



Return to Business in a COVID-19 safe environment

Stage 3.0

UPDATE – 9 October 2020

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## 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](#) and [ACT Guidelines for a COVID Safe Plan](#); the [AIS framework](#) for rebooting sport; and guidance from [ANU](#). All recommendations are subject to government and ANU advice should a further outbreak of COVID-19 occur.

Stage 1 of ANU Sport's return to business plan has been ANU approved and actioned. Further details can be found [here](#).

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.

## COVID-Safe Officer

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## STAGE 3.2 SUMMARY

	ACT Government	ANU Sport
Stage 1	<ul style="list-style-type: none"> <li>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.</li> <li>From midnight Friday 15 May 2020, non-contact social sporting activity can recommence in outdoor spaces with a maximum of 10 people.</li> <li>From midnight 29 May, the definition of a small group is extended to 20 participants/players plus a coach.</li> </ul>	<ul style="list-style-type: none"> <li>Facilities in Building 19 (including gym and administration office) and Building 18 (dojo, sports halls, squash courts) remain closed.</li> <li>All staff continue working remotely.</li> <li>All sports programs remain postponed.</li> <li>ANU Ovals to re-open from Saturday 23 May, adhering to ACT government and ANU Sport guidelines.</li> <li>Boat House and Sailing Boat Shed and tennis courts to re-open from Saturday 23 May, adhering to ACT government and ANU Sport guidelines.</li> </ul>
Stage 2	<p>From midday Friday 19 June:</p> <ul style="list-style-type: none"> <li>Further easing of restrictions: <ul style="list-style-type: none"> <li>Gyms, health clubs, fitness, or wellness centres</li> <li>Yoga, barre, pilates and spin facilities</li> <li>Boot camps and personal training</li> <li>Indoor and outdoor sport</li> <li>Pools</li> </ul> </li> <li>Non-contact sports can recommence competition play, where this was not already allowed. Note: Full contact sport is any sport that allows non-incidental contact within its code. For example, netball rules do not allow for contact other than incidental contact, so it is a non-contact sport, where basketball and rugby league do allow for contact, so it is a full contact sport.</li> <li>Up to 100 people, indoors or outdoors, with 1 person per 4 square metres, can participate.</li> <li>Sports requiring full contact permitted to start full contact training.</li> </ul> <p>From Friday 17 July</p> <ul style="list-style-type: none"> <li>Full-contact sporting competition can recommence, including dance and martial arts (with Return to Play in a COVID Safety Plan).</li> </ul>	<ul style="list-style-type: none"> <li>Facilities in Building 19 (including fitness centre, group fitness studio 1 and sports halls) and Building 18 (dojo, sports halls, squash courts) will reopen from Saturday 20 June.</li> <li>Building 19 Administration Office will remain closed and all Administration staff continue working remotely.</li> <li>All sports programs remain postponed.</li> <li>Sports Clubs may increase activities including non-contact sporting competitions and full contact training adhering to ACT government and ANU Sport guidelines.</li> </ul> <p>From Friday 10 July</p> <ul style="list-style-type: none"> <li>Clubs may return to full contact competition play.</li> </ul>

<p>Stage 3</p>	<p>From Monday 10 August</p> <ul style="list-style-type: none"> <li>Community Sporting events may have up to 100 spectators excluding participants and staff in each indoor and outdoor space; spectators must be seated where possible, with physical distancing (1.5m) observed where spectators are not from the same household.</li> </ul> <p>From Friday 18 September</p> <ul style="list-style-type: none"> <li>Smaller sized venues, facilities and business can return to their pre-COVID capacity, with a maximum of 25 people (excluding staff) across the whole venue.</li> </ul> <p>From Friday 9 October</p> <ul style="list-style-type: none"> <li>All indoor and outdoor gatherings remain at a maximum of 200 people, where one person per 4 square metres can be maintained (includes participants and staff, excludes officials)</li> <li>Workplaces may commence a return to the workplace if it suits employers and employees.</li> <li>1 person per 2 square meters of outdoor useable space</li> </ul>	<p>From Monday 10 August</p> <ul style="list-style-type: none"> <li>Clubs may have spectators attend competition on campus facilities if they adhere to the ACT Government guidelines; not canteens should not be operational.</li> </ul> <p>From Monday 7 September</p> <ul style="list-style-type: none"> <li>Clubs may apply to Functions on Campus to host peripheral activities in addition to sport / physical activities.</li> </ul> <p>From Friday 18 September</p> <ul style="list-style-type: none"> <li>RPM Studio will return to full capacity</li> </ul> <p>From Friday 9 October</p> <ul style="list-style-type: none"> <li>All ANU Administration Staff may return to the Office (Building 19). Working from home may still occur with approval from line manager.</li> <li>Face to fact meetings may recommence with external stakeholders.</li> </ul>
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## INDOOR FACILITIES

**Building 19 (Administration Block)** – the Building will reopen to permit Fitness Centre and Indoor Facility use under restricted operating hours, see below. The ANU Sport Administration Office is open for all Administration staff to use, some rotation and working from home will still occur with staff.

**Fitness Centre** – reopen from Saturday 20 June under restricted operating hours and restricted operating procedures, including reduced Group Fitness timetable. Members will be required to book sessions in advance to support COVID-Safe restrictions. All memberships will be reinstated from this date unless alternative arrangements have been requested by the member. See Appendix 1 for more detail.

**Indoor Facilities (Dojo, Sports Halls, Climbing Walls)** – reopen from Saturday 20 June under restricted operating hours and restricted operating procedures to pre-booked sessions only, no 'walk-in' bookings are permitted. All existing bookings within the restricted hours have been reinstated, with an opportunity to adjust bookings offered to all clients. Squash Courts are now open. See Appendix 2 for more detail.

## 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. See Appendix 3 for more detail.

## SPORTS PROGRAMS

**Club Operations** – Clubs may resume activities - aligned with Government advice and the ANU Sport Return-to-Business-Plan, Stage 3. See Appendix 4 for Sport Specific detail.

**Intervarsity Sport** – UniSport Division 1 and 2 have been postponed until 2021, see [UniSport](#) for more information. ANU may participate in local (Canberra region based) competition against other Canberra based Tertiary Institutions.

**Interhall Sport** – The Interhall Sports Organisation has received approval to recommence training and competition in semester 2. Please contact the Interhall Sports Organisation for additional information.

**Social Sport** – postponed until 2021

**Get Active Programs** – limit programs are available upon request, please check the ANU Sport website for further information.

## ANU SPORT COVID-SAFE OPERATING GUIDELINES

### ACT Government Guidelines

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

- One-on-one personal training is permitted, with equipment to be cleaned during and after use
- Small group supervised sessions/classes with individual equipment are permitted
- Individual weight training, individual use of equipment or personal training where the ratio of instructors, trainers or staff to patrons is sufficient to ensure that any shared equipment is cleaned between each user
- Non-contact sports return to training and competition
- Full contact sports return to training and competition
- From midday Friday 17 July: Full-contact sporting competition can recommence, including dance and martial arts (with Return to Play in a COVID Safety Plan).
- Indoor and Outdoor sports and activities are permitted
- 'Get in, train / play, and get out' principle still applies, participants should limit gathering in communal areas before and after participating in activities.
- Sport and activities can take place with a maximum of 200 people (including staff, trainers, and spectators) per indoor or outdoor space, or one person per 4 square meters, whichever is lesser. Physical distancing requirements must be maintained (keeping 1.5m apart)
- Maintaining smaller group training / activities is strongly encouraged.
- Practice good hand hygiene before and after training
- Communal facilities including changerooms, canteens and kitchens may operate under clear restrictions and guidelines.
- Limit sharing of equipment – where equipment is shared, an appropriate cleaning and disinfecting procedure must be implemented between use.
- Do not share drinks or towels
- Sportsgrounds must be booked prior to use
- Maintain personal hygiene, including regular handwashing
- Stay home if you are unwell
- Get tested if you have COVID-19 symptoms

### ANU Sport Guidelines and Compliance

- All staff and members will be informed in writing of the obligation to comply with COVID-19 precautions and ramifications of failure to comply with COVID-19 response requirements.
- Staff and members will be made aware of hygiene measures and social distancing requirements before they access building 19.
- Staff and members will be encouraged to undertake the COVID-19 Infection Control Training.
- Staff and members will be encouraged to download the COVIDSafe app.
- Signage will be installed at all entrances, points of egress around the building and in communal areas outlining requirements for social distancing, hygiene, and self-isolation protocols.

- All ANU facilities will need to be booked prior to use, including booked sessions for the Fitness Centre and Group Fitness.
- Prior to using any ANU facility, the sport club / user group will need to provide a COVID Safe Return to Activities document, 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.
- Participants, staff and members cannot return to activity 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.
- ANU Sport staff will be responsible for overseeing compliance with protocols.
- ANU Sport staff will undertake spot checks to ensure all protocols are being adhered to.
- Members / Affiliated Clubs / User Groups wishing to hold peripheral activities in addition to sport / physical activities on campus, must submit an application to and comply with all guidelines, requirements and protocols outlined by [Functions on Campus](#).

### 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.

### Social Distancing Protocols

- Adequate spacing to support physical distancing requirements (not more than 1 person per 4 square metres) will be implemented.
- Separate entry and exit points will be identified within the building and should be implemented in outdoor facilities where possible.
- Foot traffic will be one-way only inside the buildings.
- Clear signage will be installed around the building, reminding all users about the need for social distancing and good hygiene.
- Access to the gym and group fitness classes will need to be booked in advance to help monitor maximum numbers – and times set to avoid overlap of users.
- Group fitness classes will be capped at the maximum number for the designated space.
- Participants will be directed to turn up no earlier than 15minutes before their session.
- Participants are required to leave the venue immediately after training / working out.
- Training / Competition / Session / Class times will be set to avoid overlap of participants.
- Equipment not within 1.5m distance will be removed or cordoned off to ensure distance between members working out.
- Spectators will be discouraged at all venues and facilities (indoor and outdoor)



- Car-pooling to and from training / competition / working out is discouraged.

### Hygiene Protocols

- Sanitisation stations will be positioned in all areas where members are working out within the fitness centre, as well as at reception and in the administration office.
- Reception will be provided with sneeze screens and optional PPE.
- In between each 1hr gym session, there will be a half hour break where staff will clean all equipment – no members will be permitted access during this time.
- No access permitted to the gym without an individual sweat towel.
- All participants advised to wash their hands before training starts.
- Additional end of day cleaning by contractors will also be implemented.
- 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.
- Staff will be tasked with monitoring social distancing, cleaning and equipment use.
- Sports clubs / user groups / members are responsible for monitoring and implementing good hand and respiratory hygiene practices and social distancing requirements, including providing appropriate cleaning products for equipment and hand sanitizer for team / group use.

### 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](#).

### COVID-19 Infection Control Training

ANU Sport will request that all staff undergo the COVID-19 Infection Control Training provided by the [Australian Government Department of Health](#).

### Incident Management

- All users of ANU Sport facilities are encouraged to download the COVIDSafe App.
- In the event of a positive COVID-19 result:
  - the Club / user group / member 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 / user Group will be required to record all attendance at training – including every team member, club official and parent / guardian, where relevant. ANU Sport will be

responsible for maintain accurate records of members attending the Fitness Centre and Group Fitness Classes.

- ANU Sport may require copies of all attendance records following training / activities.

## 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 activities

## ANU Sport Employees

### Permanent Employees

The administration office will reopen and employees required for the functioning of the facility and associated services will return to work on a rotation basis, ensuring strict social distancing measures are adhered to / in-line with a pre-determined seating plan.

Main Office	12 employees
New Hall Office	2 employee
Facilities Office	2 employee
Fitness Centre office	2 employee

Employees whose roles allow will be permitted to work from home in line with University advice and ANU Sport Working from Home Policy.

### Casual Employees

Casual employees required for the operation of facilities will be re-engaged, under the following protocol:

- Sneeze guards/ screens to be installed at POS.
- Cashless transactions will be implemented at the POS. All customer transactions can be performed via a “tap’n’pay” EFTPOS terminal.
- PPE will be provided to Customer Service staff in the form of disposable gloves.

### Controls

- All employees will be encouraged to download the COVIDSafe app.
- Any employee that is displaying flu like symptoms will be asked not to attend work.

- Any employee who has been travelling overseas or has been in contact with a positive COVID-19 case will be asked to quarantine for the necessary period.
- Those onsite will be monitored upon arrival and any employee displaying flu like symptoms will be sent home and required to seek a COVID-19 test from an ACT health facility.
- PPE will be available to staff in the form of masks and disposable gloves.
- Staff will be required to regularly sanitise their workstation as they deem appropriate and administration areas will be given a “deep clean” daily including the disinfecting of all surfaces.
- All necessary meetings will be held in socially distant environments – if not over video conference.

## Appendix 1: Fitness Centre Protocols

Fitness Centre will reopen under restricted opening times from Saturday 20 June:

- Monday – Friday: 6.00am-10.00pm
- Saturday – Sunday: 8.00am-7.00pm

The Fitness Centre will be available for one-and-a-half-hours sessions and members must book online. Members are requested to book one session per-day and five sessions per-week to ensure all members can access facilities. Please note, if a member books multiple sessions in a single day the member may not be admitted to the fitness centre in the later sessions during the day. A session is access to the main fitness centre OR strength and conditioning OR a group fitness class.

**FITNESS CENTRE SESSIONS:** sessions can be booked for the main fitness centre (capacity 65 people) OR the strength and conditioning room (capacity 9 people) using the member portal on the website. Members will be limited to either the main fitness centre including the cardio room and FTS OR the strength and conditioning room, but not both. This is a temporary measure while restrictions remain in place.

**GROUP FITNESS SESSIONS:** There are a limited number of group fitness classes on our timetable in operation. Members may book slots in these classes through the member portal on the website. Classes will be held in Studio 1 (capacity 32 people).

### MEMBERSHIP

Upon reopening, all memberships will be reactivated from 20 June unless a previous suspension agreement has been applied to your membership. Members have been requested to contact ANU Sport or log into the membership portal prior to 5pm on Friday 19 June if they wish to check the status of their membership. From 20 June, all membership will return to pre-COVID status unless alternative action has been requested.

### CHARGES and ON-GOING SUSPENSION

All nominated accounts for direct debit memberships will be charged for the membership fee on Thursday 2 July, for access from 20 June 2020, unless a suspension agreement is in place. This will include the retrospective 12 days (20 June – 1 July) and the future 14 days (2 July – 15 July) payments. From the Thursday 16 July, the direct debit will return to the usual process, covering the future fortnight.

If a member wishes to continue the automatic suspension on their membership and return to the centre at a later date, they must email [sport@anu-sport.com.au](mailto:sport@anu-sport.com.au) by close of business (5pm) on Friday 19 June 2020 and specify a date range they wish their membership to remain inactive.

### OUTSTANDING FEES

Any memberships with outstanding fees for debits pre-dating 23 March must be up to date prior to returning to the Fitness Centre. Notification of outstanding fees were sent prior to the closure in March and further reminders will be sent on Monday 15 June. Payment of outstanding fees can be completed through the online member portal. Members will be required to clear any outstanding balance owing to a membership prior to booking online sessions and accessing the fitness centre.

#### NEW MEMBERSHIPS

Memberships will be available to purchase online Monday 15th June. We encourage new members to select the start date of their membership as 20th June 2020. New members will be required to visit reception upon their first visit however this will not prevent new members from registering for gym floor and group fitness sessions through our member portal online prior to attending the centre.

#### PERSONAL TRAINING

Personal training will be available for member. These sessions must be booked in advance, and the personal trainer will be required to monitor cleaning of equipment and observe social distancing protocols while training.

#### FREE TRIALS

ANU Sport '7 Day Free trials' are not currently available for redemption but will be available to use from the start of Semester 2 (Monday 27th July).

#### COUNSELLING CENTRE PARTNERSHIP

The ANU Sport Fitness Centre and ANU Counselling Centre Partnership will be reinstated from 20 June.

#### CASUAL VISITS AND GUEST PASS VISITS

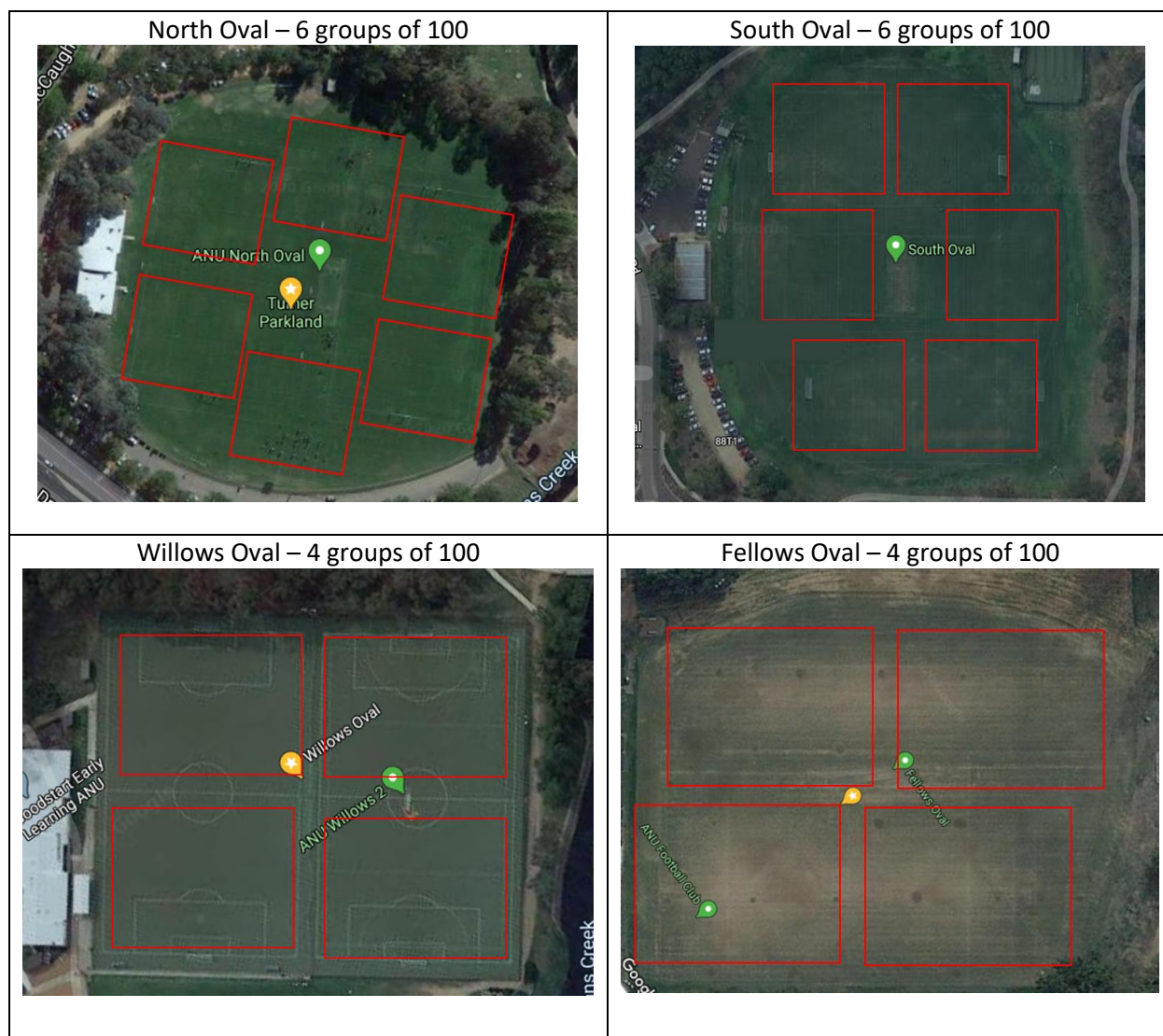
These are currently unavailable to purchase or use.

## Appendix 2: Overview of ANU Sport Indoor Facilities

FITNESS CENTRE AND INDOOR FACILITIES		
Facility	Maximum Numbers*	Additional Protocol
Main Gym (include Cardio and FTS)	65	Bookings mandatory Separate entry and exit points to be observed Access between main gym and S&C room prohibited Equipment wiped down after use Gym cleared and equipment cleaned between sessions Social distancing required at all times Bubbler out of use No towel – no entry
Strength and Conditioning room	9	Bookings mandatory Access between S&C room and main gym prohibited Equipment wiped down after use Gym cleared and equipment cleaned between sessions Social distancing required at all times Bubbler out of use No towel – no entry
Studio 1	32	Bookings mandatory Separate entry and exit points to be observed Equipment to be wiped down after use Bubbler out of use No towel – no entry
Dojo	30	Bookings mandatory Separate entry and exit points to be observed Mats to be wiped down after use Bubbler out of use No towel – no entry
Indoor Cycle Studio	25	Closed until further notice
Sports Hall 1	317	Bookings mandatory
Sports Hall 2	359	Bookings mandatory
Building 19 Change rooms (Men)	6 (exc. Toilets)	Change rooms cleared and cleaned between each session
Building 19 Change rooms (Women)	6 (exc. Toilets)	Change rooms cleared and cleaned between each session

\*please note these maximum numbers factor in existing fixtures, equipment, and operational pathways

## Appendix 3: Overview of ANU Sport Ovals



OUTDOOR FACILITIES		
Facility	Maximum Numbers	Additional Protocol
North Oval	6 x groups of 100	Bookings mandatory
South Oval	6 x groups of 100	Bookings mandatory
Willows Oval	4 x groups of 100	Bookings mandatory
Fellows Oval	4 x groups of 100	Bookings mandatory
Boat House	Social distancing of 1.5m / one person per 4 square meters to be maintained at all times	Equipment cleaned after every use
Sailing Boat Shed		Equipment cleaned after every use
North Pavilion		Change rooms cleaned after every use
South Pavilion		Change rooms cleaned after every use



## Appendix 4: Sport Specific Guidance

AFFILIATED CLUB	Stage 3
AFL	<ul style="list-style-type: none"> <li>Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>Full contact training may commence</li> <li>Full contact competition may commence</li> <li>Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Aikido JTS	<ul style="list-style-type: none"> <li>Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>Full contact training may commence</li> <li>Full contact competition may commence</li> <li>Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Badminton	<ul style="list-style-type: none"> <li>Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>Full training, coaching and competition to return</li> <li>Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Basketball	<ul style="list-style-type: none"> <li>Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>Full contact training may commence</li> <li>Full contact competition may commence</li> <li>Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Caving	<ul style="list-style-type: none"> <li>Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>Climbing on own wall or outdoors (if allowed by local Government).</li> <li>Avoid sharing equipment, ensure cleaning protocols are enforce post climbing</li> <li>Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Cheerleading	<ul style="list-style-type: none"> <li>Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>Full contact training may commence</li> <li>Full contact competition may commence</li> <li>Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Competitive Dance (advice for Gymnastics)	<ul style="list-style-type: none"> <li>Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>Full contact training may commence</li> <li>Full contact competition may commence</li> <li>Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Cricket	<ul style="list-style-type: none"> <li>Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>Full contact training may commence</li> <li>Full contact competition may commence</li> <li>Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Cycling	<ul style="list-style-type: none"> <li>Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>Outdoor cycling maximum two people a breast with 1.5m between then, 10m between rider in front / behind</li> <li>Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Fencing	<ul style="list-style-type: none"> <li>Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> </ul>



AFFILIATED CLUB	Stage 3
	<ul style="list-style-type: none"> <li>Full contact training may commence</li> <li>Full contact competition may commence</li> <li>Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Football (men and women)	<ul style="list-style-type: none"> <li>Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>Full contact training may commence</li> <li>Full contact competition may commence</li> <li>Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Futsal (advice from Football)	<ul style="list-style-type: none"> <li>Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>Full contact training may commence</li> <li>Full contact competition may commence</li> <li>Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Hockey (men and women)	<ul style="list-style-type: none"> <li>Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>Full contact training may commence</li> <li>Full contact competition may commence</li> <li>Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Judo	<ul style="list-style-type: none"> <li>Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>Full contact training may commence</li> <li>Full contact competition may commence</li> <li>Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Jujitsu	<ul style="list-style-type: none"> <li>Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>Full contact training may commence</li> <li>Full contact competition may commence</li> <li>Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Kendo (advice from Judo)	<ul style="list-style-type: none"> <li>Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>Full contact training may commence</li> <li>Full contact competition may commence</li> <li>Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Kung Fu	<ul style="list-style-type: none"> <li>Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>Full contact training may commence</li> <li>Full contact competition may commence</li> <li>Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Mountaineering (advice for Sport Climbing)	<ul style="list-style-type: none"> <li>Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>Climbing on own wall or outdoors (if allowed by local Government).</li> <li>Avoid sharing equipment, ensure cleaning protocols are enforce post climbing</li> <li>Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Netball	<ul style="list-style-type: none"> <li>Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>Full training, coaching and competition to return</li> <li>Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Quidditch	<ul style="list-style-type: none"> <li>Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> </ul>

AFFILIATED CLUB	Stage 3
	<ul style="list-style-type: none"> <li>• Full contact training may commence</li> <li>• Full contact competition may commence</li> <li>• Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Rowing	<ul style="list-style-type: none"> <li>• Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>• Full training can be conducted in all boat classes, including coxed boats.</li> <li>• Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Rugby Union	<ul style="list-style-type: none"> <li>• Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>• Full contact training may commence</li> <li>• Full contact competition may commence</li> <li>• Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Sailing	<ul style="list-style-type: none"> <li>• Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>• Full training can be conducted in all boat classes, and watercraft.</li> <li>• Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Snowsports (advice from Winter Sports)	<ul style="list-style-type: none"> <li>• Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>• Full training may return aligned with restrictions of commercial operations of mountain facilities.</li> <li>• Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Swimming	<ul style="list-style-type: none"> <li>• Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>• Full training may return aligned with restrictions of the venue</li> <li>• Personal and respiratory hygiene and social distancing protocols must be observed</li> </ul>
Table Tennis	<ul style="list-style-type: none"> <li>• Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>• Full training, coaching and competition to return</li> <li>• Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Taekwon Do	<ul style="list-style-type: none"> <li>• Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>• Full contact training may commence</li> <li>• Full contact competition may commence</li> <li>• Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Tennis	<ul style="list-style-type: none"> <li>• Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>• Full training, coaching and competition to return</li> <li>• Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Touch Football (advice from Rugby Union)	<ul style="list-style-type: none"> <li>• Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>• Full contact training may commence</li> <li>• Full contact competition may commence</li> <li>• Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Ultimate Disc	<ul style="list-style-type: none"> <li>• Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> <li>• Full training, coaching and competition to return</li> <li>• Personal and respiratory hygiene and social distancing protocols must be observed.</li> </ul>
Volleyball	<ul style="list-style-type: none"> <li>• Up to 200 people, indoors or outdoors, with 1 person per 4 square metres, can participate - small group training is still encouraged</li> </ul>

AFFILIATED CLUB	Stage 3
	<ul style="list-style-type: none"><li>• Full training, coaching and competition to return</li><li>• Personal and respiratory hygiene and social distancing protocols must be observed.</li></ul>