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

Current as at 24 July 2020

Queensland Government
# Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>2</td>
</tr>
<tr>
<td>Purpose of this guide</td>
<td>3</td>
</tr>
<tr>
<td>National principles for the resumption of sport and recreation activities</td>
<td>4</td>
</tr>
<tr>
<td>Industry Plans for sport, recreation and fitness</td>
<td>6</td>
</tr>
<tr>
<td>General considerations</td>
<td>8</td>
</tr>
<tr>
<td>Physical distancing</td>
<td>9</td>
</tr>
<tr>
<td>Physical distancing requirements</td>
<td>9</td>
</tr>
<tr>
<td>How to maintain physical distancing in sport, recreation and fitness activities</td>
<td>10</td>
</tr>
<tr>
<td>Educating participants on physical distancing</td>
<td>10</td>
</tr>
<tr>
<td>Hygiene</td>
<td>13</td>
</tr>
<tr>
<td>Personal hygiene</td>
<td>13</td>
</tr>
<tr>
<td>Facilities and playing area</td>
<td>14</td>
</tr>
<tr>
<td>Equipment</td>
<td>15</td>
</tr>
<tr>
<td>Food and beverage</td>
<td>16</td>
</tr>
<tr>
<td>Workforce</td>
<td>17</td>
</tr>
<tr>
<td>Transport</td>
<td>19</td>
</tr>
<tr>
<td>Industry</td>
<td>19</td>
</tr>
<tr>
<td>Sport</td>
<td>19</td>
</tr>
<tr>
<td>Recreation</td>
<td>22</td>
</tr>
<tr>
<td>Fitness</td>
<td>25</td>
</tr>
<tr>
<td>Organisation</td>
<td>27</td>
</tr>
<tr>
<td>Coach</td>
<td>28</td>
</tr>
<tr>
<td>Participant / parents</td>
<td>29</td>
</tr>
<tr>
<td>Official</td>
<td>29</td>
</tr>
<tr>
<td>Spectator</td>
<td>29</td>
</tr>
<tr>
<td>Guidance and support</td>
<td>30</td>
</tr>
<tr>
<td>Where do I find support and resources?</td>
<td>30</td>
</tr>
<tr>
<td>What should my organisation do if a participant thinks they have symptoms of coronavirus?</td>
<td>30</td>
</tr>
<tr>
<td>What support is available to businesses and individuals?</td>
<td>30</td>
</tr>
</tbody>
</table>
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.

As the end of each stage approaches, we will review the situation and health advice to ensure it is safe to move on to the next stage. This Guide will continue to be updated to reflect the current situation and as organisations provide feedback. This version of the Guide has been updated with information regarding the progression to Stage 3 in addition to information on Industry COVID Safe Plans relating to sport, active recreation and fitness.

The Sport Minister’s Return to Play Advisory Group, which meets weekly, will oversee the plan for Return to Play and support the principles from the National Cabinet. The authority for ‘returning to play’ in Queensland remains the Chief Health Officer.

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 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 information is a regularly updated guide for returning to play 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.
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<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>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).</td>
</tr>
<tr>
<td>10</td>
<td>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.</td>
</tr>
<tr>
<td>11</td>
<td>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.</td>
</tr>
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<td>12</td>
<td>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.</td>
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<td>13</td>
<td>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).</td>
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<tr>
<td>14</td>
<td>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).</td>
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<td>15</td>
<td>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.</td>
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</table>

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 allow for a cohesive and collaborative approach, so activity is able to return in a safe and controlled manner.

Various industry peak bodies including QSport, Queensland Outdoor Recreation Federation (QORF), Fitness Australia, and the Queensland Aquatic Industry Alliance in addition to Stadiums Queensland, have completed development of Industry COVID Safe Plans for specific sub-sectors for Stages 2 and 3. Other peak bodies have developed Industry COVID Safe Plans for other sub-sectors where applicable i.e. for activities generally outside the sport, recreation and fitness remit such as dance.

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.
Industry COVID Safe Plans played an integral role in some sport, recreation and fitness activities resuming under Stage 2 easing of restrictions. Under Stage 3, 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.

Under Stage 3, the Industry COVID Safe Plans have been amended to 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 venues of 200 square metres or less (up to a total of 50 people) and one person per four square metres for venues of 200 square metres or more. 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, 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 Directives. This includes organisations detailing how all persons at the activity/facility will be tracked and traced, including spectators.
COVID Safe Events

As outlined in the Industry Framework for Events, events organised and run by sport, fitness or active recreation organisations/providers complying with an approved Industry COVID Safe Plan do not require any additional approvals, provide the approved plan covers all facets of the event.

Organisers of events that are larger than 500 people must notify the Public Health Unit of the events a minimum of ten days before the events.

However, it is important that organisations and providers consider and apply, as appropriate, the event specific public health strategies contained within the Industry Framework for COVID Safe Events to ensure the appropriate risk management strategies are in place for any event that will be held.

Alternatively, events may operate in accordance with the COVID Safe Event Framework which is the completion of the COVID Safe Event Checklist for up to 500 people or a COVID Safe Event Plan approved by the relevant Public Health Authorities, depending on the size of the event.

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 officers immediately upon request or at least within one hour of the request.

For information on collecting and storing information, visit:


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 team and no other person (i.e. spectators) are in with active participants.

At all other times, physical distancing is required by all those involved with or attending the activity.

Physical distancing requirements

<table>
<thead>
<tr>
<th>STAGE 1</th>
<th>STAGE 2</th>
<th>STAGE 3</th>
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<tbody>
<tr>
<td>🟠 1.5 metres between people, 4 square metres per person when indoors</td>
<td>🟠 1.5 metres between people, 4 square metres per person when indoors</td>
<td>🟠 1.5 metres between people, one person per 2 or 4 square metres when indoors (depending on facility size)</td>
</tr>
<tr>
<td>🚫 Non-contact activity with up to 10 people*</td>
<td>🚫 Non-contact activity with up to 20 people*</td>
<td>🚫 For outdoor venues, physical distancing off the field of play is required.</td>
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<tr>
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<td>For indoor venues, the maximum allowable person limit is based on the occupant density requirements applicable to the venues size.*</td>
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</table>

*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. Stage 3 allows 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 possible in Stage 3, teams may still use smaller groups to utilise different areas of the facility to avoid crossover, and comply with the relevant Industry COVID Safe Plan. Stage 3 easing of restrictions will allow physical contact within conduct of the sport, recreation or fitness activity, 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>
</tr>
<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>
</tr>
<tr>
<td>Administrator and committee</td>
<td>Consider replacing face-to-face meetings with telecommunication, emails or online discussion platforms.</td>
</tr>
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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:

Help Stop the Spread (Australian Government)
Posters and images for downloading

Staying home – Physical distancing

Health and Safety Resources for coronavirus (COVID-19) (Business Queensland)

COVID-19 awareness course – Free 10 to 15 minute online mini-course offered by Play by the Rules

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. How do I physically distance myself when my sport requires me to tackle, wrestle, scrum, or defend in close proximity?

A. Full contact for training and competition can commence on the field of play from Stage 3.

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.
## Facilities and playing area

Before reopening your facilities and playing area, please:

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<th>Task</th>
<th>Description</th>
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<tr>
<td>review the Roadmap for easing restrictions Framework for COVID Safe Businesses</td>
<td>to ensure that Workplace Health and Safety requirements are been met.</td>
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<tr>
<td>discuss with your facility / land owner and council about the conditions of use and any local restrictions</td>
<td>refer to the relevant Industry COVID Safe Plan for your activity</td>
</tr>
<tr>
<td>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</td>
<td>undertake a review of the facility and identify any repairs to ensure it is safe for participants and visitors</td>
</tr>
<tr>
<td>ensure your workforce has been informed and trained about the condition and restrictions of restarting activities</td>
<td>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</td>
</tr>
<tr>
<td>Provide hygiene awareness information to participants, volunteers, parents and spectators e.g. <a href="http://www.playbytherules.net.au/got-an-issue/covid-19-support-centre/covid-19-awareness-mini-course">www.playbytherules.net.au/got-an-issue/covid-19-support-centre/covid-19-awareness-mini-course</a></td>
<td>create one-way traffic flow in communal facilities and change room with separate entry and exit points and directional signage</td>
</tr>
<tr>
<td>remove seats and tables to limit number of people gathering and create sectioned areas to avoid co-mingling in communal facilities</td>
<td>communicate with your participants and visitors about the requirement to collect contact information and how the restrictions will work at your facility</td>
</tr>
<tr>
<td>monitor and adjust the plan to ensure that participants and visitors remain safe and within the restriction guidelines.</td>
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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. Under Stage 2: 1 June 2020 gym facilities were permitted to open for gatherings of up to 20 people. Under Stage 3: More people are permitted depending on the size of the facility and through compliance with the Fitness Industry COVID Safe Plan.

^ More people may be permitted under an approved Industry COVID Safe Plan.

Q. Our facility owner is not opening the facility we use for our activity. Can we force them to open so we can participate?

A. Facility owners need to undertake a review of their activities and operations. A facility is not required to open. You should talk to the owner about the timeframes for opening and conditions of access.

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.

Work Safe Australia COVID-19 Resource Kit  
Business Queensland – Resources and fact sheet COVID-19

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.
**Food and beverage**

The return to food and beverage services at sport and recreation organisations should be a staged process. Canteens were able to open with the return of community sport in Stage 2 from 1 June 2020.

In Stage 3, you can:

- consume alcohol without food at a table or seated at a bar
- order, pay and collect food and drinks at the bar or service counter, but you must return to your seat
- eat and drink while seated.

This will impact organisations with a liquor licence, as seating is now required in the licensed area of the venue/facility.

Organisations must complete a COVID-19 checklist for dining at restaurants, cafes, pubs, clubs, RSL clubs and hotels.

The checklist outlines 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 your 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.

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

A. Once the restrictions are eased in Stage 3, then social gatherings such as these can restart within the guidelines outlined in the Checklist. When planning these gatherings, ensure these activities comply within 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 are 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-19 safe practices.

All staff in industries requiring a COVID Safe Checklist will require their staff to complete mandatory COVID Safe Workplace training. The training programs will be free to access online through TAFE Queensland.
Transport

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

### STAGE 1
- Maximum of 150 kilometres within your region
- Outback: 500kms within the outback if you live in the outback
- With up to 10 people

### STAGE 2
- Travel within Queensland
- Up to 20 people

### STAGE 3
- Travel within Queensland

**Return to Play**

From 10 July 2020, 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.


**Travel restrictions to remote communities**

**THINGS TO CONSIDER:**

- 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.

- 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 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

| STAGE 1 | No indoor activity permitted, except for pools, which can operate for up to 10 people until Stage 2. The activities of golf, tennis and lawn bowls are deemed social sporting activities and are permitted to occur whilst complying with all other relevant health directives. |
| STAGE 2 | Non-contact activity permitted for up to 20 people. With an approved Industry COVID Safe Plan, more than 20 people may be permitted. |
| STAGE 3 | Standard activity is permitted. Maximum number of people is to be based on occupant density of one person per two square metres for indoor venues of 200 square metres or less (up to a total of 50) and one person per four square metres for indoor venues of 200 square metres or more. |

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 handwashing 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) to avoid gatherings and to 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 3, Coach Francis is planning to run a junior basketball development clinic for 200 children in a large multi-court indoor sports complex. As the venue is adopting and complying with the Indoor Sport Industry COVID Safe Plan, Francis has been advised he can safely conduct the clinic.

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

**STAGE 1**
- The resumption of community sport including the organised return of club training is not scheduled until Stage 2 of the easing of restrictions.
- Stage 1 restrictions are intended to allow informal, unstructured physical activity and training.
- Non-contact informal activity permitted for up to 10 people.
- Pools can operate for up to 10 people.
- Communal swimming pools are open for recreation, training and rehabilitation purposes, ensuring the following rules:
  - a maximum of 10 swimmers per pool
  - no spectators, except for up to one parent/carer per child, if necessary
  - communal showers and change rooms are closed, toilets may remain open
  - minimise the use of communal facilities.
- Shower with soap before and after swimming (at home, not at the pool).
- The activities of golf, tennis and lawn bowls are deemed social sporting activities and are permitted to occur whilst complying with all other relevant health directives.

**STAGE 2**
- Non-contact activity permitted for up to 20 people.
- Pools can operate for up to 20 people.
- With an approved Industry COVID SAFE Plan, more than 20 people may be permitted.

**STAGE 3**
- Standard activity permitted to occur with physical distancing off the field of play.
**THINGS TO CONSIDER:**

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Weightlifting" /></td>
<td>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.</td>
</tr>
<tr>
<td><img src="image" alt="Social Distancing" /></td>
<td>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.</td>
</tr>
<tr>
<td><img src="image" alt="Prohibited Actions" /></td>
<td>Implement changed behaviour standards for participants and spectators, e.g. no high-fives, team huddles, hand shaking.</td>
</tr>
<tr>
<td><img src="image" alt="Signage" /></td>
<td>Display signage and warnings specific to COVID-19 transmission around the venue.</td>
</tr>
<tr>
<td><img src="image" alt="Hygiene" /></td>
<td>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.</td>
</tr>
<tr>
<td><img src="image" alt="Hygiene" /></td>
<td>Manage the use of communal facilities (e.g. showers, change rooms) to avoid gatherings and to undertake regular and required cleaning.</td>
</tr>
<tr>
<td><img src="image" alt="Cleaning" /></td>
<td>Undertake additional cleaning of shared equipment and communal areas.</td>
</tr>
</tbody>
</table>

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.

SCENARIO
Dave and three other mates travel 23.5 kilometres to Dularcha National Park (Landsborough) to go for a mountain bike ride. Each have their own mountain bike, helmet and water bottle and maintain physical distancing of 1.5 metres. Each rider rides single file through the national park, and when they reach a group of hikers, they stop at a distance and let them pass. After a few hours of bike riding, they retire for the day and head back to Caloundra.

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

| STAGE 1 | • Travel 150 kilometres from home for day trips.  
|         | • Outback: 500 kilometres within the outback if you live in the outback. |
| STAGE 2 | • Unlimited travel and overnight stays for all of Queensland (except Biosecurity Areas or Restricted Areas).  
|         | • Recreational travel, camping in camping grounds, overnight or for multiple nights, accommodation (including caravan parks). |
| STAGE 3 | • Unlimited travel and overnight stays for all of Queensland (except Biosecurity Areas or Restricted Areas).  
|         | • From 10 July 2020, 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. For a full list of declared COVID hot spots visit www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/current-status/hotspots-covid-19 |
### Family/groups

| STAGE 1 | • Family and friends can gather in groups of up to 10 people in outdoor settings, including for hiking and other recreational activities in local, state and national parks (including group leaders and supervisors) while everyone maintains adequate spacing (not more than one person per 4m²). Up to 10 people does not mean only 10 people are allowed in the national park. The number restriction refers to a group/gathering. All groups should ensure that they do not cross over with other groups, using the stand back - give way method.  
• An exception to this is the use of outdoor gyms, playgrounds, skate parks and pools. Although re-opening in Stage 1, a maximum of 10 people at one time. Use common sense when utilising outdoor equipment, one person per piece of equipment and ensure you are keeping up physical distancing and hand hygiene. |
| STAGE 2 | • Family and friends can gather in groups of up to 20 people in outdoor settings and participate in all activities mentioned above with the addition of camping. See camping/day trips section for restrictions on distance of travel. |
| STAGE 3 | • Family and friends will be able to gather in outdoor settings and participate in all activities detailed in Stage 1, however 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. No 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 utilising outdoor equipment, one person per piece of equipment and ensure you are keeping up physical distancing and hand hygiene.

For travel distance restrictions, please see section ‘camping/day trips’. 
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).

<table>
<thead>
<tr>
<th>STAGE 1</th>
<th>• Up to 10 people (outdoor only).</th>
</tr>
</thead>
<tbody>
<tr>
<td>STAGE 2</td>
<td>• Up to 20 people. With an approved Industry COVID Safe Plan, more than 20 people may be permitted.</td>
</tr>
</tbody>
</table>
| STAGE 3                      | • Maximum number of people is to be based on occupant density of one person per two square metres for indoor venues of 200 square metres or less (up to a total of 50 people) and one person per four square metres for indoor venues of 200 square metres or more.  
• 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 Directives. For example:

• 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

<table>
<thead>
<tr>
<th>STAGE 1</th>
<th>Permitted to operate with up to 10 people.</th>
</tr>
</thead>
<tbody>
<tr>
<td>STAGE 2</td>
<td>Permitted to operate with up to 20 people. More people are permitted when fitness organisations are compliant with the approved Industry Plan as listed on the COVID-19 website.</td>
</tr>
<tr>
<td>STAGE 3</td>
<td>Permitted to operate with 1.5 metres between people and groups (if members of the same household).</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) to avoid gatherings and to undertake regular and required cleaning.
- Equipment to be cleaned after use by outdoor facility owner.
**Personal training (indoor and outdoor)**

| STAGE 1 | Outdoor personal training up to 10 people. Indoor personal training not permitted. |
| STAGE 2 | Indoor and outdoor non-contact personal training with up to 20 people and with four square metres per person when indoors. With an approved Industry COVID SAFE Plan more than 20 people may be permitted. |
| STAGE 3 | Maximum number of people is to be based on occupant density of one person per two square metres for indoor venues of 200 square metres or less (up to a total of 50 people) and and one person per four square metres for indoor venues of 200 square metres or more. For outdoor venues, physical distancing off the field of play is required. |}

**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**

| STAGE 1 | Not permitted to open*. |
| STAGE 2 | Permitted to open with up to 20 people and with four square metres per person when indoors. With an approved Industry COVID Safe Plan more than 20 people may be permitted. |
| STAGE 3 | Maximum number of people is to be based on occupant density of one person per two square metres for indoor venues of 200 square metres or less (up to a total of 50 people) and and one person per four square metres for indoor venues of 200 square metres or more. |
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) to avoid gatherings and to 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 utilising 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 she sanitises her hands and washes her towel when she gets home.

Organisation

- Organisations can develop a site specific plan to outline how their activity will be delivered within the restrictions and communicate this to all its stakeholders.

- 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 will 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.

SCENARIO

Coach Charlie is the coach for a rugby league team and is excited to inform the players that contact training and competition is commencing very soon.

Coach has requested each player to come ‘ready to play’. Coach has also asked each player to sanitise their hands before arriving and after the game, and to bring their own water bottle.

Additional sanitiser will be available at the ground.

Coach has ensured that all the equipment including balls, goal post padding and cones have been cleaned before training and will be cleaned in between training sessions.

Trevor is excited to play tennis again at his local club. As of 3 July, his club can recommence competition.

Trevor has been advised by the club to turn up ‘ready to play’ and to bring his own tennis racquet and water bottle. When not playing, Trevor will need to remember to maintain physical distancing and to clean his hands before and after playing. Trevor should be aware of the surfaces that people would be touching and avoid the end-of-game handshake.
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 [handwashing 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 the Department Housing and Public Works (Sport and Recreation) via email SR_Covid19@npsr.qld.gov.au.

What support is available to businesses and individuals?

• A list of Federal Government stimulus is available via the website: treasury.gov.au/coronavirus.

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 the Department Housing and Public Works (Sport and Recreation).
• Communicate with officials, teams, participants, parents and carers.
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.