

RETURN TO SPORT FOR DEAF & HARD OF HEARING ATHLETES - VICTORIA

GUIDELINES

Introduction

Deaf Sport Australia wants to assist you all to return to both Deaf and mainstream training and competitions. This plan helps explain the steps in allowing you to do this.

This plan is designed to assist athletes, clubs, coaches, officials and families in understanding the requirements which need to be met in order for sport, events and training to be conducted as safely as possible.

The information has been collected from various sources including DHHS Victoria Restrictions Level Directions, Sport Australia, Special Olympics Australia and Safework Australia.

The information set out in this Plan are intended to prevent the transmission of COVID-19 among:

- Committees
- Members
- Participants
- Coaches
- Officials
- Administrators/volunteers
- Visitors
- Families and the broader community.

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The Plan

This Plan includes:

- a) staged training and competition activities (sport operations); and
- b) sport venue and supporting operations (venue operations)

These guidelines must be considered in line with the latest regulations, guidelines and directions from all levels of government and public health authorities.

In Victoria, you need to follow the 'Restrictions Level Directions which are regularly updated here: <https://www.dhhs.vic.gov.au/victorias-restriction-levels-covid-19>

The health, safety and wellbeing of our community, especially athletes, will always be at the centre of everything we do.

Safety and compliance questions and support.

For specific sport plan advice, first contact your NSO / SSO.

For any general advice, concerns or queries about your 'return to play' plan, you are able to contact Phil Harper, Deaf Sport Australia General Manager - phil.harper@deafsports.org.au or Deaf Sport and Recreation Victoria Sport Development Officer, James Hale - vic@deafsports.org.au

The information in this document has also been developed in line with both the National Cabinet's "National Principles for the Resumption of Sport and Recreation Activities", and the "Australian Institute for Sport (AIS) Framework for Rebooting Sport".

Deaf Sport Australia expects all members, participants, coaches, officials, administrative staff and volunteers to:

- Comply with the health directions of government and public health authorities in Victoria as issued regularly;
- Understand and act in accordance with this Plan as amended from time to time;
- Comply with any testing and precautionary measures implemented by NSO's / SSO's;
- 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.

Your return to sport plan and the conditions of the return are dependent upon future government directives. Resumption of sporting activity may not be the same for all sports.

Relaxing/increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases and if there is an increase in risks of COVID-19 exposure, all sports training, competitions and events may need to be cancelled.

For each level, permitted activities, general hygiene measures, and spectators, additional personnel considerations are provided as recommendations for community and individuals sport before the resumption of community or individual sport.

In Victoria, you need to regularly follow the 'Restrictions Level Directions which are here: <https://www.dhhs.vic.gov.au/victorias-restriction-levels-covid-19>

When public health officials determine that the outbreak has occurred in the local community including restricted zones (hotspot areas) causing further or change of restrictions, Deaf Sport Australia will consult with relevant authorities to identify criteria for scaling back its COVID-19 prevention actions. Deaf Sport Australia will also share which protocols can remain to ensure good public and participant health.

The General Manager of Deaf Sports Australia will continue to consult with key stakeholders to review the delivery of its return to sport arrangements and use feedback to improve organisational plans and systems.

ATHLETES

Things you can do soon when training begins:

DO

• Check guidelines as set out by DHHS (and regularly updated) which includes wearing a mask, safe distancing, hand washing and general hygiene etiquette, etc
• Shower before and after training at home
• Keep 1.5m from other athletes and your coach
• Get in, train, get out
• Get to training on time
• Leave straight after training is finished
• Bring and use your own water bottle
• Use hand sanitiser when you arrive and before you leave
• Wear a Mask
• Limit exercise to 2 hours (metro)
• No indoor training or competition

DON'T

Please try not to do the following:

• go to training if you feel unwell
• share your water bottle with anyone else
• share your uniform or personal items with anyone else shower or use the change rooms at training
• sneeze or cough into your hands
• hug, huddle, shake hands or high five
• spit
• touch your eyes, nose or mouth
• be at training too early
• hang around after training is finished

COACHES

We wish to acknowledge that our tremendous gratitude goes out to you.

We know how hard you work every week to ensure that your athletes have the best opportunity to develop as people and as athletes, to participate and challenge themselves, to spend time with their friends and to be part of this wonderful world of sport.

We know how disappointed you and they are, that your season was interrupted by this global crisis. We understand that many athletes are confused, frustrated and lonely. We also know that the skills, confidence, resilience and determination that you have helped them to develop, will help them through these challenging weeks and months – and so we want to thank you!

Please read the following to see what you can do.

ORGANISATIONS / CLUBS

Requirements for Return to Sport

These areas of operation for clubs should be given consideration as part of a club's plan to return to sport. All clubs should consider the actions set out in each level and consider the framework for Deaf Sports Australia's return to sport is the health, safety and wellbeing of our community, especially athletes.

Communication

- Communicate to athletes, coaches, members, volunteers and families the return to training protocols including hygiene protocols.

This is to be done in the clubs preferred format for intra-club communication.

- Reinforce guidelines as set out by [DHHS](#) (and regularly updated) which includes wearing a mask, safe distancing, hand washing and general hygiene etiquette, community hotspot awareness, etc.

Facilities

- Verify availability of facilities being used and their adherence to all Victorian guideline restrictions.
- Ensure coaches have provision of appropriate health and safety equipment, Personal Protective Equipment (PPE eg; mask) and personal hygiene cleaning solutions.
- Understand requirements for return to full use of Club facilities.

Management of unwell participants

- Provide protocol for management of illness to all coaches, volunteers.
 - Implement protocol for management of illness, if required.
 - Remind all participants to not attend if unwell (including any signs/ symptoms of cold, flu, COVID-19 or other illness).
- Requirements continue from Level B.

Prevention

Ensure you are managing your information and self-care protocols. Please see these details in the appendix - print and place in appropriate locations.

- Complete attendance register - Appendix D
- Practice personal hygiene - Appendix E
- Enforce physical distancing - Appendix F
- Sanitise share equipment - Appendix G

Management

If someone feels ill...

- Advise your coach
- Seek appropriate medical treatment
- Follow government guidelines for isolation
- Obtain medical clearance before returning
- Do not attend training
- Practice personal hygiene

If someone tests positive for COVID-19 [CRITICAL]

If an athlete tests positive for COVID-19, **within 24 hours of notification**, the athlete or parent/ carer must:

1. Inform carer or support workers of positive COVID-19 test.
2. Inform Club Coach of positive COVID-19 test.
3. Remain in your home or accommodation until Public Health officers advise that it is safe to return to normal activities.

4. Follow Government guidelines for isolation.
5. Obtain medical clearance prior to returning to Special Olympics events.

If a coach, official or spectator tests positive for COVID-19, **within 24 hours of notification**, *the participant must follow the same steps outlined for 'If an athlete tests positive' from Step 2.*

When a Coach is informed of a positive COVID-19 case, the coach must:

1. Respect privacy laws and adhere to member protection policy.
2. Inform the Club Sport Coordinator.
3. Inform all attendees of any impacted training sessions. This includes:
 - a) Other athletes
 - b) Officials
 - c) Parents, carers or support workers
 - d) Venue manager

When a Club Sport Coordinator is informed of a positive COVID-19 case, the Club Sport Coordinator must:

1. Respect privacy laws and adhere to member protection policy.
2. Inform the Club Leadership Team.
3. Confirm with the Coach that all attendees and potentially impacted athletes have been informed.
4. Shut down the impacted sport training for a minimum of 14 days.
5. Advise all persons from the impacted sport they must receive a medical clearance prior to returning to sport.
6. Advise the State Sport Coordinator of positive case and that sport has been shut for 14 days

COACH CHECKLIST

22 September 2020 onward

- Ask athletes to arrive ready to train.
- Reinforce guidelines as set out by [DHHS](#) (and regularly updated) which includes wearing a mask, safe distancing, hand washing and general hygiene etiquette, etc.
- Awareness of COVID-19 hotspot areas - participants living in those zones are not able to attend training or facilities
- Check group number limits and time limits for training (currently 2 hours)
- Check spectator (including parents) attendance rules
- Review of length and scheduling of training sessions
- Check Maximum number of persons (including yourself) can participate
- No contact including high fives/hand shaking, no socialising or group meals.
- Defined training areas for each training group, maintaining base density requirement of 4 square metres per person and physical distancing (>1.5 metres).
- Use sanitising stations.
- Limited use of equipment.
- Sanitise equipment before, during, after sessions.
- No sharing of personal equipment.
- Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing).
- Have a Training attendance register
- Progressive return to sport to avoid injury (slow build up on fitness)
- Advise all participants to not attend if unwell.
- Advise all participants to wash their own uniforms.

ORGANISATION / CLUB CHECKLIST

22 September 2020 onward

- Follow and reinforce guidelines as set out by [DHHS](#) (and regularly updated) which includes wearing a mask, safe distancing, hand washing and general hygiene etiquette, etc.
- Check current Victorian Government approval rules of the resumption of community sport.
- Awareness of COVID-19 hotspot areas - participants living in those zones are not able to attend training or facilities
- Check rules of public gathering restrictions to enable training to occur.
- No indoor training or competitions (regularly check for updates)
- Manage spectator attendance at training as per DHHS guidelines
- Local government/venue owner approval to training at venue.
- Ensure venue promotes good personal hygiene in facilities with posters.
- Manage communal areas as per DHHS guidelines
- Ensure participants are aware of any health screening measures for entry into training facilities.
- Check Deaf Sport Australia or State Sport Organisation advice for approval of return to training for community sport.
- Club committee has approved return to training for club.
- Insurance arrangements confirmed to cover training.
- Emphasise principle of “Get in, train, get out” to all participants.
- Provide guidance for travel arrangements (e.g. physical distancing on public transport, limit carpool / taxi / Uber use).
- Advise all participants to not attend if unwell.
- Adopt safe hygiene protocols for all club events.
- Not more than one parent/carer to attend with each athlete.
- Parents/carers/spectators to observe physical distancing requirements (more than 1.5 meters)

- Keep a record of attendance at all training and club activities and maintaining an up-to-date log of attendance.

SPORT - RETURN TO PLAY LINKS

Sport	Return to Play Weblink
Athletics	https://cdn.revolutionise.com.au/cups/aa/files/onk5amyxyolqea2.pdf
Basketball	https://australia.basketball/blog/2020/05/20/return-to-basketball/
Cricket	https://www.playcricket.com.au/covid-19-guidelines
Cycling	https://cycling.org.au/vic/member-update-return-racing
Darts	https://dartsaustralia.com/darts-australia-covid-return-to-sport-plan/
8-Ball	https://www.gpool.com.au
Futsal	https://www.playfootball.com.au/football-returns/member-federation-directory
Golf	https://www.golf.org.au/return-to-play/
Football (AFL)	https://www.afl.com.au/clubhelp/covid-19/faqs/general-return
Football (soccer)	https://www.playfootball.com.au/football-returns/member-federation-directory
Lawn Bowls	https://www.bowls.com.au/wp-content/uploads/2020/06/Covid-19-Return-to-Bowls-Plan-Final.pdf
Netball	https://netball.com.au/return-to-netball
Rugby	https://www.rugby.com.au/news/2020/05/21/community-return-to-play-states
Sailing	https://www.sailing.org.au/news/tags/&t=COVID-19
Snow Sports	https://www.youtube.com/watch?v=Nghyv2Y2n_w
Swimming	https://www.swimming.org.au/news-articles/swimming-australia-update-covid-19
Table Tennis	https://www.tabletennis.org.au/return-to-sport/
Tennis	https://www.tennis.com.au/vic/news-and-events/covid-19-community-tennis-return-to-tennis
Ten Pin Bowling	https://www.tenpin.org.au/blog/2020/06/01/tba-releases-return-to-play-guidelines-resources/
Touch Football	https://touchfootball.com.au/coronavirus-return-to-play/
Volleyball	http://www.volleyballaustralia.org.au/post/community-return-to-play-guidelines

ADDITIONAL RESOURCES

National

Department of Health

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

COVIDSafe App

<https://www.health.gov.au/resources/apps-and-tools/covidsafe-app>

Coronavirus Australia App

<https://www.health.gov.au/resources/apps-and-tools/coronavirus-australia-app>

National Sport Principles and Framework for resumption of Sport

https://ais.gov.au/__data/assets/pdf_file/0008/730376/35845_AIS-Framework-for-rebooting-sport_FA.pdf

National principles for the resumption of sport and recreation activities

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-national-principles-for-the-resumption-of-sport-and-recreation-activities>

Sport Australia Return to Sport

<https://www.sportaus.gov.au/return-to-sport>

States and Territories

ACT Government

<https://www.covid19.act.gov.au/home>

ACT Sport and Recreation

<https://www.sport.act.gov.au/about-us/covid19-news>

NSW Government

<https://www.nsw.gov.au/covid-19>

NSW Office of Sport

<https://sport.nsw.gov.au/novel-coronavirus-covid-19>

QLD Government

<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19>

QLD Sport & Recreation

<https://www.hpw.qld.gov.au/news-publications/news?topic=covid19-sport-recreation>

SA Government

<https://www.covid-19.sa.gov.au/>

Sport SA
<https://www.sportsa.org.au/home/>

TAS Government
<https://www.coronavirus.tas.gov.au/>

TAS Sport & Recreation
<https://coronavirus.tas.gov.au/families-community/sport-and-recreation>

VIC Government
<https://www.dhhs.vic.gov.au/victorias-restriction-levels-covid-19>

Sport & Recreation VIC
<https://sport.vic.gov.au/>

WA Government
<https://www.wa.gov.au/government/covid-19-coronavirus>

WA Sport & Recreation
<https://www.dlgsc.wa.gov.au/sport-and-recreation>

Deaf Sport Australia COVID-19 website page
<https://deafsports.org.au/media/covid-19/>

Appendices

APPENDIX A

“National Principles for the Resumption of Sport and Recreation Activities”, and the “Australian Institute for Sport (AIS) Framework for Rebooting Sport”.

These plans are based on current best evidence, and guidelines from the Australian Federal Government then applied to sport by specialists in sport and exercise medicine, infectious diseases and public health.

The Framework for Rebooting Sport is based upon 15 National Principles for the resumption of Sport and Recreation activities. The 15 principles are:

1. Resumption of sport and recreation activities can contribute many health, economic, social and cultural benefits to Australian society emerging from the COVID-19 environment.
2. Resumption of sport and recreation activities should not compromise the health of individuals or the community.

3. Resumption of sport and recreation activities will be based on objective health information to ensure they are conducted safely and do not risk increased COVID-19 local transmission rates.
4. All decisions about resumption of sport and recreation activities must take place with careful reference to these National Principles following close consultation with Federal, State/Territory and/or Local Public Health Authorities, as relevant.
5. The AIS 'Framework for Rebooting Sport in a COVID-19 Environment' provides a guide for the reintroduction of sport and recreation in Australia, including high performance sport. The AIS Framework incorporates consideration of the differences between contact and non-contact sport and indoor and outdoor activity. Whilst the three phases A, B and C of the AIS Framework provide a general guide, individual jurisdictions may provide guidance on the timing of introduction of various levels of sport participation with regard to local epidemiology, risk mitigation strategies and public health capacity.
6. International evidence to date is suggestive that outdoor activities are a lower risk setting for COVID-19 transmission. There are no good data on risks of indoor sporting activity but, at this time, the risk is assumed to be greater than for outdoor sporting activity, even with similar mitigation steps taken.
7. All individuals who participate in, and contribute to, sport and recreation will be considered in resumption plans, including those at the high performance/professional level, those at the community competitive level, and those who wish to enjoy passive (non-contact) individual sports and recreation.
8. Resumption of community sport and recreation activity should take place in a staged fashion with an initial phase of small group (<10) activities in a noncontact fashion, prior to moving on to a subsequent phase of large group (>10) activities including full contact training/competition in sport. Individual jurisdictions will determine progression through these phases, taking account of local epidemiology, risk mitigation strategies and public health capability.
 - a) This includes the resumption of children's outdoor sport with strict physical distancing measures for non-sporting attendees such as parents.
 - b) This includes the resumption of outdoor recreational activities including (but not limited to) outdoor-based personal training and boot camps, golf, fishing, bush- walking, swimming, etc.
9. Significantly enhanced risk mitigation (including avoidance and physical distancing) must be applied to all indoor activities associated with outdoor

sporting codes (e.g. club rooms, training facilities, gymnasia and the like).

10. For high performance and professional sporting organisations, the regime underpinned in the AIS Framework is considered a minimum baseline standard required to be met before the resumption of training and match play, noting most sports and participants are currently operating at level A of the AIS Framework.
11. If sporting organisations are seeking specific exemptions in order to recommence activity, particularly with regard to competitions, they are required to engage with, and where necessary seek approvals from, the respective State/Territory and/or Local Public Health Authorities regarding additional measures to reduce the risk of COVID-19 spread.
12. At all times sport and recreation organisations must respond to the directives of Public Health Authorities. Localised outbreaks may require sporting organisations to again restrict activity and those organisations must be ready to respond accordingly. The detection of a positive COVID-19 case in a sporting or recreation club or organisation will result in a standard public health response, which could include quarantine of a whole team or large group, and close contacts, for the required period.
13. The risks associated with large gatherings are such that, for the foreseeable future, elite sports, if recommenced, should do so in a spectator-free environment with the minimum support staff available to support the competition. Community sport and recreation activities should limit those present to the minimum required to support the participants (e.g. one parent or carer per child if necessary).
14. The sporting environment (training and competition venues) should be assessed to ensure precautions are taken to minimise risk to those participating in sport and those attending sporting events as spectators (where and when permissible).
15. The safety and well-being of the Australian community will be the priority in any further and specific decisions about the resumption of sport, which will be considered by the COVID-19 Sports and Health Committee.

APPENDIX B

Hygiene (download a copy of important information)

Handwashing poster

https://www.health.gov.au/sites/default/files/documents/2020/03/coronavirus-covid-19-print-ads-good-hygiene-is-in-your-hands_0.pdf

APPENDIX C

Example Sport guidelines - netball

<https://nsw.netball.com.au/sites/nsw/files/2020-06/5.NNSW%20Community%20Guidelines%20COVID19-%203%20steps%20to%20sanitising%20a%20netball.pdf>

Example Sport guidelines - 8-Ball

<https://www.aebf.com.au/policy/AEBF-COVID-19-A3-Poster.pdf>

Example Sport guidelines - Touch Football

https://touchfootball.com.au/media/9590/community-sport-guidelines_covid-19_touch-football.pdf

APPENDIX D *(see following page)*

Attendance register sample - download a copy

https://www.sportaus.gov.au/return-to-sport#attendance_register

Attendance Register – Sport Australia Template

[Club Name] Register of attendees

Activity: _____

Location: _____

Date: _____

Arrival time	Departure time	Full name	Phone	Email address	Club	Role	In the previous 14 days, have you: <ul style="list-style-type: none"> • Had any COVID-19 symptoms? • Been in contact with any confirmed/suspected COVID-19 case? • Travelled internationally? 	Downloaded and using COVIDSafe app?

APPENDIX E

Practice personal hygiene (download a copy)

<https://www.health.gov.au/sites/default/files/documents/2020/03/coronavirus-covid-19-print-ads-simple-steps-to-stop-the-spread-coronavirus-covid-19-print-ads-simple-steps-to-stop-the-spread.pdf>

APPENDIX F

Enforce physical distancing (download a copy)

<https://www.health.gov.au/sites/default/files/documents/2020/03/coronavirus-covid-19-keeping-your-distance.pdf>

APPENDIX G

Sanitise share equipment (basic instructions)

COVID-19 spreads through respiratory droplets produced when an infected person coughs or sneezes. A person can acquire the virus by touching a surface or object that has the virus on it and then touching their own mouth, nose or eyes.

A key way you can protect people from the risk of exposure to COVID-19 is by implementing appropriate cleaning and disinfecting measures for your workplace.

A combination of cleaning and disinfection will be most effective in removing the COVID-19 virus.

Sport places and gyms must be cleaned at least daily. Cleaning with detergent and water is usually sufficient. Once clean, surfaces can be disinfected. When and how often your workplace should be disinfected will depend on the likelihood of contaminated material being present. You should prioritise cleaning and disinfecting surfaces that many people touch.

Alternatively, you may be able to do a 2-in-1 clean and disinfection by using a combined detergent and disinfectant.