



Return to Business in a COVID-19 safe environment

Stage 1.1

UPDATE - 29 May 2020

OVERVIEW

Due to the impact of COVID-19, ANU Sport and its programs and services have been suspended since 18 March 2020. Following government guidelines and in close consultation with ANU, the Board and management of ANU Sport has been working collaboratively to plan for a return to activity in a safe environment. The health and safety of our community remains the focus and we all have a role to play in slowing the spread of COVID-19.

ANU Sport’s plan for reopening is informed by: the Federal [Government roadmap](#); [ACT directive](#); the [AIS framework](#) for rebooting sport; and guidance from [ANU](#). All recommendations are subject to further government and ANU advice should a further outbreak of COVID-19 occur.

This document must be read in conjunction with the COVID Safe-Training Plan.

This document will be updated as required in accordance with ACT Government and ANU guidance.

STAGE 1.1 SUMMARY

Federal Government	ACT Government	ANU Sport
<ul style="list-style-type: none"> • No indoor physical activity, including gyms. • Community centre, outdoor gyms, playgrounds and skate parks allow up to 10 people. • Outdoor sport (up to 10 people) consistent with the AIS framework for rebooting sport. • Pools open with restrictions 	<ul style="list-style-type: none"> • From 11.59 Friday 8 May, outdoor boot camps and personal fitness training (non-contact) can be held with a maximum of 10 people and no sharing of equipment. • From midnight Friday 15 May 2020, non-contact social sporting activity can recommence in outdoor spaces with a maximum of 10 people. • From midnight 29 May, the definition of a small group is extended to 20 participants/players plus a coach. 	<ul style="list-style-type: none"> • Facilities in Building 19 (including gym and administration office) and Building 18 (dojo, sports halls, squash courts) remain closed. • All staff continue working remotely. • All sports programs remain postponed. • ANU Ovals to re-open from Saturday 23 May, adhering to ACT government and ANU Sport guidelines. • Boat House and Sailing Boat Shed and tennis courts to re-open from Saturday 23 May, adhering to ACT government and ANU Sport guidelines.

INDOOR FACILITIES

Building 19 (Administration Block) – closed until further notice

Fitness Centre – closed until further notice, all memberships are suspended

Indoor Facilities (Dojo, Sports Halls, Squash Courts, Climbing Walls) – closed until further notice, no new bookings will be taken at the present time

SPORTS PROGRAMS

Club Operations – Clubs may resume activities - aligned with Government advice and the ANU Sport Return-to-Business-Plan, Stage 1.1.

Intersport Sport – postponed until semester 2, UniSport Division 1 and 2 have been postponed until 2021, see [UniSport](#) for more information.

Interhall Sport – postponed until semester 2

Social Sport – postponed until semester 2

Get Active Programs – postponed until semester 2

OUTDOOR FACILITIES

North Oval, South Oval, Willows Oval, Fellows Oval, Sailing Shed, Boat House and Tennis courts will be open for hire from Saturday 23 May – within the following guidelines and protocols.

ACT Government Guidelines

The recommencement of outdoor sport and physical activity at ANU will take place in accordance with [ACT guidelines](#) – general principles being:

- Training only - Get in, train, and get out
- Outdoor sports only
- **UPDATE** – Limit activities to small individual groups with a maximum of 10 20 participants / player plus a coach / support staff member.
- Follow the one person per 4 square metres rule to ensure sufficient physical distancing between participants
- Practice good hand hygiene before and after training
- Changerooms, canteens and kitchens remain closed – arrive dressed and ready to train
- Stay home if you are unwell
- Don't share drinks or towels
- Sharing of equipment such as balls and weights is allowed however should be kept to a minimum. If equipment needs to be shared, it will require proper cleaning and disinfecting during and between sessions.
- Sportsgrounds must be booked prior to use

ANU Sport Guidelines

- All ANU facilities will need to be booked prior to use.
- Prior to using any ANU facility, the sport club / user group will need to provide a COVID Safe Training Plan, outlining the activities they wish to recommence, and the risk mitigation tools that have been implemented to ensure the Club is operating in a safe environment for all its members.
- Each sport club / user group will need to identify a COVID-19 Officer who will be the primary point of contact for ANU Sport.
- ANU Sport staff will undertake spot checks to ensure all protocols are being adhered to.

Health and Safety

- Participants are not permitted to return to training if:
 - they feel unwell;
 - have flu-like symptoms;
 - have travelled internationally in the last 14 days;
 - have been exposed to someone with COVID-19 in the preceding 14 days; or
 - are considered high risk from a health perspective.

COVIDSafe App

ANU Sport encourages everyone in our community to download the COVIDSafe App, to assist ACT Health in contact tracing, in the event of a positive COVID-19 result. This is one way that we can all help to keep our community safe.

The COVIDSafe app is the only contact trace app approved by the Australian Government. More information can be found [here](#).

Incident Management

- All users of ANU Sport facilities are encourage to download the CovidSafe App.
- In the event of a positive COVID-19 result:
 - the Club / user group must inform ANU Sport – who will advise ANU accordingly;
 - ANU Sport will support contact tracing efforts of ACT Health;
 - ACT Health protocols for quarantine and self-isolation will apply; and
 - ANU Sport and ANU reserve the right to suspend future trainings and access to facilities.
- Club Executives will be required to record all attendance at training – including every team member, club official and parent / guardian, where relevant.
- ANU Sport will require copies of all attendance records following training.

Social Distancing Protocols

- Training times will be set to avoid overlap of participants.
- Participants will be directed to turn up no earlier than 15minutes before their training session.
- Spectators are discouraged.
- Adequate spacing to support physical distancing requirements (not more than 1 person per 4 square metres) must be implemented.
- Participants are required to leave the venue immediately after training.

- Car-pooling to and from training is discouraged.
- Where possible, different entry and exit points must be identified to reduce congestion of people.

Facility Specifications

- No more than 10 20 participants / players plus a coach / support staff are permitted to access the Boat House or the Sailing Boat Shed at any one time – and is restricted to access of equipment (no change room use; erg use or social gatherings permitted). Social distancing must be maintained at all times - no more than 1 person per 4 square meters.
- For the 4 Ovals on campus, maximum capacities need to be adhered to, in line with the below table. Numbers have been calculated in consultation with ANU, acknowledging sporting activity may require additional space to maintain necessary social distancing.
- 10-person rule is inclusive of players, coaches and club officials.

Oval	Maximum number of people
North Oval	120 (6 x groups of 20)*
South Oval	120 (6 x groups of 20)*
Willows Oval	80 (4 x groups of 20)*
Fellows Oval	80 (4 x groups of 20)*

*exclusive of a coach / support staff

Hygiene Protocols

- North Oval Pavilion and South Oval Pavilion will be closed – access only permitted for use of toilets and first aid, if required.
- All participants are advised to wash their hands before training starts.
- No sharing of drink bottles or towels permitted.
- No shaking of hands, high fives or body contact.
- All equipment to be sanitised before and after use.

Sanctions

Any Affiliated Club, User Group or individual in breach of the protocols may receive sanctions including but not limited to:

- cancellation of all future bookings;
- suspension of ANU Sport membership;
- reporting to the ANU Sport Board and / or ANU Vice Chancellor; or
- reporting to police as appropriate.

ANU has made it clear that they will not hesitate to close facilities again if protocols are breached. ANU Sport requests that everyone maintains collective responsibility for managing risk and adhering to these guidelines so that our community can continue to take part in outdoor activity.

Appendix 1: Overview of ANU Sport Ovals

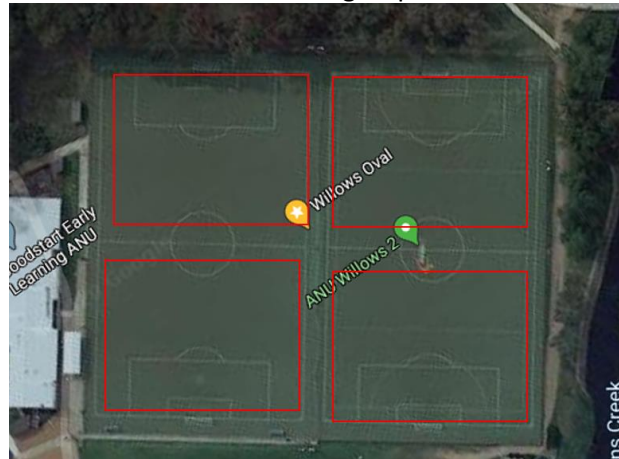
North Oval – 6 groups of 20



South Oval – 6 groups of 20



Willows Oval – 4 groups of 20



Fellows Oval – 4 groups of 20



Appendix 2: Sport Specific Guidance

AFFILIATED CLUB	Stage 1
AFL	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • Non-contact skills training - controlled kicking, marking and handball drills. • No tackling/wrestling, contact, body on body drills.
Aikido Aiki Kai	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • No contact/bouts. • Non-contact shadow training. • Non-contact technical work with coach. Note: ANU Sport indoor facilities are no available for use.
Aikido JTS	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • No contact/bouts. • Non-contact shadow training. • Non-contact technical work with coach. Note: ANU Sport indoor facilities are no available for use.
Badminton	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training Full training on court – singles or doubles Note: ANU Sport indoor facilities are no available for use.
Basketball	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • Non-contact skills training – passing, shooting, defending, screens and team structure (offence and defence). • No close contact/ defending/ attacking/ match play drills. Note: ANU Sport indoor facilities are no available for use.
Caving	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • Climbing on own wall or outdoors (if allowed by local Government). Note: ANU Sport indoor facilities are no available for use.
Cheerleading	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • Non-contact individual skills training Note: ANU Sport indoor facilities are no available for use.
Competitive Dance (advice for Gymnastics)	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • Non-contact individual skills training Note: ANU Sport indoor facilities are no available for use.
Cricket	Small group training of no more than 20 people (plus 1x coach / team official):

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	<ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • Nets — batters facing bowlers. Limit bowlers per net. • Fielding sessions — unrestricted. • No warmup drills involving unnecessary person-person contact. • No shining cricket ball with sweat/saliva during training.
Cycling	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Outdoor cycling maximum two people abreast with 1.5m between them, 10m between rider in front / behind • Resistance training
Fencing	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • Solo footwork practice (steps, lunges, fleshes). • Pointwork — using cushion/board to practice fine motor skills of point work with sword. Note: ANU Sport indoor facilities are no available for use.
Football (men and women)	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • Non-contact skill training — passing, shooting, headers.
Futsal (advice from Football)	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • Non-contact skill training — passing, shooting, headers. Note: ANU Sport indoor facilities are no available for use.
Hockey (men and women)	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • Non-contact skill training — passing, shooting, dribbling
Judo	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • No contact/bouts. • Non-contact shadow training. • Non-contact technical work with coach. Note: ANU Sport indoor facilities are no available for use.
Jujitsu	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • No contact/bouts. • Non-contact shadow training. • Non-contact technical work with coach. Note: ANU Sport indoor facilities are no available for use.
Kendo (advice from Judo)	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • No contact/bouts.

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	<ul style="list-style-type: none"> • Non-contact shadow training. • Non-contact technical work with coach. Note: ANU Sport indoor facilities are no available for use.
Kung Fu	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • No contact/bouts. • Non-contact shadow training. • Non-contact technical work with coach. Note: ANU Sport indoor facilities are no available for use.
Mountaineering (advice for Sport Climbing)	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • Climbing on own wall or outdoors (if allowed by local Government). Note: ANU Sport indoor facilities are no available for use.
Netball	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • Non-contact skills training – passing, shooting, defending, screens and team structure (offence and defence). • No close contact/ defending/ attacking/ match play drills. Note: ANU Sport indoor facilities are no available for use.
Quidditch	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • Non-contact skills training
Rowing	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • Outdoor group ergometer training placed >1.5m apart • On-water single scull and pairs (if pair are from the same home)
Rugby Union	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • Non-contact skills training – kicking and passing • No rucks, mauls, lineouts or scrums, tackling/wrestling.
Sailing	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • Outdoor group ergometer training placed >1.5m apart • On-water solo or double handlers
Snowsports (advice from Winter Sports)	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • Use of institute gym facilities and indoor ice surfaces in small groups • Use of acrobatic facilities such as trampoline, bungee and water ramp in small groups with 1 athlete at a time and at least 1.5m distancing to support staff. • Limited on snow training dependent on travel restrictions
Swimming	Small group training of no more than 20 people (plus 1x coach / team official): <ul style="list-style-type: none"> • Running/aerobic/agility training

AFFILIATED CLUB	Stage 1
	<ul style="list-style-type: none"> • Resistance training • Use of communal pool with limited numbers, 1 athlete per lane.
Table Tennis	<p>Small group training of no more than 20 people (plus 1x coach / team official):</p> <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training <p>Full training on court – singles or doubles Note: ANU Sport indoor facilities are no available for use.</p>
Taekwon Do	<p>Small group training of no more than 20 people (plus 1x coach / team official):</p> <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • Non-contact technical work with coach, including using pads, paddles, shields. • No physical contact or grappling. • No kicking of chest guards <p>Note: ANU Sport indoor facilities are no available for use.</p>
Tennis	<p>Small group training of no more than 20 people (plus 1x coach / team official):</p> <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training <p>Full training on court – singles or doubles</p>
Touch Football (advice from Rugby Union)	<p>Small group training of no more than 20 people (plus 1x coach / team official):</p> <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • Non-contact skills training – kicking and passing
Ultimate Disc	<p>Small group training of no more than 20 people (plus 1x coach / team official):</p> <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • Non-contact skills training
Volleyball	<p>Small group training of no more than 20 people (plus 1x coach / team official):</p> <ul style="list-style-type: none"> • Running/aerobic/agility training • Resistance training • Non-contact skills training