



COVID Safety Plan

as of 22 August 2022

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

In 2022, the focus of the ACT Government's COVID Plan is on how we can live with COVID-19. The ACT Government continues to monitor the COVID-19 situation in the ACT and will adapt their response as necessary.

The Females in Training, Inc. (FIT) COVID Safety Plan has been revised to be in line with *The [ACT's COVID-19 Pathway Forward](#) -from 1 October 2021* and any subsequent easing of public health restrictions in 2022. The latest COVID-19 information and advice in the ACT can be found at the [ACT Government COVID-19 website](#).

Aim: To provide information on how FIT will safely continue to train 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. 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)

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 does not compromise the health of individuals or the community.

FIT Training Guidelines

The following guidelines have been developed in line with ACT Government's COVID-19 public health restrictions and guidelines.

General

- FIT strongly recommends that all members who are able to do so, get fully vaccinated against COVID-19.
- 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 test positive for COVID-19, the [ACT Government](#) requires you to notify the people you have spent time with during your infectious period. For FIT activities, you can do this directly or through the FIT Facebook pages. If you need help contacting the relevant people, please contact the FIT COVID-19 Coordinator. Confidentiality will be maintained.
- 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).
- Practice physical (social) distancing and good hygiene measures.

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 ACT Government COVID guidelines for organised sport and gatherings in indoor and outdoor spaces and follow any future ACT Government Safe Return to Events Protocols.

Our COVID Safety 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.
- 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.

Coach and Club Considerations

- FIT strongly recommends that all members who are able to do so, get fully vaccinated against COVID-19.
- All FIT coaches are required to complete the [COVID-19 infection control training](#) prior to coaching face to face sessions.
- 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 any follow-up action 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.

References

1. [ACT COVID-19 Pathway Forward](#)
2. [ACT Government Health COVID-19 Website](#)
3. [Australian Government Health Good Hygiene For Coronavirus](#)
4. [Australian Government Health Social Distancing For Coronavirus](#)
5. [Australian Government Health What You Need To Know About COVID-19](#)
6. [Information for people who test positive for COVID-19](#)
7. [COVID-19 and Sporting Activity](#)