**Return to Play Guidance for Community Sport and Recreation Organisations**

From 13 May 2020, the Victorian Chief Health Officer has approved community sport and recreation activities can resume according to the following rules:

* + Parents and guardians taking children to and from training activities are required to follow the Chief Health Officers’ Directions for public gatherings and maintain physical distancing of 1.5 metres.
  + If they remain with their children during participation in sport, will be considered part of the group up to 10 people, unless they are formally coaching or instructing the activity.
  + Maintain physical distancing of 1.5 metres wherever reasonably possible
  + All activity and training must be non-contact, and no competitions are to take place. Contact sports must be modified so that you can maintain 1.5m distance.
  + No use of communal facilities, except for toilets
  + If the activity is run by an operator of an indoor physical recreation facility (such as a gym, health club or fitness centre), a personal training facility (indoors or outdoors) or an arena or stadium, then the operator must keep a record of attendees including first name, phone number, date and time of attendance
  + Shared equipment that touches the head of face or cannot be effectively cleaned should not be used i.e. soft materials, helmets or clothing
  + Hand hygiene, frequent environmental cleaning & disinfection, use of own equipment where possible and minimise sharing of equipment

From 11:59pm on 21 June – and in line with the most up-to-date advice of the Chief Health Officer – the following changes will be made:

* + Indoor sports centres and physical recreation venues, including gyms to open with up to 20 people per single undivided indoor space and up to 10 people per group/activity at any one time.

**Return to Play Plan – Whitehorse Chevaliers Fencing Club**

**Organisation details**

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| **Provide** organisation name, contact person, phone number, type of organisation, ABN, address. |
| Organisation: Whitehorse Chevaliers Fencing Club  Contact people: Cathi Walker, President; Lisa Lagergren, Head Coach  Phone numbers: Cathi Walker, 0412 247 526; Lisa Lagergren, 0450 556 330  Type of organisation: Incorporated fencing club (not-for-profit)  ABN: 27420224404  Address: PO Box 86, Nunawading, Victoria, 3131 |

1. **Hygiene**

A pre-emptive low-cost intervention like enhanced hygiene measures of participants is key to reducing the transmission of coronavirus (COVID-19). Examples of personal hygiene measures that should be promoted include handwashing and covering mouth and nose with a tissue or sleeve during coughing/sneezing.Advice on cleaning is available from the [Department of Health and Human Services](https://www.dhhs.vic.gov.au/business-sector-coronavirus-disease-covid-19) and the [Commonwealth Department of Health](https://www.health.gov.au/sites/default/files/documents/2020/03/environmental-cleaning-and-disinfection-principles-for-covid-19.pdf).

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| What infection control measures will you introduce to ensure all participants and spectators are maintaining **personal** hygiene? |
| All participants aged 12 and over will be required to complete the COVID-19 infection control training and provide their certificates to the club before registering for sessions.  All participants and spectators will be required to sanitise their hands on arriving at the venue, using an alcohol-based hand rub; hand rub will be provided at all sessions, and all facilities have hand-washing facilities.  Information will be displayed with key messages regarding personal hygiene and respiratory etiquette. Tissues will be provided to assist with respiratory etiquette, and bins are available for disposal of these. |
| How will personal hygiene and cleaning of **facilities and equipment** **be maintained** to minimise transmission of coronavirus (COVID-19)? |
| Sharing of masks, jackets and gloves will not be permitted; participants who do not own their own equipment will be able to borrow cleaned items for their sole use.  Shared equipment with smooth surfaces (swords, plastic chest protectors and body wires) will be cleaned before and after use with anti-bacterial wipes.  Remote controls for scoring boxes will be sanitised at the beginning and end of each session.  The facilities used by the club are owned by schools and local governments, who will be undertaking increased cleaning of facilities. |

**1.2 Have you increased regular cleaning schedules for common use areas? Yes/No**

Yes. There will be increased cleaning by the owners of the facilities - the facilities used by the club are owned by schools and local governments, who will be undertaking increased cleaning of the stadium and toilets. The facilities are also introducing new cleaning regimes whereby handles, chairs and surfaces that are used will be wiped down with disinfectant spray at the end of each session.

1. **Physical contact activities**

Physical distancing decreases the risk of transmission by reducing incidence of contact with other persons through shaking hands, hugging or tackling. The Stay at Home Directions require that participants take reasonable steps to maintain 1.5m distance from all other people.

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| 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? |
| Fencing involves minimal physical contact. The action of two fencers coming into physical contact with one another with any portion of their bodies or hilts is not permitted in sabre, and will cause a halt to activity. It is allowed in epee but is avoided. Where accidental physical contact occurs in fencing, it is momentary and participants are wearing jackets, fencing masks and gloves and thus have minimal risk of transmission.  Shaking hands will no longer occur; fencing does not involve tackling. |

1. **Arrival and departure of participants, officials, parents or carers**

Physical distancing decreases the risk of transmission by reducing incidence of contact between people. [Th](https://www.dhhs.vic.gov.au/state-emergency)e Stay at Home Directions currently limit gatherings of groups of people to reduce the risk of people spreading coronavirus (COVID-19). The control of facilities and management of areas where people might gather will reduce the risk of coronavirus (COVID-19) transmission.

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| 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? |
| Session times have been altered to ensure that arrival and departure times for different groups will not overlap.  Warm-up and footwork formats already allowed for physical distancing, and training drills have been re-designed to ensure that these also ensure physical distancing. Floor decals at 1.5 metre intervals will be used to demarcate positions for participants during warm-ups, footwork and drills.  Waiting areas will be used to separate participants from earlier sessions in the situation where parent pick-up is delayed. |

1. **Spectators/gatherings**

[The](https://www.dhhs.vic.gov.au/state-emergency) Stay at Home Directions currently limit gatherings to groups of 10 people to reduce the risk of people spreading coronavirus (COVID-19). Spectators, and other non-participants watching activities should not attend activities unless they have an essential role or they are parents and/or guardians.Public gathering limitations apply. Organisations should plan for activities without crowds to prevent the spread of coronavirus (COVID-19).

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| What protocols will be in place to restrict access to athletes and maintain recommended physical distancing? |
| Non-participants will only be allowed if they are a coach or a parent of a child under 10.  Parents will be required to pick up and drop off children aged 10 or more; and will not be able to stay in the facility unless their child has specific needs (e.g. physical health condition, anxiety).  General spectators will not be permitted.  A session booking/registration system will be used to ensure that participant numbers are limited in line with state requirements. |

1. **Sharing equipment**

In combination with good hygiene practices, a similar pre-emptive measure is to promote behaviours such as not sharing drink bottles, towels, and limiting the shared use of equipment. Equipment that that touches the head of face or cannot be effectively cleaned (for example, if made from soft materials or clothing) should not be shared. Where sharing equipment cannot be avoided, equipment with smooth surfaces should be cleaned between sessions.

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| 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? |
| Equipment with soft surfaces (jackets and gloves) will not be shared; nor will masks.  Items with smooth surfaces which may need to be shared (swords and body wires) will be sanitised at the start and finish of each session; most participants have their own equipment.  Warm-ups will be modified to ensure that shared equipment items such as balls are not used. |

**5.1 Do you have protocols in place for sports medicine staff who share medical equipment? Yes/No**

Not applicable – there is no shared medical equipment, there is First Aid person at each session who would access their first aid supplies if required.

1. **Group/team activity**

[Restricted Activity Directions](https://www.dhhs.vic.gov.au/state-emergency) and Stay at Home Directions currently limit gatherings to up to 10 people outdoors (plus a coach or the minimum number of support staff reasonably required to manage the activity) which impacts team or group activities.

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| 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? |
| Our club’s activities do not involve team activities. |

**6.1 Are changes required to participant behaviour during sport activities in addition to no shaking hands and high fives? Yes/No**

No.

1. **Indoor facilities (PLEASE NOTE THAT INDOOR ACTIVITY IS CURRENTLY PROHIBITED)**

The Restricted Activities Direction prohibits the use of indoor facilities such as club rooms, change rooms, and showers. Only toilets can remain open.

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| How will you ensure that indoor facilities, other than toilets, remains closed? |
| Participants will be required to arrive ready to train in their sporting attire, and not change at the facility. Areas of the facility other than the stadium and toilets are not used, apart from the spaces that people move through to access the stadium (e.g. stairs, passage outside toilets). |

1. **Travel**

To prevent the spread of coronavirus (COVID-19), the Stay at Home Direction restricts travel to participate in sport and recreation activities to day trips only.

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| How can your return to play plan ensure travel is minimised and participants stay in the local neighbourhoods and towns? |
| Our club’s sporting activities do not require overnight travel; all participants live in Melbourne and need little travel time to get to the venues. |

1. **High injury risk activity**

To reduce the strain on Victoria’s health and emergency services, common sense should be used in avoiding activities that have a high risk of injury that may result in hospitalisation.

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| What measures are in place for high injury risk activities that may result in hospitalisation? |
| Fencing has a very low overall risk of injury, and will continue to run drills and supervise activities to further minimise risk of hospitalisation. The most common types of injury are soft tissue injuries; to minimise risk of soft tissue injury, coaches will ensure that participants warm up and do active stretches before commencing training. |

1. **Protocols**

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| What protocols or processes are in place to ensure participants are free of coronavirus (COVID-19) symptoms? |
| All parents/guardians and participants with smartphones will be advised to download the COVIDSafe app.  All coaches and Committee members will be required to complete the COVID-19 infection training.  All participants aged 12 and over will also be required to complete the COVID-19 infection control training and provide their certificates to the club before registering for sessions.  All participants, coaches and parents/guardians will be informed that they must not attend if they have any COVID-19 symptoms. |
| 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)? |
| Participants who present to training with symptoms will not be allowed to participate in training, and will be required to leave the venue as soon as practical (e.g. a parent may need to come and pick them up). Venues have open areas where a person could wait separate to the sports training area, whilst awaiting pick up. |
| How will you coordinate and communicate and changes to the directions to your clubs, members and stakeholders? |
| Changes are being advised via e-mail and phone calls to each family, along with supply of this Return to Play Plan, and separate summary advice to participants and their families. |

1. **Communication**

Communicating coronavirus (COVID-19) risk mitigation strategies to participants is vital. Setting and promoting expectations for required behaviours prior to recommencing activities will be crucial to ensuring activities are safe to return to and remain free of further restrictions. This includes communicating current restrictions, improved health literacy of participants and social distancing measures.

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| List the measures you will use to communicate and provide guidance to participants and clubs? |
| All participant families will be required to complete the COVID-19 infection control training.  All members will receive a copy of the Club’s Return to Play Plan, and separate summary advice.  Both email and individual phone calls will be used to make participants aware of changes to how sport is conducted, and current restrictions and social distancing requirements.  Laminated posters will also be used at venues to make people aware of key health messages, reiterate social distancing requirements, and state equipment sharing restrictions and hygiene requirements. |

* 1. **Do you have protocols to advise participants, officials and parents or carers to not attend if they are feeling unwell? Yes/No**

Yes. Participants and parents/carers will be required to complete the COVID-19 infection control training, and all participants and their families will be advised by phone and email of the requirement not to attend if unwell.

* 1. **Do you have strategies to address non-compliance? Yes/No What are they?**

Yes. Our strategy for non-compliance will be to require people to leave if they are unwell, and to separate anyone who is (or becomes) unwell from other participants until they leave the venue.