RETURN TO PLAY
Guide for Queensland sport, recreation and fitness industries

Current as at 1 December 2020
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Introduction

The Queensland Government understands the critical importance of fitness, sport and active recreation to Queenslanders and the strong desire to safely phase in its re-introduction.

Getting Queenslanders active is a key priority, and restarting activities in stages will ensure we keep everyone safe, healthy and moving. This staged approach is in line with directions from National Cabinet and Queensland’s Roadmap to easing restrictions.

This version of the Guide has been updated to reflect the announcement of Stage 5 onwards. This Guide will continue to be updated to reflect the current situation and as organisations provide feedback.

Return to Play considerations must follow the advice from the Chief Health Officer and ensure that all the steps we take reinforce hygiene practices and physical distancing, and introduce strict processes if participants are showing symptoms of COVID-19. The authority for ‘returning to play’ in Queensland remains with the Chief Health Officer.

The sport, recreation and fitness industries should consider the directions and advice of Queensland Health.

These directions are subject to change, however provide clear information on activities and any exceptions that may apply.
Purpose of this guide

This guide is regularly updated for fitness, sport and active recreation peak bodies, individuals, organisations and clubs impacted by COVID-19 pandemic restrictions across Queensland.

It sets out key considerations that should be taken into account as restrictions lift.
National principles for the resumption of sport and recreation activities

1. Resumption of sport and recreation activities can contribute many health, economic, social and cultural benefits to Australian society emerging from the COVID-19 environment.

2. Resumption of sport and recreation activities should not compromise the health of individuals or the community.

3. Resumption of sport and recreation activities will be based on objective health information to ensure they are conducted safely and do not risk increased COVID-19 local transmission rates.

4. All decisions about resumption of sport and recreation activities must take place with careful reference to these National Principles following close consultation with Federal, State/Territory and/or Local Public Health Authorities, as relevant.

5. The AIS ‘Framework for Rebooting Sport in a COVID-19 Environment’ provides a guide for the reintroduction of sport and recreation in Australia, including high performance sport. The AIS Framework incorporates consideration of the differences between contact and non-contact sport and indoor and outdoor activity. Whilst the three phases A, B and C of the AIS Framework provide a general guide, individual jurisdictions may provide guidance on the timing of introduction of various levels of sport participation with regard to local epidemiology, risk mitigation strategies and public health capacity.

6. International evidence to date is suggestive that outdoor activities are a lower risk setting for COVID-19 transmission. There is no good data on risks of indoor sporting activity but, at this time, the risk is assumed to be greater than for outdoor sporting activity, even with similar mitigation steps taken.

7. All individuals who participate in, and contribute to, sport and recreation will be considered in resumption plans, including those at the high performance/professional level, those at the community competitive level, and those who wish to enjoy passive (non-contact) individual sports and recreation.

8. Resumption of community sport and recreation activity should take place in a staged fashion with an initial phase of small group (<10) activities in a non-contact fashion, prior to moving on to a subsequent phase of large group (>10) activities including full contact training/competition in sport. Individual jurisdictions will determine progression through these phases, taking account of local epidemiology, risk mitigation strategies and public health capability.

   a. This includes the resumption of children’s outdoor sport with strict physical distancing measures for non-sporting attendees such as parents.

   b. This includes the resumption of outdoor recreational activities including (but not limited to) outdoor-based personal training and boot camps, golf, fishing, bush-walking, swimming, etc.
9 Significantly enhanced risk mitigation (including avoidance and physical distancing) must be applied to all indoor activities associated with outdoor sporting codes (e.g. club rooms, training facilities, gymnasia and the like).

10 For high performance and professional sporting organisations, the regime underpinned in the AIS Framework is considered a minimum baseline standard required to be met before the resumption of training and match play, noting most sports and participants are currently operating at level A of the AIS Framework.

11 If sporting organisations are seeking specific exemptions in order to recommence activity, particularly with regard to competitions, they are required to engage with, and where necessary seek approvals from, the respective State/Territory and/or Local Public Health Authorities regarding additional measures to reduce the risk of COVID-19 spread.

12 At all times sport and recreation organisations must respond to the directives of Public Health Authorities. Localised outbreaks may require sporting organisations to again restrict activity and those organisations must be ready to respond accordingly. The detection of a positive COVID-19 case in a sporting or recreation club or organisation will result in a standard public health response, which could include quarantine of a whole team or large group, and close contacts, for the required period.

13 The risks associated with large gatherings are such that, for the foreseeable future, elite sports, if recommenced, should do so in a spectator-free environment with the minimum support staff available to support the competition. Community sport and recreation activities should limit those present to the minimum required to support the participants (e.g. one parent or carer per child if necessary).

14 The sporting environment (training and competition venues) should be assessed to ensure precautions are taken to minimise risk to those participating in sport and those attending sporting events as spectators (where and when permissible).

15 The safety and well-being of the Australian community will be the priority in any further and specific decisions about the resumption of sport, which will be considered by the COVID-19 Sports and Health Committee.

These principles have been extracted from The Australian Institute of Sport (AIS) framework for rebooting sport in a COVID-19 environment.

The following peak bodies have prepared documents which may complement government guidelines:

Outdoor Council of Australia’s national principles for the rebooting of outdoor activities

Fitness Australia’s Re-opening Considerations of Fitness Facilities in Australia.
Industry COVID Safe Plans for sport, recreation and fitness

The sport, recreation and fitness industries have developed Industry COVID Safe Plans on behalf of their various industry segments. Industry plans developed by peak bodies including QSport, Outdoors Queensland, Fitness Australia, the Queensland Aquatic Alliance and Stadiums Queensland allow for a cohesive and collaborative approach, so activity is able to return in a safe and controlled manner.

The approved Industry COVID Safe Plans include:

**Sport**
- Field Sports
- Aquatic Sports Sector
- Swimming Pool and Aquatic Centre
- Outdoor Sports
- Indoor Sports

**Recreation**
- Outdoor Recreation
- Queensland Parks and Wildlife Services (QPWS) Campgrounds

**Fitness and dance**
- Fitness Facilities
- Dance and Physical Performing Arts

The approved Industry COVID Safe Plans are publicly available for all businesses and organisations within that industry to access (regardless of membership to an industry body).

While the Industry COVID Safe Plans are segmented in their approach, the physical activity system is inter-connected and each of these segments do not stand entirely on their own. The Industry COVID Safe Plans have been developed to connect together providing consideration of physical activities and gatherings in society as a whole.

**How Industry COVID Safe Plans impact community sport**

As outlined in the Roadmap, organised non-contact community sport returned under Stage 2. Resumption of activity including competition and physical contact is permitted with more people permitted to gather under Stage 3. We are now continuing to see restrictions ease further in Stage 4 onwards.

Industry COVID Safe Plans played an integral role in some sport, recreation and fitness activities resuming under Stage 2 easing of restrictions. From Stage 3 onwards, where an Industry COVID Safe Plan exists, organisations must comply in order for standard activity to be conducted. The industry
has collaborated to eliminate any confusion and provide a seamless and consistent participation experience for all Queenslanders. This includes the following:

- Health and safety is at the forefront, and the industry will be vigilant with its hygiene and sanitisation measures.
- All people involved in the delivery of (i.e. coaches, officials and volunteers) and participation in the sport (i.e. participants, parents, carers and visitors) will be educated on the details and requirement of the plan specific to each sport.
- Scheduling to ensure there is limited co-mingling between participation groups, as appropriate.
- Booking or sign-in systems may be put in place to track and trace participants.
- Arriving and exiting sport and fitness venues may also be different to allow for safe and separate passages for entry and exit.

All of the above measures are explained clearly through visual cues and signage where possible.

The Industry COVID Safe Plans reflect the following key principles:

- **Contact:** full contact is permitted on the field of play in line with pre-COVID contact activities. At all other times, participants, coaches, officials, trainers and spectators are to observe physical distancing requirements and undertake sound hygiene practices as detailed in the relevant approved Industry COVID Safe Plan.

- **Facility capacity:** the total number of people to attend an activity, training and competition at indoor venues is to be based on occupant density of one person per two square metres. For outdoor venues, physical distancing off the field of play is required. Risks will be managed through mandatory record keeping, through group segmentation and buffer zones as appropriate. Individual organisations and facility managers will be responsible for implementing these requirements in line with the relevant approved Industry COVID Safe Plan.

- **Facility usage:** all elements of community sport, recreation and fitness facilities are accessible in line with relevant health guidelines and directives. This means facilities such as canteens, change rooms, bathrooms, storage rooms, and bars will reopen and operating hours can also be amended. Industry Plans will detail how organisations will manage the use of ancillary facilities in relation to cleaning/sanitisation and flow of people within venues. All facility components will be operated in accordance with the relevant approved Industry COVID Safe Plan.

- **Events:** such as championships, markets, carnivals and gala days can recommence. Organisations must ensure the relevant approvals are in place based on the number of people attending as seen in the Roadmap.

- **Industry COVID Safe Plans:** all activity is to be conducted in accordance with relevant Industry and Stadia COVID Safe Plans and public health directions. This includes organisations detailing how all persons at the activity/facility will be tracked and traced, including spectators.
COVID-safe events

Where an existing approved COVID Safe Industry Plan covers all facets of the operations of the organisation, including regular seasonal fixtures and competitions (including finals), organisations should operate in compliance with this Plan.

Any other events run outside of regular seasonal fixtures or competitions such as carnivals, gala days and state championships, larger than **500 people (indoor events)** or **1,500 people (outdoors)** and operating in compliance with an approved COVID Safe Plan (industry, site-specific or professional sporting code plan) other than a COVID Safe Event Plan must notify the Public Health Unit of the event a minimum of 10 business days before the event by emailing COVID-19.Industryplans@health.qld.gov.au.

Where an **event** is outside of the scope or not solely covered by the approved COVID Safe Plan, please refer to the **Industry Framework for COVID Safe Events** which provides further guidance on organising COVID-safe events. The COVID Safe Event Plan or Checklist should refer to the relevant components of the approved COVID Safe Plan, which may also be applicable to respective parts of the event. The planned event must be hosted in accordance with the following conditions:

**Indoor events***

- **Fewer than 500 people** – must comply with a COVID Safe Event Checklist; no further approval needed.
- **Between 500 and 10,000 people** – must comply with a COVID Safe Event Plan approved by local public health units.
- **Over 10,000 people** – must comply with a COVID Safe Event Plan approved by the Chief Health Officer.

* Indoor events can allow up to 100 per cent of seated capacity when patrons are in ticketed, allocated seating.

**Outdoor events**

- **Fewer than 1,500 people** – must comply with a COVID Safe Event Checklist; no further approval needed.
- **Between 1,500 and 10,000 people** – must comply with a COVID Safe Event Plan approved by local public health units.
- **Over 10,000 people** – must comply with a COVID Safe Event Plan approved by the Chief Health Officer.
General considerations

Before re-opening, organisations and businesses delivering sport, recreation and fitness activities must consider how to meet physical distancing and hygiene obligations and comply with the relevant Industry COVID Safe Plan.

Contact details for tracing sport

All participants, coaches/instructors, officials, sports medicine personnel, visitors, volunteers, staff and spectators must provide their contact information for the purpose of contact tracing to organisations and businesses organising the activities or providing a service.

The organisation must not use this information for any other purpose and must retain the information securely for a period of 56 days before deleting after this time. Where a mobile application is used to manage the collection of contact information, the club or business must ensure that patrons/participants use the application when entering the venue.

Contact information must be provided to public health officials within the stated time.

For information on collecting and storing information, visit:


Collection of contact tracing information involving schools

Where schools are attending the program and/or venue, the activity provider will not need to collect the contact information of the children attending as part of a school attendance. However, they will be required to:

- confirm that the school is maintaining records of which children have attended
- collect the contact details for all the adults attending with the school children including teachers, teacher aides, and parents etc.
- collect the information for a point of contact at the school who can provide the details of the school children attending if required.

Q. WHAT IF THE PERSON HAS THE COVIDSAFE APP INSTEAD?
A. An organisation/business must collect the contact details for all people accessing the activities or service. A person who has installed the COVIDSafe app still needs to provide these details.

Q. WHAT IF A PERSON REFUSES TO PROVIDE THEIR INFORMATION?
A. If a person refuses to provide their contact information, an organisation/business has the right to refuse service or access to activity. Penalties apply for non-compliance with the Restrictions on Businesses, Activities and Undertaking Direction.
Physical distancing

Physical distancing is a vital tool in reducing the spread of viruses by decreasing the exposure from other people.

Anyone intending on opening facilities or delivering activities (in the appropriate stage) must look to minimise the risk of spreading infection by implementing measures to protect any participants, spectators and visitors.

The definition of the field of play extends to incorporate change rooms and marshalling areas specifically required for training and competing.

The extension of the field of play allows the full team and required coaching/medical officials to use the facilities without occupant density requirements, provided there is no mixing of teams and no other person (i.e. spectators) mixes with active participants.

At all other times, physical distancing is required by all those involved with or attending the activity. Masks are encouraged when it is not possible to physically distance.

Physical contact only to occur on field of play

Avoid shaking hands, high-five-ing, hugging or physical greetings

Keep 1.5 metres away from other people as much as possible

Physical distancing requirements

<table>
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<tr>
<th>STAGES 1 - 4</th>
<th>STAGE 5 ONWARDS</th>
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<tr>
<td><img src="image" alt="1.5 metres between people." /></td>
<td>1.5 metres between people.</td>
</tr>
<tr>
<td><img src="image" alt="Occupant density requirements when indoors depending on facility size." /></td>
<td>One person per two squares when indoors regardless of venue size.</td>
</tr>
<tr>
<td><img src="image" alt="For outdoor venues, physical distancing off the field of play." /></td>
<td>For outdoor venues, physical distancing off the field of play is required.</td>
</tr>
</tbody>
</table>

For indoor venues, the maximum allowable person limit is based on occupant density requirements.*

*Number of people includes participants and any other person around the gathering including staff, trainers, coaches, instructors, spectators and any other person that attends the activity.

For more information on physical distancing, visit Protect yourself and others: coronavirus (COVID-19).

For details on current restrictions, visit Queensland’s Roadmap to easing restrictions.
How to maintain physical distancing in sport, recreation and fitness activities

Depending on the activities being delivered, the following steps can support measures to ensure physical distancing requirements are met:

<table>
<thead>
<tr>
<th>Outdoors and venue/facilities</th>
<th>Restrict the number of people entering/coming to the activity at one time, manage the flow of people around the venue/facility, spread out equipment and separate groups of people.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Around the participant area</td>
<td>Increase the space between the equipment/participants, mark spacing on team benches (or remove), mark spacing for spectators on rails, seating or encourage BYO chair.</td>
</tr>
<tr>
<td>Individual activities</td>
<td>Spread out to maintain the 1.5 metre distance and use your own equipment as much as possible. Current restrictions allow physical contact within conduct of the sport, recreation or fitness activity. However, 1.5 metres between people/household groups is required when not participating.</td>
</tr>
<tr>
<td>Teams</td>
<td>While larger groups are now possible, teams may use smaller groups to avoid crossover and limit co-mingling. Physical contact is permitted within the conduct of sport, recreation or fitness activities, however 1.5 metres between people is required when not participating.</td>
</tr>
<tr>
<td>Coaches</td>
<td>Avoid the hands-on approach where possible; use coaching tools such as videos and whiteboards to show participants what is required. Use hygiene practices if contact is necessary.</td>
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<tr>
<td>Officials</td>
<td>Bring own equipment, water bottle, towel, chair and any other necessary officiating requirements. Practice good hygiene and limit exposure.</td>
</tr>
<tr>
<td>Sports Medicine personnel</td>
<td>Where possible, limit exposure and gain guidance from Sports Medicine Australia or lead agencies regarding personal protective equipment.</td>
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<tr>
<td>Administrator and committee</td>
<td>Consider replacing face-to-face meetings with telecommunication, emails or online discussion platforms.</td>
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Educating participants and others on physical distancing

Some participants and others attending may not understand how to undertake physical distancing while participating in activities or visiting the venues.

As a provider of activities, you may need to educate participants, carers and visitors.

There are resources available to educate and promote good physical distancing practices:

- Send information in newsletters
- Place posters at facilities/venues
- Use a physical item/barrier (markers, tape) to guide physical distancing and movement access
Q. How do I restrict the number of people coming to the venue/facility?

A. Adapt the training schedule to avoid overlap of participants, encourage only one parent or carer to attend with children, have participants come dressed and ready to play, and limit use of change room facilities post-competition.

Q. How do I manage the flow of people around the venue/facility?

A. Consider creating a one-way flow of people through the venue/facility by placing arrows on walls and the ground, and close areas of potential congestion.

Q. If contact is permitted and more people can enter the facility, why do I still need to request physical distancing and manage the flow of people around the venue/facility?

A. The threat of COVID-19 is still present in our community and while the threat is low, transmission of the disease still occurs when people congregate for extended periods of time. By continuing to physically distance, creating a one-way flow of people through the venue/facility and providing hygiene stations, we can minimise the impact.
Hygiene

Everyone can slow the spread of COVID-19 by washing their hands frequently and maintaining good personal hygiene practices.

Things to consider

- Communicate your sport and recreation activities’ hygiene practices to your participants and members.
- Some vulnerable groups (people with disabilities, medical conditions, elderly) may need specific strategies/consideration.

There are resources available to help you maintain good hygiene practices:

- Good hygiene for coronavirus (COVID-19)
- Stop the spread of germs
- 12 step guide to hand washing
- Coronavirus resources for Aboriginal and Torres Strait Islander people and remote communities
- Hygiene resources including posters and videos

Personal hygiene

For participants, coaches, officials, volunteers and spectators, these hygiene practices are required:

- hand washing/sanitising
- cover your coughs and sneezes and properly dispose of tissues, and hand wash immediately after
- not sharing water bottles
- avoid touching your face
- clean equipment after use
- limit touching surfaces
- limit contact between participants including eliminating handshakes, high fives, huddles and celebrations
- do not attend your sport, recreation or fitness activity if you are unwell, have been in close contact with a known active case of COVID-19, have travelled overseas in the previous 14 days, or have been to a declared COVID-19 hotspot in the previous 14 days.
Facilities and playing area

Before re-opening your facilities and playing area, please:

☐ Review the Roadmap for easing restrictions Framework for COVID Safe Businesses to ensure that Workplace Health and Safety requirements are being met.

☐ Discuss with your facility/land owner and council about the conditions of use and any local restrictions.

☐ Refer to the relevant Industry COVID Safe Plan for your activity.

☐ Check with your governing body to see if there is a specific sport/recreation activity checklist available to provide guidance e.g. Tennis Queensland Club Self-Assessment Checklist for Re-Opening.

☐ Undertake a review of the facility and identify any repairs to ensure it is safe for participants and visitors.

☐ Ensure your workforce has been informed and trained about the condition and restrictions of restarting activities.

☐ Ensure appropriate cleaning measures are in place and consistent with the measures detailed in the Work health and safety during COVID-19: Guide to keeping your workplace clean and healthy.


☐ Create one-way traffic flow in communal facilities and change rooms with separate entry and exit points and directional signage.

☐ Remove seats and tables to limit the number of people gathering, and create sectioned areas to avoid co-mingling in communal facilities.

☐ Communicate with your participants and visitors about the requirement to collect contact information and how the restrictions will work at your facility.

☐ Monitor and adjust the plan to ensure that participants and visitors remain safe and within the restriction guidelines.

☐ Suitably display signage stating the maximum occupancy allowed, considering the different densities allowed for indoor and outdoor areas as outlined in this Plan.

☐ Ensure adequate policies and/or procedures are in place to manage and monitor the number of patrons in attendance at the venue/premise at any time.
Q. We have an indoor weight room for our participants and members, how many people can we have and when can we open this for use?

A. The maximum number of people permitted is to be based on occupant density of one person per two square metres.

Equipment

Most sport, recreation and fitness activities require equipment. Equipment can be shared, personal, small and large. Different hygiene practices will need to be developed for your activities' equipment.

- Check how to clean the equipment to ensure it is hygienic and does not damage the equipment.
- Establish protocols for laundering bibs/jerseys or other shared uniform items e.g. implement 'wash-your-own' guidelines.
- Remember, some stages of restriction do not permit for equipment to be shared.

Q. Can shared equipment still be used?

A. Where possible, participants should bring their own equipment and minimise the use of shared equipment. Any shared equipment should be cleaned pre and post activity and participants should sanitise their hands.

Return to Play

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Food and beverage

The return to food and beverage services at sport and recreation organisations is permitted.

Patrons must be appropriately physically distanced while drinking (irrespective of beverage type) and dining in.

Patrons may order, pay and collect food and drinks at a bar or service counter.

Organisations must complete the COVID-19 checklist for dining and drinking or adopt the Retail Food Services Industry COVID Safe Plan or Hotel Clubs, Nightclubs Industry COVID Safe Plan.

These outline the steps and requirements for re-opening including mandatory COVID-19 safe workplace training for staff, maintaining physical distancing and good hygiene practices for the safety of employees, volunteers, participants and visitors.

To reopen and operate your business safely, you must have a workplace health and safety (WHS) plan in place to demonstrate the actions you are taking to ensure the health and safety of your employees and customers. This WHS plan, or a summary of it, should be displayed to show that your business is operating safely.

You do not need to submit your WHS plan to any authority for approval.

Undertake the COVID Safe Checklist for dining and drinking.


To keep up to date and find additional guidance, visit www.covid19.qld.gov.au and www.worksafe.qld.gov.au.

COVID Safe mandatory training for seated dining and drinking in venues: Free self-paced micro-credential online training takes around 30 minutes to complete through TAFE Queensland.

COVID-19 Hospitality Best Practice Training: Restaurant & Catering Association has developed and designed the micro-credential course to equip the industry with an online training tool.

Q. We provide a training night dinner for participants and families, can we still conduct these?

A. Please review the Checklist for dining and drinking to ensure you comply with the restrictions.
Q. The canteen service we provide brings much-needed money into our organisation, so how can we get this going again?

A. Canteens were permitted to open under Stage 3, with cashless payment preferred and adherence to all hygiene and physical distancing requirements.

Q. Can we still have volunteers help in the canteen?

A. Yes, just look after the wellbeing of these people by implementing things like maintaining a record of the people who work in the canteen, installing barriers to maintain physical distancing and having good hygiene and cleaning practices in place.

Workforce

Considerations for the workforce, whether paid or volunteer, should include the following:

- Ensure the workforce has been informed about conditions of restarting activities and has completed the required training.
- Office-based workers can return to the office ensuring that physical distancing can be maintained.
- Non-essential personnel should be minimised at all activities, however any volunteers required must be considered within available space restrictions, and physical distancing and hygiene measures must be adhered to.
- Volunteers and employed staff should regularly check with their employers and governing bodies for specific updates.

Organisations should ensure they are up to date with Queensland Health directions relevant to their workplace and that their workforce is informed of COVID-safe practices.

COVID Safe Businesses FAQs

Roadmap for easing restrictions
Framework for COVID Safe Businesses
COVID Safe Checklist for dining
Review Worksafe regulations and access information and resources from Safe Work Australia
Transport

Travel to your sport and recreation activity should be in line with the restrictions.

<table>
<thead>
<tr>
<th>STAGES 1 - 4</th>
<th>STAGE 5 ONWARDS</th>
</tr>
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<tbody>
<tr>
<td>![person] Restrictions on travel within Queensland and interstate.</td>
<td>From 17 November 2020, all people who have been in a declared COVID-19 hotspot in the last 14 days will only be able to enter Queensland if they are a returning Queensland resident or required to enter for a limited range of essential reasons.</td>
</tr>
</tbody>
</table>

**THINGS TO CONSIDER:**

| ![car] Self-drive or drop off/pick up—consider if your activity lends itself to a self-drive or pick up and drop off capability to limit exposure in a confined area. |
| ![person] Ridesharing—keep windows open and fresh air circulating. Turn off air conditioning or if required, set to open air and not re-circulation setting. All persons entering a vehicle should wash their hands with soap and running water and dry hands, or use alcohol-based hand rub prior to entering the vehicle and after a journey. |
| ![bus] Bus transport—when using private or public bus services, consider personal hygiene, physical distancing and the cleaning protocols. To assist, TRANSlink provides some tips on staying healthy on public transport. Please discuss with your bus service provider. |
**Industry**

**Sport**

**Indoor—including team, individual, contact and non-contact activities**

| STAGES 1 - 4 | In Stage 1, no indoor activity permitted. However, exceptions including swimming pools operating for up to 10 people and tennis, golf and lawn bowls deemed as social sporting activities permitted to occur while complying with all other health directions. |
| STAGE 5 ONWARDS | Standard activity permitted. The maximum number of people permitted is to be based on occupant density requirement of one person per two square metres, regardless of facility size. |

**THINGS TO CONSIDER:**

- Some sharing of equipment may be permitted such as weights, mats, balls or skipping ropes, with recommended use of hand sanitiser before using a new piece of shared equipment.

- Contact to only occur as part of training and competition/play as per the rules of the activity. Physical distancing to be followed by all participants and all others involved in or attending the activity at all other times.

- Implement changed behaviour standards for participants and spectators e.g. no high-fives, team huddles or hand shaking.

- Display signage at all entry or exit points of the sporting facility to provide relevant information to reinforce hygiene procedures. Display hand washing 12 step guide and environmental cleaning. Display your Industry COVID Safe Plan Statement of Compliance.

- Provide hand sanitisers or adequate hand washing facilities for participants and spectators, with signage to outline procedures for before and after equipment use and attendance.

- Manage the use of communal facilities (e.g. showers, change rooms) and undertake regular and required cleaning.

- Undertake additional cleaning of shared equipment and communal areas.

- Implement physical distancing of spectators, including strategies for managing the flow of people to, from and within the venue.
SCENARIO
In Stage 4, Coach Francis is planning to run a junior basketball development clinic for 500 children in a large multi-court indoor sports complex. The development clinic is covered under the Industry COVID Safe Plan for Indoor Sports. However, as the clinic is being held indoors with more than 500 people in attendance, Coach Francis is required to notify his local Public Health Unit a minimum of 10 days before his clinic.

Outdoor—including team, individual, contact and non-contact activity

<table>
<thead>
<tr>
<th>STAGES 1 - 4</th>
<th>Through Stages 1 and 2, activity restricted to non-contact and limited numbers.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Through Stages 3 and 4, standard activity permitted with physical distancing requirements off the field of play.</td>
</tr>
</tbody>
</table>

| STAGE 5 ONWARDS       | Standard activity permitted with physical distancing off the field of play. |

THINGS TO CONSIDER:

- Some sharing of equipment may be permitted such as weights, balls or skipping ropes, with recommended use of hand sanitiser before using a new piece of shared equipment.
- Contact to only occur as part of training and competition/play as per the rules of the activity. Social distancing to be followed by all participants and all others involved in or attending the activity at all other times.
- Implement changed behaviour standards for participants and spectators, e.g. no high-fives, team huddles, hand shaking.
- Display signage and warnings specific to COVID-19 transmission around the venue.
- Provide hand sanitisers or adequate hand washing facilities for participants and spectators, with signage to outline procedures for before and after equipment use and attendance.
- Manage the use of communal facilities (e.g. showers, change rooms) and undertake regular and required cleaning.
- Undertake additional cleaning of shared equipment and communal areas.

Plan for the physical distancing of spectators, including strategies for managing the flow of people to, from and within the venue.
Recreation

Resuming recreation and outdoor activities requires careful planning and consideration to decrease the risk COVID-19 transmission. Participants, teachers, volunteers, outdoor leaders and commercial operators need to ensure the safety of participants and the wider community by adhering to all physical distancing and hygiene measures mentioned in this guide.

We encourage everyone to use common sense when attending public gatherings and if a park or any other outdoor public space is overcrowded, it is recommended you go somewhere else for the time being.

Camping/day trips

Day trips to local, state and national parks and beaches are permitted.

<table>
<thead>
<tr>
<th>STAGES 1 - 4</th>
<th>Restrictions on travel within Queensland and interstate.</th>
</tr>
</thead>
<tbody>
<tr>
<td>STAGE 5 ONWARDS</td>
<td>From 17 November 2020, people who have been in a declared COVID-19 hotspot in the last 14 days will only be permitted to enter Queensland if they are a returning Queensland resident or required to enter for a limited range of essential reasons.</td>
</tr>
</tbody>
</table>
Family/groups

| STAGES 1 - 4 | Restrictions on the number of people permitted to gather in groups. Physical distancing must be maintained. |
| STAGE 5 ONWARDS | Prior to conducting informal activities, please review the Movement and Gatherings Health Direction. Physical distancing (1.5 metres between groups) must be maintained. |

Individuals

Individuals should sign up to the COVIDSafe app.

Individuals should take care and ensure all physical distancing and hygiene measures are adhered to. Limit sharing of personal items (e.g. hiking poles, surf boards, harnesses, helmets etc.) and do not participate in recreational activities if you are feeling unwell.

Use common sense when using outdoor equipment; one person per piece of equipment and ensure you are keeping up physical distancing and hand hygiene.

Commercial

Commercial operators need to ensure they are following the staged restrictions of the Roadmap, including number of participants per group (including leaders or instructors).

| STAGES 1 - 4 | Through Stages 1 and 2, restrictions on the number of people permitted to gather in groups for outdoor activities only. Through Stages 3 and 4, the maximum number of people is based on the occupant density depending on facility size. For outdoor venues, physically distancing off the field of play is required. |
| STAGE 5 ONWARDS | The maximum number for indoor venues is based on occupant density of one person per two squares metres regardless of the facility size. For outdoor venues, physical distancing off the field of play is required. |

Additionally, all businesses in Queensland have obligations and responsibilities under Workplace Health and Safety (WHS) legislation.

Every organisation must comply with all relevant Queensland Health Directions:

- Movement and Gathering Direction Restriction on Business, Activity and Undertakings Direction.
This includes physical distancing and hygiene measures, logging of participants, and encouraging the use of the Federal Government's COVIDSafe app.


Fitness

Resuming fitness activities requires careful planning and consideration to decrease the risk of COVID-19 transmission. Fitness organisations, instructors and personal trainers need to ensure the safety of participants and the wider community by adhering to all physical distancing and hygiene and cleaning measures mentioned in this guide.

Outdoor gyms and equipment

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<tr>
<td>STAGE 5 ONWARDS</td>
<td>Physical distancing (1.5 metres between groups) must be maintained.</td>
</tr>
</tbody>
</table>

THINGS TO CONSIDER:

- Participants and members of the public should use common sense when using outdoor public spaces and exercise equipment, and if a park or any other outdoor public space is over-crowded, go somewhere else for the time being.
- Display signage and warnings specific to COVID-19 transmission around equipment and outdoor facilities.
- Provide hand sanitisers or adequate hand washing facilities, with signage to outline procedures for before and after equipment use.
- Some sharing of equipment may be permitted such as weights or skipping ropes, with recommended use of hand sanitiser and cleaning shared equipment before and after use.
- Manage the use of communal facilities (e.g. showers, change rooms) and undertake regular and required cleaning.
- Equipment to be cleaned after use by outdoor facility owner.
Personal training (indoor and outdoor)

| STAGES 1 - 4 | Through Stages 1 and 2, outdoor activity restricted to non-contact and limited numbers. Indoor personal training not permitted. Through Stages 3 and 4, the maximum number of people is based on occupant density of one person per two square metres depending on facility size. For outdoor venues, physically distancing off the field of play is required. |
| STAGE 5 | Maximum number of people is based on occupant density of one person per two squares regardless of facility size. For outdoor venues, physical distancing is required off the field of play. |

Things to consider:

- Some sharing of equipment may be permitted such as weights or skipping ropes, with recommended use of hand sanitiser and cleaning shared equipment before and after use.
- Provide hand sanitisers before and after sessions.
- Assess the facility capacity limitation based on occupant density when indoors, and ensure adequate spacing is achieved by:
  - repositioning of equipment
  - clear markings on floor space
  - clear signage on or around equipment.
- Have cleaning protocols in place for fixed equipment and facilities particularly in between groups or sessions.

Indoor gyms, studios and health clubs

| STAGES 1 - 4 | In Stage 1, indoor gyms, studios and health clubs not permitted to open. In Stage 2, permitted to open with up to 20 people. In Stage 3 and 4, the maximum number of people based on occupant density requirements depending on facility size. |
| STAGE 5 ONWARDS | The maximum number of people is based on occupant density of one person per two square metres regardless of facility size. |
THINGS TO CONSIDER:

Display additional signage and warnings specific to COVID-19 transmission at all thresholds, waypoints and reception areas.

Encourage members to ‘get in, train and get out’ by being prepared for training prior to arrival at venue (i.e. minimise need to use/gather in change rooms and bathrooms).

Provide hand sanitisers on entry and exit to venues, as well as pre, post and during training (where possible).

Assess the facility capacity limitation based on occupant density when indoors, and ensure adequate spacing is achieved by:
- repositioning of equipment
- clear markings on floor space
- clear signage on or around equipment.

Have cleaning protocols in place for equipment and facilities particularly in between group classes.

Manage the use of communal facilities (e.g. showers, change rooms) and undertake regular and required cleaning.

SCENARIO
Mary intends to utilise outdoor exercise equipment in a park close to her home. She brings a towel, her own drink bottle and hand sanitiser.

Using common sense to determine if there are already too many people using the equipment, if safe to do so, Mary proceeds to use one piece of equipment at a time, while physically distancing from others and applying hand sanitiser to her hands before using each piece of equipment.

At the end of her workout, Mary sanitises her hands and washes her towel when she gets home.

Organisation

- Organisations should refer to the Industry COVID Safe Plan for their sub-sector and its activity delivery with the Plan.
- Organisations must ensure any activity being delivered meets the current restrictions within the stage.
- Organisations are required to collect contact details for the purposes of contact tracing and store this information securely.
- Organisations should encourage all stakeholders to sign up to the COVIDSafe app.
Coach

- Training and coaching can commence from Stage 2 and full resumption of activity will occur from Stage 3 if the club or organisation is complying with an approved Industry COVID Safe Plan.
- Coaching personnel should:
  - maintain an attendance register and monitor health of participants before, during and after sessions
  - follow monitoring and reporting protocols if a participant becomes unwell
  - provide soap or hand sanitiser
  - clean all equipment and surfaces before and after use
  - ensure participants maintain physical distancing off-field and recommended hygiene practices
  - limit the use of shared equipment
  - avoid hands-on approaches if possible.
- Coaches should regularly check with their state/national-level organisation or industry peak body for specific and up-to-date requirements for their activity.

Participant/parents

- Anyone attending the activity must provide their name, address and phone number to the activity provider of the activity.
- Training and coaching can commence from Stage 2 and full resumption of activity can occur from Stage 3 if the club or organisation is complying with an approved Industry COVID Safe Plan.
- Physical distancing and hygiene measures should be adhered to if parents are accompanying their child to an activity.
- Parents and participants should sign up to the COVIDSafe app.

Q. My daughter plays basketball for a local club. When will she be able to return to training and playing?

From Stage 3, indoor and outdoor community sport including competition can resume if the local club is complying with an approved Industry COVID Safe Plan.

Official

Competitions can commence from Stage 3 if the club or organisation is complying with an approved Industry COVID Safe Plan.

- Officials should:
  - ensure they are informed of any rule and regulation changes for your sport
  - enforce rules and regulations at competitions.
- Officials should regularly check with their state-level organisation or industry peak body for specific and up-to-date requirements for their activity.
- Officials should support and remind participants of physical distancing at the end of the game.
Spectator

Prior to spectators being permitted, organisations should ensure:

- contact details are obtained
- physical distancing can be maintained within the venue
- signage is displayed at all entry or exit points of the sporting facility to provide relevant information to reinforce hygiene procedures hand washing 12 step guide and environmental cleaning
- everyone entering and exiting the sporting facilities is encouraged to clean their hands on entry and exit
- hand sanitisers or adequate hand washing facilities are available and in good working order
- strategies for managing the flow of people to, from and within the venue are in place.

Guidance and support

Where do I find support and resources?

- Affiliated local and regional sport and recreation organisations should contact their state-level organisation in the first instance.
- Support can also be provided by peak bodies:
  - QSport
  - Queensland Outdoor Recreation Federation
  - Fitness Australia.

For further advice and support, contact Sport and Recreation via email SR_Covid19@npsr.qld.gov.au.

What should my organisation do if a participant thinks they have symptoms of coronavirus?

Information for participant:

- You can compare the symptoms of coronavirus (COVID-19) with the common cold and flu.
- Feeling unwell? If you develop a fever, a cough, sore throat or shortness of breath, contact a doctor or call 13HEALTH (13 43 25 84).
- Self-isolate at home if presenting symptoms.

Information for clubs, peak sporting bodies or active recreation organisations:

- Notify health authorities.
- Notify your peak body and Sport and Recreation.
- Communicate with officials, teams, participants, parents and carers.

What support is available to businesses and individuals?

- A list of Federal Government stimulus is available via the website treasury.gov.au/coronavirus.
Queensland Health resources and fact sheets
Website: www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/find-the-facts/resources

Health advice
For health advice, including on over-the-phone nurse assessment of your symptoms call 13 HEALTH (13 43 25 84).

Mental health support
For mental health support, call 1800 61 44 34.

Business Queensland – Pandemic risk management for business

Safe Work Australia

Breaches
On-the-spot fines of $1,334 for individuals and $6,672 for corporations/business can be issued if the Chief Health Officer’s public health directions are breached.