

COVID PLAN - PLEASE READ

CHERRYBROOK ATHLETICS COVID-19 PLAN FOR MEMBERS, CAREGIVERS AND ANYONE ATTENDING CHERRYBROOK LITTLE ATHLETICS ACTIVITIES

Revised 13/02/2021

WHO MAY and MAY NOT ATTEND

- Up to 6 attendees per athlete is allowed to attend Cherrybrook Little Athletics activities, however we still recommend the fewer the better to maintain good COVID safety.

Nobody should attend any Little Athletics activity, if in the past 14 days they have:

- attended any of the reported case locations listed on the NSW Health website (<https://www.nsw.gov.au/covid-19/latest-news-and-updates>)
- been unwell or had any flu-like symptoms, (a full list of symptoms associated with COVID-19 infection can be found at <https://www.nsw.gov.au/covid-19/symptoms-and-testing>) or
- been in contact with a known or suspected case of COVID-19, or
- any sudden loss of smell or loss of taste, or
- are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.

WHAT TO DO IF YOU ARE UNWELL

If you are showing any signs of COVID-19 you should get tested and self-isolate and no member of your family should attend Little Athletics Activities. If you test negative, you should only return to Cherrybrook Athletics once you are in good health. If you test positive you must inform the Club immediately so that contact tracing can commence, and the Cherrybrook Athletics Community can be informed. Both you and your family should not return for a period of at least 14 days and must demonstrate a negative COVID -19 test before returning to Cherrybrook Little Athletics activities.

HOW YOU CAN HELP

- Read and follow this COVID -19 plan
- Make any participating athletes aware of the COVID-19 plan. In particular, highlight the need for good hygiene around hand washing, not unnecessarily touching things, keeping 1.5m social distancing and letting others know if they are feeling unwell in any way.
- Offer your assistance as a COVID-19 monitor on our competition nights.
- Support the Australian Government's COVIDSafe app and sign up.

SOCIAL DISTANCING

- Athletes on the 'Field of Play' (The Oval and Throws area) are not required to social distance.
- Athletes are required to maintain 1.5m social distancing when not on the field of play eg on the concrete area, in queues for canteen and bathrooms when inside club buildings etc
- Social distancing of 1.5m will be enforced for all Adults and spectators both on and off the 'Field of Play'.
- The only exception to social distancing will apply to first Aid providers and Age Managers and coaches if they are required to assist an athlete or individuals from the same household.
- In indoor spaces, a maximum of 1 person per 2 square metres will be adhered to and the maximum will be posted outside indoor spaces.
- The canteen and Clubroom will be for authorized personnel only. Attendees should not enter these areas unless invited to do so by a member of the committee.
- Attendees not abiding by social distancing rules will be given a warning and if the behaviour continues, will be asked to leave the venue.

TOILETS / CHANGEROOMS

The following procedures will be implemented to keep toilet facilities as hygienic and safe as possible. A COVID -19 Monitor will be in place to ensure these procedures are followed;

- Toilets/changerooms must be open from the start of activities and remain open until the close of activities.
- Both changerrooms will be supplied with soap.
- Both changerrooms will be supplied with paper towel for hand drying.
- Hand sanitiser will be available outside the changerrooms to be used on entering and exiting the changerrooms.

- Signage will appear above the sinks, showing proper hand washing technique.

Toilets and change rooms continue

- In the girls change room, 1 person can be using the facilities, one person waiting inside on a floor mark, those waiting must queue outside maintaining a 1.5m distance as shown by the floor markers (young children or children with a special need may be accompanied by a parent/caregiver)
- In the boys change room, 1 person can be using the facilities, one person waiting inside on a floor mark, those waiting must queue outside maintaining a 1.5m distance as shown by the floor markers (young children or children with a special need may be accompanied by a parent/caregiver)
- Bins will be provided in both changerooms to dispose of used hand towels.
- Surfaces in the changerooms will be sanitised regularly throughout the session.

CANTEEN VOLUNTEERS

Canteen volunteers will be required to:

- Wash their hands with soap and water for at least 20 seconds before commencing their shift
- Sign on at the start of the shifts and sign that they in good health and non COVID -19 Symptomatic.
- Read and abide by the CANTEEN COVID -19 plan on display in the canteen.
- Wear gloves and a mask throughout the shift.
- Maintain 1.5m distance whenever practical.
- Wash their hands each time before gloves are changed.
- Provide contact free service where practical, including the use of tongs.

BBQ VOLUNTEERS

A Maximum of 2 volunteers will operate the BBQ and will be required to:

- Wash their hands with soap and water for at least 20 seconds before commencing their shift
- Sign on at the start of the shifts and sign that they in good health and non COVID -19 symptomatic.
- Read and abide by the CANTEEN COVID -19 plan on display in the canteen.
- Wear gloves and a mask throughout the shift.
- Maintain 1.5m distance whenever practical.
- Wash their hands each time before gloves are changed.
- Before starting the BBQ set up an area with a barricade at least 2 metres around the BBQ

- Use tongs to handle food.
- No sales to occur directly from the BBQ

EQUIPMENT SET UP

Anyone involved in the setup of equipment must:

- Wear gloves when handling any equipment.
- Ensure that each event area has hand sanitiser.
- Ensure that all equipment that will be handled during the session is sanitised before the start of activities.

EQUIPMENT USE

Any equipment which is handled throughout the night will be subject to the following, this includes throws equipment, measuring equipment, and High Jump cross bars and handles.

- All equipment must be sanitised at the start of each session and again before each new group.
- All equipment must be sanitised at the end of each session.
- Athletes must use hand sanitiser before using the equipment on their turn and again if they touch their face between throws.

SHARED ITEMS

All attendees should avoid sharing any items, this includes;

- Bubblers – No attendees are to use the public bubblers onsite and should bring their own drink or purchase one from the canteen.
- Drink bottles – All attendees should have their own drinks and Athletes should have their bottles clearly marked with their names. Athletes are responsible for carrying their own drinks.
- Back packs and bags etc – Anyone with a back pack or bag should be responsible for carrying this themselves. Age managers and parent helpers are not to move bags from one place to another.
- Baskets and Trolleys – No baskets or trolleys may be used to move athletes' items from one area to another. Athletes must be responsible for their own items.
- Clipboards and Pens – If a clipboard and pen is required for any reason, it should be the sole responsibility of one person per age group to use the clipboard and pen during the session.
- Tablets for recording – Age groups using tablets for recording should have a single person responsible for this throughout the session and should not share the tablet with others.

- Computers – where possible computers should be used by a single user throughout the session. In circumstances where a computer must be shared, the keyboard, mouse, and screen (if touchscreen), must be sanitised, before and after each new user.
- All age managers will be provided gloves, sanitiser and disinfectant wipes to carry with them, to accommodate for any situations

Shared items continues

that may require contact eg helping tie up shoes or helping injured athletes.

- Age Managers vests are not to be shared this season and age managers will be asked to collect a vest at the start of the season and return it at the end of the season. If age managers plan to be away, they should launder the vest and pass it on to the person to take care of the group in their absence if possible.
- All other vests for officials and coaches may only be worn if they are laundered each week, otherwise they will not be available for use. Key Officials such as starters will be issued a vest for the season.
- Aprons used by those doing BBQ duty need to be washed each week and should not be shared during any given activity session.

ARRIVAL PROCEDURE

Every effort will be made by the club to ensure that we keep within Government imposed limits on overall numbers and ensure that all attendees are registered via a QR code for easy contact tracing. Please follow these arrival procedure.

- All attendees should arrive via one of two official entries. Either through the gate at the top of the stairs from the lower car park at the main entry at the top of the main carpark.
- As Parents arrive they will be asked to register themselves and any accompanying children using the displayed QR codes.
- Parents will then be required to check in each of their children with their age managers. Age managers will be available at age group areas spread out on the Oval adjacent to the concrete area.
- Attendees are not to assemble on the concrete area outside the amenities block unless they are U6 Parents or U6 Athletes
- Parents/caregivers on duty should check in at the Duty Check in Table, queuing at 1.5m social distancing to be served. Once checked in for their duty and their children checked in with the age manager they should go to their duty area to be set up and ready for a 6.00pm start.
- Parents/ caregivers not on a rostered duty should either volunteer to do an additional duty if required or remain with one age group for the night and actively assist the age manager.
- After assisting to set up, Under 6 Athletes are to assemble on the concrete area in front of the stairs where they will be met by their age manager and taken to their first event. All Under 6 parents are to accompany their U6 Athlete and assist the age managers, including assisting with COVID safe practices.

- Following Athletes check in, Athlete warm up, will be take place in the centre of the Oval
- Announcements will take place, only one user per microphone or mega phone. Equipment used for announcements must be sanitised after use.

END OF THE EVENING PROCEDURE

Every effort should be made for attendees to leave the venue as quickly as possible after their last event. To achieve this, the following procedure should take place;

- Age groups are to pack away any event area they are the last to participate at.
- Attendees are welcome to attend the Canteen to purchase dinner and treats before leaving the venue, however, canteen food should not be eaten on site and attendees should not gather at the end of the evening's activities.

COACHES

Coaches will remain part of the Cherrybrook Little Athletics experience, but all coaches must comply with the following:

- Coaches must arrive and register their attendance with a QR code.
- Coaches must wash their hands or use hand sanitiser on arrival and assist with equipment set up (gloves to be worn).
- Coaches are to instruct athletes by demonstration, explanation and correction only.
- Coaches are not to have physical contact with athletes
- Coaches are to keep a 1.5m distance from others

OFFICIALS

Parents/caregivers will take on the role of officials during Friday night competition. All officials must comply with the following:

- Officials must first register using the QR code on arrival.
- Officials should be in place at their event area as soon as possible after arriving to ensure athletes are not tempted to touch the equipment prior to competition commencing.
- Officials must wash their hands or use hand sanitiser on arrival and will be encouraged to wear gloves and a mask.
- Officials are to remain contactless with others including athletes.
- Officials are to remain 1.5m from others whenever practical.
- Officials are to ensure all equipment that is handled, is sanitised before each new age group and after the last age group of the session.

- Officials at throws events are to ensure that athletes use hand sanitiser before their turn and again during their turn if they touch their face.
- Officials are to ensure at all field events that measuring equipment is sanitised between age groups if there is a change in the person handling the measuring equipment.
- Officials at High Jump are to sanitise the cross bar, handles and measuring stick and spray the mats with disinfectant before each new age group.

USEFUL COVID 19 RESOURCES

- As a Club run by its members for its athletes, all parents/caregivers at Cherrybrook Little Athletics events will be responsible for COVID 19 compliance at any attended activity. To assist parents/caregivers in their COVID-19 education, we would encourage them to complete the COVID-19 Infection Control Training <https://covid-19training.gov.au/login>

Other resources and websites which will assist in your COVID-19 education include:

- Australian Government Department of Health: <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>
- NSW Government Department of Health: <https://www.health.nsw.gov.au/Infectious/covid-19/Pages/default.aspx>
- World Health Organisation: <https://www.who.int/>
- Australian Institute of Sport: <https://ais.gov.au/health-wellbeing/covid-19>
- Sport Australia: <https://www.sportaus.gov.au/>
- Little Athletics NSW COVID-19 Resources: <https://lansw.com.au/covid-19/>
- COVID-19 “campaign resources” <https://www.health.gov.au/resources/collections/coronavirus-covid-19-campaign-resources>