



RETURN TO GROUP TRAINING GUIDELINES COVID-19 (Level 2)

CRONULLA TRIATHLON CLUB

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POLICY NAME	Return to Group Training Guidelines COVID-19 (Level 2)	POLICY NO.	001
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Introduction AND OVERVIEW

The impact of COVID-19 has resulted in the suspension of triathlon group training activities and events since early March. Since this time, the priority of Cronulla Triathlon Club (CTC) has been to safeguard the health and wellbeing of its members and the community and to undertake its social responsibility to do everything it can to slow down the spread of COVID-19.

COVID-19 is mostly likely spread through direct close contact with a person while they are infectious (usually face to face contact for at least 15 minutes; or being in the same closed space for at least 2 hours). Given that triathlon related activities are in the large part conducted outdoors, the risk of infection through training is minimal, and now with the rate of infection greatly reduced, it is time to cautiously reintroduce group training in a staged approach.

The conditions set out in this document are in line with government directions as at the date stated above. This document and its conditions will be amended in accordance with any future government directives.

These guidelines provide for the limited return of group training. Training for groups greater than **20 people** and holding events are still not permitted under public health guidelines and is not sanctioned by Triathlon NSW (TNSW). In starting group training, we need to satisfy participants, volunteers and their families that it is safe to do so, and to ensure that venue operators (typically Sutherland Shire Council) and others are satisfied that our club is taking reasonable steps to keep people safe.

We wish to outline a clear set of steps that will allow us to ensure that we meet the requirements to:

- have gatherings of no more than 20 people at any time including coaches
- have appropriate social distancing of at least 1.5m between people at all times
- allow for at least 4m² for all participants at all times, and;
- maintain reasonable levels of hygiene to minimise the risk of infection

These are guidelines, not regulations. Our duty of care to our participants is to take all reasonable care to keep them safe, and as a club we need to be able to demonstrate that we have done so. To further aid the fight against COVID-19, TNSW and CTC supports the Australian Government's COVIDSafe app and strongly encourages all members to get behind this initiative. The app can be downloaded from the Apple App store and Google Play.

Restarting Group training

CTC has produced these guidelines based on the framework provided by the Australian Institute of Sport (AIS) Level B and is implementing Level 1 of the Australian Government Roadmap to a COVIDSafe Australia, and the Public Health (COVID-19 Restrictions on Gathering and Movement) Order (No 2) 2020 as issued on Friday 15 May 2020.

The AIS Framework document can be found at:

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

The Australian Government Roadmap can be found here:

<https://www.pm.gov.au/sites/default/files/files/covid-safe-australia-roadmap.pdf>

The NSW Public Health (COVID-19 Restrictions on Gathering and Movement) Order (No 2) 2020 can be found here:

https://gazette.legislation.nsw.gov.au/so/download.w3p?id=Gazette_2020_2020-99.pdf

Level 1 Training	
WHAT IS PERMITTED	WHAT IS NOT PERMITTED
<ul style="list-style-type: none">• Training to be conducted in groups (no more than 20 personnel in total – including coaches)• Social distancing of 1.5m between participants• Spacing so that there is no more than 1 person per 4m²• Some sharing of sporting equipment such as bike trainers, rollers, weights	<ul style="list-style-type: none">• Training sessions involving more than 20 people.• Sharing of bikes and personal equipment

Preparing for training



Maintain attendance records



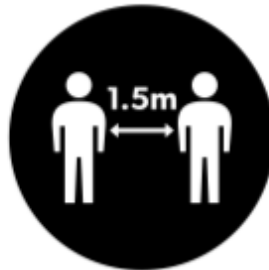
Ensure changerooms and showers are not used.



Ensure toilets are open and have soap and sanitiser.



Be punctual and aim to avoid any contact with other training sessions



Maintain a 1.5m distance between participants on and off-field



Provide regular breaks for hydration and hand sanitising

Screening prior to training

Before participating in any of CTC training activities, participants should not attend training if in the past 14 days they have:

- **been unwell or had any flu-like symptoms, or**
- **been in contact with a known or suspected case of covid-19, or**
- **any sudden loss of smell or loss of taste, or**
- **are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.**

Check the NSW Government website link advice regarding the full list of symptoms associated with COVID-19 infection: <https://www.nsw.gov.au/covid-19/symptoms-and-testing>

Organising training sessions

Due to the nature of our training events being open to all members it may be necessary to reserve spots to each session. The coordinator or coach shall determine the number of participants permissible at each event. In outdoor activities this will normally be 20 (including the coordinator), however any stretching sessions in the clubhouse or the courtyard may be restricted further.

The coach or session coordinator will advise the method if required (e.g. online booking, or social media reply to an event) by which time spots may be reserved, so as to ensure we do not exceed maximum number of persons per activity. The coordinator must have a method of recording participants at each session. This may be by using a time stamped photo.

Where possible the coordinator should promote the use of the COVID-19 App by participants at the session.

Ensure toilets, soap and sanitizer are available for use.

Where multiple sessions are organised in succession, a minimum gap of 10 minutes shall be allocated between commencement times, in order to allow the 1st group to depart the assembly area prior to the 2nd congregating 5min before their start time. Where multiple sessions are held, the coordinator must ensure adequate distancing between the two groups. And all efforts taken to ensure the two groups do not mix.

CONDITIONS & GUIDELINES FOR RETURN TO GROUP TRAINING

These are the steps that TNSW recommend that clubs take to ensure that they keep their participants and their families safe.

WHEN CONDUCTING TRAINING, THE FOLLOWING CONDITIONS ARE TO BE IMPLEMENTED BY THE **COACH/CLUB OFFICIAL:**

- records of attendance at training are maintained by the session coordinator
- no more than 20 people to be involved in any sessions
- physical distancing to be implemented (1.5m rule)
- 20 people to be in a spacing so that there is no more than 1 person per 4m²
- any handling of equipment is to be kept to a minimum
- no usage of changerooms, or inside clubhouse areas
- only essential people are to attend training sessions (i.e. participants, coaches, and volunteers involved in operations and one parents/carer of participants)
- spectators are not permitted. one parents/caregivers is permitted for supervision purposes and if feasible they are encouraged to wait in car / outside venue to avoid gatherings
- regular breaks are to be provided for the purpose of rehydrating and hand sanitising
- toilets are to be open for use
- soap and sanitiser to be available in the toilets at all times
- participants are to enter and leave the venue in a coordinated manner minimising contact with others and not gathering in large groups
- no social activity is to occur once training has concluded
- promote a “get in, train and get out” philosophy, minimising unnecessary use of communal facilities

WHEN PARTICIPATING IN TRAINING SESSIONS, THE FOLLOWING CONDITIONS ARE TO BE IMPLEMENTED BY THE **PLAYER/PARENT:**

- participants must not arrive more than 15 minutes prior to training commencing, and if arriving by car, remain in the car until 5 minutes before training to avoid gatherings
- participants are to come already prepared to train – changing rooms will not be in use
- participants are to bring their own drink bottles and they are to be clearly labelled. no sharing of drink bottles is to be permitted
- participants are to leave the venue immediately once their training session has concluded
- adopt a “Get in, train and get out” mentality – prepare for training prior to arrival, minimise use of communal facilities

General SAFEGUARDS

In addition to the conditions outlined above for training, it is recommended that everyone involved in the Cronulla Triathlon Club continue to practise good hygiene by implementing the following measures:

CLUB RESPONSIBILITY

- ensure spaces at each facility, surfaces and objects are regularly cleaned with disinfectant
- provide hand washing guidance to all participants and volunteers (see below)
- promote regular and thorough hand washing by volunteers and participants
- provide sanitising hand rub dispensers in prominent places around the venue
- ensure sanitising hand rub dispensers are regularly refilled
- ensure soap dispensers in toilets are regularly refilled
- ensure bins are provided around the venue



INDIVIDUALS' RESPONSIBILITY

- members, officials, volunteers and/or their parents/carers should carry hand sanitiser on their person in order to enable good personal hygiene
- if using tissues, place them directly in the bins provided
- seek to avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly
- each participant is to provide their own drink bottle that is clearly labelled and is only used by that individual. no sharing of drink bottles
- no sharing of pens or clip boards, each volunteer must bring their own to venues
- wash your hands frequently with soap and water, before and after eating, and after going to the toilet
- avoid unnecessary body contact (hand shaking, high fives etc)

BEHAVIOUR

- cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze
- wash hands with soap and water often
- use hand sanitiser gel if soap and water are not available
- do not touch your eyes, nose or mouth if your hands are not clean
- no spitting at any time
- wipe down all surfaces and objects with appropriate anti-bacterial/disinfectant wipes or soap, particularly those frequently touched. this includes door handles, light switches, kitchen surfaces, bathroom surface, phones, remote controls and any other high touch areas
- do not share drink bottles
- practice social distancing. if someone comes and stand next to you, move away and ensure you implement social distancing requirements