

## AUSSIE ATHS COVID SAFE PLAN

Plan developed by: Samantha Culbert, CEO  
Last reviewed: 18 October 2021

This COVIDSafe Plan has been established for the resumption of **Aussie Aths** sessions in Victoria following the announcement by the Victorian State Government on Sunday 17 October 2021 of the move to the National Plan Phase B based upon 70% of Victorians being fully vaccinated, effective as at 11.59pm on Thursday 21 October 2021.

This phase concludes lockdown, and allows for the resumption of community sport training, for the minimum required to hold training.

Conduct of any sporting and recreational activity in a COVID-19 environment is subject to regulations of Federal, State/Territory and/or Local Public Health Authorities, which may change at short notice, along with regulations of Athletics Victoria as the governing body under which our coaching accreditation applies. In addition, school or venue specific regulations may also apply.

All **Aussie Aths** operators must maintain awareness of the evolving COVID-19 environment and align current practices with all regulations in place, and with participant and community safety at the forefront of all decisions.

This COVIDSafe Plan is grouped into six COVIDSafe principles, under which **Aussie Aths** will operate. These include:

1. Ensure physical distancing
2. Wear a face covering
3. Practise good hygiene
4. Keep records and act quickly if workers become unwell
5. Avoid interactions in enclosed spaces
6. Create workforce bubbles

It is supported by an education element, and also some specific participant requirements listed separately in order to ensure clarity of obligations for all families involved in **Aussie Aths**. It will be reviewed regularly, and any updates will be posted to the **Aussie Aths** website ([www.aussieaths.com.au](http://www.aussieaths.com.au)) and circulated to coaches and participants.

### Education

Prior to recommencing activities and as an ongoing responsibility, **Aussie Aths** will play an active role in educating our participants and audiences about COVID-19 risk mitigation strategies and the specific principles of our COVIDSafe Plan. This will be undertaken via multiple communications channels including:

- website;
- enewsletters and/or other direct emails;
- social media accounts; and
- in face to face communications, where applicable.

## Coach responsibilities

- Coaches must follow current public health directions, with the latest information available at [www.dhhs.vic.gov.au](http://www.dhhs.vic.gov.au), in order to protect both their own health and the health of the communities in which they are part of.
- All coaches must be fully vaccinated, and a copy of their vaccination certificate provided to the Franchise operator.
- Coaches must familiarise themselves with the full requirements of this COVIDSafe Plan, and especially as it relates to program delivery, and adhere to all requirements during all shifts.
- The supervising coach at each venue will take on the additional role of COVID safety officer and ensure enforcement of all protocols and requirements as outlined in this plan – especially with regard to check-in of all attendees on the ThinkSmart App.

**Aussie Aths** will operate in alignment with the following COVIDSafe principles, which specific actions detailed under each principle and requirements:

### 1. Ensure physical distancing

- Session activities will be delivered in a manner to encourage physical distancing of 1.5 metres between participants. This may include, for example:
  - utilising cones or other markers to spread out participants – both during and in-between activities;
  - using every second lane on a marked track;
  - using verbal cues for participants to commence a drill / run to ensure required gaps and avoid participants running in groups or in the slipstream of others
- Session caps (Active – 10, Accelerate – 15 and Academy – 20) will be enforced.
- Under the current restrictions, **Aussie Aths** sessions will only be conducted outdoors (including outdoor undercover areas), rather than within an enclosed workspace.
- Communal and/or indoor facilities at **Aussie Aths** venues will be off limits for all participants, with the exception of toilets, with access to be managed by the supervising coach at each venue.
- Where group sessions are held simultaneously, the different age groups will be directed towards their coach and group upon arrival at the venue.

### 2. Wear a face covering

- All coaches must wear a clean face mask that fully covers both mouth and nose for the duration of their attendance at **Aussie Aths**, unless an exemption applies. A face mask is a fitted face mask that covers the nose and mouth to provide the wearer protection against infection. Face shields on their own do not meet these requirements. Please refer to the Department of Health and Human Services' guidelines for further information.
- A supply of disposable masks should be added to the equipment kit and be on hand at every session and supplied to any coach who does not have his/her own face mask available.
- Coaches are advised to wash their cloth mask each day after use. However, if during the day the mask is visibly dirty or wet, the mask needs to be washed immediately or replaced.

- Everyone above the age of 12 years old must wear a face mask when they leave their home, unless you have a lawful reason for not doing so. Therefore, **Aussie Aths** participants aged 12 years and over are expected to wear their mask to and from sessions but may remove it whilst actively participating in the exercise session. Younger children are encouraged to do the same.
- Any parent / guardian remaining onsite during sessions must also wear a face mask that covers both nose and mouth.
- Coaches and participants can wear any type of face mask, such as cloth masks or single use surgical mask.

### 3. Practise good hygiene

- Sanitiser will be added to the equipment kit and made available to attendees at all sessions.
- Cleaning protocols will be implemented with equipment washed and disinfected regularly.
- Sharing of equipment will be minimised. For example, where a throwing activity with hoops is undertaken, each athlete will throw and retrieve only their designated piece/s of equipment (most likely colour-delineated).
- Coaches will check with all venue owner/operators that a cleaning and disinfecting schedule is in place for any communal facilities (toilets, change rooms, etc.) that complies with advice provided by health authorities. This cleaning schedule should be on display at the venue.

### 4. Keep records and act quickly if workers become unwell

- Any coach who feels unwell should not attend **Aussie Aths** - this includes if they have a temperature, cold, cough or any other signs of ill health - and should be tested for COVID-19 in line with health department advice.
- Any coach who has had contact with a known or suspected case of COVID-19 should not attend **Aussie Aths** until after such time as they have been tested in line with health department advice.
- Any coach who has undertaken a COVID-19 test should not return to work until such time as they receive their negative test result and/or isolate in line with health department advice.
- **Aussie Aths** will fully cooperate with the Victorian Department of Health and Human Services (DHHS) if contacted in relation to a positive case of COVID-19 at any venue.
- **Aussie Aths** will immediately notify DHHS and WorkSafe Victoria on 13 23 60 if there is a person identified with COVID-19 at any **Aussie Aths** workplace or venue.
- Notwithstanding any specific directives issued by DHHS and/or WorkSafe Victoria, **Aussie Aths** will:
  - undertake a risk assessment and subsequent action plan to mitigate risk and contain any further spread of the virus;
  - identify and notify close contacts in the event of a positive case attending an **Aussie Aths** venue during their infectious period;
  - ensure any coaches at risk are tested, comply with any self-isolation requirements, and receive a negative test result prior to returning to work;
  - suspend program delivery in part or entirety, as instructed by DHHS and in accordance with the risk assessment to facilitate cleaning, enable contact tracing and contain any further spread of the virus;

- ensure a thorough clean of the worksite (or part) in the event of a positive case, in conjunction with the venue owner/operator; and
- ensure the return to operations follows all required guidelines to ensure a safe environment for coaches and program participants.
- If a coach or participant tests positive for COVID-19, a current and accurate attendance register will allow **Aussie Aths** HQ to immediately identify anyone who has been in close contact with that person.
- All **Aussie Aths** participants must be pre-registered in the session they attend via the online portal at [www.aussieaths.com.au/enrolnow/](http://www.aussieaths.com.au/enrolnow/) or directly with **Aussie Aths** HQ (E: [hello@aussieaths.com.au](mailto:hello@aussieaths.com.au) or T: 03 9822 7116) for return participants.
- A record of all **Aussie Aths** attendees will be strictly maintained by the supervising coach marking attendances in the **Aussie Aths** ThinkSmart App – this is to be done at or immediately after the session to ensure 100% accuracy.
- A record of all coaches in attendance at each session, including start and end times of the shift and what group/s they were assigned will be maintained within the **Aussie Aths** ThinkSmart App.
- In addition, all coaches (and in the case of non-school venues, any parents that remain at the venue) will also check in via the Services Victoria App using the QR code – to be displayed alongside the kit bag at each venue.
- Parents who drop off children without entering the venue, should also check in their child via the Services Victoria App. QR codes are supplied for each **Aussie Aths** venue in advance ([available here](#)) so that parents can print a copy and keep it in their car for this purpose.

## 5. Avoid interactions in enclosed spaces

- Under the current restrictions, **Aussie Aths** sessions will only be conducted outdoors (including outdoor undercover areas), rather than within an enclosed workspace.
- Any pre and post session coach briefings or meetings will also be conducted in outdoor areas.
- **Aussie Aths** will adopt a ‘Get in, train and get out’ approach for both coaches and participants with everyone to arrive at the venue ready for the session, having changed and gone to the toilet at home, prior to heading to the venue.
- Communal and/or indoor facilities at **Aussie Aths** venues will be off limits for all participants, with the exception of toilets, with access to be managed by the supervising coach at each venue.

## 6. Create workforce bubbles

- Where group sessions are held simultaneously, participants will be directed to their coach and group upon arrival at the venue.
- Each group of coach and assigned group will be physically separated into different zones at the venue, aiming to maintain space between groups at all times.
- Co-mingling between groups at the same venue (before, during or after activity) will be avoided.

## Participant Requirements

- Do not send your child to a session if they are unwell – this includes if they have a temperature, cold, cough or any other signs of ill health; or if they have had contact with a known or suspected case of COVID-19.
- Parents are requested to discuss participant requirements with their children in advance of the sessions in an age-appropriate manner, covering the importance of following the coach instructions, maintaining social distancing and refraining from physical contact with others (no handshakes, hugs, high-fives etc.).
- Parents or guardians who remain at the sessions must maintain a reasonable distance from the activity and program participants, along with maintaining more than 1.5m from any other person in attendance. Masks must be worn at all times. Where practical, we request you remain in the car. If you would like to chat to the coach, we encourage you to phone ahead of or after the session.
- Participants will be encouraged to sanitise hands on arrival and prior to departure from the venue.
- Participants are expected to wear a mask to and from sessions but may remove it whilst actively participating in the exercise session.
- All participants will be asked to report directly to their coach / group on arrival at the venue, and then depart directly to the care of their parent/guardian at the conclusion of the session – with co-mingling between groups to be avoided.
- Participants should arrive just on time and ready for the session, having changed and gone to the toilet at home, prior to heading to the venue. 'Get in, train and get out.'
- Sharing drink bottles is prohibited, so please send your child to sessions with a full water bottle.
- Additional venue specific requirements may apply, especially with regard to school venues.

## Coach contacts:

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|----------------------------------|---------------|--------------|
| • <b>Aussie Aths Boroondara</b>  | Nick Bowden   | 0407 552 784 |
| • <b>Aussie Aths Stonnington</b> | Jo Bowden     | 0412 047 268 |
| • <b>Aussie Aths Mornington</b>  | Alistair Tait | 0434 679 395 |