

COVID-19 SAFETY PLAN

SUNSHINE COAST WATER POLO

Association/Club	Sunshine Coast Water Polo Association
Ground Location	
Club Facility Location	St Andrews Aquatic Centre, NAC, Kawana Aquatic Centre
Club President/Association CEO	Paul Coolican
Contact Email	lconnors@bigpond.net.au
Contact Mobile Number	0438 6111 838
Version	1
Plan last updated xx/xx/xx	01/07/2020
Linda Connors is responsible for this document	

Template Instructions

1. The Australian Institute of Sport (**AIS**) has published a “Framework for Rebooting Sport in a COVID-19 Environment” to inform the resumption of sporting activity in Australia, including community sport. Sport Australia has separately developed a “Return to Sport Checklist for Clubs and Associations” that provides operational guidance to local sporting clubs and associations on considerations that should be taken into account to appropriately resume sport and club operations.
2. To support the AIS and Sport Australia return to sport documents, Sport Australia has developed this COVID-19 Safety Plan template. This template can be used by associations and clubs to consolidate their planning for the resumption of activities at its club. Your association/club should review the Sport Australia Checklist and document its operational requirements for return to sport in the Appendix to this COVID-19 Safety Plan.
3. Yellow highlighting within brackets i.e. [] indicates further information is required from an association/club prior to finalising and adopting the COVID-19 Safety Plan. Before finalising, insert relevant information where highlighted in yellow and delete these template instructions.
4. Your association/club’s COVID-19 Safety Plan should be appropriately ratified within your club’s governance arrangements and regularly reviewed to ensure it remains fit for purpose and aligned with the AIS Framework, government restricted activity measures, public health advice and health and safety laws.
5. **DISCLAIMER:** This template does not constitute legal or health and safety advice. A club should take its own professional advice regarding the development and contents of its COVID-19 Safety Plan.

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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 Noosa Water Polo Association to support **Sunshine Coast Water Polo Association** and 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 Noosa Water Polo, any facilities it controls, the playing/training behaviour of all members and participants and the monitoring and reporting of the health of attendees at various 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 **Sunshine Coast Water Polo 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 **Sunshine Coast Water Polo Club** must consider and apply all applicable State and Territory Government and local restrictions and regulations. **Sunshine Coast Water Polo Association** needs to be prepared for any localised outbreak at our facilities, within our competitions or in the local community.

3. Responsibilities under this Plan

Sunshine Coast Association/Club retains the overall responsibility for the effective management and implementation of the return to sport activities and operations outlined in this Plan.

The **Committee** of **Sunshine Coast Water Polo Association/Club** 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 **Committee** has appointed the following person as the **Sunshine Coast Water Polo's** 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	Linda Connors
Contact Email	lconnors@bigpond.net.au
Contact Number	0438 611 838

Sunshine Coast Water Polo Association/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 **Sunshine Coast Water Polo Association/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 1st of July date of this Plan, participants are training at Level A of the AIS Framework. The Plan outlines specific sport requirements that Noosa Water Polo Association will implement for Level B and Level C of the AIS Framework.

Sunshine Coast Water Polo Association/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

Sunshine Coast Water Polo Association/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: 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, **Sunshine Coast Water Polo Association/Club** will consult with relevant authorities to identify criteria for scaling back its COVID-19 prevention actions. **Sunshine Coast Water Polo Association/Club** will also consider which protocols can remain to optimise good public and participant health.

At this time the **Committee** of **Sunshine Coast Water Polo Association/Club** 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) Updated to level C as at 3 July, 2020	Plan Requirements (for activities under AIS Framework Level C) As at 3 July, 2020 into Stage 3 / Level C relaxation of restrictions
Approvals	<p>The club has obtained 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. • Local government/venue owner approval to training at venue, if required. • National/state sporting body/local association approval of return to training for community sport. • Club committee has approved return to training for club. • Insurance arrangements confirmed to cover training. 	<p>The club has obtained 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	<p>Sunshine Coast Water Polo Club process:</p> <ul style="list-style-type: none"> • We will endeavour to emphasise AIS Framework principle of "Get in, train, get out" – arrive ready to train. • 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). • Defined training areas for each training group, maintaining base density requirement of 4 square metres per person and physical distancing (>1.5 metres). • Sanitising requirements, including use of sanitising stations. • Treatment of shared equipment (e.g. sanitise equipment before, during, after sessions) and use of such equipment to be limited. 	<p>Sunshine Coast Water Polo detail specifics for training/competition processes.</p> <ul style="list-style-type: none"> • 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. • Access to treatment from support staff. • Sanitising requirements continue from Level B. • Treatment of shared equipment continues from Level B.

	<ul style="list-style-type: none"> • No sharing of personal equipment. • Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing). • Guidance for travel arrangements (e.g. physical distancing on public transport, limit car pool/taxi/Uber use). • Training attendance register kept]. 	<ul style="list-style-type: none"> • Personal hygiene encouraged (e.g. wash hands prior to training, no spitting) • Avoid coughing where possible and if so conduct in a discrete manner • Training/playing attendance register kept].
Personal health	<ul style="list-style-type: none"> • Graded return to sport to avoid injury. • Advice to players, coaches, volunteers to not attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). • Washing of hands prior to, during and after training and use of hand sanitiser where available. Avoid coughing, clearing nose & spitting • Avoid physical greetings (i.e. hand shaking, high fives etc.). 	<ul style="list-style-type: none"> • Requirements continue from Level B.
Hygiene	<ul style="list-style-type: none"> • Any safe hygiene protocols distributed by national/state sporting body or local association that will be adopted by club. • Guidelines for sanitisation and cleaning, including requirements for sanitisation stations]. 	<ul style="list-style-type: none"> • Hygiene and cleaning measures to continue from Level B].
Communications	<ul style="list-style-type: none"> • Club will brief players, coaches and volunteers on return to training protocols including hygiene protocols via email and messaging, social media and reinforce hand washing and general hygiene etiquette. • We endorse the government COVIDSafe app and encouragement to players, coaches, members, volunteers and families to download and use app. • The Club will promote good personal hygiene practices in and around training sessions and in Club facilities via posters and social media. • The Covid19 info officer can direct individuals to mental health and wellbeing counselling services. 	<ul style="list-style-type: none"> • Club will brief players, coaches and volunteers on return to training protocols including hygiene protocols via email and messaging, social media and reinforce hand washing and general hygiene etiquette • Continued endorsement of government COVIDSafe app and encouragement to players, coaches, members, volunteers and families to download and use app. • The Covid19 info officer can direct individuals to mental health and wellbeing counselling services.

Part 2 – Facility Operations

Area	Plan Requirements (for activities under AIS Framework Level B) Updated to Level C from 3 July, 2020	Plan Requirements (for activities under AIS Framework Level C)
Approvals	<p>The club must obtain the following approvals to allow use of club facilities at Level B:</p> <ul style="list-style-type: none"> • State/Territory Government approval of the resumption of facility operations. • Local government/venue owner approval to use of facility, if required. • Club committee has approved plan for use of club facilities. • Insurance arrangements confirmed to cover facility usage. 	<p>The club has obtained the following approvals to allow use of club facilities at Level C from 3 July, 2020:</p> <ul style="list-style-type: none"> • State Government approval of the resumption of facility operations. • Local government has given approval to use of facility, if required. • Club committee has approved plan for use of club facilities. • Insurance arrangements confirmed to cover facility usage.
Facilities	<p>Sunshine Coast Water Polo Club has a sport specific risk assessment that has been covered and maintained by the facilities we are currently utilising, including signage.</p> <ul style="list-style-type: none"> • No shower facilities available we recommend the minimal use of communal facilities. • Hygiene and cleaning protocols as above. 	<p>Sunshine Coast Water Polo Club will:</p> <ul style="list-style-type: none"> • Continue to limit some Club facilities, in keeping with new hygiene protocols wherever reasonable and practical. • Hygiene and cleaning protocols measures as per Level B.
Facility access	<p>Sunshine Coast Water Polo Club will continue to:</p> <ul style="list-style-type: none"> • Detail health screening measures prior to entry to any facilities and any privacy measures club will take to protect sensitive health information. • Restrict 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. • Who may attend the club facilities: only essential participants should attend to minimise numbers; not more than one parent/carer to attend 	<p>Sunshine Coast Water Polo Club will:</p> <ul style="list-style-type: none"> • Continue Level B protocols as appropriate. • Who may attend the club facilities: gathering numbers should not exceed government allowances (COVIDSafe Roadmap maximum gatherings: Step 1 (10 people), Step 2 (20 people), Step 3 (100 people)). • Any spectators should observe physical distancing requirements (>1.5 metres) and density requirements (one person per 4 square metres). • Managed access including separate entry/exit points, managed traffic flows, stagger arrival/departure times. • Non-essential personnel to be discouraged from entering change rooms.

	<p>with children; gathering numbers should not exceed government allowances (COVIDSafe Roadmap maximum gatherings: Step 1 (10 people), Step 2 (20 people), Step 3 (100 people))</p> <ul style="list-style-type: none"> • Any spectators should observe physical distancing requirements (>1.5 metres). • Detailed attendance register to be kept]. 	<ul style="list-style-type: none"> • Physical distancing protocols including use of zones in clubrooms, change rooms, bar/canteen including by use of physical zone indicators. • Bar/canteen operations to include food and cash handling protocols, hygiene and cleaning measures and established zones. • General advice on physical distancing in club facilities including discouraging face to face meetings where possible, restricting site visitors, deferring or splitting up large meetings. • Detailed attendance register to be kept].
Hygiene	<p>Sunshine Coast Water Polo will ensure the facility booked will:</p> <ul style="list-style-type: none"> • Apply safe hygiene protocols distributed by national/state sporting body or local association that will be adopted by club 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 Club facilities]. 	<p>Sunshine Coast Water Polo Club will:</p> <ul style="list-style-type: none"> • Continue hygiene and cleaning measures as per Level B.
Management of unwell participants	<p>Sunshine Coast Water Polo will follow the below management of unwell participants in training and strategies to avoid contact:</p> <ul style="list-style-type: none"> • Isolation/medical requirements for all players, members, volunteers and their families at the onset of any symptoms including club facilities that can be used to manage symptomatic participants. • Training of volunteers/club management on treatment of symptomatic participants and disinfecting of facilities used by such participants. • Notification protocols for notifying public health authorities and other attendees of symptomatic participants]. • For committee meetings, wherever practically possible we will use Zoom 	<ul style="list-style-type: none"> • Measures as per Level B.

Club responsibilities	The club will oversee: <ul style="list-style-type: none">• Provision and conduct of hygiene protocols as per the 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.
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