



# COVID-19 Information and Risk Management Plan

as at 1 September 2020

*Please note that this is a live, working document that will be updated as required.*

**Aim:** To provide information on how Females in Training, Inc. (FIT) will safely return to training in the triathlon disciplines (swimming, cycling, running) and associated activities.

FIT would like to acknowledge that the information in this document is not intended or implied as a substitute for government, professional medical or legal advice. The information is provided for general informative purposes only. As the knowledge and current circumstances around COVID-19 are constantly changing, FIT does not guarantee that the information will always be accurate and up to date. The information included in this document will be regularly updated as circumstances change and as the situation evolves.

Restrictions in other jurisdictions may differ from those in the ACT. Activities in other jurisdictions should comply with local restrictions.

This document will be available on the FIT website and advertised in the FIT Flash which is emailed weekly to all members.

FIT has appointed a COVID-19 Coordinator to assist the FIT Committee in implementing this Plan. The COVID-19 Coordinator is Jean Chesson ([jeanchesson@grapevine.com.au](mailto:jeanchesson@grapevine.com.au), 0409 448 924)

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## FIT's Approach

- Put the safety and well-being of the Australian community as the number one priority in triathlon return to sport activities.
- Prioritise the safety of our athletes, coaches, volunteers and the rest of the triathlon community.
- Adhere to ACT Government Health COVID-19 restrictions.
- Ensure that the resumption of sport and recreation activities should not compromise the health of individuals or the community. (3)

## ACT Overview

The Canberra's Recovery Plan: COVID-19 Easing of Restrictions Roadmap ([Link](#)) is a three stage plan which outlines how the ACT Government plans to move out of restrictions that were put in place in March 2020, including recommencement of social sporting activity and organised sport. Easing restrictions will happen in a gradual way to ensure the COVID-19 situation is carefully monitored and the response adapted in a way that is best suited to local circumstances in the ACT. The ACT will progress to Step 3.1 in its COVID-19 recovery from **9am on Monday 10 August 2020**. [Link](#)

### ACT Government Phase 3.1: guidelines for social sporting activity and organised sport from 9am Monday 10 August 2020

Progression to this step will support a continuing move towards "normal" for the sport and recreation community.

Phase 3.1 focuses on social participation, training and activities within small to medium groups (up to 100 athletes including coaches or instructors and up to 100 spectators, as long as 4 square meter rule applies) with continuing emphasis on physical distancing and personal, respiratory hygiene.

Full contact training and competition can continue.

Under this phase, advice regarding limiting the sharing of equipment, the promotion of hygiene/cleaning practices and avoidance of social gatherings (participants to "get in, train/compete, get out") continues. If there is a requirement for equipment to be shared, then this equipment will need to be cleaned with disinfectant after each use and between sessions.

Spectators must be seated where possible, with physical distancing (1.5m) observed where spectators are not from the same household. An inability to support/meet this physical distancing requirement and the 4 square metre rule will impact on the venue's spectator capacity.

Under Step 3.1 the need for community sports to take and keep attendance records associated with training and events is not essential, however where possible and practical this remains recommended. Participants and spectators should be encouraged to download the COVID Safe App.

#### Key notes:

- Sport or venue must have a Return to Play in a COVID Safe Environment plan.
- Limit the sharing of equipment.
- Put a process in place to ensure that shared equipment is appropriately cleaned between each use.
- Ensure facilities (for example canteens and change rooms) are only opened with appropriate physical distancing and cleaning procedures in place.
- For larger team sports, consider maintaining smaller separate groups at training.
- Maintain a minimum number of officials and coaches.
- Continue to abide by the “get in, train, get out” principle and not gather in communal areas before or after training.
- Restrictions are easing but your responsibility hasn't. You should continue to practise good hand and respiratory hygiene, physical distancing, stay home if you are unwell and get tested if you have symptoms of COVID-19.

For further information see: ACT Government Phase 3.1 Community Sport and Swimming Pools Frequently Asked Questions [Link](#)

## Local Facilities

### Pools

- The threshold for swimming pools is **a maximum of 100 people (including staff, trainers and spectators) in each indoor or outdoor space or one person per 4 square metres, whichever is lesser.**
- Competition and squad swimming has recommenced in line with maximum gatherings for swimming pools.
- There will be **no limit on the number of swimmers per lane.**
- Open water swimming is currently not recommended in the Australian Capital Territory (ACT) due to safety concerns as a result of low air and water temperatures.

### Gyms, health clubs, fitness centres

- For gyms, health clubs, fitness centres and boot camps the current arrangements of one person per 4 square metres of usable space applies, up to a maximum of 100 patrons in each indoor space and each outdoor space (excluding staff).
- Communal facilities (such as changerooms) can remain open if a risk assessment has been done and a strict cleaning regime is put in place. This should be outlined in the COVID Safety Plan.

- Circuit training, individual weight training and use of gym equipment can continue . If equipment is shared it will require proper cleaning and disinfecting during and between sessions.
- Steam-based services such as saunas and steam rooms can open..
- When gyms, health clubs and fitness facilities are unstaffed, a maximum of 25 patrons are permitted to be in the venue at any one time.
- Gatherings in communal areas are discouraged.
- Participants should practice good hand hygiene before and after training sessions.
- Physical distancing requirements must be maintained.
- See ACT Government “Frequently Asked Questions Gyms, health clubs, fitness centres, etc” for further information [LINK](#)

## Sportsgrounds

ACT Government sportsgrounds will be available for bookings from 16 May 2020 to support activities consistent with the Phase 2a resumption of social sport protocols. These include maximum numbers of people as well as adherence to general hygiene and physical distancing principles. Bookings are required to make formal use of sportsgrounds for training.

## Training Guidelines

The following guidelines have been developed in line with the Triathlon ACT Safe Return to Triathlon Training Guidelines (May 29 2020) (11). The Triathlon ACT Guidelines were based on the ACT Government Health restrictions (as at May 26 2020) and guidelines; ACT Government Return to social sport and recreation factsheet (13 May 2020); AIS Framework for Rebooting Sport (May 2020); and in consultation with ACT Government Sport & Recreation, Triathlon Australia, State and Territory Triathlon Associations (STTA's), Athletics ACT, Cycling ACT and Swimming ACT.

## General

- Follow the ACT Government Health guidelines on the recommencement of social sporting activity and organised sport of up to 100 people *including* a coach or instructor, with continuing emphasis on physical distancing, personal and respiratory hygiene.
- Although recording of attendance is no longer mandated by the ACT Government, FIT will continue to record attendance for the safety and convenience of its members and the wider community.
- Do not attend an activity if you are unwell and experiencing symptoms such as a cough, sore throat, fever, fatigue or shortness of breath.
- If you become unwell or test positive for COVID-19 after attending a session, please inform the FIT COVID-19 Coordinator.

- FIT recommends the use of the COVID-Safe app ([link](#)) to assist with contact tracing if there is exposure to COVID-19.
- Utilise a common sense approach to focus on participants attending the activity as close as practical to the start of any training and leave as soon as possible after the end of the session (Get in, train and get out philosophy), to minimize contact times. (3)
- Participants are advised to not share their equipment with others (bikes, swim gear, drink bottles, nutrition and towels) and avoid touching the equipment of others.
- Participants are encouraged to bring their own filled water bottles (Avoid use of water taps).
- There should be no unnecessary body contact (e.g. handshaking, high fives, hugs and technique corrections).
- Promote ACT Government (2) and AIS (3) advice that training activities are coordinated in a spectator-free environment. (2)
- Practice physical (social) distancing and good hygiene measures.
- Post-training social activities are discouraged.

### Swimming and Water Running (3)

- Swimming and water running sessions have resumed subject to the general training guidelines above and adherence to pool-specific requirements.

#### Canberra Olympic Pool

- Maximum of 8 persons per lane
- Participants must book in advance with the FIT coach so that names can be provided to the Pool
- No showers

#### Canberra Girls Grammar Pool

- Maximum of 4 persons per lane (This is a FIT safety requirement rather than a CGGS requirement)
- Limit of 4 people in change room at any one time (This is a FIT safety requirement rather than a CGGS requirement)
- Participants must sign in
- Attendance information to be provided to FIT's COVID-19 Coordinator as soon as practical after the session.
- Open water swimming is currently not recommended in the Australian Capital Territory (ACT) due to safety concerns as a result of low air and water temperatures.

## Cycling (3)

Coached and uncoached cycling sessions have resumed subject to the general training guidelines above and the following cycling-specific guidelines:

- Single file and bunch cycling are allowed, when respecting the physical distancing of 1.5m (4 square metre rule).
- FIT early morning sessions will resume from 2 September 2020. Advance registration is required for coached Friday sessions.
- Uncoached groups should nominate a member to note the names of those participating.
- Attendance information should be provided to FIT's COVID-19 Coordinator as soon as practical after the session. This is to assist contact tracing if required.

## Running (3)

Coached (Tuesday) and uncoached (Thursday) running sessions have resumed subject to the general training guidelines above and the following running-specific guidelines:

- Avoid running in the slipstream of others.
- Be courteous of other athletes and the public in how much space you take up if running side by side, while being mindful of social distancing restrictions.
- When using athletic facilities or venues, please ensure that you are adhering to directional guidelines specific to that location.
- Face to face running sessions will follow Athletics Australia Guidelines which are incorporated into this plan by reference (13,14). These guidelines will be promoted in the FIT Flash and copies provided at the initial face to face sessions.
- Tuesday coached sessions resumed on Tuesday 23 June.
  - Four groups spaced well apart
  - Participants to go directly to group coach and sign in
  - No general assembly or moving between groups
  - Follow Athletics Australia Guidelines
  - Hand sanitiser available for each group
- Uncoached groups should nominate a member to note the names of those participating. This is to assist contact tracing if required. The information should be provided to FIT's COVID-19 Coordinator as soon as practical after the session.

No coordinated Saturday run and breakfast at this stage.

## Strength Training (2)

- While sharing of equipment such as balls and weights is allowed it is discouraged and should be kept to a minimum.
- If equipment is shared it will require proper cleaning and disinfecting during and between sessions.
- Participants should practice good hand hygiene before and after training sessions.
- FIT will continue to provide weekly yoga sessions on Wednesday evenings.

As FIT recommences face to face sessions in each discipline, we will continue to take into account the following issues raised in the Triathlon ACT guidelines (11):

- How will you maintain physical distancing and prevent congregating?
- What measures are in place for the use of changerooms or toilets, and other hygiene measures including sanitisation of equipment and no sharing of equipment?
- What training can still adequately be done from home? (3)
- How can training be staggered to minimise numbers and reduce contact? (3)
- How can the numbers at training and competitions be managed to maintain some social distancing? (3)
- Modifying training and competition times so that there are less people present at one time. (3)
- No socialising or group meals.
- Encourage all people involved in the triathlon activities to have downloaded and activated the COVIDSafe app.
- Check that all people involved in the triathlon activities are aware of good hygiene practices and physical distancing as appropriate to each individual discipline.
- Monitor attendance at each training.
- Create a training activity arrival and departure process including consideration for staggered training times start and finish times.
- Determine the triathlon activities that are non-essential (e.g. recovery sessions or meetings), which can be done remotely (e.g. at home or online).

## Coach and Club Considerations

- All FIT coaches are required to complete the COVID-19 infection control training prior to coaching face to face sessions.
- All FIT members are asked to update their emergency contact information prior to membership renewal on 1 July 2020.

- Head coaches are responsible for ensuring a backup plan when coaches are unable to attend a training session.
- FIT has appointed a COVID-19 Coordinator to receive attendance information and to liaise with ACT Department of Health if contact tracing is required. Attendance information will be destroyed after 21 days.
- If someone develops symptoms of COVID-19 during an activity, they will be asked to leave the session immediately and seek medical advice.
- FIT will take into consideration the AIS guidelines for: assessment prior to formal training, possible cases of COVID-19, returning to training after recovering from COVID-19 and ongoing athlete management. [Link](#)

## References

1. ACT Government Health COVID-19 Website [Link](#)
2. ACT Government Phase 2a Return to social sport and recreation factsheet (26 May 2020) [Link](#)
3. AIS Framework for Rebooting Sport (May 2020) [Link](#)
4. Australian Government Health COVIDSafe app [Link](#)
5. Australian Government Health Good Hygiene For Coronavirus [Link](#)
6. Australian Government Health Limits On Public Gatherings For COVID-19 [Link](#)
7. Australian Government Health Social Distancing For Coronavirus [Link](#)
8. Australian Government Health What You Need To Know About COVID-19 [Link](#)
9. Triathlon Australia COVID-19 FAQ [Link](#)
10. Triathlon Australia COVID-19 Return To Sport Guidelines [Link](#)
11. Triathlon ACT Safe Return to Triathlon Training Guidelines (May29 2020) [Link](#)
12. Canberra's Recovery Plan: COVID-19 Easing of Restrictions Roadmap ([Link](#))
13. Athletics Australia Return to Athletics Guidelines: Participants (20 May 2020) [Link](#)
14. Athletics Australia Return to Athletics Guidelines: Coaches, Run-leaders, Officials and Volunteers (20 May 2020) [Link](#)