



COVID Safety Plan

as at 25 May 2021

This is a live, working document that will be updated as required.

The name of this document has been changed from the former 'COVID-19 Information and Risk Management Plan' in response to changes in ACT Government terminology. Our COVID Safety Plan is intended to fill the role of a Return to Play in a COVID Safe Environment Plan while also recognising that FIT may organise events that do not necessarily involve sporting activity (Christmas parties, award nights, etc.).

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.

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, 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 progressed to COVID NORMAL in its COVID-19 recovery **on Friday 19 February 2021** ([Link](#))

Under these new restrictions, the Check in CBR app has been mandated for all organised sporting activities ([link](#)), including:

- An organised sporting activity at an indoor venue
- An organised sporting activity in an outdoor venue (whether the venue is enclosed or not)
- A swimming pool
- A gym, health club, fitness centre, wellness centre
- A centre providing yoga, barre or spin classes, and
- Boot camps or personal training

ACTCOVID NORMAL: guidelines for community sport and swimming pools

Under COVID-NORMAL, requirements for sporting organisations and activities include:

Venue capacity

- Each venue can have 25 people across the entire venue.
- If a venue wants to have more than 25 people, it can have one person per two square metres of usable space in each indoor and outdoor space.

- Enclosed outdoor venues with permanent tiered seating and grandstands can have up to 100% capacity. These events must be ticketed and seated. Density for any unfixed seating areas should be calculated using the one person per two square metres of usable space rule, up to 1,000 people. Each venue must have a COVID Safety Plan.
- GIO Stadium and Manuka Oval can have up to 100% capacity for fixed seating events, provided the events are ticketed and a COVID Safety Plan is in place for each event. Density for any unfixed seating areas should be calculated using the one person per two square metres of usable space rule.

Notes on options above

- The capacity requirements exclude staff and officials but includes participants and spectators.
- Do not exceed the capacity limit that applies under standard liquor or fire occupancy loading and regulatory conditions of the venue.
- Usable space is defined as the space people can freely move around in; it does not include:
 - restrooms, changerooms and similar areas
 - areas occupied by fixtures, fittings, and displays
 - stages and similar areas
 - staff-only areas and areas that are closed off or not being used.
- An indoor space means an area, room or premises that is, or are, substantially enclosed by a roof and have floor to ceiling walls of solid construction.

Events

- Event organisers for events between 501 and 1,000 people are required to notify ACT Health and submit their COVID Safety Plan via the online form.
- Events more than 1,000 people will need an exemption in accordance with the COVID Safe Event Protocol.

What sporting and swimming facilities need to do

Have a COVID Safety Plan

- All sporting organisations, clubs and venues must have a Return to Play in a COVID Safe Environment plan ([link](#)) or a COVID Safety Plan (whichever is relevant).
- Any event over 500 people must have its own COVID Safety Plan. Please see the COVID Safe Event Protocol.

Register for and use the Check In CBR app

- Businesses, venues and sporting organisations must be registered for and using the Check In CBR app.
- Businesses, venues and sporting organisations must take all reasonable steps to require patrons to check in before entering the premises or participating in activities.
- All patrons 16 years and older must check in. Children less than 16 years old attending with their family don't need to check in, but parents and caregivers should be encouraged to check them in.
- If patrons don't have the app, they must provide their details to the venue or sporting organisation so they can check the patron in.
- ACT Health is seeking to ensure that Check in CBR QR codes are 'venue' based. This means that where provided, sporting organisations should use the registered QR codes which are available at the venues in which activities are taking place.
 - Events or activities which are held in open areas and are roving (eg park runs, or community walks) should seek to register for their own QR Code, and this should be clearly displayed at the start of the event.
 - If sporting organisations have already registered for their own QR code, these can still be used, however ACT Health's strong preference is that the QR code for the specific venue is used.

Put up signs

- Display a sign at the entrance of the venue saying how many people can be at the venue.
- Place signs at the entry to each usable space within the venue saying how many people can be in that space.
- Display messaging for players, officials and spectators to stay home if unwell.
- Find the signage that best suits your venue/event at our Business resources page.

Manage the crowd

- Manage the flow of people to promote physical distancing, particularly where people enter and leave the venue.
- Encourage spectators to keep 1.5 metres away from other people/groups they do not know.
- Encourage players and spectators to leave the ground/venue quickly after their session finishes.
- Discourage gatherings in communal areas.

Keep activities COVID safe

- Limit the sharing of equipment as much as possible.
- Clean equipment between each use.
- Consider cleaning footballs before the game, at half time and after the game.
- Don't let children share drink bottles or snacks.
- Open communal facilities (such as changerooms) after doing a risk assessment and implementing a strict cleaning regimen.
- Open canteens only when appropriate physical distancing and cleaning procedures are in place.
- If appropriate, place markers on the floor where people can queue.
- In swimming pools, manage the number of people in the pool at any one time as per the allowed indoor and outdoor capacity. Although no limits apply on the number of swimmers per lane, advise swimmers to minimise contact with other swimmers, particularly at the end of each lane.
- Allow competition and squad swimming within the allowed venue occupancy. Request only one parent or spectator per swimmer attend.
- For large team sports, consider maintaining smaller, separate groups at training and keep coaches and officials to a minimum on site.

Keep COVID safe

- Follow your Return to Play in a COVID Safe Environment or COVID Safety Plan.
- Clean high-touch areas and objects frequently – download the WorkSafe cleaning checklist for more information.
- Encourage physical distancing of 1.5 metres between people and groups that don't know each other.
- Encourage staff, officials, players and spectators to stay home if they are not feeling well.
- Further information can be found [here](#).

FIT Training Guidelines

The following guidelines have been developed in line with the Triathlon ACT Safe Return to Triathlon Training Guidelines (10 August 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. In particular, observe the space and number restrictions.
- Participants must sign in to all FIT-endorsed activities using the Check In CBR app ([link](#)). This includes all coached and uncoached sessions. For pool-based sessions,

use the QR code associated with the pool. For other sessions use the FIT QR code. If you are unable to use the Check In CBR app, ask a member of your group to check you in as a companion or, preferably, with the new Business Profile option in the app. Pen and paper check in is no longer acceptable.

- 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.

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.

Attendance should be recorded through the Check in CBR app using the QR code associated with the pool.

- Canberra Olympic Pool
 - Maximum numbers imposed by the pool
- 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)
- Open water swimming can resume subject to usual health and safety requirements. Attendance should be recorded through the Check in CBR app using the FIT QR code.

Cycling (3)

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

- Check in required using the Check In CBR app.
- Single file and bunch cycling are allowed, when respecting the physical distancing of 1.5m (4 square metre rule).
- FIT early morning sessions resumed from 2 September 2020. Advance registration is required for coached Friday sessions.

Running (3)

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

- Check in required using the Check In CBR app.
- 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.
- Saturday uncoached sessions resumed on Saturday 31 October 2020.

Strength Training (2)

- Check in required using the Check In CBR app. Use the QR code associated with the venue if applicable.
- 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.

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)
- 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.
- Check in required using the Check In CBR app.
- 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).

FIT Event Guidelines

In addition to regular training activities, FIT may occasionally organise events including sporting events and social events (e.g., the annual Christmas party). FIT events will follow the ACT Government Safe Return to Events Protocol (15). In particular, FIT will develop a COVID Safe Event Plan for each event. The COVID Safe Event Plan will be in writing and available to be produced on request. For events involving fewer than 501 people, the COVID Safe Event Plan does not have to be submitted to the ACT Government.

Our COVID Safe Event Plans will include the following elements:

- Events will be held outdoors where possible
- The duration of an event will be minimised. Less than 2 hours duration is regarded as lower risk.
- Check in required using the Check In CBR app.
- Number and space limits will be observed
- COVID requirements imposed by the venue will be observed
- Social distancing will be observed
- People will be told not to attend if unwell
- No sharing of food or equipment
- Good hygiene will be maintained.

Details specific to a particular event will be provided in each COVID Safe Event Plan.

The ACT Government has advised that FIT breakfasts at a restaurant after Saturday morning runs do not conflict with the 'get in, train, get out' principle (Wayne Lacey,

Director of Community Participation, ACT Sport and Recreation, 20 May 2021). Participants should check in with the restaurant's QR code and adhere to all the requirements of the restaurant's COVID Safety Plan.

Coach and Club Considerations

- All FIT coaches are required to complete the COVID-19 infection control training prior to coaching face to face sessions ([link](#)).
- 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 liaise with ACT Department of Health if contact tracing is required.
- 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](#)
15. ACT Government Safe Return to Events Protocol [Link](#)