



COVID-19 SAFETY PLAN

CRADLE COAST OUTRIGGER CANOE CLUB

Name	Cradle Coast Outrigger Canoe Club
Location	South Burnie
Contact Email	secretary@cradlecoastoutrigger.com.au
Contact Mobile Number	0400 611 370
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Allison Daley (Secretary) is responsible for this document	

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1. Introduction

The purpose of this COVID-19 Safety Plan (**Plan**) is to provide an overarching plan for the implementation and management of procedures by the **Cradle Coast Outrigger Canoe Club** to support its members and participants in the staged resumption of community sport and club activities.

The arrangements set out in this Plan are intended to prevent the transmission of COVID-19 among members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community. The Plan provides the framework to govern the general operation of the **Cradle Coast Outrigger Canoe Club**, any facilities it controls, the playing/training behaviour of all members and participants and the monitoring and reporting of the health of attendees at **Cradle Coast Outrigger Canoe Club** 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**) and the [National Principles for the Resumption of Sport and Recreation Activities](#) (**National Principles**).

The Plan also accepts as key principles that:

- The health and safety of members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community is the number one priority;
- Members, participants, coaches, officials, administrators/volunteers, families and the broader community need to be engaged and briefed on **Cradle Coast Outrigger Canoe Club'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 **Cradle Coast Outrigger Canoe Club** must consider and apply all applicable State and Territory Government and local restrictions and regulations. **Cradle Coast Outrigger Canoe Club** needs to be prepared for any localised outbreak at our facilities, within our competitions or in the local community.

3. Responsibilities under this Plan

Cradle Coast Outrigger Canoe Club retains the overall responsibility for the effective management and implementation of the return to sport activities and operations outlined in this Plan.

The **Cradle Coast Outrigger Canoe Club's Executive Committee** 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 **Cradle Coast Outrigger Canoe Club's Executive Committee** has appointed the following person as the **Cradle Coast Outrigger Canoe Club** 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	Janice Lipscombe
Contact Email	janice.lipscombe@dhhs.tas.gov.au
Contact Number	

Cradle Coast Outrigger Canoe Club expects all members, participants, coaches, officials, administrative staff and volunteers 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 testing and precautionary measures implemented by Cradle Coast Outrigger Canoe Club;
- 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

As at the date of this Plan, participants are training at Level C of the AIS Framework. The Plan outlines specific sport requirements that Cradle Coast Outrigger Canoe Club will implement for Level B and Level C of the AIS Framework.

Cradle Coast Outrigger Canoe Club 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 Australia

The Tasmanian Government's Roadmap to Recovery – Stage Three easing of restrictions came into effect from noon on Friday 26 June, 2020. Cradle Coast Outrigger Canoe Club will also comply with the Australian government's [Roadmap to a COVIDSafe Australia](#), 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:	Level B:	Level C:
	<p>Activity that can be conducted by a solo athlete or by pairs where at least 1.5m can always be maintained between participants.</p> <p>No contact between athletes and/or other personnel. Examples for all sports — general fitness aerobic and anaerobic (e.g. running, cycling sprints, hills).</p> <p>Strength and sport-specific training permitted if no equipment required, or have access to own equipment (e.g. ergometer, weights). Online coaching and resources (e.g. videos, play books).</p>	<p>As per Level A plus: Indoor/outdoor activity that can be conducted in small groups (not more than 10 athletes and/or other personnel in total) and with adequate spacing (1 person per 4m²).</p> <p>Some sharing of sporting equipment permitted such as kicking a football, hitting a tennis ball, use of a skipping rope, weights, mats.</p> <p>Non-contact skills training.</p> <p>Accidental contact may occur but no deliberate body contact drills. No wrestling, holding, tackling or binding. Commercial gyms, bootcamps, yoga, Pilates, dance classes (e.g. barre, ballet, hip hop, not partnered), cycling 'spin' classes permitted if other measures (above) are met:</p>	<p>As per Level B plus: Full sporting activity that can be conducted in groups of any size including full contact (competition, tournaments, matches).</p> <p>Wrestling, holding, tackling and /or binding (e.g. rugby scrums) permitted.</p> <p>For larger team sports, consider maintaining some small group separation at training. For some athletes full training will be restricted by commercial operation of facilities.</p>

General hygiene measures	<p>Level A:</p> <p>No sharing of exercise equipment or communal facilities. Apply personal hygiene measures even when training away from group facilities – hand hygiene regularly during training (hand sanitiser) plus strictly pre and post training.</p> <p>Do not share drink bottles or towels. Do not attend training if unwell (contact doctor).</p> <p>Spitting and clearing of nasal/respiratory secretions on ground or other sport settings must be strongly discouraged.</p>	<p>Level B:</p> <p>Communal facilities can be used after a sport-specific structured risk assessment and mitigation process is undertaken. ‘Get in, train and get out’ — be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms). Minimise use of communal facilities (e.g. gym, court) with limited numbers (not more than 10 athletes/staff in total).</p> <p>Have cleaning protocols in place for equipment and facilities. Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap before and after training (preferably at home).</p> <p>Where possible maintain distance of at least 1.5m while training. No socialising or group meals. Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings must be strongly discouraged.</p>	<p>Level C:</p> <p>Return to full use of sporting facilities. Continue hygiene and cleaning measures as per Level B.</p> <p>If any massage beds are being used, hygiene practices should include no bed linen except single use towels. Cleaning of treatment beds and key surfaces should occur before and after each athlete treatment.</p> <p>Appropriate hand hygiene before and after each treatment. Limit unnecessary social gatherings. Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings must be strongly discouraged.</p>
Roadmap Activities	<p>No spectators unless required (e.g. parent or carer).</p>	<p>Separate spectators from athletes. Spectators should maintain social distancing of at least 1.5m.</p>	<p>Minimum contact of non-essential surfaces to occur and hands on treatment should be kept to essential only. Non-essential personnel should be discouraged from entering change rooms.</p>

5. Recovery

The Club will regularly monitor the Tasmanian Government’s website: www.coronavirus.tas.gov.au/families-community/sport-exercise-and-recreation and be reactive to any new restrictions being imposed, should restrictions change the club will immediately review and update the Club’s Safety Plan to align with current Tasmanian Governments restrictions.

Throughout the COVID-19 recovery phase, the Cradle Coast Outrigger Canoe Club will ensure any Government guidelines and protocols are followed to optimise good public and participant health.

The Cradle Coast Outrigger Canoe Club will continue to promote ‘Hand Hygiene’ via signage and hand sanitiser dispensers at a number of locations, spray bottles of disinfectant on hand at numerous locations for regular cleaning of commonly use areas. Also ‘Social Distancing’ and ‘Room Capacity’ signage will remain in place indefinitely.

Appendix: Outline of Return to Sport Arrangements

Part 1 – Sport Operations

Area	Plan Requirements (for activities under AIS Framework Level C) Risk Assessment completed
	<p>The Tasmanian Government’s current advice: ‘Easing of restrictions will be assessed by Public Health Services. The following currently applies to sport, exercise and recreation activities in Tasmania. Gatherings are limited to 500 people (including athletes and support staff) in an undivided space outdoors for community sport and 250 for an undivided space in an indoor premises, or a maximum of one person per 2 square metres under the density limit, whichever is less.</p> <p>Sporting activities permitted based on Level C of the AIS Framework for Rebooting Sport, meaning the following are permitted:</p> <ul style="list-style-type: none"> - Full contact training - Full competition sport (contact and non-contact) - Sharing of equipment where necessary; and - Use of change rooms and other shared facilities.” <p>https://www.coronavirus.tas.gov.au/families-community/sport-and-recreation accessed Sunday, 19 July. 2021</p>
Approvals	<p>The club 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. - Local government/venue owner approval to training/competition at venue, if required. - National/state sporting body/local association approval to return to training/competition for community sport. - Club committee has approved return to competition for club. - Insurance arrangements confirmed to cover competition.
Training Processes	<ul style="list-style-type: none"> - Coach to ask members on arrival if they have any flu like symptoms, if so ask them to leave immediately and seek medical advice. - Coach to regularly wipe down any commonly used areas with disinfectant. - Members to use hand sanitiser upon arrival for training.

	<ul style="list-style-type: none"> - Members to test their temperature with the no-contact infrared thermometer. - If temperature reading is 38 degrees or over the person is to leave immediately and seek medical advice. - Coach to ensure members sign in/out at each training session and include their temperature on the register - Members are to social distance when waiting to hand sanitiser or take temperature. - Members to have no social contact where possible or practicable during training. - Members not to share personal training equipment. <p>Post Training</p> <ul style="list-style-type: none"> - Members to use hand sanitiser after training. - Coach to reminder members about social distancing and to sign off in the register. - Coach to wipe down any common areas with disinfectant.
<p>Personal health, Hygiene and Communications</p>	<ul style="list-style-type: none"> - Email out to all members to explain COVID-19 protocols and club expectations. - Explain social distancing and hand hygiene requirements - Advise members to stay at home if feeling unwell. - Advise members not to share personal training equipment. - Advise members to avoid physical greetings. - Avoid coughing, clearing nose and spitting. - Advise members to arrive ready to paddle to minimise the amount of time spent at club facilities. - Members to bring their own sunscreen, food, water bottle to avoid contamination. - COVID-19 Signage: Social Distancing, Hand Hygiene signs at two entry points of Gear shed, one of each in each change room, one of each in club room and one of each in bar/kitchen area. - Maximum Person sign: one in bar/kitchen, one in club room, one for each change room door, one at each entry point in Gear Shed. - COVID-19 Equipment: Hand sanitiser 500ml PET Plastic Refill bottle with pump dispenser: one at two entry points of Gear Shed, one in bar/kitchen area, one in clubroom and one for each change room. - Non-contact Infrared Thermometer x 2: one at each entry point of Gear Shed. - Continued endorsement of government COVIDSafe app and encouragement to players, coaches, members, volunteers and families to download and use app.

Part 2 – Facility Operations

Area	Plan Requirements (for activities under AIS Framework Level C) Risk Assessment Completed
Approvals	<p>The Tasmanian Government’s current advice: ‘Easing of restrictions will be assessed by Public Health Services. The following currently applies to sport, exercise and recreation activities in Tasmania. Gatherings are limited to 500 people (including athletes and support staff) in an undivided space outdoors for community sport and 250 for an undivided space in an indoor premises, or a maximum of one person per 2 square metres under the density limit, whichever is less.</p> <p>Sporting activities permitted based on Level C of the AIS Framework for Rebooting Sport, meaning the following are permitted:</p> <ul style="list-style-type: none"> - Full contact training - Full competition sport (contact and non-contact) - Sharing of equipment where necessary; and - Use of change rooms and other shared facilities.” <p>https://www.coronavirus.tas.gov.au/families-community/sport-and-recreation accessed Sunday, 19 July. 2021</p>
Facilities	<ul style="list-style-type: none"> - Hand sanitiser for use on entry/exit of club rooms. - Executive members and Safety Officer to disinfect common areas used by members. - Disinfectant bottles on hand for regular cleaning of bench tops and table areas. - Regular cleaning of door handles with disinfectant by Coach, Safety Co-ordinator or Executive members. - Signage - social distancing requirements. - Signage - hand hygiene requirements. - Signage – maximum people allowed - Members advised to stay home if feeling unwell. - Enforce the maximum number of people allowed signage.

Management of unwell participants	<ul style="list-style-type: none"> - Member must inform the Coach, Safety Co-ordinator or Executive members that they have tested positive. - Coach, Safety Co-ordinator or Executive members to obtain attendance register to identify who has been in close proximity to that person. - Notify the SS Zone and AOCRA that a positive case has been identified and advise of those members who have been in close proximity. - All club members to receive a notification advising of positive case, recommending they get tested ASAP and remain in isolation until test results are confirmed and club paddling may be suspended temporarily. - Club members were close contacts will be asked to self-isolate for 14 days.
Club responsibilities	<p>The club will oversee:</p> <ul style="list-style-type: none"> - Monitoring of the COVID-19 pandemic and be reactive to new restrictions at short notice and will ensure the Club's Safety Plan aligns with the Tasmanian Governments restrictions on sport at www.coronavirus.tas.gov.au/families-community/sport-exercise-and-recreation . - A review of the Safety Plan will occur on the 20th day of each month as restrictions ease, or fortnightly/weekly as restrictions demand. - The Coach, Safety Co-ordinator or Executive members are responsible for regular cleaning/disinfecting commonly used areas during training or other club activities. - Stage 3 commenced at 12 noon Friday 26 June and restrictions include: <ul style="list-style-type: none"> o The maximum density of 2 square metres per person applies for outdoor and indoor sport, with a cap of 500 people outdoors and 250 people indoors per single undivided space (all people, including: participants, athletes, support staff, officials, spectators and volunteers are counted within the maximum). o 1.5m physical distancing should be maintained where practical. o Non-essential social gatherings should be limited o Change rooms, showers and toilets at sporting centres/facilities are permitted to be used o Full contact training and competitions can resume. o Larger teams should consider maintaining some small group separation at training. o The training message remains 'get in, train and get out'. o Sporting facilities must have a staff or responsible person/s present to supervise the premises at all times while it is being used.

- Provision of PPE equipment for members and conduct of hygiene protocols as per the Risk Assessment Plan.
 - The capture of a record of attendance at all training and club activities and maintaining an up-to-date log of attendance.
 - Coordination of Level B field and training operations.
 - Operation of the club's facilities in support of all Level B training activities in accordance with this Plan.
- As per Level B.