Government's Open Premises Directions (OPDs). Community sport involves activity with fully registered & financial Competitive Members and/or registered Trial Athletes.
- Competitive Member: is a financial registered 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.
- Physical Recreation: involves physical activity performed by members of the public, as defined in the Victorian State Government's OPDs. Little Athletics does not operate under the physical recreation definitions.
- Spectators: includes relatives (such as grandparents), friends, members of the general public etc. whose presence is not essential for the conducting of sanctioned competition or 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.

- Supervising parent/guardian: the parent/guardian is responsible for supervising children at a sanctioned competition or training activity. The presence of parents/guardians are required for the safe conduct of sanctioned Little Athletics activities.
- Trial Athlete: an athlete registered as a Trial Athlete in the current season.
- 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.
- Volunteer: a person that will, or may potentially, undertake voluntary duties during the course of the season. These include parents/guardians, coaches, officials, Committee members, Associate Members, and Honorary Members.

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

General

- The Open Premises Directions (No. 3, 'OPDs') sets out the conditions for the conduct of physical recreation and community sport. Community Sport does have some exemptions (see clause 30, sub-clause 2, p.14). Vaccination requirements don't apply to community sport.
- Indoor spaces can open. A density quotient of 1 person per 4 square metres applies.
- Only those required to conduct competition & training may be in attendance: athletes, officials, coaches, committee members, volunteers, COVID-Safe Officials (CSOs) and **supervising** parents/guardians.
- Due to the attendee limits, spectators are not permitted to attend any Little Athletics activity.
- **Centres are encouraged to review their duties to have the minimum number of supervising parents/guardians in attendance.**
- Parents/guardians are responsible for supervising children at sanctioned training activities. The presence of supervising parents/guardians are required for the safe conduct of sanctioned Little Athletics activities.
- Competitive Members & Trial Athletes only may attend if registered in the current season.
- 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.

COVID Safe Plan

- All Centres are required to have a completed [Community Sport COVID Safe Plan \(CSP\)](#). The CSP template can be used by Centres that don't already have a CSP.
- Centres can tailor a CSP for their own purposes.
- Centres maybe required to produce a copy of their CSP upon request by an authorised officer – typically Victoria Police, WorkSafe, DHS or Local Government. Centres are also advised to have a copy of the most recent LAVic protocols available.

Communication

- The Centre must communicate the Track & Field competition & training protocols to all members, athletes, coaches, 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 [Victorian 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; details must be kept for 28 days).
- COVID-Safe Officials must be present at all times to ensure all attendees register their attendance.

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.
- Long & triple jump: when athletes are leaving the pit, athletes must clean their hands and sanitise.
- 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.
- Any attendee who tests positive for coronavirus (COVID-19) should remain in isolation at home and cannot attend Little Athletics activities until they have been notified by DHS that they are no longer required to self-isolate, and have met its criteria for release.
- In the event of a confirmed COVID-19 infection at the Centre, the CSO, in conjunction with the Centre committee and venue manager, must take the following actions:
 - Undertake a risk assessment to help determine what actions are required. This may include closing part or all of the facility to allow a comprehensive clean, as well as the identification and notification of close contacts. For more information see the

Workplace guidance for managing suspected and confirmed cases (including risk assessment template).

- Contact DHS and WorkSafe
 - Notify DHS of suspected COVID-19 infections via the COVID-19 Hotline: 1800 675 398 (open 24 hours, 7 days).
 - Consult with DHS on whether the Centre is required to stay closed for a short period to facilitate cleaning and enable contact tracing.
 - Report the case to WorkSafe and LAVic.
- Determine what areas of the Centre were visited, used, or impacted by the infected person.
- Clean the premises (see how to clean and disinfect after a COVID-19 case in non-healthcare settings):
 - Close the affected area to prevent access prior to and during cleaning and disinfection.
 - Consider engaging suitably qualified personnel to clean and disinfect the area
 - The workplace should be thoroughly cleaned and disinfected before it can be re-opened for sanctioned Little Athletics activities.

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).
- Attendees 12 years and older must:
 - carry a face mask at all times;
 - wear a mask while in an indoor space;
 - where a mask outdoors when physical distancing is not possible.
- 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 LAVic and DHS).
- 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.
- Further information about cleaning can be found here: DHS cleaning and disinfecting information.

Compliance

- Affiliated Centres and all attendees must comply with these protocols at all times.
- Centres are required to have and produce upon request by an authorised officer (from Victoria Police, WorkSafe, DHS or Local Government), an up to date COVID Safe Plan .
- 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.
28 th September 2020	3.0	Revised for regional Victorian Centres – second step of roadmap to recovery.
12 th October 2020	3.1	Updated reference to CSOs & canteen operations.
2 nd November 2020	4.0	Adapted for Metro Melbourne from 26.10.20 Restricted Activity Directions.
26 th November 2020	5.1	Updated restrictions around the 500 venue cap conditions.
11 th December 2020	5.2	Updated in accordance with Restricted Activity Directions (no. 4); released 09.12.20.
16 th April 2021	6.0tf	Revised for winter Track & Field training in accordance with Restricted Activity Directions (no. 12).
16 th April 2021	6.0xc	Revised for cross-country competition & training. Restricted Activity Directions (no. 12).
8 th October 2021	6.1tf	Revised for 21/22 Track & Field season for regional Victorian Centres.
15 th October 2021	6.2tf	Updated vaccination requirements for regional Victorian Centres.
25 th October 2021	6.3tf	Adapted for Metro Melbourne Centres.
3 rd November 2021	6.4tf	Updated for Victorian Centres for the resumption of competition.