

# Community Sport and Active Recreation COVID-19 Factsheet

Sport and active recreation plays an important role in community development, connectiveness, physical and mental health. On 26 April 2020, the WA State Government announced the cautious easing of restrictions, increasing the number of people that can gather to 10, following the continued low number of new cases and the encouraging response to COVID-19 in WA.

## What does this mean for community sport and active recreation in WA?



Indoor sporting venues and non-essential local government infrastructure remain closed.



No wrestling, holding, tackling, binding or any contact during activity. Social distancing must remain.



Outdoor activity, including bootcamps, can be conducted in small groups (not more than 10 persons in total, including instructors) and with social distancing (ensuring 4 square metres of space per person and maintaining a 1.5 metre distance from others).



Indoor yoga or Pilates classes within a private residence are permitted if the four square metres per person rule is adhered to and appropriate social distancing and good hygiene practices are observed. The sharing of equipment, such as mats, is prohibited.



No sharing of exercise equipment or communal facilities.



No spectators unless required, eg. parent or carer. Social distancing must remain.

## What should sport and active recreation organisations do before commencing any activities?



Familiarise yourself with the State Government's State of Emergency Declarations and FAQs.



Understand your hygiene policies and procedures - see over for more information.



Discuss your plans with your governing body, the State Sporting Association or National Sporting Organisation, as there may be insurance implications.



Encourage everyone to download the COVID-Safe App as part of 'return to sport' protocols.



Discuss your plans with your land manager and local government and have their approval.



Ensure coaches / instructors understand the importance of a safe environment, including how to modify activities and manage risks.

Cleaning is an essential part of the removal of germs such as the COVID-19 virus. These tips are a guide for general cleaning of some common areas and items used by sport and active recreation clubs.



## Wash your hands

- Regularly washing your hands is a great way to prevent the spread of germs and virus.
- **If cleaning your hands with soap and water;**
  - Lather for at least 20 seconds. Pay attention to the backs of hands and fingers, fingernails and the webbing between fingers.
  - Rinse hands under running water and dry hands with a clean towel, or fresh paper towel.
- **If cleaning your hands with an alcohol-based hand rub (hand sanitiser);**
  - Apply enough product to cover both hands.
  - Rub all surfaces of both hands until they are dry.



## Washing equipment

- While equipment should not be shared, it can be used if it is cleaned and disinfected following use and prior to being used again.
- Use products that are antiviral, meaning it can kill the virus, such as chlorine-based disinfectants or freshly made diluted bleach solution in accordance with Department of Health guidelines available the link below.
- Always follow the manufacturers guidelines for the correct mixture when working with chemicals.
- Wash equipment (such as balls, weights, skipping rope handles, mats etc) in the cleaning mixture, leaving it on for at least ten minutes, before rinsing and drying.



## During training

- Coaches / instructors to reiterate social distancing at the start of each session.
- Maintain social distancing at all times during training.
- Stagger start times to avoid congestion – adopt a ‘get in, train, get out’ philosophy.
- Wash your hands before and after training.
- All players and support staff must bring their own water bottle and hand towel.
- No high fives, handshakes, spitting or contact.



## Toilets

- Remember that indoor sporting venues must remain closed.
- Toilets that can remain open pursuant to the Directions and after discussion with your land manager should be frequently cleaned.
- For high use areas this may be a few times per day. For low use areas this may mean a daily clean.
- Always follow the manufacturers guidelines for the correct mixture when working with chemicals.
- Always refer to your land manager to ensure you are compliant with any other requirements.



More information can be found at: <https://www.health.gov.au/sites/default/files/documents/2020/03/environmental-cleaning-and-disinfection-principles-for-covid-19.pdf>

For the latest information on COVID-19 visit <https://www.wa.gov.au/government/covid-19-coronavirus>

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