

**Bun Bu Ryo Do
The USQ Martial Arts Club**

COVID-19 Safety Plan



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Bun Bu Ryo Do — The USQ Martial Arts Club

COVID-19 SAFETY PLAN

Association/Club	Plan covering requirements for: Australian Jujitsu Federation Judo Queensland Queensland Fencing Association (QFA) Queensland Kendo Renmei (QKR) — including delegated expectations from the Australian Kendo Renmei's (AKR's) Kendo, Iaido and Jodo boards Queensland Kyudo Association (QKA)
Ground Location	Clive Berghofer Recreation Centre, 20 Baker Street, Darling Heights, QLD 4350
Club Facility Location	USQ Student Guild/University of Southern Queensland, Toowoomba campus
Club President	Michael Baczynski
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Version	1.0.1
Date	20 July 2020
Michael Baczynski is responsible for this document	

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1. Introduction

The purpose of this COVID-19 Safety Plan (**Plan**) is to provide an overarching plan for the implementation and management of procedures by Bun Bu Ryo Do — The USQ Martial Arts Club (herein BBRD) to support the Club and its members and participants in the staged resumption of community sport and club activities.

The arrangements set out in this Plan are intended to prevent the transmission of COVID-19 among members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community. The Plan provides the framework to govern the general operation of the Club, any facilities it controls, the playing/training behaviour of all members and participants and the monitoring and reporting of the health of attendees at Club facilities.

This Plan includes, but is not limited to, the conduct of:

- a. staged training and competition activities (sport operations); and
- b. facility management and supporting operations (facility operations).

At all times the Plan is subject to all regulations, guidelines and directions of government and public health authorities and may be amended without notice to reflect such updates.

2. Key Principles

This Plan is based on, and accepts, the AIS Framework for Rebooting Sport in a COVID-19 Environment (**AIS Framework**) and the National Principles for the Resumption of Sport and Recreation Activities (**National Principles**).

The Plan also accepts as key principles that:

- The health and safety of members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community is the number one priority;
- Members, participants, coaches, officials, administrators/volunteers, families and the broader community need to be engaged and briefed on BBRD's return to sport plans;
- Facilities are assessed and appropriate plans are developed to accommodate upgraded hygiene protocols, physical distancing and other measures to mitigate the risk of transmission of COVID-19;
- Training cannot resume until the arrangements for sport operations and facility operations are finalised and approved, and
- At every stage of the return to sport process BBRD must consider and apply all applicable State and Territory Government and local restrictions and regulations. BBRD needs to be prepared for any localised outbreak at our facilities, within our competitions or in the local community.

Indoor Sport is recorded as a high-risk activity – the following key points need to be addressed within all other directives as part of the overarching principles outlined in this plan.

- Record-keeping of all persons that enter venues and playing spaces
- No co-mingling of groups in playing spaces or zones, at entrances or exits, or in communal shared spaces.

- Management and segmentation of group of participants through specific buffer zones and spacing
 - Separation of groups whilst in play
 - Scheduling to eliminate all overlap of groups or sessions
 - Booking systems in place to manage participant numbers
- Barriers are required to separate groups to maintain minimum distance requirements as directed by the relevant authority from one group to another. The barrier itself should not be able to be climbed over or moved and should prevent any co-mingling.
- Implementation of strict hygiene measures at all entry and exit points, communal areas and shared facilities, and managing equipment.

3. Responsibilities under this Plan

BBRD retains the overall responsibility for the effective management and implementation of the return to sport activities and operations outlined in this Plan.

The Executive Committee and senior instructors of BBRD are responsible for:

- Approving the Plan and overseeing the implementation of the arrangements in the Plan;
- Submission of the Plan to the relevant peak State/National bodies such as the QFA for approval *prior* to the resumption of activities; and
- Revising the Plan as required, ensuring it reflects up to date information from government and public health officials.

The Executive Committee has appointed the following person as the BBRD COVID-19 Safety Coordinator to execute the delivery of the Plan and to act as a point of contact for information relating to this Plan:

Name	Michael Baczynski
Contact Email	michel.baczynski@bbrd.org.au
Contact Number	04 1144 2081

BBRD expects all members, participants, coaches, officials, administrative staff and volunteers to:

- Comply with the health directions of government and public health authorities as issued from time to time;
- Understand and act in accordance with this Plan as amended from time to time;

Comply with any testing and precautionary measures recommended or implemented by the Australian Jujitsu Federation (AJF); the Judo Queensland (J-Q); the Queensland Fencing Association (QFA); the Queensland Kendo Renmei (QKR) — including delegated expectations from the Australian Kendo Renmei's (AKR's) Kendo, Iaido and Jodo boards; the Queensland Kyudo Association (QKA); and, BBRD;

- Act with honesty and integrity in regard to the state of their personal health and any potential symptoms; and
- Monitor their health and take a cautious approach to self-isolation and reporting of potential symptoms.

4. Interaction between approved industry or sport COVID Safe Plans

If there are multiple activities being undertaken at a venue/facility (for example - dining, sports, approved training courses, fitness or recreational), more than one approved industry or sport plan may apply. If this is the case, the following will apply:

- Where there is clear separation between the activities (e.g. dining and sport) the relevant plan applies to the relevant area. A COVID Safe Statement of Compliance for the appropriate plan will be displayed in each area.
- Where the activities cross over (for example amenities, entry/exits, carparks):
 - Where possible these areas of cross over will be eliminated or minimised. This can be achieved through designating a separate entry, exit, amenities, and carpark for each activity.
 - Where the cross over cannot be minimised, a decision will be made as to which plan takes priority in which common area and will be followed.
 - » For example, the entry, exit, carpark, and amenities may be common to both activities and will be managed under the venue owner plan.
 - » In this case the entity responsible for the venue plan will ensure these areas are appropriately managed and the separate groups from the sport or activity will not intermingle.

Where a business is operating alongside of a not-for-profit community group, the business would normally take responsibility for managing the shared or common areas.

BBRD shares the facility at the Clive Berghofer Recreation Centre, 20 Baker Street, Darling Heights QLD with the following organisations:

- The Student Guild

and acknowledges that there may be more than one approved industry or sport plan that may apply to this facility and its operations.

5. Return to Sport Arrangements

This Plan is intended to cover the planned return to face-to-face training activities for BBRD from the week of 20 July 2020, and post the Queensland government's announcement of COVID-19 Stage 3 as of 1 July 2020. The Plan outlines specific sport requirements that BBRD will implement for Stage 2 and for Stage 3 of the Queensland Government Roadmap to Easing Restrictions, recognising that it may be necessary for the State government to increase restrictions, which will impact on the operations of BBRD. It is acknowledged that Stage 4 easing is not addressed in this document as yet.

BBRD will comply with the training activity and facility use as outlined in Stage 2 of the Queensland Roadmap and the training activities and facility use outlined in Stage 3 of the Queensland Roadmap as permitted under State restrictions and regulations. Competitions may resume when permitted under State restrictions and regulations.

Prior to the resumption of activities, each individual sport is required to complete a sport specific COVID safe operational plan to meet the Chief Health Officer's requirements and noting points approved and outlined in the Indoor Sport Industry COVID Plan.

Prior to the resumption of activities, each individual club is required to complete a club specific COVID safe operational plan to meet the Chief Health Officer's requirements and noting points approved and outlined in the relevant peak State/National body's COVID Safe Plan and submit to their administrators for review and approval by the relevant Management Committee.

5.1 Queensland Government Framework Arrangements

The protocols for conducting sport operations and facility operations under Stage 2 and Stage 3 of the Queensland Roadmap to easing restrictions are set out in the Appendices.

5.2 Roadmap to easing Queensland’s restrictions

BBRD will also comply with the Queensland government’s Roadmap to easing Queensland Restrictions, which places limits on the type of activity that can be conducted and the number of people who can gather at facilities, notwithstanding the activities permitted by the AIS Framework.

Roadmap to easing Queensland’s restrictions

Unite against COVID-19 

A step-down approach to COVID-19

CONTINUING CONDITIONS • Social distancing, 1.5 metres and hygiene • Stay at home if you’re sick • Tracking, tracing, rapid response • Frequent cleaning and disinfection

from 11:59pm STAGE 1: 15 MAY 2020 (2 weeks)	commencing from 12 noon STAGE 2: 1 JUNE 2020 (5 weeks)	commencing from 12 noon STAGE 3: 3 JULY 2020	BORDERS
<p>Family, friends and community</p> <ul style="list-style-type: none"> Gatherings in homes (household plus max 5 visitors, allowed from separate households) Gatherings of up to 10 people: <ul style="list-style-type: none"> outdoor, non-contact activity personal training and pools (indoor and outdoor) public spaces and lagoons (e.g. South Bank Parklands, Cairns, Airlie Beach etc.) libraries, parks, playground equipment, skate parks and outdoor gyms weddings and places of worship hiking and other recreational activities in national and state parks Funerals (max 20 indoors or 30 outdoors) Recreational travel (max 150kms within your region for day trips). <p>Businesses and economy</p> <ul style="list-style-type: none"> Retail shopping 10 people permitted at any one time for: <ul style="list-style-type: none"> dining in (with COVID Safe Checklists): restaurants, cafés, pubs, registered and licensed clubs, RSL clubs and hotels – no bars or gaming open homes and auctions beauty therapy and nail salons (with COVID Safe Checklist) All students back at school from 25 May 2020. <p>Outback*</p> <ul style="list-style-type: none"> Dining in (with COVID Safe Checklist): restaurants, cafés, pubs, registered and licensed clubs, RSL clubs and hotels (max 20 at any one time) for locals only (must show proof of residence) – no bars or gaming Recreational travel including overnight accommodation max 500 kms within the outback only if you live in the outback. 	<p>Family, friends and community</p> <ul style="list-style-type: none"> Gatherings of up to 20 people: <ul style="list-style-type: none"> homes public spaces and lagoons* (e.g. South Bank Parklands, Cairns, Airlie Beach etc.) non-contact indoor and outdoor community sport* personal training, gyms*, health clubs*, yoga studios*, pools* (indoor and outdoor) and community sports clubs* museums*, art galleries* and historic sites* weddings and places of worship* libraries*, parks, playground equipment, skate parks and outdoor gyms hiking, camping and other recreational activities in national and state parks Funerals[§] (max 100 people) Recreational travel, camping and accommodation, including caravan parks (anywhere in Queensland[¶]). <p>Businesses and economy</p> <ul style="list-style-type: none"> Unlimited travel and overnight stays for all of Queensland[#] (including for school holidays) Dining in or seated drinks in restaurants, cafés, pubs, registered or licensed clubs, RSL Clubs, hotels and casinos (no gaming) – up to 20 patrons per room or defined area (indoors or outdoors) for a venue (when following a COVID Safe Industry Plan) 20 people permitted at any one time for: <ul style="list-style-type: none"> indoor cinemas* open homes* and auctions* outdoor amusement parks*, tourism experiences*, zoos* and arcades* concert venues*, theatres*, arenas*, auditoriums* and stadiums* beauty therapy, nail salons, tanning, tattoo parlours and spas (with COVID Safe Checklist). 	<p>Family, friends and community</p> <ul style="list-style-type: none"> Private, non-commercial (e.g. home) gatherings of up to 100 with friends and family Weddings and funerals (max 100 people)[§] Maximum number of persons at museums, art galleries, libraries and historic sites determined by the one person per 4 square metre rule Sport, recreation and fitness organisations when following a COVID Safe Industry Plan: <ul style="list-style-type: none"> resumption of activity including competition and physical contact is permitted on the field of play indoor sports facilities can open with one person per 4 square metres (off the field of play)[§] outdoor sports facilities can open with physical distancing (off the field of play). <p>Businesses and economy</p> <ul style="list-style-type: none"> Maximum number of customers for a business at any one time is determined by the 4 square metre rule[¶] For smaller venues below 200 square metres, businesses can have one person per 2 square metres up to 50 persons at a time[¶] The following businesses and areas may re-open with a COVID Safe Plan: <ul style="list-style-type: none"> casinos, gaming and gambling venues (including electronic gaming machines) non-therapeutic massage[^] saunas and bathhouses[^] nightclubs food courts Office-based workers can return to their place of work Up to 25,000 spectators or 50% of capacity (whichever is the lesser) at Queensland’s Major Sports Facilities, with a COVID Safe Plan Concert venues, theatres and auditoriums can open and have up to 50% capacity or one person per 4 square metres (whichever is the greater), with a COVID Safe Plan More events allowed: <ul style="list-style-type: none"> fewer than 500 people – no approval needed when following a COVID Safe Event Checklist 500 to 10,000 people – need a COVID Safe Event Plan approved by local public health units over 10,000 people – need a COVID Safe Event Plan approved by the Queensland Chief Health Officer COVID Safe Industry Plans continue to apply with revisions to reflect changes in Stage 3. COVID Safe Checklists continue to apply. 	<p>From 12:01pm 10 July 2020</p> <ul style="list-style-type: none"> The Queensland Government will implement enhanced border control measures, including border passes and identification screening. From 10 July 2020, any person travelling from New South Wales, Western Australia, South Australia, Tasmania, the Australian Capital Territory and the Northern Territory may enter Queensland subject to completing and signing a border declaration and undertaking to present for a COVID-19 test if they develop symptoms. Any person that has been in a COVID-19 hotspot during the past 14 days, including Victoria, must not enter Queensland. The only exceptions (and subject to strict conditions) are: <ul style="list-style-type: none"> a Queensland resident returning home who will be subject to government directed quarantine a person entering to perform an essential activity approved by the Chief Health Officer a person listed in other limited categories as listed in the border direction. <p>Offences and enforcement measures</p> <ul style="list-style-type: none"> All persons entering Queensland must complete and sign a border declaration stating whether they have been overseas or in a COVID-19 hotspot, had contact with a confirmed COVID-19 case or had symptoms consistent with COVID-19. Significant penalties apply for false statements. All flights will be checked, and road vehicle borders will be enforced. Police will enforce quarantine. A person who refuses testing in quarantine will be subject to a further 10-day period at cost. <p>Review</p> <ul style="list-style-type: none"> The Queensland Chief Health Officer will review levels of community transmission and may impose additional restrictions should new hotspots occur.
<p>Remote community restricted areas:</p> <ul style="list-style-type: none"> The restrictions on access to Declared Travel Zones will continue under the CHO Direction: Restricted Access to Remote Communities Under the Remote Communities Roadmap, any easing of restrictions in those areas will occur following an assessment of public health advice, response capability and community consultation. 			<p>Ongoing review</p> <ul style="list-style-type: none"> Ongoing review of state-based restrictions will be undertaken based on levels of community transmission. This includes: <ul style="list-style-type: none"> density requirements, including consideration of moving from 4 to 2 square metres per person for all venues remaining restrictions on high-risk businesses and activities.

* More with COVID Safe Plan or Site Specific Plan approved by health authorities
[^] Max 50 with a COVID Safe Checklist when not complying with the COVID Safe Industry Plan
[#] Outback areas as defined by Local Government Area
[§] Except Biosecurity Areas or Restricted Areas
[¶] Provided contact details are kept for at least 56 days
[¶] Defined areas no longer required.



6. Recovery

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

At this time the Executive Committee of the Club will consult with key stakeholders to review the delivery of its return to sport arrangements and use feedback to improve organisational plans and systems.

7. Compliance Statement

BBRD is aware that in addition to the legal obligations arising from the COVID-19 Emergency Response Act 2020, *Public Health Act 2005*, Public Health (Further Extension of Declared Public Health Emergency–COVID-19) Regulation 2020, Work Health and Safety Act 2011 and any lawful Directions made under those Acts or Regulations, relevant peak State/National bodies and its affiliates must continue to comply with relevant existing legislation and regulations, including WorkSafe legislation.



Signature

President/COVID-19 Officer

Role

20 July 2020

Date

8. Review

BBRD acknowledges that this is a living document and requires regular review per changes to community restrictions as deemed necessary by the Federal/State Governments or the relevant health authority. BBRD reserves the right to amend or update this Plan at any time, without notice and in accordance with any changes as required or directed from the relevant State Government or Health Authority or relevant Peak Body Management Committee. This Plan will be reviewed monthly and revised as needed.

Appendix A: Outline of Return to Sport Arrangements

Part 1 – Sport Operations

Area	Plan Requirements (for Stage 2 originally approved 1 June 2020)	Plan Requirements (for Stage 3 originally approved 1 July 2020)
Approvals	<p>The Club must obtain the following approvals to allow a return to training at Stage 2:</p> <ul style="list-style-type: none"> • Queensland State Government approval of the resumption of indoor community sport. • An Indoor Sports Industry COVID Safety Plan has been approved by State Government. • Relevant peak body’s COVID Safe Plan has been approved by State Government. • Relaxation of public gathering restrictions to enable training to occur. • Local government/venue owner approval to training at venue, if required. • Approval of relevant peak body to return to non-contact training for relevant discipline. • Relevant peak body’s management committee has approved return to training for the Club and its members. • Insurance arrangements confirmed to cover training. 	<p>The Club must obtain the following approvals to allow a return to training/competition at Stage 3:</p> <ul style="list-style-type: none"> • Queensland State Government approval of the resumption of indoor contact community sport. • An Indoor Sports Industry COVID Safety Plan has been approved by State Government. • Relevant peak body’s COVID Safe Plan has been approved by State Government. • Relaxation of public gathering restrictions to enable training to occur. • Local government/venue owner approval to training/competition at venue, if required. • Relevant peak body’s approval of return to contact training. • Relevant peak body’s management committee has approved return to training for the Club and its members. • Insurance arrangements confirmed to cover training and competition.
Education	<p>BBRD will provide education to members, volunteers, and families to cover:</p> <ul style="list-style-type: none"> • Emphasis on the AIS Framework principle of “Get in, train, get out” – arrive ready to train. No gatherings, no spectators, essential personnel only. • Guidance to all members on scheduling of training sessions with suitable breaks between to allow for cleaning and no overlap of participants. • Provide guidance on reduced length of sessions and modification of activities to be appropriate for non-contact activity. • Continuation of infection control procedures implemented by the various peak State, National and International bodies. 	<p>BBRD will provide education to all members, volunteers, families:</p> <ul style="list-style-type: none"> • Education and training requirements continue from Stage 2. • Advice on changes to training activities. Graduated return to contact activities as guided or allowed by the State Government or Health Authority and sanctioned by relevant peak State or National body. • Reinforce to all members that all hygiene, sanitising, and infection control procedures to remain in place as well as physical distancing requirements as required by the state government.

Area	Plan Requirements (for Stage 2 originally approved 1 June 2020)	Plan Requirements (for Stage 3 originally approved 1 July 2020)
	<ul style="list-style-type: none"> • Defined training areas for each discipline, maintaining base density requirement of 4 square metres per person and physical distancing (>1.5 metres). Maximum capacity for area may be less than the 20 persons allowable. In this instance the number of participants should be reduced to account for the smaller area. • Provide information on training on COVID-19 infection control to coaches, officials and volunteers responsible for the conduct of training, event operations or any other relevant activity (sanitising surfaces and SWA requirements). <p><u>https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training</u></p> <ul style="list-style-type: none"> • Continued education of members on appropriate hygiene measures and that they should not attend if unwell. At all times they are to follow the relevant government or health authority directions and advice. • Government or other appropriate health authority resource materials should be prominently displayed in facilities, at entry/exit points, including handwashing and personal infection control advice. • Provide briefings and/or educational materials to outline protocols under Stage 2 in advance of return to sport for participants, including the obligations on and expectations of such participants. • Guidance for travel arrangements (e.g. physical distancing on public transport, limit carpool/taxi/Uber use). Appropriate distancing and non-gathering in carparks – use drop off/pick up zones • Importance of training attendance register for contact tracing. The register must be kept for a minimum of 56 days (see Appendix B for minimum details to be collected) • Communicate isolation and medical procedures for all players, members, volunteers and their families at the onset of any symptoms including organisation facilities that can be used to manage symptomatic participants. • Train all relevant persons on treatment of symptomatic participants and disinfecting of facilities used by such participants. • All clubs to implement a pre-session booking system for attendance at training. 	<ul style="list-style-type: none"> • All clubs training must provide checklists that would fit each specific venue with volunteers and staff aware of the checklists each shift or schedule. <p>Further information and advice is available in the Return to Play guide provided on the Return to Play website. The guide will continue to be updated by the Department of Housing and Public Works (Sport and Recreation).</p>

Area	Plan Requirements (for Stage 2 originally approved 1 June 2020)	Plan Requirements (for Stage 3 originally approved 1 July 2020)
	<ul style="list-style-type: none"> • Provide training for COVID Safety Coordinators role (see Appendix C). • Compulsory training for all coaches, officials and volunteers and COVID Safety Coordinators must undertake the free infection control training offered by TAFE Queensland <p>https://tafeqld.edu.au/covid-safe</p> <p>or the Covid Safe Sport Coach Certification</p> <p>https://www.openlearning.com/courses/covid-safe-sport-coach-certification/</p> <p>and provide the certificate of completion to the relevant peak body prior to the re-commencement of any training activities.</p> <ul style="list-style-type: none"> • Any training that has been mandated or deemed necessary by Queensland Health or any other relevant Government agency. • Any training that has been mandated by the relevant peak national body or its insurer. • Requirement for COVID Safe 'checklist' for each location. Alternatively, Business owners that would like to better understand their WHS duties regarding COVID-19 can call 1300 005 018 or their union or industry association. <p>** It is understood that further industry specific training will be developed and provided by the Active Queenslanders Industry Alliance.</p>	
Physical Distancing	<p>BBRD is to implement physical distancing requirements during training activities including:</p> <ul style="list-style-type: none"> • Maintaining base density requirement of 4 square metres per person and physical distancing (>1.5 metres). This may require less numbers of participants than the maximum allowable (20) due to actual useable space restrictions of specific venues. • Venue safety protocols and training drills/activities to maintain a distance of at least 1.5 metres 	<p>BBRD is to implement physical distancing requirements during training and competition activities including:</p> <ul style="list-style-type: none"> • Requirements continue from Stage 2 save where superseded in the following points. • Maintaining base density requirement of 4 square metres per person and physical distancing (>1.5 metres) where practical. This may require less numbers of participants than the maximum allowable (100) due to actual useable space restrictions of specific venues. In the Aerobics room of the CBRC, the limit is 60 persons.

Area	Plan Requirements (for Stage 2 originally approved 1 June 2020)	Plan Requirements (for Stage 3 originally approved 1 July 2020)
	<ul style="list-style-type: none"> • No co-mingling between training areas • Management and segmentation of group of participants through specific buffer zones and spacing if useable venue area safely allows. Barriers must not be able to be climbed over or moved and must have a physical buffer of 1.5m either side. Cones, witches' hats, rope, chairs are not suitable barriers. Barriers must not breach fire codes. • Avoid all physical participant interactions including handshakes, high fives etc • Specific restrictions on contact coaching and training drills during Stage 2 • Personal equipment bags must be minimally spaced 1.5m apart and all equipment and uniforms are to be stored within the bag, not alongside • No spectators allowed at training • No gatherings allowed in carparks or areas around the training facility • Separate designated entrance and exit to each training area where available in the facility. Where only a single door exists, implement a procedure to eliminate interactions of ingress or egress to the training area. • Use floor markers such as tape to indicate minimum 1.5m distancing and movement flow in the venue • Removal or cordon off all seating areas 	<ul style="list-style-type: none"> • Training activities and competition protocols to maintain a distance of at least 1.5 metres where practical • Avoid unnecessary participant interactions including handshakes, high fives, core-on-core • Specific restrictions on contact training drills and competition as applicable may be required. See Appendix H for discipline specific measures. • Defined areas for each group during training • Modification of competition area to include only competitors and officials during bouts • Limit unnecessary gatherings or spectators at training • Minimise seating to 1.5m distance between chairs
Personal health	<p>Personal health protocols to include:</p> <ul style="list-style-type: none"> • Graded return to sport to avoid injury. • Advice to players, coaches, volunteers to not attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). • Washing of hands prior to, during and after training with soap and use of 60% ethanol or 70% iso-propanol ^[7] hand sanitiser where available. • Shower at home before and after training – no changes of clothing at the venue • Avoid nose clearing and spitting • Cough into the elbow or tissue • All clothing and personal equipment to be clean and in good repair before class starts. All items must be washed/disinfected prior to their reuse at any subsequent training session • Launder own training uniform and disinfect personal equipment 	<p>Personal health protocols requirements continue from Stage 2 subject to the following modifications:</p> <ul style="list-style-type: none"> • Limited sharing of equipment may be allowed provided strict adherence to cleaning and disinfecting following each use before being handled by another member. • Changing of clothes only where moving from one disciplinary activity to another necessitating the use of a different outfit/protective equipment.

Area	Plan Requirements (for Stage 2 originally approved 1 June 2020)	Plan Requirements (for Stage 3 originally approved 1 July 2020)
	<ul style="list-style-type: none"> • No sharing of equipment (personal or club) • All equipment to be disinfected before and after use • Mouthguards are not to be removed during training or play and must be sealed away when not in use. • Disinfect mouthguards after each session. • No physical greetings (i.e. hand shaking, high fives etc.). • Avoid touching of eyes, nose or mouth • Do not permit personal equipment on shared surfaces. Personal equipment bags should be arranged to permit physical distancing of participants (>1.5 metres). • Only coaches/instructors should contact/move group equipment such as balls, training aids (cones, markers, agility ladders etc) • Vulnerable groups such as “athletes/other personnel with concurrent medical conditions including; respiratory or cardiac disease, hypertension, diabetes ^[2, 3], obesity ^[4] and immunosuppression due to disease or medication may be at increased risk. Other groups requiring special consideration include; individuals over 70 years of age, carers for or a household contact of a vulnerable person, athletes with suboptimal access to medical care (e.g. remote) and Aboriginal and Torres Strait Islander Communities”^[1] are required to seek medical advice prior to returning to the training environment. • Athletes and other personnel who have been infected with COVID-19 and recovered are compulsorily required to provide medical clearance ^[1] prior to return to training activities due to the significantly increased risk to these athletes (see Appendix D). 	
Training and Competition	<p>BBRD training standards:</p> <ul style="list-style-type: none"> • Standard training activities for Arnis, Fencing, Jujutsu, Jodo, Judo, Kendo, Systema are not permitted in Stage 2. See individual discipline plans. • No competitions are permitted in Stage 2 • Non-contact activity permitted for maximum of 20 people (this includes coaching or support staff) – fitness and footwork only, for affected disciplines • Continuation of online Zoom training sessions 	<p>BBRD training and competition standards:</p> <ul style="list-style-type: none"> • Activity permitted to occur for up to 100 people in Stage 3 or as the maximum allowable under relevant restrictions and useable space • Limited contact and non-contact activity may be permitted • Club to emphasise AIS Framework principle of “Get in, train, get out” – arrive ready to train. • Graduated return to normal training activities minimising physical contact activities at all times • Possible resumption of individual lessons – tbc.

Area	Plan Requirements (for Stage 2 originally approved 1 June 2020)	Plan Requirements (for Stage 3 originally approved 1 July 2020)
	<ul style="list-style-type: none"> • For onsite training only – participants are required to preregister for training session to ensure maximum allowable numbers are not breached. Athletes who arrive at sessions without pre-booking will not be allowed in the session. • Where group activities are held, athlete briefing to occur at commencement of sessions outlining expectations regarding activity, hygiene and physical distancing requirements • Separate sessions for juniors and seniors, no intermingled sessions • Where multiple sessions are held there must be a minimum of 1/2hrs between sessions to allow for full cleaning of area and any equipment used. • Athletes who arrive early for sessions are not to enter the venue. Athletes must immediately vacate the venue at the end of each session. • Abide by AIS Framework principle of “Get in, train, get out” all athletes arrive ready to train, no changes of clothing onsite. • Reduced length of training sessions – no longer than 1.5hrs maximum • Modification of activities to ensure no physical contact <p>Non-contact training the groups of 20 can take place including</p> <ul style="list-style-type: none"> – Fitness activities not requiring partner work or equipment that can maintain 1.5m distancing at all times – Eye-hand coordination activities – Footwork – Individual target work – There are to be no contested drills which may have physical contact – Training drills must be designed with physical distancing measures in place – There must be a <i>minimum</i> distance of 1.5m between participants at all times – No standing around close to other participants during or in between drills or any activity in training (e.g. when waiting in line) <ul style="list-style-type: none"> • 60% Ethanol or 70% iso-propanol based hand sanitiser will be provided in the office • No shared equipment permitted. • No shared uniforms permitted. 	<ul style="list-style-type: none"> • Modification to training conditions or activity rules to support physical distancing where possible. • Avoid activities that have a high risk of injury that may result in hospitalisation. • Competition <i>may</i> return in Stage 3 but is not guaranteed • Hygiene and sanitising requirements continue from Stage 2. • Treatment of shared equipment continues from Stage 2. • Personal hygiene encouraged (e.g. wash hands prior to training, no coughing). • Record of attendance to be kept by coach of <i>all persons</i> entering the training or competition area

Area	Plan Requirements (for Stage 2 originally approved 1 June 2020)	Plan Requirements (for Stage 3 originally approved 1 July 2020)
	<ul style="list-style-type: none"> • Athletes to provide personal water bottles • Personal hygiene strictly enforced (e.g. wash hands prior to and throughout training). • Record of attendance to be kept by coach of all persons entering the training area • Protective equipment (e.g. <i>kendo bogu</i> etc.) will not be required, as coaches will be giving verbal instruction only in Stage 2. 	
Hygiene and Cleaning	<p>BBRD hygiene protocols to support training.</p> <ul style="list-style-type: none"> • Any safe hygiene protocols directed by the relevant peak State, National or International body will be adopted by the Club. • 60% ethanol or 70% iso-propanol based hand sanitiser will be placed at entrance and exit points, and at other area within the training venue. • Athlete and coaches should sanitise or wash their hands with soap and water prior to entering the training venue, after signing in, and frequently throughout the training sessions. • Coaching staff are to ensure sanitizer and soap containers are refilled prior to the commencement of a session. • Clean and disinfect all equipment prior to use and immediately after use • Use of tissues is discouraged. However, if required the discarded tissue should be placed in a plastic bag and disposed of in a bin outside of the training area • Food is not to be consumed in the training area • Promote good hygiene practices in line with Government advice including: • Cleaning standards: <ul style="list-style-type: none"> – Ensure spaces at each facility are regularly cleaned with disinfectant in accordance with the manufacturer’s instructions. – Surfaces should be frequently wiped down with appropriate disinfectant wipes or soap, particularly those frequently touched. This includes door handles, light switches, kitchen surfaces, bathroom surface, phones, remote controls, gates, scoreboard, menus control panels and any other high touch areas; and – Adequately clean and disinfect participant facilities before use (prior to participant arrival). – Allow minimum 30minutes for cleaning between each session. 	<p>BBRD hygiene protocols to support training and competition:</p> <ul style="list-style-type: none"> • Hygiene and cleaning measures to continue from Stage 2 to be updated as per advice from state health authorities.

Area	Plan Requirements (for Stage 2 originally approved 1 June 2020)	Plan Requirements (for Stage 3 originally approved 1 July 2020)
	<p><i>How to Clean:</i></p> <ol style="list-style-type: none"> 1. Wear gloves when cleaning and disinfecting. Gloves should be discarded after each clean. If it is necessary to use reusable gloves, gloves should only be used for COVID-19 related cleaning and disinfection and should not be used for other purposes. Wash reusable gloves with soap and water after use and leave to dry. 2. Clean hands immediately after removing gloves. 3. Thoroughly clean surfaces using detergent (soap) and water. 4. Apply disinfectant to surfaces using disposable paper towel or a disposable cloth. If non-disposable cloths are used, ensure they are laundered and dried before reusing. 5. Ensure surfaces remain wet for the period of time required to kill the virus (contact time) as specified by the manufacturer. If no time is specified, leave for 10 minutes. <ul style="list-style-type: none"> – A one-step detergent/disinfectant product may be used as long as the manufacturer’s instructions are followed regarding dilution, use and contact times for disinfection (that is, how long the product must remain on the surface to ensure disinfection takes place). – Where possible, use a disinfectant for which the manufacturer claims antiviral activity (meaning it can kill viruses). Chlorine-based (bleach) disinfectants are one product that is commonly used. Other options include common household disinfectants or alcohol solutions with at least 70% alcohol (for example, methylated spirits). – Gloves are recommended when cleaning and disinfecting. Use of eye protection, masks and gowns is not required when undertaking routine cleaning. – Always follow the manufacturer’s advice regarding use of PPE when using disinfectants. – For cleaning and disinfection for suspected and confirmed cases, when available, a surgical mask and eye protection may provide a barrier against inadvertently touching your face with contaminated hands and fingers, whether gloved or not. 	

Area	Plan Requirements (for Stage 2 originally approved 1 June 2020)	Plan Requirements (for Stage 3 originally approved 1 July 2020)
	<ul style="list-style-type: none"> – For cleaning and disinfection for suspected and confirmed cases, wear a full-length disposable gown in addition to the surgical mask, eye protection and gloves if there is visible contamination with respiratory secretions or other body fluid. <p>** SafeWork Australia provides further guidelines on cleaning requirements</p> <p>https://www.safeworkaustralia.gov.au/covid-19-information-workplaces/industry-information/general-industry-information/cleaning</p> <ul style="list-style-type: none"> • Implement use of cashless or non-contact payment systems. 	
Communications	<p>Provide a detailed communications plan to communicate with players, coaches, members, volunteers, families and staff.</p> <ul style="list-style-type: none"> • Provide clear and coordinated guidance to participants and stakeholders across a range of communication channels on how a return to sport will be managed at each level of restrictions. • Provide information to club members on briefings by relevant Peak bodies and information to (1) clubs and (2) whole of community on return to training and other Club supported activity protocols including hygiene protocols (e.g. email, Facebook post, online community chat forum, online club chat forum) and reinforcement of hand washing and general hygiene etiquette. • Endorsement of government COVIDSafe app and encouragement to players, coaches, staff, members, volunteers and families to download and use app for contact tracing. • Promote good personal hygiene practices in and around training sessions and in all facilities (e.g. posters). • Establish relationships with key community partners and stakeholders including State public health authorities and government funding partners through relevant peak body COVID-19 Safety Coordinator(s). • Share timely and accurate information including how your club is responding to any localised outbreak. • Confirm and display an emergency management plan for each of your activities and how they are suitable for managing a COVID-19 outbreak. 	<p>Provide a detailed communications plan to communicate with players, coaches, members, volunteers, families and staff.</p> <ul style="list-style-type: none"> • Requirements broadly continue from Stage 2 • Provide updated briefings and information to club members on return to training and other fencing activity protocols including hygiene protocols (e.g. email, Facebook post, online community chat forum, online club chat forum) and reinforcement of hand washing and general hygiene etiquette. • Promote good personal hygiene practices in and around training/competition sessions and in organisation facilities (e.g. posters). • Continued endorsement of government COVIDSafe app and encouragement to players, coaches, members, volunteers and families to download and use app for contact tracing. • Information on how individuals can access mental health and wellbeing counselling resources will be provided to clubs. Factsheets on depression, anxiety and dealing with isolation from the Australian Psychological Society will be made available to all members.

Area	Plan Requirements (for Stage 2 originally approved 1 June 2020)	Plan Requirements (for Stage 3 originally approved 1 July 2020)
	<ul style="list-style-type: none"> • The BBRD Club President, relevant State Coaching Director(s), peak body Secretary or COVID Safety Coordinator may cancel or postpone any event or training where there is increased risk to the health, safety or welfare of the fencing community. This may include, but is not limited, a positive COVID-19 diagnosis of a member, the venue owner provides notification of an increased risk in the environment from shared community use, an escalation in community transmission particularly in the geographic area near the venue, numbers of individuals in the venue breach current restriction limits, as directed by the State Government or a relevant health authority. • Events and training may be modified at the discretion of the Club President, COVID Safety Coordinator or State Coaching Director where it is deemed necessary for the protection of the health, safety or welfare of the fencing community. • Mental health and wellbeing resources will be provided all athletes via their clubs. Factsheets on depression, anxiety and dealing with isolation from the Australian Psychological Society will be made available to all members. 	

Part 2 – Facility Operations

BBRD acknowledges the following conditions of use of the training facility as required by The Student Guild

- Compliance with the COVID Safe plan as written
- Notify Student Guild CEO, Jennifer Rix and Student Guild COVID Officer, Brooke Martin, of any variations to this document.

**ALL requirements must be specifically addressed in the relevant sections below.

Area	Plan Requirements (for Stage 2 scheduled 12 June 2020)	Plan Requirements (for Stage 3 scheduled 10 July 2020)
Approvals	BBRD must obtain the following approvals to allow use of facilities at Stage 2: <ul style="list-style-type: none"> • Queensland State Government approval of the resumption of facility operations. • Local government/venue owner approval to use of facility, if required. • The relevant peak body committee has approved plan for use of facilities. • Insurance arrangements confirmed to cover facility usage. 	BBRD must obtain the following approvals to allow use of club facilities at Stage 3: <ul style="list-style-type: none"> • Queensland State Government approval of the resumption of facility operations. • Local government has given approval to use of facility, if required. • The relevant peak body committee has approved plan for use of facilities. • Insurance arrangements confirmed to cover facility usage.
Facilities	BBRD shall operate its facilities under the following conditions: <ul style="list-style-type: none"> • The Club must have a facility management plan and sport-specific structured risk assessment in place. • SWA guidelines in place and enacted. • Use of facilities are restricted to the training and equipment storage area in Stage 2 for fitness and footwork activities only. • Use of facilities is by strictly defined time periods. Club members are not to enter a facility outside of the defined times. • No use of shower or change rooms are permitted. • Limit use of toilets to one person at a time (unless a child specifically requiring parent/carer assistance). • No use of canteen permitted. 	BBRD shall operate its facilities under the following conditions: <ul style="list-style-type: none"> • Use of Club facilities to continue to align with social distancing and hygiene requirements and all other State or Federal Government directives; or State, National or International peak body directives on changes to venue use only • Hygiene and cleaning protocols measures as per Stage 2 • Provision of appropriate health and safety equipment, Personal Protective Equipment (PPE) and personal hygiene cleaning solutions as per Stage 2.

Area	Plan Requirements (for Stage 2 scheduled 12 June 2020)	Plan Requirements (for Stage 3 scheduled 10 July 2020)
	<ul style="list-style-type: none"> • Hygiene and cleaning protocols will be implemented per the directions of the venue owner as well as those implemented under the relevant peak body, including the QFA direction of 9 March 2020. • Provision of appropriate health and safety equipment, Personal Protective Equipment (PPE) and personal hygiene cleaning solutions. • Designate area for isolation of unwell individual – to be clearly signed. The isolation area should be equipped with necessary PPE supplies to facilitate hand hygiene and respiratory etiquette. • The isolation area at the CBRC is Room F150. • Refuse must be removed from the site by the venue owner on a daily basis. • The venue owner is responsible for the thorough cleaning of all common areas and amenities on a daily basis. • A venue layout CBRC is provided in Appendix E indicating the designated entrance and exit points, sanitising station, registration and temperature checking point, and the isolation point. 	
Facility access	<p>Facility access conditions:</p> <ul style="list-style-type: none"> • All persons entering the BBRD venue agree to comply with all health, safety and welfare directions, procedures and protocols and acknowledge they are subject to sanction from both the Club, relevant peak body and any other relevant Government of Health Authority should they not comply with such directions, procedures and protocols. • All athletes, coaches, members will be required to have their temperature checked before entering any fencing facility using an infrared non-contact thermometer. A normal temperature is around 36-37°C. Persons presenting with a low-grade fever of 37.3°C or above will be excluded immediately (coaches included). This will require the individual to provide medical clearance prior to returning to any training facility. All health information will be kept confidential unless required by the relevant health authority. • Access to a training session or venue is not permitted for the following persons: <ul style="list-style-type: none"> - Has a current diagnosis of COVID-19 or has been in direct contact with a known case of COVID-19 in the previous 14 days. 	<p>Facility access conditions:</p> <ul style="list-style-type: none"> • Conditions as set by the Student Guild for entrance into the CBRC. • Total number of individuals (regardless of role) at a training session or competition must not exceed 100 persons.

Area	Plan Requirements (for Stage 2 scheduled 12 June 2020)	Plan Requirements (for Stage 3 scheduled 10 July 2020)
	<ul style="list-style-type: none"> - Any symptoms consistent with COVID-19 or who is a high health risk (e.g. due to age or pre-existing health conditions). - Travelled internationally in the previous 14 days or to an interstate area of Australia with a known active cluster. - Any individual subject to measures under the or isolation measures under the <i>Biosecurity Act 2015</i> <ul style="list-style-type: none"> • Vulnerable individuals in the “At Risk” categories defined by health authorities must seek medical advice prior to attending training facilities. • Individuals who become aggressive or verbally abusive toward any Club member will be denied access to the venue and banned from BBRD training or events for a period of no less than one month. These persons may also be subject to further sanction as the management committee deems appropriate or referred to the Queensland Police Service. • Training sessions are limited to essential persons only – athletes and coach • Individuals who arrive early for training sessions are not to enter the facility until the allotted session time • Total number of individuals (regardless of role) at a training session must not exceed 20 persons or the maximum limit allowed in the training space per the restrictions should that be less than 20 persons. • Designated entry and exit points are to be clearly signed. • A drop off/pick zone outside of the main entrance to the facility is to be used at all times and parents are not allowed to remain or gather in the carpark during training sessions. • No spectators are allowed • Physical distancing of 1.5m minimum must be maintained at all times. • A detailed attendance registers to be kept by the attending instructor, coordinator or coach and held on file for a minimum of 56 days. • Reconsider the need for face to face meetings instead facilitate attendance by teleconferencing or using Zoom or Teams, etc • Athletes, coaches, members are not to enter or continue to attend any fencing club site where there is a suspected or known case of infection or has been subject to decontamination or isolation measures under the <i>Biosecurity Act 2015</i> • Contractors and deliveries to the fencing venue should be minimised as much as possible. 	

Area	Plan Requirements (for Stage 2 scheduled 12 June 2020)	Plan Requirements (for Stage 3 scheduled 10 July 2020)
	<ul style="list-style-type: none"> • Delivery drivers and other contractors who need to attend the venue, to provide maintenance or repair services or perform other essential activities, should be given clear instructions of the requirements while they are on site including completion of the attendance register and maintaining physical distancing where able to. • Delivery drivers and contractors should be directed to remain in vehicles and use contactless methods such as mobile phones to communicate with Club personnel wherever possible. • Delivery drivers and contractors are to be directed to use alcohol-based hand sanitiser before handling products being delivered. • Delivery drivers and contractors should be requested to electronic paperwork where possible, to minimise physical interaction. Where possible, set up alternatives to requiring signatures. For instance, see whether a confirmation email or a photo of the loaded or unloaded goods can be accepted as proof of delivery or collection (as applicable). If a pen or other utensil is required for signature provide your own or request that the pen or utensil is cleaned or sanitised before use. • In the case of an emergency evacuation - if changing the physical layout of the venue, training space, the revised layout must allow for all persons in the facility to move to safety outside of the facility to the designated fire evacuation point without risks to their health and safety so far as is reasonably practicable 	
Hygiene	<p>BBRD will ensure that before any training takes place, there has been regular cleaning and disinfecting of organisation facilities by the Student Guild.</p> <ul style="list-style-type: none"> • Any safe hygiene protocols distributed by the relevant peak State, National or International sporting body or local association that will be adopted by organisation including: <ul style="list-style-type: none"> - Hand sanitiser will be available at entry and exit points and throughout the training to venue - All desks and equipment are to be disinfected prior to use and during pack down of each session. - Increased regular cleaning of facility to be undertaken by facility owner including frequent wiping of high touch surfaces such as light switches, desks, taps, door handles, etc - Display posters outlining relevant personal hygiene guidance, handwashing and hand rubbing procedures. 	<p>BBRD will continue to ensure that before any training takes place, that there has been regular cleaning and disinfecting of organisation facilities by the Student Guild.</p> <ul style="list-style-type: none"> • Continue hygiene and cleaning measures as per Stage 2. • Equipment can be shared as per individual discipline protocols, though must be disinfected at the end of each session.

Area	Plan Requirements (for Stage 2 scheduled 12 June 2020)	Plan Requirements (for Stage 3 scheduled 10 July 2020)
	<ul style="list-style-type: none"> - No shared use of equipment. - Provide suitable rubbish bins with regular waste disposal. • SWA guidelines in place to protect staff <p>**See Part A Sport Operations: Hygiene for further information on cleaning and hygiene procedures</p> <p>For more information on cleaning guidelines visit the Safe Work Australia website https://www.safeworkaustralia.gov.au/covid-19-informationworkplaces/industry-information/general-industry-information/cleaning</p>	
<p>Management of unwell participants</p>	<p>Manage unwell participants at a BBRD activity:</p> <ul style="list-style-type: none"> • Any member who is unwell with symptoms of COVID-19 must not attend any fencing facility. They should seek medical assistance from their local GP or a COVID-19 clinic or call 13HEALTH (13 43 25 84). • ANYONE who has had a positive test for Covid-19 must inform the Club President (enquiries@bbrd.org.au) and the President of the relevant State peak body as soon as practical. They must not attend any related venue, activity, or event until such time as they have provided written medical clearance to the Secretary. • Anyone who becomes unwell or develops a fever, a cough, sore throat or shortness of breath, during a training session will be immediately isolated to the designated isolation area in the facility. They will be supplied with a face mask and sanitiser. <ul style="list-style-type: none"> - All activity will cease and all other participants will be asked to confirm their registered details and leave the facility immediately. - The unwell individual will then be advised to seek medical assistance and leave the facility. They must report the outcome of medical assistance to the Club President, and the President of the relevant peak State body. - The remaining coaching or support staff member must then initiate full cleaning and disinfecting of all equipment and surfaces per the procedure outlined in Part A Sport Operations: Hygiene - NOTE: It is not the role of any member of a club to determine if an individual has COVID-19 or not. 	<p>Manage unwell participants at a BBRD activity:</p> <ul style="list-style-type: none"> • As per Stage 2.

Area	Plan Requirements (for Stage 2 scheduled 12 June 2020)	Plan Requirements (for Stage 3 scheduled 10 July 2020)
	<ul style="list-style-type: none"> • Queensland Health will be notified by the medical professional who confirms the diagnosis and the relevant testing laboratory. • In the event of a positive Covid-19 diagnosis <ul style="list-style-type: none"> - Upon being informed, the Club President, must notify Workplace Health and Safety Queensland that the case has been confirmed. - The training facility will be closed immediately. - All training sessions will be cancelled until the facility has undergone a deep clean and approved for reopening by Queensland Health authorities. - All training attendees and coaches will be notified and anyone who had contact with that person will be expected to self-isolate for 14 days. - They are required to undergo mandatory COVID-19 testing. - Return to training may only take place after negative test results or written medical clearance have been provided to Club President, and relevant President of the peak State body. • Liaise with public health authorities and facilitate the sharing of information (supply attendance registers to facilitate contact tracing) about all symptomatic participants at an activity run by your organisation, subject to privacy law. • Notify the venue owner, QFA Secretary, the insurer, and the Department Housing and Public Works (Sport and Recreation) of notification of positive diagnosis. • Contact participants (refer to attendance register) if an activity attendee subsequently becomes unwell and provide advice on what actions should be taken. If an outbreak does occur at your facility, the register will need to be provided to relevant authorities (i.e. Department of Health) immediately. • Follow any and all lawful directions given by public health authority. 	
Post COVID-19 Outbreak	<p>After an outbreak of Covid-19 outbreak has ended:</p> <ul style="list-style-type: none"> • Public health officials will determine when an outbreak has ended in a community, BBRD will consult with them to identify criteria for scaling back COVID-19 prevention actions with activities. The Club President and the COVID Safety Coordinator will consider which protocols will remain to optimise good public and participant health. 	<p>After an outbreak of COVID-19 has ended:</p> <ul style="list-style-type: none"> • As per Stage 2 or relevant State or Federal government direction.

Area	Plan Requirements (for Stage 2 scheduled 12 June 2020)	Plan Requirements (for Stage 3 scheduled 10 July 2020)
	<ul style="list-style-type: none"> • Plan the rescheduling of cancelled activities if appropriate or at all possible • Evaluate the effectiveness of the COVID-19 Safety Plan and communications plan. The COVID Safety Coordinator will circulate amendments and findings to all relevant stakeholders. • Meet via teleconference with key stakeholders to review delivery of any return to sport arrangements. Gather feedback to note lessons learned and to improve organisational plans and systems. • Review critical incident management arrangements and test organisational readiness to respond to further localised outbreak of COVID-19. • Update the Club's business continuity plan based on learnings from the COVID-19 pandemic. 	
Club responsibilities	<p>BBRD will oversee:</p> <ul style="list-style-type: none"> • Provision and conduct of hygiene protocols as per this Plan. • Capture of a record of attendance at all training and organisation activities and maintaining an up-to-date log of attendance. • Coordination of Stage 2 training operations if relevant. • Operation of the Club's facilities in support of all Stage 2 training activities in accordance with this Plan. • WHS risk management processes to be reviewed by the Club President to identify and manage any new or changed hazards that may have arisen as a result of the COVID Safe Plan. • Meet with stakeholders to review delivery of return to sport arrangements and review of critical incident management arrangements and test organisational readiness • Appointment and training of a Club COVID Safety Coordinator • Keep a record of each notifiable incident for at least 5 years from the day that notice of the incident is given to the regulator. • The Club President and COVID Safety Coordinator to regularly review all practices, persons and clubs for compliance with this Plan and any lawful direction by State or Federal Government or the relevant health authority and issue sanction of individuals and clubs for non-compliance with any law, direction or protocol. (See Appendix F for sanctions). 	<p>BBRD will oversee:</p> <ul style="list-style-type: none"> • As per Stage 2. • Coordination and implementation of Stage 3 training operations. • Operation of the Club's facilities in support of all Stage 3 training activities in accordance with this Plan and relevant government or health directives.

Part 3 – COVID-SAFE Plan Checklists (SPORT)

Checklist for organisations to follow in operating under the Industry Plan

Keep up to date with any Queensland Government information regarding sport, fitness and recreation via the [Return to Play website](#).

Read/complete the Safe Work Australia COVID [resource kit](#) to the industry

Check the Queensland Government's [COVID-19 website](#) to confirm your industry has a COVID Safe Plan in place. Otherwise abide by the specific restrictions outlined in the roadmap regarding the number of people, the type of activity and travel allowed.

Check with your State Level Organisation or Peak Body if there is further information or guidance material applicable to your activity.

Check with your venue or facility on any procedures and requirements applicable for the return of activity.

Check with your insurer(s) or insurance broker and confirm coverage inclusions and exclusions. Clarify if there are any specific exclusions caused by COVID-19, if any conditions apply to your policies, if any specific approvals/consents are required and whether return to sport plans can be noted against relevant policies.

Update Risk Management processes in line with the approved Industry Plan and ensure records are kept up to date.

Workforce and training

Review the Roadmap for easing Restrictions [Framework for COVID Safe Businesses](#) to ensure that Workplace Health and Safety requirements are been met. [Supporting information for the framework](#).

Consult with workers/volunteers and their representatives on COVID-19 measures and provide adequate information and education, including changes to tasks and practices and appropriate cleaning and disinfection practices.

Provide personal protective equipment (PPE) where necessary and in accordance with the relevant State and National guidelines. For more information view the [Workplace Health and Safety Queensland guide](#).

Ensure completion of any required training – including any that is mandated by the Queensland Government such as staff in industries requiring a COVID Safe Checklist.

Postpone or cancel non-essential face-to-face gatherings, meetings and training. Consider teleconferencing/online meeting capabilities.

Implement measures to maximise the distancing between volunteers/workers and participants to the extent it is safe and practical. Review tasks and processes that usually require close interaction and identify ways to modify these to increase physical distancing.

Modify processes to limit volunteers/workers having to be in close contact, as much as possible. For example: assign volunteers/workers to specific areas to minimise the need to go into other spaces.

Established sports medicine/first aid protocols that limit exposure (refer to Sports Medicine Australia SMA Support during COVID-19).

Ensure any psychosocial risks are managed with processes implemented to manage stress from COVID-19 as outlined in the [Workplace Health and Safety Queensland guide](#).

Communication

Update or develop communications plan with existing channels such as email, text message, and social media to share timely and accurate information with internal and external stakeholder groups.

Ensure staff and volunteers (coaches, officials, sports medicine, equipment/ ground and administrative personal) have been informed and trained about the conditions/restrictions of re-starting the activity.

Ensure participants, parents and carers have been informed about the conditions/restrictions of re-starting the sport and recreation activities, for example:

- one parent/carer drop off – pick up
 - change of activities (non-contact, group sizes, etc)
 - changes of venue/facility practices (handwashing, equipment access, allocated areas).
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Ensure decision making and implementation of decisions is clear within your organisation in the lead up to and during the return to activity.

Ensure everyone within your organisation (including paid staff and volunteers) understands their role.

A nominated COVID Safety Coordinator or Bio-hazard Officer is in place to oversee delivery of your return to activity plan.

Financial

The financial costs of COVID measures and the return to activity have been researched and communicated to your organisation.

Adjust budgets as necessary for COVID-19 measures and costs.

Check any applicable Federal or Queensland Government supports such as grants and subsidies have been implemented or applied for.

Ensure communication of any financial changes (registration/usage/membership fees etc.) to your participants.

Legal and compliance

Ensure your organisation is across all relevant legislation and requirements applicable to return to activity.

Ensure any necessary consents and approvals to resume sport have been received.

Ensure completion of a COVID-19 Safety Plan.

Physical distancing

Place signs at entry points to instruct participants and visitors not to enter the venue/facility if they are unwell or have COVID-19 symptoms. The sign should state that your organisation has the right to refuse service and must insist that anyone with these symptoms leaves the premises.

Use signage and communicate separate entry and exit points (drop off/point up points) and separate participation space areas to minimise contact and maintain the required physical distancing.

Implement measures to restrict numbers on the premises, ensuring these comply with the Industry COVID Safe Plan or the current stage of roadmap.

Ensure physical distancing by placing floor or wall markings or signs to identify 1.5 metres distance between persons for queues and waiting areas.

Consider using physical barriers (where practical) in high volume interaction areas to promote physical distancing.

Remove seating or space seating at least 1.5 metres apart. Mark railings or ground to encourage appropriate distancing and BYO seat measure).

Provide contactless payments or ordering and payment online.

Keeping people healthy

Promote and encourage all participants, volunteers, workers and visitors to sign up to the COVID Safe App.

Maintain a record of people in attendance for the activity, for a period of at least 56 days so you have accurate records in the event of an outbreak.

A system is in place to record, store and if required share data (subject to privacy law).

Avoid changing participants between groups to ensure no intermingling.

Promote BYO water bottle to limit communal water bubbler/tap use.

Set up hand washing/sanitising stations and practices for participants to easily wash hands before and after (and during if required) their activity.

Direct participants, volunteers, workers and visitors to stay at home if they are sick, and to go home if they become unwell.

Put signs and posters up to remind people of the risk of COVID-19.

Consider the requirements of vulnerable groups (i.e. people with disabilities, Indigenous people, elderly).

Know the protocols for notifying health authorities of issues or suspected COVID-19 cases.

Hygiene and cleaning

Assess supply needs (including sanitisation, cleaning and PPE) and explore options for sourcing additional supplies required.

Instruct everyone to practise good hygiene by frequently cleaning their hands. Hand washing should take at least 20 to 30 seconds. Wash the whole of each hand, covering all areas with soap before washing with water.

Instruct participants to practise good hygiene including no touching of eyes, nose or mouth and no spitting or clearing nasal/respiratory secretions on field of play or in other activity settings.

Implement measures to limit contact with between participants including eliminating handshakes, high fives, huddles and celebrations.

Provide hand washing facilities including clean running water, liquid soap, paper towels. If hand washing facilities are not readily available, provide an appropriate alcohol-based hand sanitiser.

Reduce the sharing of equipment and tools and establish cleaning protocols or restrict use of shared equipment (e.g. balls).

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- Establish a protocol for laundering bibs, jerseys or other shared uniform items.

 - Close or limit use of communal facilities such as change-rooms, showers, gyms, locker rooms and ensure there is the appropriate number of people according to the restriction stages.

 - Implement cleaning protocols for communal facilities.

 - Clean frequently touched areas and surfaces at least hourly with detergent or disinfectant (including shared equipment and tools, Eftpos equipment, tables, counter tops and sinks). Surfaces used by clients, such as tables, computer scoring surfaces, must also be cleaned between clients.

 - Consider any necessary changes to the administration of first aid and communicate to necessary personnel.

Deliveries, contractors and visitors attending the premises

- Implement a process for COVID Safe deliveries as outlined by [Safe Work Australia](#).

- Use, and ask delivery drivers and contractors to use, electronic paperwork where possible, to minimise physical interaction. Where possible, set up alternatives to requiring signatures, such as taking a photo of the goods onsite as proof of delivery.

- Direct visiting delivery drivers and contractors to remain in vehicles and use contactless methods such as mobile phones to communicate with your workers wherever possible.

- Ensure handwashing facilities, or if not possible, alcohol-based hand sanitiser, is readily available for workers after physically handling deliveries.

Review and monitor

- Regularly review your systems of operation to ensure they are consistent with current directions and advice provided by health authorities.
-

Additional checklist for Facility Managers / Venue Operators

Ensure completion of a COVID-19 Safety Plan for the venue.

Communication and training

Ensure communication of the completed COVID-19 Safety Plan for the venue.

Ensure communication of any procedures and requirements applicable to user groups for the return of activity.

Ensure user groups have undergone any required training or venue induction.

Manage access

Develop a playing space usage plan (where applicable) including zones, entry and exists to ensure different groups of 20 participants do not co-mingle.

Ensure and clearly mark separate entry and exit points (where possible).

Develop a plan to manage the bookings and schedule of users.

Determine the process to record all visitor to the venue, and liaise with organisations that utilising the venue to ensure record keeping processes are complementary.

Update the terms and conditions of venue use and entry as applicable.

Implement a process for other restrictions such as cancelling if wet weather to reduce the risk of people congregating such as under shelter.

Hygiene and cleaning

Undertake all hygiene and cleaning measures as outlined above.

Undertake a thorough clean of the venue including field of play entry, pitch and coaching equipment, clubrooms, toilets prior to any use by user groups.

Consider where doors and gates can remain open to minimise contact.

Preparing Field of Play for use

Implement a process for auditing facilities to ensure they are in a safe and playable condition.

Ensure field of play lines and any other line markings are clearly visible.

Ensure field, ancillary and safety lighting is working and provides a sufficient level of illumination.

Ensure public areas both in and surrounding the facility (e.g., car park, entry paths, walkways) been checked for possible issues (e.g. broken glass, trip hazards).

Ensure drinking taps/fountains have been turned off with signage preventing use.

Review and monitor

Regularly review your systems of operation to ensure they are consistent with current directions and advice provided by health authorities.

Appendix B: Contract Tracing Requirements

Contact tracing is a way of slowing the spread of infections by identifying people who have been in contact with an infected person in a timely manner. BBRD will adopt the following, as well any other requirements as directed from time to time by State and Federal Governments:

Requirement → All players, officials, staff and visitors to a venue or training session are encouraged to subscribe to the Government's COVID-19 tracing app.

Requirement → Records of attendance at training and competitions to be maintained.

Requirement → Records of attendance of spectators at training and competitions to be maintained.

Requirement → Records to be kept for 56 days.

Registers must include:

- Date of entry
- First name and surname
- Phone number
- Time in
- Time out
- Email

Registers can be implemented by:

- Using the template provided, all persons entering the venue or training area must complete the register on entry. Take a photo of the form and send to the venue after the session.
- Use the template provided as above but the user keeps the phone copy and they leave the form in a designated area for the venue
- If bookings can be taken online have the booker put in all the details of the group attending. This list gets emailed back to the user group as an online form to tick off attendance and then email back after the session. Persons not registered to attend prior to the session will not be granted access to the session. This includes spectators when they are allowed.
- Use online booking and attendance register.
- Evacheckin.com contactless QR Code Check in Technology for all attendees. Visitor EVA demo site login poster.

Responsibility:

- The coach or COVID Safe Coordinator (if present) has responsibility to ensure the register is accurate, complete and submitted to the venue owner and a copy retained in the QFA COVID-19 directory file.

Example: COVID-19 Coach, Athlete and Visitor Sign-in Register

Instructions

As a Coach, Athlete or Visitor you must:

- Not enter club premises if you answer Yes to any of the following:
 - Are you feeling unwell with symptoms such as fever, sore throat, cough or shortness of breath or any other symptoms consistent with COVID-19?
 - Have you had close contact with someone who has a confirmed case of coronavirus (COVID-19)?
 - Are you waiting for COVID-19 testing results or subject to quarantine orders in the last 14 days?
 - Have you travelled overseas or from a state subject to border controls in the last 14 days?
- Take reasonable care of your own health and safety and ensure your actions do not adversely affect the health and safety of others.
- Comply with Covid-19 infection control practices (good hygiene, regular handwashing, social-distancing etc.), safety notices and signs at all times
- Not misuse or interfere with anything which is provided for Covid-19 management
- Report any hazard, incident or others concerns to your club contact, coach or club owner. You must stop training if you have concerns with Covid-19 management.
- Immediately stop all activity, isolate to the designated area, and contact the club owner or coach if you become unwell with symptoms of the COVID-19 virus during a training session.
- Provide your contact details and notify the Club in the event of exposure to Covid-19.

Coaches, athletes and visitors who enter the club's premises are required to meet the club's Covid-19 controls. This Sign-In Sheet is compulsory for **every person** who enters the club venue. Coaches, athletes and visitors must read the information below and sign to confirm they understand the COVID-19 information given and will comply with these whilst on the club's premises.

Date	Time In & Out	Name	Age	Mobile	Email

Appendix C: COVID-19 Safety Coordinator

The COVID-19 Safety Coordinator will be the key resource and central point of contact for all matters COVID-19 for the relevant peak State body. The Safety Coordinator will be responsible for liaising with other clubs, associations, the relevant National and International peak bodies and other relevant stakeholders in relation to the State body's response to COVID-19.

COVID-19 Safety Coordinator Roles and Responsibilities

- Complete the relevant Return to Sport Checklist(s) by considering the actions set out in each checklist and implementing (or arranging to implement) relevant considerations in the Association and documenting justifications for not undertaking particular actions.
- Oversee the development and implementation of the Association's return to sport arrangements by documenting those arrangements in a COVID-19 Safety Plan.
- The COVID-19 Safety Plan should address:
 - Points of COVID-19 transmission risk;
 - Transmission controls;
 - Hygiene and behaviour requirements;
 - Physical and fitness preparations before a restart; and
 - Education and communication to relevant personnel.
- Periodically review the effectiveness of the COVID-19 Safety Plan and amend, update or improve as necessary.
- Advise the management committee on the effectiveness of COVID-19 Safety Plan arrangements and seek assistance where required.
- Assist the Association (operationally) to safely ramp up activity through the three phases of the Australian government's "Roadmap to a COVIDSafe Australia" and as permitted by the relevant State or Territory government.
- Act as the contact point for the Association's members and participants – particularly around questions relating to return to sport and the actions the Association has taken to be COVIDSafe – and other relevant stakeholders (including government, public health and other authorities, other clubs, associations, State and National Sporting Organisations).

Appendix D: Organ Systems Affected by COVID-19

Organ system	Acute complications associated with COVID-19	Potential implications for returning athletes/other personnel	Assessment and investigation considerations
Respiratory	Pneumonia- Lung abnormalities have been seen on CT chest of symptomatic and asymptomatic cases ^(62, 69, 70) ARDS ⁽⁷¹⁾	Reduced aerobic capacity and increased respiratory distress. Potential persisting restrictive lung patterns and reduced diffusion capacity. These respiratory long-term complications been reported follow previous coronavirus epidemics (SARS, MERS) in non-athlete populations. ⁽⁷²⁾	Clinical assessment Graded exercise testing, VO2 max testing FBE, CRP, spirometry, lung ultrasound, chest x-ray, CT chest Respiratory review
Cardiovascular	Cardiomyopathy ⁽²¹⁾ Myocarditis ⁽⁷³⁾ Pericardial effusion ⁽⁷⁴⁾ Arrhythmias ^(19, 75) Autoimmune mimicry of vasculitis and thrombosis ^(23, 76)	A return to exercise with underlying cardiac complications could be contraindicated for some. ⁽⁶⁷⁾ Return to contact sports / trauma could be contraindicated for some. Persisting inflammatory states.	Clinical assessment 12-lead ECG, troponins, coagulation profile, CRP, echocardiogram, cardiac MRI D-dimer, ferritin, C-reactive protein, erythrocyte sedimentary rate Cardiology review
Neurological	Multiple symptoms and signs have been described. ⁽⁹⁵⁾ Guillain-Barré syndrome ⁽⁷⁶⁾ Elevated D-dimer ^(77, 78) Stroke ⁽⁷⁹⁾ Encephalopathy ⁽⁸⁰⁾	Currently unclear as the neurological sequelae from mild to moderate cases is yet to be elucidated. Post intensive care syndrome	Clinical assessment FBE, D-dimer, MRI brain Neurology review
Gastrointestinal / hepatic	Deranged liver function tests (LFTs) ⁽⁸¹⁾ Some acute COVID-19 cases present with gastrointestinal and respiratory symptoms.	Consider COVID-19 in patients presenting with combined respiratory and gastrointestinal symptoms. ⁽⁸¹⁾ Increased risk from hepatically excreted medications.	Clinical assessment LFTs Gastroenterology review
Renal	Acute renal impairment ⁽⁸²⁾	Persistent subclinical renal impairment could be a risk on returning to high intensity training.	Clinical assessment. UECs, urine dipstick/specific gravity Renal review
Fatigue	Commonly associated with viremia	Post-viral fatigue is known to occur following other viral infections ⁽⁸³⁾ and may occur with COVID-19.	Monitoring of self-report measures, fatigue symptoms and training loads.
Mental health	Symptoms of depression and anxiety ⁽⁴⁾ Both were more common in patients with less social support ⁽⁸⁴⁾	Potential increased risk of post-traumatic stress disorder (PTSD), depression, anxiety. ⁽⁸⁷⁾ Persistent depression and anxiety have been reported following previous coronavirus epidemics in non-athletic populations.	Clinical assessment Screening questionnaires Psychology review and psychiatrist review

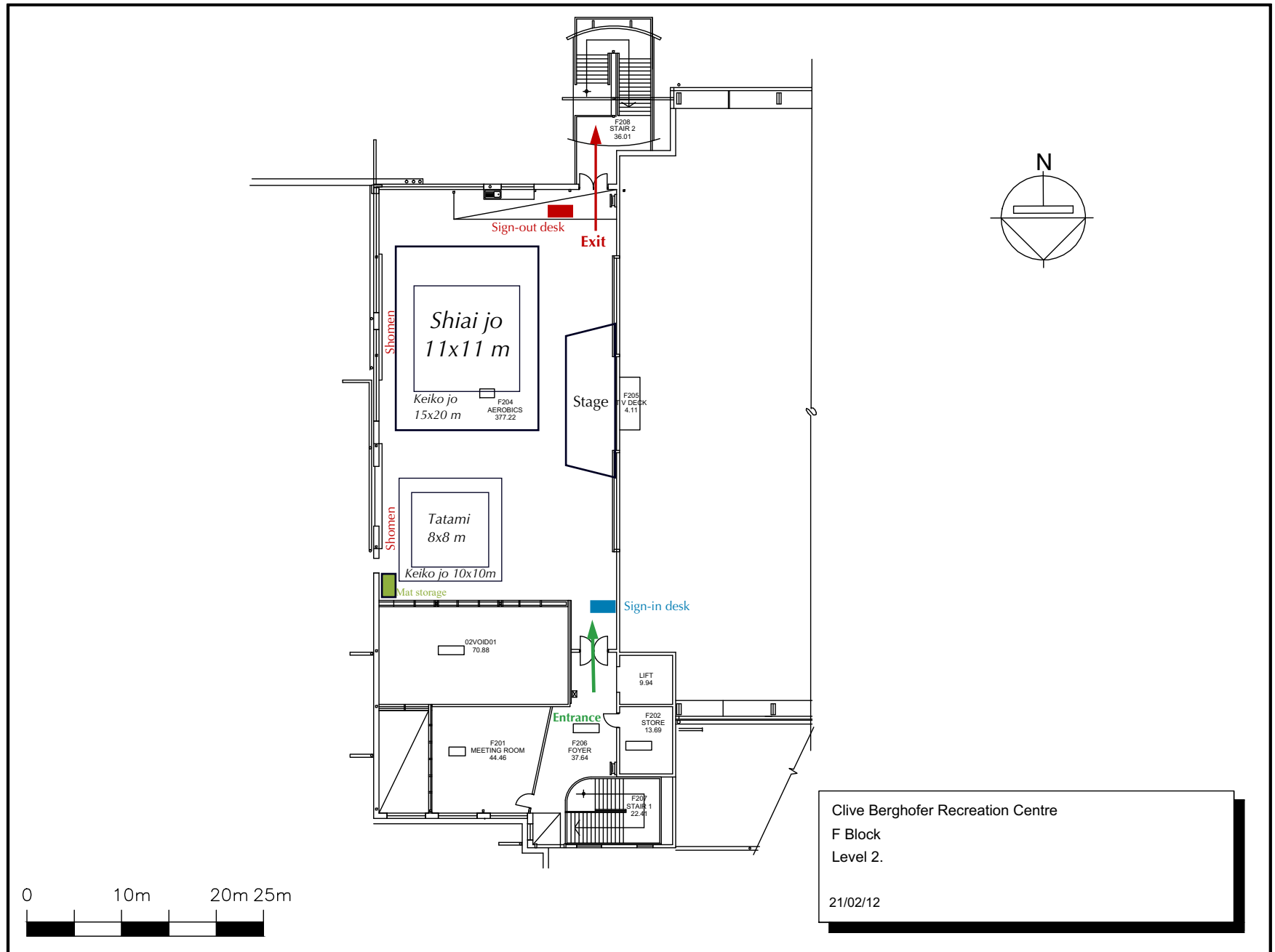
Table 3: Organ systems affected by COVID-19 in the acute phase and recommended assessment considerations for athlete and other personnel returning to sport environment ⁽¹⁾

Considerations for Athletes

“Athletes and other personnel who have recovered from COVID-19 must satisfy the Communicable Disease Network of Australia (CDNA) criteria to ensure they are no longer infectious.

Athletes and volunteers/officials with physical roles may be at increased risk of health complications after COVID-19 and warrant multidisciplinary specialist medical assessment before resuming high exertion activities.^[5, 6] As such they should be instructed to see their local doctor for a full medical review prior to returning to sport.

Table 3 outlines the recommended assessment process following a COVID-19 case.



Appendix F: Sanctions for non-compliance

Failure to comply with the requirements in this Plan places others at risk and may constitute an offence at law. The Club President, management committee of the relevant peak State body and the COVID Safety Coordinator are responsible for the enforcement of sanctions unless the action or behaviour is required to be referred to the Queensland Police Department or relevant State Government Department or health authority agency. Sanctions may range from (but are not limited to):

- Education regarding COVID hygiene and safety; government directions and regulations, safe work practices
- Removal from a training session
- Suspension of an individual/s from training and competition for a set period of time (as determine appropriate by nominated individuals)
- Suspension of the Club from participation in relevant peak State, National and International body activities
- Suspension of Club affiliation with the relevant peak State body

*Note: The Club may not be covered by an insurer for failure to comply with health and safety directions set by the State Government contained this Plan and documented by the Government elsewhere.

It is noted, during the COVID-19 pandemic emergency, any person who intentionally coughs, sneezes or spits at a public official or a worker, or threatens to do so, can be fined up to \$1334. They may also face criminal charges.

A public official or a worker is anyone at work or travelling for work during the COVID-19 pandemic. This includes, but is not limited to:

- Health workers and Health Department officials
- Police, fire and ambulance officers
- Retail workers
- Food delivery workers
- Transport workers including ferry, bus and train crews and taxi and ride-share drivers
- Council workers
- Electricity, gas and water meter readers
- Airport workers
- Teachers and school staff

The Club President and management committee of the relevant peak State body, at their discretion, will determine the sanction as appropriate to the non-compliance action or behaviour. The incident and sanction will be documented and reported to the relevant authority as required by Government.

Appendix G: COVID Safe Plan Compulsory Requirements from Office of Industrial Relations

<p>Continue to monitor COVID-19 situation and review and adjust risk management response accordingly</p>	<p>The Plan includes meeting with stakeholders to review delivery of return to sport arrangements and review of critical incident management arrangements and test organisational readiness.</p>
<p>Checks and preparation for reopening to manage COVID related risks (i.e. equipment/facilities), and risk management measures put in place to address COVID risks, including:</p> <ul style="list-style-type: none"> • Social distancing • Personal and hand hygiene • Workplace cleaning – frequently touched areas and routine cleaning • Appropriate use of personal protective equipment (PPE) • Managing psychosocial risks, including customer/patron aggression • Communication, consultation, instruction, training and supervision of workers and their representatives (HSRs, union representatives) – this should occur throughout whole of COVID-19 risk management process by industry • Consideration of deliveries, contractors and visitors attending the premises • Signage • Record keeping 	<p><u>Required by OIR</u></p> <p>At each stage of risk management, Plan should include communication, consultation, instruction, training and supervision of workers and their representatives (e.g. HSRs, union representatives), see page 2 and page 3 of OIR COVID Guide</p> <p>https://www.worksafe.qld.gov.au/_data/assets/pdf_file/0005/191678/covid-19-overview-and-guide.pdf</p> <p>The Plan should include clear coverage of COVID-safe management of deliveries, and presence of contractors and visitors to premises (club houses, venues etc) – see SWA Guidance</p> <p>https://www.safeworkaustralia.gov.au/covid-19-information-workplaces/industry-information/general-industry-information/physical?tab=tab-toc-employer</p> <ul style="list-style-type: none"> ▪ Non-essential visits to the workplace should be cancelled or postponed. ▪ Minimise the number of workers attending to deliveries and contractors as much as possible. ▪ Delivery drivers and other contractors who need to attend the workplace, to provide maintenance or repair services or perform other essential activities, should be given clear instructions of your requirements while they are on site. ▪ Ensure handwashing facilities, or if not possible, alcohol-based hand sanitiser, is readily available for workers after physically handling deliveries. ▪ Direct visiting delivery drivers and contractors to remain in vehicles and use contactless methods such as mobile phones to communicate with your workers wherever possible. ▪ Direct visiting delivery drivers and contractors to use alcohol-based hand sanitiser before handling products being delivered. ▪ Use, and ask delivery drivers and contractors to use, electronic paperwork where possible, to minimise physical interaction. Where possible, set up alternatives to requiring signatures. For instance, see whether a confirmation email or a photo of the loaded or unloaded goods can be accepted as proof of delivery or collection (as applicable). If a pen or other utensil is required for signature you can ask that the pen or utensil is cleaned or sanitised before use. For pens, you may wish to use your own. <p>The Plan should clearly show Industry is keeping records of the risk management process (e.g. as outlined in the Industry Plan). The detail and extent of recording will depend on the size of workplace. It is useful to keep information on:</p> <ul style="list-style-type: none"> • the identified hazards, assessed risks and chosen control measures (including any hazard checklists, worksheets and assessment tools used in working through the risk management process) • how and when the control measures were implemented, monitored and reviewed • who was consulted • relevant training records • any plans for changes.

	<p>PPE sections could include more detail – see page 6 of OIR COVID Guide https://www.worksafe.qld.gov.au/data/assets/pdf_file/0005/191678/covid-19-overview-and-guide.pdf</p> <p>Further detail should be included on managing psychosocial risks (including patron aggression) – see page 8 of OIR COVID Guide https://www.worksafe.qld.gov.au/data/assets/pdf_file/0005/191678/covid-19-overview-and-guide.pdf</p>
<p>Industry should revisit existing WHS risk management processes to identify and manage any new or changed hazards that may have arisen as a result of the Industry COVID Safe Plan</p>	<p>Statement should be included in the Plan to the effect that WHS risk management processes will be revisited to identify and manage any new or changed hazards that may have arisen as a result of the Industry COVID Safe Plan.</p>
<p>Reporting and notification of COVID-19</p>	<p>The Plan should state clearly that if there is a confirmed or probable case of COVID-19 infection at a workplace, Queensland Health will be notified by the medical professional who confirms the diagnosis and the relevant testing laboratory.</p> <p>Upon being informed, a person in control of the business or undertaking must notify Workplace Health and Safety Queensland that the case has been confirmed.</p> <p>The Plan should include businesses keeping a record of each notifiable incident for at least 5 years from the day that notice of the incident is given to the regulator.</p>

Appendix H: Additional individual discipline-specific requirements for COVID-19 safe practice

Discipline	Stage 2 return	Stage 3 return
<p>Arnis</p> <p>Arnis is a partial-contact martial art involving moderate levels of close interpersonal contact. It is undertaken typically in a moderately dense group environment inside a closed indoor facility and the activities occur in close distance (less than 1.5m). Given these characteristics, Arnis training is regarded as a medium-risk activity.</p>	<ul style="list-style-type: none"> • Training can consist of footwork and cane twirling drills only. • Participants must remain physically distanced of at least 1.5m at all times • No sharing of equipment • Designated training shoes (or bare feet), not street shoes inside the aerobics room. 	<p>Full training can commence, though it is recommended to use a mask that covers mouth and nose when training closely with partners.</p> <p>Sharing of equipment is allowed where important to a specific drill, though should be avoided in other circumstances.</p>
<p>FlexiFit</p> <p>FlexiFit is an approach to strength and flexibility acquisition that relies on bodyweight exercises and static poses. It is undertaken in a moderate density group environment inside a closed indoor facility. Practice is done generally as a solo activity, though there are some exercises practiced that are categorised as close personal contact (less than 1.5m) in that they use partners to assist in either providing stability or resistance. It is regarded as a low-medium risk of virus transmission.</p>	<ul style="list-style-type: none"> • Sessions are capped at 10 participants subject to minimum space requirement of 9m² per person. • No partnered stretches or exercises to be permitted • No sharing of equipment within a session and each participant to bring their own yoga-style mat and towel • Participants encouraged to use the video link-in option for classes. • All street footwear must be removed before entering the aerobics room, and a designated pair of thongs must be worn as dojo footwear up to the edge of the training area. Bare feet or clean socks/tabi only inside the training area. 	<p>As with Stage 2 return</p> <ul style="list-style-type: none"> • Sessions capped at 16 participants, subject to the overall limitations of the space that the training occurs in. • Partner assisted exercises will be kept to a minimum throughout the session, and people will be partnered with the one person per session.

Discipline	Stage 2 return	Stage 3 return
<p>Go</p> <p>Go is a two-person strategic board game, typically played on a 45 x 45 cm wooden board and with 22mm diameter stones. It involves casual interpersonal contact and is regarded as a low risk activity.</p>	<ul style="list-style-type: none"> No face-to-face physical games to be played during Stage 2 — Online games only that are to be played from individual devices for each participant. 	<p>Games can be played with a physical set of stones and board, but hand hygiene must be strictly adhered to. Boards and stones must be thoroughly sanitised once the match ends, and where practicable, a distance of 1.5m needs to be maintained between players.</p>
<p>laido</p> <p>laido is a non-contact and bare-foot martial art involving little interpersonal contact. It is undertaken typically in a low-moderate dense group environment inside a closed indoor facility. Given these characteristics, laido training is regarded as a low-medium-risk.</p> <p>(Source: AKR laido Board).</p>	<ul style="list-style-type: none"> Training is to occur in groups of up to 10 people, with a spacing requirement of 1 person for every 4 square meters. Handwashing facilities or the availability of hand sanitiser is required for training sessions All street footwear must be removed before entering the aerobics room, and a designated pair of thongs must be worn as dojo footwear up to the edge of the <i>keiko jo</i>. Bare feet or clean tabi only inside the <i>keiko jo</i>. Distance must be maintained between each participant (including instructors) of at least 1.5m at all times. No physical contact should occur between participants. No sharing/exchanging of equipment during training. Club equipment may be issued to participants for the duration of training but must be cleansed after use. 	<p>As with Stage 2 save:</p> <ul style="list-style-type: none"> Training can involve as many practitioners as can be accommodated by the legal limit of the venue, and the provision of the minimum of 9m² per participant required for safe practice.
<p>Jodo</p> <p>Jodo is a limited-contact and bare-foot martial art involving moderate amounts of close interpersonal contact (less than 1.5m). It is undertaken typically in a moderately dense group environment inside a closed indoor facility and the activities occur in close distance. It uses moderate vocalisations with participants (<i>kiai</i>). Given these characteristics, Jodo training is regarded as a medium-risk activity.</p> <p>(Source: AKR Jodo board)</p>	<ul style="list-style-type: none"> Training is to occur in groups of up to 10 people, with a spacing requirement of 1 person for every 4 square meters. Handwashing facilities or the availability of hand sanitiser is required for training sessions Distance must be maintained between each participant (including instructors) of at least 1.5m at all times No physical contact should occur between members. No sharing/exchanging of equipment (including <i>shi-uchi-kotae</i>) during training. Club equipment may be issued to participants for the duration of training but must be cleansed after use. <i>Tandoku-dosa</i>, or alternate activities where distance is maintained (e.g. "shadow" kata exercises) are recommended. 	<p>As for Stage 2 with the modification of:</p> <ul style="list-style-type: none"> Training can include the maximum number of participants as is allowable under the space requirements of the specific venue. Outside of active training, distance must be maintained between each participant (including instructors) of at least 1.5m at all times Partnered activities can breach the 1.5m distance are permissible, though if done, a pair must remain partnered for the entirety of the session.

Discipline	Stage 2 return	Stage 3 return
	<ul style="list-style-type: none"> Partnered activities (<i>kata</i> and <i>sotai-dosa</i>) that maintain a distance of at least 1.5m between partners may be performed, however techniques that breach this distance, especially binding (<i>kuritsuke</i>, <i>kuri-hanashi</i> and <i>tai-atari</i>), must not be performed. Strong/Loud <i>kiai</i> in close proximity to others is not recommended. All street footwear must be removed before entering the aerobics room, and a designated pair of thongs must be worn as dojo footwear up to the edge of the <i>keiko jo</i>. Bare feet or clean tabi only inside the <i>keiko jo</i>. 	
<p>Judo</p> <p>Judo is a full-contact and bare-foot martial art involving very frequent close interpersonal contact (less than 1.5m). It is undertaken typically in a dense group environment inside a closed indoor facility and the activities occur in close distance. Given these characteristics, judo training is regarded as a high-risk activity.</p> <p>(Source: Industry COVID-Safe indoor sports groups matrix submitted by Judo Queensland)</p>	<ul style="list-style-type: none"> Judo Training Spaces will be configured (marked out) to maintain physical distance. Spectators will be segregated from players and also be required to maintain mandatory physical distance. Maximum 20 participants including parents, support or coach staff. Parents/Carers/Spectators may only be present during Stage 2 if the total number of participants does not exceed the maximum permissible under the COVID Safe Plan. Hand sanitisers required at entry and exit and during breaks. Areas where people may gather, or lines may occur will be marked clearly to encourage participants to follow Social Distancing - 1.5m spacing Participants encouraged to bring to and use a personal towel and drink bottle during games to minimise bodily fluids on the mats and reduce the amount of person-to-person transfer of bodily fluids. All transactions to be cash free Non-Essential services - changerooms, referee rooms, canteens, public water fountains, general seating areas must remain closed or roped off to the general public in accordance with the relevant reactivation level. Appointment of Bio-Safety officer at each venue to ensure COVID-19 restrictions are complied with ensuring groups quickly vacate the court on completion of training 	<p>As for Stage 2 with the following modifications:</p> <ul style="list-style-type: none"> Number of participants (players, official, coaches and parents or support staff) determined by the number allowable at a specific venue. The full range of training can be undertaken including partner work and full contact training.

Discipline	Stage 2 return	Stage 3 return
	<ul style="list-style-type: none"> • 15 to 20-minute gap between sessions • Separation of the entry and exit of groups in the case of multiple sessions • The Biosafety office to record entry and exit of participants in a register which records the Name, Address, phone number and email address of participants. • No partnered training is allowed. Instead training is to work on solo drills including footwork, ground mobility, fitness and agility. • All street footwear must be removed before entering the aerobics room, feet must be sanitised, and a designated pair of thongs must be worn as dojo footwear up to the edge of the <i>keiko jo</i>. <i>Bare feet only once inside the keiko jo</i>. 	
<p>Jujutsu</p> <p>Jujutsu is a full-contact and bare-foot martial art involving very frequent close interpersonal contact (less than 1.5m). It is undertaken typically in a dense group environment inside a closed indoor facility and the activities occur in close distance. Given these characteristics, jujutsu training is regarded as a high-risk activity</p>	<ul style="list-style-type: none"> • There will be a maximum of 10 participants, limited by venue requirements to maintain total numbers of people at a density greater than 1 person per 4 m². • Participants must pre-book their attendance and must arrive on time for the session. • All participants are to maintain a minimum 1.5m between themselves at all times. • The training space (<i>keiko jo</i>) will be marked out so as to assist the maintenance of minimum space/distance requirements. • All street footwear must be removed before entering the aerobics room, feet must be sanitised, and a designated pair of thongs must be worn as dojo footwear up to the edge of the <i>keiko jo</i>. <i>Bare feet only once inside the keiko jo</i>. • Training will be limited to preparatory exercises (<i>jumbi undo</i>) and solo <i>kata</i>. • There will be no sharing of equipment between participants during sessions. • Participants are to come dressed ready to train, and minimise the time spent in the dojo. • Training sessions will be shortened to accommodate appropriate disinfection of the training surface. 	<p>As per Stage 2 with the following modifications</p> <ul style="list-style-type: none"> • Number of participants limited by venue restrictions and size of training area regarding safe training guidelines. • Full-contact training can commence as per usual. However, partners will be asked to be paired for an entire training session. • Where training equipment is shared, it must be sanitised before handing over to another person. • During <i>reiho</i> and off the training mats, participants are to maintain a 1.5m physical distance.

Discipline	Stage 2 return	Stage 3 return
<p>Kendo</p> <p>Kendo is a full-contact and bare-foot martial art involving strong vocal utterance. It is undertaken typically in a dense group environment inside a closed indoor facility and the activities occur in close distance (less than 1.5m). Given these characteristics, kendo training is regarded as a high-risk activity.</p> <p>(source AKR Kendo Board)</p>	<ul style="list-style-type: none"> • In small groups as per state guidelines on group size. • In clubs with numbers greater than prescribed state/territory group limits, rostered group return is recommended (e.g. one group trains in the first hour and the other group in the second hour). Members should not switch between groups. • Rostered class training based on different levels may be desirable, depending on training and venue conditions. Club members in rostered groups only • Lectures on, for example, theory and equipment care. • Group: non-contact training only such as footwork training and <i>suburi, kata</i> and <i>bokuto ni yoru kendo kihonwaza keiko ho</i>. • If paired and/or group training is performed, secure a minimum of 2.0m clearance or 4 m² square space between participants at any stage of training (i.e. the participants are not in close contact but can see each other and aim at targets). Any programs which involve close distance techniques (e.g. <i>tai-atari, tsuba-zeriai</i> and <i>hikiwaza</i>) are not recommended. • Individual: image training, <i>suburi, waza</i>-based movement, visualization, <i>kata</i> and <i>bokuto ni yoru kendo kihonwaza keiko ho</i>. • The indoor use of <i>shinai</i>s is considered permissible. • Kendo equipment used at Level B, other than <i>shinai</i>s, may include <i>kendo-gi</i> and <i>hakama</i>. The affiliations and affiliated clubs have the discretion to use <i>bogu</i> components. However, care needs to be taken to assess and control the hygiene of equipment used and particularly that of <i>bogu</i> components (i.e. <i>men, do, tare</i> and <i>kote</i>) that may not be thoroughly sanitised readily. A risk assessment is recommended. This should then be followed by planning and implementing decontamination measures for the equipment. • A needs assessment should be undertaken to determine dedicated training timeslots for vulnerable members. 	<p>Stage 2 conditions plus:</p> <ul style="list-style-type: none"> • Standard paired and group training programs (e.g. <i>jigeiko</i>) with the use of a full <i>bogu</i> set. • With the assumption that all the requirements are met, the use of a full <i>bogu</i> set in training may be viable with the proviso that decontamination measures for equipment used are in place as required at Level B. • Assess a need to provide dedicated training timeslots for vulnerable members as required. • All practices should be performed without <i>kiai</i> unless using Personal Protective Equipment (PPE) such as a full-length face shield in combination with a basic mask covering nose and mouth. • Physical distancing of >1.5m to be observed outside the <i>keiko jo</i> and during <i>reiho</i>.

Discipline	Stage 2 return	Stage 3 return
	<ul style="list-style-type: none"> • For paired training, cuts are to be received on <i>shinai</i> only with the minimum distance between paired persons in accordance with the physical distancing rules. • All practices should be performed without <i>kiai</i>. • All street footwear must be removed before entering the aerobics room, and a designated pair of thongs must be worn as dojo footwear up to the edge of the <i>keiko jo</i>. Bare feet or clean tabi only inside the <i>keiko jo</i>. 	
<p>Kyudo</p> <p>Kyudo is a non-contact martial art involving little interpersonal contact. It is undertaken typically in a low-moderate dense group environment inside a closed indoor facility. Given these characteristics, Kyudo training is regarded as a low-medium risk activity.</p>	<ul style="list-style-type: none"> • Training is to occur in groups of up to 10 people, with a spacing requirement of 1 person for every 4 square meters. • Handwashing facilities or the availability of hand sanitiser is required for training sessions • Distance must be maintained between each participant (including instructors) of at least 1.5m at all times, including when conducting <i>taiho</i> and shooting into either a <i>makiwara</i> or on a designated range. This may necessitate the use of groups of 3 in a shooting set rather than the usual five. • No physical contact should occur between participants. • No sharing/exchanging of equipment during training. • Club equipment may be issued to participants for the duration of training but must be cleansed after use. • All street footwear must be removed before entering the aerobics room, and a designated pair of thongs must be worn as dojo footwear up to the edge of the <i>keiko jo</i>. Bare feet or clean tabi only inside the <i>keiko jo</i>. 	<p>As per Stage 2, though participant numbers are limited by the determined legal capacity of the venue.</p>
<p>Systema</p> <p>Systema is a full-contact martial art involving frequent close interpersonal contact. It is undertaken typically in a dense group environment inside a closed indoor facility and the activities occur in close distance (less than 1.5m). Given these characteristics, Systema</p>	<ul style="list-style-type: none"> • There will be a maximum of 10 participants, limited by venue requirements to maintain total numbers of people at a density greater than 1 person per 4 m². • Participants must pre-book their attendance and must arrive on time for the session. • All participants are to maintain a minimum 1.5m between themselves at all times. • The training space will be marked out so as to assist the maintenance of minimum space/distance requirements. 	<ul style="list-style-type: none"> • Numbers of participants limited by the legal capacity of the venue. • Full contact training will be undertaken (with restrictions as outlined below) • Thorough preparation of training surface with disinfectant (floor vs mats) to allow for ground-based conditioning • Designated training shoes (or bare feet), not street shoes inside the aerobics room. • Focus on conditioning drills, with limited contact / close quarter work until (at least) July 27th *

Discipline	Stage 2 return	Stage 3 return
<p>training is regarded as a high-risk activity.</p>	<ul style="list-style-type: none"> • Training will be limited to calisthenics, movement exercises, and solo technique drills. • There will be no sharing of equipment between participants during sessions. • Training sessions will be shortened to accommodate appropriate disinfection of the training surface. 	<ul style="list-style-type: none"> • No face-to-face striking drills employing explosive breath work (aerolisation) or strikes/grabs/kicks/manual techniques directed to the face until July 27th* • No groundwork with close quarter contact until July 27th* <p><i>Note: July 27th allows 14-day period post school holidays (increased community travel) and assumes no evolution of community transmission within the district.</i></p>
<p>Taiko</p> <p>Taiko is the practice of traditional Japanese drumming. It is a group activity involves practicing the musical aspect of drumming and the choreography used in public performances. Overall it is considered a low risk activity.</p>	<ul style="list-style-type: none"> • Numbers of participants will be limited to the maximum of 10 and further limited by having a density of less than 1 participant per 4m². • Only plastic practice drums are to be used as these can be properly sanitised. • Equipment, including <i>bachi</i> are not to be shared between participants. • Choreography practice will be limited to allow for participants to maintain a minimum of 1.5m distance between them at all times. • All street footwear must be removed before entering the aerobics room, and a designated pair of thongs must be worn as dojo footwear up to the edge of the <i>keiko jo</i>. Bare feet or clean tabi only inside the <i>keiko jo</i>. 	<p>The <i>wadaiko</i> are able to be used for practice and performance subject to the following conditions</p> <ul style="list-style-type: none"> • One person at a time in the storage room and on the stairs at the Hear and Say Centre • Avoid physical contact with others when shifting heavy drums and setting up drums on stands together • Use hand sanitiser provided in the storage room • Do not touch the drumhead (skin) when your hand is wet from hand sanitiser • Shared equipment, specifically drums and special stands, are to be wiped with a damp cloth only on the wood surface and metal handles • Do not use a damp cloth on the leather components of the <i>wadaiko</i> • Never use alcohol or detergent containing alcohol for cleaning <i>wadaiko</i> as alcohol could dissolve the drumhead skin. <p>In addition:</p> <ul style="list-style-type: none"> • Sanitise hands when using shared <i>bachi</i> sticks • Other musical instruments and equipment are wiped with a damp cloth after use. • All due care and attention should be taken to remain 1.5m personal distances when transporting <i>wadaiko</i> to and from performance venues. • Subsequent cleaning of <i>wadaiko</i> after transport to and from the performance venue should follow the above guidelines.

Appendix I: Key points - consistent across Sports (From QSport MATRIX – INDOOR SPORT)

Training space Stage 2 Competition Stage 3 and managing communal spaces

*Size of Playing space -varied with Indoor sports operating from commercial centres, community halls, schools and some from dedicated sport clubs. All have indicated **Management of spaces** utilising social distancing and complying with current Health directives provided. All indoor sports have inputted via teleconferencing, email and one on one calls within the Indoor group and with their Boards and committees. Once approved further education is required to pass the approved operational guides down to grassroots volunteers. Some larger Indoor Centres will be modifying their sport to participate in stage 2. Most Indoor sports are totally driven by volunteers and have completed these guides pressed by time however have indicated their sport specific plan will be ready by the time their sport is actionable in Stage 2 or Stage 3. Input to this matrix not available. It requested from contact sports in stage 3 that distance requirements is eased to allow competition to resume with social distancing observed outside play areas.*

Total # participants -

Indoor Sports that have little detail in this space have indicated they will comply with the minimum participants allowed and have not submitted reasons to increase numbers for sport specific reasons.

of Spectators and essential persons - How are they managed marshalling spacing etc.

Those Indoor sport operating in commercial or community venues have indicated venue staff are integral to this plan to return to sport and excluded from the participation count (essential persons to the businesses). In most cases as indicated in each sport's plan, the owners of the venues are monitoring the social distancing, closing meeting points, excluding spectators, managing entry and exit points and managing workplace health and safety issues for their staff. Sport volunteers working alongside to ensure their sport specific area meets the requirements to keep their members COVID Safe, managing head count and distance requirements for each stage of return to play.

Hygiene Measures

Hygiene protocols distributed by national/state sporting body will be adopted by organisation including:

- Availability of hand sanitiser at entry/exit points to venue and elsewhere (may be provided by facility/venue manager) -
- Protocols for sanitising stations, sanitising shared equipment
- Cleaning standards – increase regular cleans and frequent wiping of high touch surfaces.
- Displaying posters outlining relevant personal hygiene guidance.
- Avoiding shared use of equipment.
- Provide suitable rubbish bins with regular waste disposal.
- Guidelines for sanitisation and cleaning of Organisation facilities. A COVID Safe Coordinator or Bio-Hazard Officer is allocated to each session to take responsibility of completing the cleaning requirements before the next group arrives. - *Each sport indicated a routine and monitored schedule of cleaning all frequently touched surfaces particular to their zone. The*

Hygiene measures overseen by a COVID-safe or Bio-hazard Officer for the sport for each schedule of players and support personnel. Change rooms and Showers are to remain closed. (<https://www.safeworkaustralia.gov.au/covid-19-information-workplaces/industry-information/general->

How overlap eliminated

Each sport has engaged a strategy of providing guidelines required to venue staff or volunteers to:

- *supervise all Entry and Exit points to eliminate gatherings -*
- *the number of persons and the booking methods employed- e.g. multiple zones timelines, staggered usage*
- *Groups/zones separated - describe how choke and gathering points are managed*

Record keeping mention

- *Individuals name,*
- *contact number -*
- *length of time captured -*
- *system used -*
- *sign in/out sheets and timeline of activity and*
- *separation of roles of volunteers monitoring at entry or venue staff recording participants*
- *Coach or others indicated in sport specific COVID safe plans takes a role of attendees.*

Comments

Where possible the Indoor Sport officials oversee the activity of sport operating in a variety of premises. Some Indoor sports are not in charge of the environment they operate in and will make the necessary checks and measures to keep their participants safe in their zone. In some cases, providing the venue operators with guides as conditions of their involvement at the premises and in others not participating until the sport is in control of the numbers of participants and essential persons return at a stage of return to play they are comfortable with. Some larger sports finding it not viable to operate at all until Stage 3 at the earliest. Those sports without detail in this matrix will have their COVID Safe plan in place prior to returning to sport and within the participants limits advertised at each stage.

Appendix J: BBRD COVID Member charter

With the imminent return to face to face activities, and the shift to our new venue at the Clive Berghofer Recreation Centre (CBRC), 20 Baker Street, Darling Heights, we would like to provide an important reminder of your obligations with respect to training.

Please read the following carefully. You will need to either fill the associated form online or sign and hand in a physical copy before your first session back. **You will not be permitted to enter the dojo or to train unless you have done so.** Signing in at the start of each subsequent session will be an acknowledgement that you continue to understand your obligations under this Charter.

In many respects, most of what we are now required to do is either a replication, or a small extension, of our usual procedures with respect to training. We recommend that you re-acquaint yourself with the Member Code-of-Conduct, which outline your rights and responsibilities as a Club member in more detail.

Procedures will be italicised where they are explicitly linked to the Club's COVID Safe obligations. When we are under subsequent easing of COVID-19 related restrictions, these sections may be revised. Please note, COVID-19 is the virus that causes the disease known as SARS-CoV-2.

1 If you are unwell you must stay away from the dojo. This includes as a spectator

- 1.1 If you have a pre-existing condition that you are experiencing an exacerbation of, you are welcome to observe. However, you must notify the supervising instructor of what you are experiencing and follow any and all directions provided by them.
- 1.2 You must notify the instructor if you have a transmissible skin infection (including but not limited to staphylococcus and tinea), and you will not be permitted to train till you have been medically cleared.
- 1.3 *You must self-isolate if you are experiencing any known SARS-CoV-2 symptoms including fever, persistent cough, sore throat, sudden loss of smell, shortness of breath, and fatigue — even if these might be considered an exacerbation of an underlying condition. Report to your instructor/coordinator and Club President immediately.*
- 1.4 *If you are experiencing SARS-CoV-2 symptoms, once you have contacted your discipline instructor and/or coordinator, you must seek medical testing for COVID-19*
- 1.5 *You must not return to the dojo once you experience these symptoms unless you have sought medical clearance that you are not infectious with COVID-19, and have met any mandatory isolation/quarantine requirements.*
- 1.6 ***Failing to notify your instructor/coordinator about feeling unwell or having been diagnosed with a COVID-19 infection is a very serious matter. The penalties can include, but are not limited to, exclusion from all Club activities for no less than three (3) months, revocation of Club and relevant State/National body membership, and fines as set by Government.***

2 Time at the dojo must be limited to essential activities

- 2.1 *We are required to follow the Australian Institute of Sport (AIS) guidelines and principles, including “Get in, Train, Get Out — No hanging about”*
- 2.2 *Essential activities include necessary time to sanitise the space prior to training and cleaning/packing away the space afterwards.*

2.3 *Once you have finished your contribution to cleaning the space you have used, you must exit the dojo and head home. Extended gatherings and discussions immediately after class are strongly discouraged and may be prohibited under Level 2 Restrictions.*

3 You must be punctual to any class you wish to attend

3.1 You are expected to be at the dojo in time to assist with any pre-cleaning and set up activities that are necessary.

3.2 Unless it is with prior arrangement/notification, you will not be permitted to train if you arrive once the session has begun.

3.3 *You are expected to come to the dojo dressed in the appropriate uniform as much as is practicably possible. If you are at the dojo for two or more consecutive sessions in a day, you will need to factor in setting up your uniform and equipment prior to the first session you undertake so as to be efficient in your transition between those classes.*

4 If you become unwell while at the dojo, you must immediately notify the supervising instructor

4.1 If you begin to feel unwell, you must stop training.

4.2 If you sustain an injury while training, you must also cease activity and document the circumstances around the injury. This will be found done on the appropriate form found inside the incident reporting folder. This folder will be accessible inside the dojo space whenever there is any official Club activity. *Under current COVID-19 procedures, this will be placed on the table at the entrance to the dojo.*

4.3 *If you begin to experience known SARS-CoV-2 symptoms, after you have notified the supervising instructor you must remove yourself from the dojo and either immediately leave the premises or go to the designated Isolation Room (Room F 1.50 in the CBRC) and wait to be collected.*

4.4 *If you have left the dojo under these circumstances, you must seek testing for COVID-19 as soon as possible, follow any instructions to self-isolate, and communicate the results of any testing to the supervising instructor.*

5 Your personal hygiene must always be beyond reapproach prior to, during and after training

5.1 Your body and uniform must be clean and dry prior to your arrival at the dojo

5.2 Fingernails and toenails must be trimmed and clean prior to training.

5.3 Hair must be clean and neat/tied back so as not to generate a hazard to self or others.

5.4 Personal items that you must bring with you to every class include:

5.4.1 *Personal water supply/bottle (water is not publicly available at facilities under Stage 2 or 3 restrictions)*

5.4.2 *Sanitised dojo slip-on footwear*

5.4.3 *A separate towel for each session you attend. This will be used at the end of class to help clean areas that you have used in training in that session, and must be taken home and laundered by you.*

5.4.4 *A dedicated bag to transport any items used during training that may be contaminated and require laundering. This can be a plastic bag or liner, or another container, but needs to be waterproof.*

5.4.5 *Your own personal masks for classes where they are required. They can be disposable or a reusable cloth masks.*

5.4.6 *All of the necessary personal equipment and uniforms you will require for that session. Try to optimise the amount of equipment you bring so as to*

reduce your “footprint” and not encroach on the 1.5 minimum distance between yourself and others outside the keiko-jo.

- 5.5 “Street shoes” are to be removed prior to entering the dojo and designated slip-on footwear are to be worn in the common “non-training” areas of the dojo.
- 5.6 “Street shoes” are to be placed in the designated area identified in the dojo floor plan. *While under COVID-19 restrictions, you are to use a sheet of paper towel to place your shoes on. This will be obtained at the entrance station after you have signed in and sanitised your hands. On exit, the sheet shall be disposed of in the provided bin located near the exit.*
- 5.7 Only bare feet or specialist footwear are to enter/be used in the designated training area (*keiko jo*).
- 5.8 *Hands must be sanitised both before entering and on leaving the dojo. Sanitiser will be provided on the sign-in/sign-out desks places at the entrance/exit.*
- 5.9 *Only bare, sanitised feet are permitted onto the mats. Sanitiser will be available at the edge of the keiko jo.*
- 5.10 You must change your footwear according to the zone that you are currently in. For instance, if you leave the designated training space, you must put on your “dojo slip-ons”, and when exiting the dojo, you must put your “street shoes” on. This is especially important if needing to visit the toilet/shower room.
- 5.11 You must immediately attend to any break in your skin that develops during training, whether it be a burst blister, cut, or avulsion. Any blood must be immediately cleaned and equipment or floor on which it is spilled must be sanitised.

6 Your equipment and any personal items must be in good repair and stored neatly in the designated areas while in the dojo.

- 6.1 You are expected to ensure that your equipment is in good repair/order before you come to the dojo and that while in the dojo your items are placed neatly in the designated areas.
- 6.2 You are to ensure that the placement of your equipment and personal items does not impede any other user’s access to the facility or their own items.
- 6.3 *While under Level 3 restrictions, we will be ensuring that there is 1.5m distance between places where your items might be placed during the session. It is your responsibility to ensure that you do not encroach on other spaces, and maintain a 1.5m distance between other participants.*
- 6.4 If you experience an equipment failure, you must attend to it immediately and either repair or replace that item. *Under COVID-19 Level 3 restrictions, Club or loan equipment can be used, but any item so shared must be sanitised at the end of use before being returned to the appropriate location.*

7 COVID-19 procedures must be followed as per the BBRD COVID-19 Safety Plan (Plan)

- 7.1 *A copy of the current version of the Plan will be kept of the Club’s Google Drive, and available via the Club’s website*
- 7.2 *It is every member’s responsibility to have read the plan, and to seek clarification where necessary if they are unclear of their obligations under it.*
- 7.3 *Areas will be marked inside the Aerobics room of the CBRC to clearly delineate the zones defined in the Plan*
- 7.4 *Members are to follow the directions of the senior instructor for each keiko-jo (training space) with respect to enacting the directives of the Plan.*
- 7.5 *In general, social interaction and physical contact must be limited to what is necessary for training purposes. Hugging, handshakes, high-fives, corps-a-corps etc. are strongly discouraged, and maintaining 1.5m physical distancing actively encouraged, especially outside the defined training area.*

- 7.6 *Participants will be required to bring their own water to training as under current restrictions bubblers and other water sources are off limits. Please ensure that you bring sufficient for personal use based on the intensity of training and conditions as you are not permitted to share water with other participants.*
- 7.7 *There is no food or drink to be consumed in the dojo space.*
- 7.8 *We ask that you consider downloading and using the Government's COVID Safe app.*

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COVIDSAFE

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