



RETURN TO PLAY PLAN

20th June 2020

Please note the latest rule changes in summary.

[22 June 2020]

For people aged 18 years and under: full-contact training and competition may resume.

NO limits on the number of people per group or class if all participants are 18 years old or younger for indoor or outdoor activities.

INDOOR Activities for 19 yrs. and over or for sessions that are of mixed age groups (18 & under + 19 & over):

- Up to 20 people allowed (+ instructors) per separate enclosed space, subject to the four square metre rule and up to 10 people per group/activity (+ instructor).

- Organised non-contact competitions are allowed for all age groups if participants can keep 1.5 metres between them and there are no more than 20 participants in the competition.

- Toilets may be used.

- Showers and change facilities may open.

[13 July 2020]

Adults can resume full-contact training.

[20 July 2020]

Full-contact competition can resume.

The above announced planned easing of restrictions is subject to change by the Chief Health Officer

For more in depth information please go to: <https://www.dhhs.vic.gov.au/victorias-restriction-levels-covid-19>

Sport and Recreation Victoria also have interpretations of rules as to how they relate to community sport here in Victoria and have provided fact sheets on their site which you may access and use in your clubs:

<https://sport.vic.gov.au/our-work/return-to-play/return-to-play-for-community-sport-and-active-recreation>

The Victorian Multicultural Commission has published language translated information, including factsheets and promotional materials for people from culturally and linguistically diverse backgrounds:

<https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19>

The below is a list of actions each club should take to ensure the health and safety of its members and participants. Please note we all have a duty of care and a responsibility to help stop the spread of COVID-19. You may have your own plan or wish to be guided by and/or incorporate this plan in returning to play/training. The below has been reviewed by The Return to Play Expert Advisory Panel at Sport and Recreation Victoria.

All clubs must: for each and every class/training session, record: attendee's name, phone number and time of attendance and departure in the event contact tracing needs to be initiated. This register will be held on premises and be available for access away from the premises.

What infection control measures will you introduce to ensure all participants and spectators are maintaining personal hygiene?

- COVID-19 safety officer where possible.
- For participants who are 19 years and over: Only 20 participants at maximum at any one time will attend a training session, ensuring 4 sq m per participant is available and 1.5 m social distancing can be achieved. The 20 participants will be separated into 2 groups of 10 by a physical distance of 2 m.
- For mixed classes where there are 18 & under and 19 & over participants training together, the maximum number of athletes/students allowed is 20, subject to the 4 sq m per participant space being available. The 2 groups can be separated by age. The 18 & under group may contact during training but will not come into contact with participants 19 years and over. The 2 groups will be separated by a physical distance of no less than 2 metres. No contact allowed for anyone 19 yrs and over.
- Hand sanitiser (which contains at least 60% alcohol) will be available upon all entry and exit points into the venue and training area/s.
- No spectators will be allowed at any time for any age group.
- Start times will be staggered to limit contact between groups and to allow for surface cleaning and disinfecting of training area/mats and equipment used.
- Change rooms will have limited access and only allow 1 person per 4 sq m in at any one time. Change rooms will have clear signage on the outside that indicate the number of persons allowed in at any one time. Participants will be encouraged to get dressed and change at home.
- There will be floor/mat markers that indicate standing position of athletes/students for participants aged 19 years and over. The entry and exit points will have markers to ensure physical distancing is maintained upon entry and exit.
- There will be no high fives/glove to glove contact throughout class for those aged 19 yrs. and over.
- For participants aged 19 yrs. and over, any bags and equipment brought into the premises must be placed at least 1.5 m away from anyone else's bag/equipment.
- Athletes are allowed to wear masks if they have access to them.
- Kia's are not allowed.
- Water fountains if present will not be allowed to be used. All participants will be encouraged to bring their own water bottle. Water bottles will be marked with owner's name so that athletes do not confuse their bottles. Sufficient time for breaks will be given for participants to drink water to avoid spillage and any contamination via heavy breathing.
For those aged 19 yrs. and over, water bottles will be spaced at a physical distance of 1.5 m so to avoid any participants coming into contact with each other during training.

How will personal hygiene and cleaning of facilities and equipment be maintained to minimise transmission of coronavirus (COVID-19)?

- Daily checks, wipes and cleaning performed before classes start and in between class sessions.
- Extra time between classes/training sessions will be allowed for cleaning and sanitising of all surfaces and any equipment that may have been used.
- Hand sanitiser will be available throughout class and at all entry and exit points.
- Each student will be encouraged to sanitize and wash their own equipment and gi after each and every class.
- For those that have access to masks, they will be told that they will be allowed to use these during training sessions.

<https://www.choice.com.au/home-and-living/laundry-and-cleaning/washing-machines/articles/how-to-wash-laundry-to-kill-virus-and-bacteria>

<https://www.unicef.org/coronavirus/cleaning-and-hygiene-tips-help-keep-coronavirus-covid-19-out-your-home>

Have you increased regular cleaning schedules for common use areas? :

- Yes

For activities that contain physical contact, or close interaction with other people, what protocols or modifications to activities can be implemented to ensure physical distancing is maintained?

- Where possible masks will be provided or highly recommended to participants for use during training.
- No activities that include contact will be undertaken for those aged 19 yrs. and over.
- Paddles may be used by coach only with elite athletes in one-on-one session, ensuring physical distance is being maintained between coach and athletes whilst using paddles (no holds or takedowns. Target practice only).
- Kiai-ing will not be allowed in any sessions.

What measures have you put in place for managing entry and exit points, separating assembly areas, adjustments to activity timings and maintaining physical distancing of people?

- For managing entry and exit points:
 - Start times will be staggered.
 - Athletes/students to exit one by one.
 - Markers will be placed on the floor at entry and exit points reminding everyone of the distance they need to keep.
 - For those clubs where it is available, there will be different entry and exit points/doors.
 - Athletes/students will be asked to collect their belongings (shoes/bags) one by one as they leave the premises.
 - Signs will be placed at each entry and exit point reminding everyone to keep their distance.
- Adjustments to activity:
 - Water bottles to be marked with names and kept at a distance from one another (for 19 yrs. and over bottles will be spaced out at 1.5m).
 - Water breaks will be extended to allow for physical distancing to be maintained.

What protocols will be in place to restrict access to athletes and maintain recommended physical distancing?

- No spectators will be allowed access or entrance to training venue.
- Parents/carers will be encouraged to wait in their cars while picking up or dropping off.

What modifications can be made to ensure there is no transmission of coronavirus (COVID-19) through the sharing of equipment, contact with equipment and/or contact with any surfaces where participants may be at risk of infection?

- No equipment will be shared in any one session.
- Use of any 'in-house' equipment will be minimised.
- All athletes will be encouraged to wipe and/or clean any of their own equipment they use before and after every session (see links above re cleaning/sanitizing).
- All 'in-house' equipment will be sanitized after each and every use.
- Our mats will be sprayed and wiped with a disinfectant between each and every class.
- If and where possible, masks will be provided or be encouraged to wear.

Do you have protocols in place for sports medicine staff who share medical equipment?

- NA

For team activities, what protocols are in place to enable a staged return to activities of small groups (up to 10) in non-contact formats?

- No team activities such as games or sparring will be conducted during the restrictions for those 19 yrs. and over.



- Online training sessions will still be offered to cater for a greater than 20 memberships base.

Are changes required to participant behaviour during sport activities in addition to no shaking hands and high fives?

- Yes: In addition to above, kiai's are banned.

How will you ensure that indoor facilities, other than toilets, remains closed?

- There will be signage put up and access to these areas will be restricted (doors will be locked where possible or tape will be used across open doorways or curtains removed from change rooms) for those aged 19 and over.
- Change room access will be granted to those 18 yrs. and under but at limited capacity to avoid overcrowding.

How can your return to play plan ensure travel is minimised and participants stay in the local neighbourhoods and towns?

- Membership bases are local for each club.
- Online sessions will still be offered by some clubs to their members.

What measures are in place for high injury risk activities that may result in hospitalisation?

- No high risk activities will be taking place until restrictions are eased further. No takedowns or free sparring will be allowed. Kumite training will be mainly drill base partner work for those aged 18 yrs. old and under.
- Movement and activities will be limited to smaller areas that will allow for physical distancing to be maintained between participants for those aged 19 yrs. and over.

What protocols or processes are in place to ensure participants are free of coronavirus (COVID-19) symptoms?

- Signage will be clearly visible, informing participants, of the symptoms and if they experience any of them to not come into the premises.
- Information in regards to anyone feeling sick will be emailed to each member/participant informing them that they must stay home if they are feeling unwell in any way.
- Members will be encouraged to download of the COVID-19 safety app.
- Some clubs may also:
 - Have a waiver included as part of registering for a class.
 - Check participant's temperature upon arrival (dependent on availability of thermometers).

What protocols do you have in place for people who present to training with symptoms consistent with COVID-19 (fever or respiratory symptoms such as cough, sore throat and shortness of breath)?

- Anyone who presents with symptoms of COVID-19 will not be allowed onto the premises.
- If someone presents with symptoms during a session, the session will be halted. The participant will be placed in a separate area where possible and asked to leave immediately. If they need to be picked up/are under age, their parent /carer will be notified. They will also be asked to see their doctor and get tested if needed. They will be asked to stay home, not return to class and quarantine for 14 days. If symptoms/the health of the participant deteriorates dramatically within this time, 000 will be called.
- All participants in the particular class where someone presented with COVID-19 symptoms, will be asked to go home and quarantine for 14 days. Coaches will also self-quarantine for 14 days. Participant and coaches will not be allowed to attend another session within the 14 days unless they have been tested for COVID-19 and their result has been presented.



How will you coordinate and communicate and changes to the directions to your clubs, members and stakeholders?

- Via web-site, social media and email.

List the measures you will use to communicate and provide guidance to participants and clubs?

- Clubs/Participants will be provided with links and information via web-site, emails and social media pages to COVID-19 safety precautions, hygiene recommendations and courses provided by government and other agencies such as WHO.
- Communication about rules and any changes will be emailed immediately.

<https://www.science.org.au/curious/people-medicine/hand-sanitiser-or-soap-making-informed-choice-covid-19>

<https://www.safetyandquality.gov.au/our-work/infection-prevention-and-control/infection-prevention-and-control-elearning-modules>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/training/online-training>

<https://www.openlearning.com/courses/covid-safe-martial-arts-school/>

<https://www.sentrient.com.au/covid-19-coronavirus-courses>

Do you have protocols to advise participants, officials and parents or carers to not attend if they are feeling unwell?

- Yes:
 - Clearly visible signage throughout the premises.
 - Information and links to the symptoms, hygiene and training in regards to COVID-19 safety sent via email (see links provided above).

In addition, some clubs may also:

- Have participants sign/tick a box that they understand that if they are not feeling well, they must stay home and not attend any sessions until they are symptom free.
- A waiver will be handed out to each member that they must sign and return before commencement of classes.

Do you have strategies to address non-compliance? What are they?

- Yes:
 - Members/participants will be temporarily suspended and asked to not return to class for 14 days.
 - Information and links in regards to COVID-19 safety, symptoms and all rules will be re-sent.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

**For further information or questions in regards to this plan please contact KV via email:
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