



**QUT
ATHLETICS
CLUB**

COVID-19 SAFETY PLAN

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Version	1
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1. Introduction

The purpose of this COVID-19 Safety Plan is to provide an overarching plan for the implementation and management of procedures by **QUT Athletics Club** to support its athletes and coaches in the staged resumption of community sport and school activities.

The arrangements set out in this plan are intended to prevent the transmission of COVID-19 among participants, coaches, officials, administrators/volunteers, visitors, families and the broader community. The plan provides the framework to govern the general operation of QUTAC, any facilities it controls, the playing/training behaviour of all participants and the monitoring and reporting of the health of attendees at Nudgee College facilities.

This plan includes, but is not limited to, the conduct of:

- a. staged training and competition activities (sport operations); and
- b. facility management and supporting operations (facility operations).

At all times the plan is subject to all regulations, guidelines and directions of government and public health authorities.

2. Key Principles

This plan is based on, and accepts, the AIS [Framework for Rebooting Sport in a COVID-19 Environment](#) (**AIS Framework**), the [National Principles for the Resumption of Sport and Recreation Activities](#) (**National Principles**) and the QA [COVID SAFE Plan for Outdoor Sports](#) (**Queensland Athletics Plan**).

The plan also accepts as key principles that:

- The health and safety of participants, coaches, officials, administrators/volunteers, visitors, families and the broader community is the number one priority;
- Participants, coaches, officials, administrators/volunteers, families and the broader community need to be engaged and briefed on QUTAC's return to sport plans;
- Facilities are assessed and appropriate plans are developed to accommodate upgraded hygiene protocols, physical distancing and other measures to mitigate the risk of transmission of COVID-19;
- Training cannot resume until the arrangements for sport operations and facility operations are finalised and approved, if necessary; and
- At every stage of the return to sport process QUTAC must consider and apply all applicable State Government and local restrictions and regulations. QUTAC needs to be prepared for any localised outbreak at our facilities, within our competitions or in the local community.

3. Responsibilities under this Plan

QUTAC retains the overall responsibility for the effective management and implementation of the return to sport activities and operations outlined in this plan.

The President of QUTAC is responsible for:

- Approving the plan and overseeing the implementation of the arrangements in the plan; and
- Revising the plan as required, ensuring it reflects up to date information from government and public health officials.

The president has appointed the following person as the QUTAC COVID-19 Safety Coordinator to execute the delivery of the plan and to act as a point of contact for information relating to this plan:

Name	Haydn Lane
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QUTAC expects all athletes, coaches, volunteers and administrative staff to:

- Comply with the health directions of government and public health authorities as issued from time to time;
- Understand and act in accordance with this plan as amended from time to time;
- Comply with any precautionary measures implemented by QUT;
- Act with honesty and integrity in regard to the state of their personal health and any potential symptoms; and Monitor their health and take a cautious approach to self-isolation and reporting of potential symptoms.

4. Return to Sport Arrangements

The plan outlines specific sport requirements that QUTAC will implement for Level B and Level C of the AIS Framework.

QUTAC will transition to the training activity and facility use as outlined in Level B of the AIS Framework and the training/competition activities and facility use outlined in Level C of the AIS Framework when permitted under local restrictions and regulations.

4.1 AIS Framework Arrangements

The protocols for conducting sport operations and facility operations under Level B and Level C of the AIS Framework are set out in the Appendix.

4.2 Roadmap to a COVIDSafe Queensland

QUTAC will also comply with the Queensland government's [Roadmap to a COVIDSafe Queensland](#), which places limits on the type of activity that can be conducted and the number of people who can gather at facilities, notwithstanding the activities permitted by the AIS Framework (see below).

AIS Activities	Level A: Training in no more than pairs. Physical distancing required.	Level B: Indoor/outdoor activity. Training in small groups up to 10. Physical distancing required.		Level C: Full sporting activity (training and competition) allowed. No restriction on numbers. Contact allowed.	
Roadmap Activities	N/A	Step 1: No indoor activity. Outdoor sport (up to 10 people) consistent with AIS Framework.	Step 2: Indoor/outdoor sport up to 20 people. Physical distancing (density 4m ²).	Step 3: Venues allowed to operate with up to 100 people with physical distancing. Community sport expansion to be considered consistent with AIS Framework.	Further steps TBC

5. Recovery

When public health officials determine that the outbreak has ended in the local community, QUTAC will consult with relevant authorities to identify criteria for scaling back its COVID-19 prevention actions. QUTAC will also consider which protocols can remain to optimise good public and participant health.

At this time, the Clubs President will consult with key stakeholders to review the delivery of its return to sport arrangements and use feedback to improve organisational plans and systems.

Appendix: Outline of Return to Sport Arrangements

Part 1 – Sport Operations

Area	Plan Requirements (for activities under AIS Framework Level B)	Plan Requirements (for activities under AIS Framework Level C)
Approvals	<p>QUTAC must obtain the following approvals to allow a return to training at Level B:</p> <ul style="list-style-type: none"> • State Government approval of the resumption of community sport. • Relaxation of public gathering restrictions to enable training to occur. • National/state sporting bodies approval of return to training for community sport. • College Principal has approved return to training. • Insurance arrangements confirmed to cover training. 	<p>QUTAC must obtain the following approvals to allow a return to training/competition at Level C:</p> <ul style="list-style-type: none"> • Relaxation of public gathering restrictions to enable training to occur. • National/state sporting body/local association approval to return to training/competition for community sport. • College Principal has approved return to competition. • Insurance arrangements confirmed to cover competition.
Training Processes	<p>QUTAC will:</p> <ul style="list-style-type: none"> • Emphasise AIS Framework principle of “Get in, train, get out” – arrive ready to train. • Modify length and scheduling of training sessions to reduce overlap. • Clearly outline nature of training permitted (e.g. small groups to train and for team meetings, equipment/skill drills able to be used, certain sport activities not permitted during Level B training, no contact including high fives/hand shaking, no socialising or group meals). • Define training areas for each training group, maintaining base density requirement of 4 square metres per person and physical distancing (>1.5 metres). • Meet sanitising requirements, including use of sanitising stations. • Ensure treatment of shared equipment (e.g. sanitise equipment before, during, after sessions) and use of such equipment to be limited. • Enforce no sharing of personal equipment. 	<p>QUTAC will:</p> <ul style="list-style-type: none"> • Emphasise AIS Framework principles – full sporting activity that can be conducted in groups of any size (subject to COVIDSafe Roadmap) including full contact. • For larger team sports, consider maintaining some small group separation at training. • Limit unnecessary social gatherings. • Clearly, outline nature of training permitted. • Meet sanitising requirements continue from Level B. • Ensure treatment of shared equipment continues from Level B. • Encourage personal hygiene (e.g. wash hands prior to training, no spitting or coughing). • Continue to keep training/playing attendance register.

	<ul style="list-style-type: none"> • Encourage personal hygiene (e.g. wash hands prior to training, no spitting or coughing). • Keep training attendance register. 	
Personal health	<p>QUTAC will:</p> <ul style="list-style-type: none"> • Provide graded return to sport to avoid injury. • Provide advice to players, coaches, volunteers to not attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). • Enforce washing of hands prior to, during and after training and use of hand sanitiser where available. • Strongly discourage physical greetings (i.e. hand shaking, high fives etc.). • Strongly discourage coughing, clearing nose, spitting etc. 	<p>QUTAC will:</p> <ul style="list-style-type: none"> ☐ Requirements continue from Level B.
Hygiene	<p>QUTAC will:</p> <ul style="list-style-type: none"> • Follow all safe hygiene protocols distributed by national/state sporting bodies. • Implement all guidelines for sanitisation and cleaning, including requirements for sanitisation stations. 	<p>QUTAC will:</p> <ul style="list-style-type: none"> ☐ Ensure hygiene and cleaning measures to continue from Level B.
Communications	<p>QUTAC will:</p> <ul style="list-style-type: none"> • Brief players, coaches and volunteers on return to training protocols including hygiene protocols via email and TeamApp and the reinforce hand washing and general hygiene etiquette. • Endorse government COVIDSafe app and encourage players, coaches, parents, volunteers and families to download and use app. • Promote good personal hygiene practices in and around training sessions and at school sports facilities (e.g. posters). • Ensure individuals can access wellbeing support services. 	<p>QUTAC will:</p> <ul style="list-style-type: none"> • Brief players, coaches, members, volunteers and families on Level C protocols including hygiene protocols via email and TeamApp and the reinforcement of hand washing and general hygiene etiquette. • Continue to endorse government COVIDSafe app and encourage players, coaches, parents, volunteers and families to download and use app. • Ensure individuals can access wellbeing support services.

Part 2 – Facility Operations

Area	Plan Requirements (for activities under AIS Framework Level B)	Plan Requirements (for activities under AIS Framework Level C)
Approvals	<p>The QUTAC must obtain the following approvals to allow use of school facilities at Level B:</p> <ul style="list-style-type: none"> • State Government approval of the resumption of facility operations. • College Principal has approved plan for use of school facilities. • Insurance arrangements confirmed to cover facility usage. 	<p>The QUTAC must obtain the following approvals to allow use of school facilities at Level C:</p> <ul style="list-style-type: none"> • State Government approval of the resumption of facility operations. • College Principal has approved plan for use of club facilities. • Insurance arrangements confirmed to cover facility usage.
Facilities	<p>QUTAC will:</p> <ul style="list-style-type: none"> • Operate parts of facilities that are available during Level B restrictions; limit to toilets and medical facilities and minimise use of communal facilities. • Follow all hygiene and cleaning protocols. • Provide provision of appropriate health and safety equipment, and personal hygiene cleaning solutions. 	<p>QUTAC will:</p> <ul style="list-style-type: none"> • Return to full use of facilities. • Follow all hygiene and cleaning protocols measures as per Level B. • Provide provision of appropriate health and safety equipment, and personal hygiene cleaning solutions as per Level B.

Facility access	<p>QUTAC will:</p> <ul style="list-style-type: none"> • Provide details of any health screening measures (e.g. temperature checks etc.) prior to entry to any facilities and any privacy measures the school will take to protect sensitive health information. • Place restrictions on facility access to limit anyone who has: <ul style="list-style-type: none"> – COVID-19 or has been in direct contact with a known case of COVID-19 in the previous 14 days. – Flu-like symptoms or who is a high health risk (e.g. due to age or pre-existing health conditions). – Travelled internationally in the previous 14 days. • Restrict who attends school facilities: only essential participants should attend to minimise numbers; not more than one parent/carer to attend with children; gathering numbers should not exceed government 	<p>QUTAC will:</p> <ul style="list-style-type: none"> • Continue Level B protocols as appropriate. • Restrict who may attend the schools facilities: gathering numbers should not exceed government allowances (COVIDSafe Roadmap maximum gatherings: Step 1 (10 people), Step 2 (20 people), Step 3 (100 people)). • Advertise that spectators should observe physical distancing requirements (>1.5 metres) and density requirements (one person per 4 square metres). • Manage access including separate entry/exit points, managed traffic flows, stagger arrival/departure times. • Provide general advice on physical distancing in the schools facilities including discouraging face to face meetings where possible, restricting site visitors, deferring or splitting up large meetings.
	<p>allowances (COVIDSafe Roadmap maximum gatherings: Step 1 (10 people), Step 2 (20 people), Step 3 (100 people))</p> <ul style="list-style-type: none"> • Advertise that spectators should observe physical distancing requirements (>1.5 metres). • Manage access including separate entry/exit points, managed traffic flows, stagger arrival/departure times. • Keep a detailed attendance register. 	<ul style="list-style-type: none"> □ Keep a detailed attendance register.

Hygiene	<p>QUTAC will:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Adopt all safe hygiene protocols distributed by national/state sporting bodies at the schools sport facilities including: <ul style="list-style-type: none"> – Availability of hand sanitiser at entry/exit points to venue and elsewhere. – Protocols for sanitising stations, sanitising shared equipment, uniforms. – Cleaning standards – increase regular cleans and frequent wiping of high touch surfaces. – Displaying posters outlining relevant personal hygiene guidance. – Avoiding shared use of equipment. – Provide suitable rubbish bins with regular waste disposal. – Guidelines for sanitisation and cleaning of school facilities. 	<p>QUTAC will:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Continue hygiene and cleaning measures as per Level B.
Management of unwell participants	<p>QUTAC will:</p> <ul style="list-style-type: none"> • Meet isolation/medical requirements for all players, staff, volunteers and their families at the onset of any symptoms including school facilities that can be used to manage symptomatic participants. • Train staff on treatment of symptomatic participants and disinfecting of facilities used by such participants. • Follow notification protocols for notifying public health authorities and other attendees of symptomatic participants. 	<p>QUTAC will:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Measures as per Level B.
School responsibilities	<p>QUTAC will oversee:</p> <ul style="list-style-type: none"> <input type="checkbox"/> The provision and conduct of hygiene protocols as per the plan. 	<p>As per Level B.</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> The capture of a record of attendance at all training and sport activities and maintaining an up-to-date log of attendance. <input type="checkbox"/> Coordination of Level B field and training operations. <input type="checkbox"/> The operation of the schools facilities in support of all Level B training activities in accordance with this plan. 	