



Wallis Spirit Dragon Boat Club



COVID-19 SAFETY PLAN

Club	Wallis Spirit Dragon Boat Club
Ground Location	<ul style="list-style-type: none">• Venue 1: North Coast Inclusive Aquatic Facility, Coomba Road, Coomba Park (current)• Venue 2: 1966 Coomba Road, Coomba Park NSW 2428 (alternative)
Club Facility Location	North Coast Inclusive Aquatic Facility
Club President	Brian Cotterill
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Version	1.1
Plan last updated	10/01/2021
Pat Powell (Covid19 Coordinator) is responsible for this document	

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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 Wallis Spirit Dragon Boat Club (**the Club**) to support the Club 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 the Club, any facilities it controls, the playing/training behaviour of all members and participants and the monitoring and reporting of the health of attendees at the Club 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 the 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 the Club must consider and apply all applicable State and Territory Government and local restrictions and regulations. The Club needs to be prepared for any localised outbreak at our facilities, within our competitions or in the local community.

3. Responsibilities under this Plan

The 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 the 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 Club 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	Pat Powell
Contact Email	theseecretary@wsdragons.com.au
Contact Number	0437 373 029

The 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 the 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 date of this Plan, the Plan outlines specific sport requirements that the Club will implement for Level C of the AIS Framework.

The Club will transition to the training activity and facility use as outlined in Level C of the AIS Framework as permitted under local restrictions and regulations.

4.1 AIS Framework Arrangements

The protocols for conducting sport operations and facility operations under Level C of the AIS Framework are set out in the Appendix.

4.2 Roadmap to a COVIDSafe Australia

The 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. Maximum of 20 paddlers. 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: Gatherings must not exceed a total of 3,000 participants or a maximum of 1 person per 2 square metres, whichever is lesser for outdoor activities, and a maximum of 1 person per 2 square metres for indoor activities, which includes: <ul style="list-style-type: none"> • a person engaged in the sporting activity, and • an official (including a volunteer) involved in the conduct or organisation of the sporting activity, and • a spectator of the sporting activity.

5. Recovery

When public health officials determine that the outbreak has ended in the local community, the Club will consult with relevant authorities to identify criteria for scaling back its COVID-19 prevention actions. The Club will also consider which protocols can remain to optimise good public and participant health.

At this time the Committee of the 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 C)
Approvals	<p>The club must obtain the following approvals to allow a return to training at Level C:</p> <ul style="list-style-type: none"> • State/Territory Government approval of the resumption of community sport. • National/state sporting body/local association approval of return to training for community sport. • Relaxation of public gathering restrictions to enable training to occur. • Venue 2: Approval of landowner required • Venue 1: Approval of North Coast Inclusive Aquatic Facility required • Venue 1: Local government/venue owner approval to training at venue, if required. • The Club committee has approved return to training and competition for club. • Insurance arrangements confirmed to cover training.
Training Processes	<ul style="list-style-type: none"> • The Club to emphasise AIS Framework principle of “Get in, train, get out” – arrive ready to train. • Graded return to sport to build fitness and avoid injury – club coaches to implement low intensity endurance training sessions, monitor fitness of paddlers and only introduce high intensity endurance training, strength and race preparations when considered appropriate • Coaches and sweeps to download and use Safe365 app at each session • A single training session per day with a single training group – 20 maximum number permitted • Clearly outline nature of training permitted (e.g. small groups to train, team meetings, equipment/skill drills able to be used, no high fives/hand shaking/hugging etc) • Sign on procedure: <ul style="list-style-type: none"> ✓ Compulsory hand sanitiser on arrival ✓ Sign register ✓ Train ✓ After session sanitise boat, sweep oar, phone, stroke coach, Go-Pro, safety bag, rollers, trolley and storage shed door etc

	<ul style="list-style-type: none"> ✓ Sign off on register ✓ Compulsory hand sanitiser before leaving • Treatment of shared equipment - paddles borrowed from the Club to be retained by the borrower. • No sharing of personal equipment eg paddles, water bottles etc • Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing). • Guidance for travel arrangements (e.g. if car pooling is necessary, no more than 2 – 3 in each car). • Training attendance register to be kept. • Social distancing of 1.5m to be maintained during warm up, cool down and launching and retrieval of boat • Minimum number of paddlers to safely launch and retrieve boat to be used in order to maintain social distancing
Personal health	<ul style="list-style-type: none"> • Advise players, coaches and volunteers to not attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). • Compulsory sanitising of hands prior to and after training for all participants • Avoid physical greetings (i.e. hand shaking, high fives, hugging etc.) • Avoid coughing where possible but conduct in a discrete manner if necessary • Avoid clearing nose, spitting etc. Dispose of used tissues in bin provided • Launder own training uniform and wash personal equipment • If members are uncomfortable with training, the use of PPE is permitted
Hygiene	<ul style="list-style-type: none"> • Any hygiene protocols distributed by AusDBF, DBNSW or State/Local Government will be adopted by the Club. • 70% alcohol hand and surface sanitiser to be purchased prior to training recommencing • All Club equipment including boat, sweep oar, phone, stroke coach, Go-Pro, safety bag, rollers, trolley and storage shed door etc (and including roller doors and storage cupboards at Venue 1) to be sanitised before and after use
Communications	<ul style="list-style-type: none"> • Club members will be notified of return to training protocols including hygiene protocols by email and reinforcement of hand washing and general hygiene etiquette. • The Club will encourage paddlers, coaches, members and volunteers to download and use the COVIDSafe app • Posters promoting good personal hygiene practices will be displayed in and around training sessions for both venues, and on the Club website • (Advise members how individuals can access mental health and wellbeing counselling services)

Part 2 – Facility Operations

Area	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 C:</p> <ul style="list-style-type: none"> • State/Territory Government approval of the resumption of facility operations. • Local government approval to use of facility, if required. • The Club's use of 1966 Coomba Road to be approved by property owner (Venue 2) • The Club's use of North Coast Inclusive Aquatic Facility to be approved by their Management Committee (Venue 1) • The Club committee has approved the Plan for use of club facilities. • Insurance arrangements confirmed to cover facility usage.
Facilities	<ul style="list-style-type: none"> • The Club to purchase 70% alcohol hand and surface sanitiser spray • Venue 1: Roller doors of North Coast Inclusive Aquatic Facility storage shed to be sanitised before and after training sessions, Storage cupboards to be sanitised before and after training sessions • Venue 2: Access to storage shed only, sanitise surfaces such as door handles etc before and after training.
Facility access	<ul style="list-style-type: none"> • Club members to be advised not to access either Venue 1 or Venue 2 if unwell • Club members will adhere to any additional restrictions on facility access imposed by the owner of 1966 Coomba Road (Venue 2) or the North Coast Inclusive Aquatic Facility Management (Venue 1), and also 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 • Only essential participants should attend to minimise numbers; not more than one parent/carer to attend 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)) • Any spectators should observe physical distancing requirements (>1.5 metres) • A detailed attendance register to be kept
Hygiene	<p>The Club will adhere to any safe hygiene protocols distributed by the national/state sporting body or local association, including:</p>

	<ul style="list-style-type: none"> • hand sanitiser to be available at Venue 1 and Venue 2 • Protocols for sanitising hands, shared equipment and uniforms to be established • Cleaning standards – increased 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 if required
Management of unwell participants	<p>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:</p> <ul style="list-style-type: none"> • Advise unwell participants to be tested for COVID, and the Club to contact NSW COVID-19 Helpline on 1800 020 080 for guidance • If anyone at training sessions presents with symptoms, training ceases until results of test are known • Training of volunteers/club management on treatment of symptomatic participants and disinfecting of facilities used by such participants
Club responsibilities	<p>The Club will oversee:</p> <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. • Operation of the Club's facilities in support of all Level C training activities in accordance with this Plan.