

Victorian Community Sport and Recreation Organisations Guidance and Return to Play Plan

Return to Play Plan template

Organisation details

Provide organisation name, contact person, phone number, type of organisation, ABN, address.

You Yangs MTB Inc
ABN 88 913 052 189 Association A0053107B
Drysdale Road
Little River VIC, 3211
Ian Mortenson (club administration)
0413 386 249

Outline your Return to Play plan under the following headings:

1. Hygiene

A pre-emptive low-cost intervention like enhanced hygiene measures of participants is key to reducing the transmission of coronavirus (COVID-19). Examples of personal hygiene measures that should be promoted include handwashing and covering mouth and nose with a tissue or sleeve during coughing/sneezing. Advice on cleaning is available from the [Department of Health and Human Services](#) and the [Commonwealth Department of Health](#).

What infection control measures will you introduce to ensure all participants and spectators are maintaining **personal** hygiene?

Event Registration

- Entry to events will be online only. No on the day entries will be accepted
- All club officials to complete Covid declaration forms and provide contact details
- QR CODE check in required when entering event village by all attendees and officials
- Entries will not be accepted from known Covid19 hotspots

General

- Access to the event village will be for registered competitors and officials only to ensure gathering limits are managed
- Sanitisers will be available at all high traffic areas such as check in and transport loading
- Everyone will be required maintain required physical distancing of 1.5 metres
- Everyone will be required to wear a mask when in shuttle vehicles or when unable to maintain 1.5 meters social distance
- Signage in the event village reminding everyone of the requirements

Food and Drink

- To prevent any possible cross-contamination we will not be providing cups. Participants should bring their own drink bottles. Water drums available to refill bottles from. Hands must be sanitised before use
- Shared tea and coffee facilities to be removed
- Officials to dispense can of drink when required (no self-service available)
- Sausage Sizzle – Officials to place sausage in bread and add sauce if requested (no self-service available)

Victorian Community Sport and Recreation Organisations Guidance and Return to Play Plan

Transport

- Busses to be thoroughly cleaned prior to arrival
- 1.5 meter spacing marked on the ground in shuttle queue.
- Masks must be worn at all times while in shuttle vehicle
- To minimise the amount of time in vehicles people must wait to load bus until all bikes are loaded.
- Officials to open and close doors to minimise contact with door handles
- Open windows where possible
- Bus to be loaded from the back seats first
- Only forward facing seats to be used
- Unloading bus from front seats first
- All high touch hard surfaces in busses to be disinfected every hour

Observers/Spectators

- Generally, we will discourage observers and limit this to one (parent/carer) per participant
- Observers must maintain physical distancing
- Bench seats will be marked with 1.5m spacing indication where people can sit

How will personal hygiene and cleaning of **facilities and equipment be maintained** to minimise transmission of coronavirus (COVID-19)?

Event is outdoors so limited surfaces to clean

Busses

- Busses to be thoroughly cleaned prior to arrival
- All high touch hard surfaces in busses to be disinfected every hour

2. Physical contact activities

Physical distancing decreases the risk of transmission by reducing incidence of contact with other persons through shaking hands, hugging or tackling. The Stay at Home Directions require that participants take reasonable steps to maintain 1.5m distance from all other people.

For activities that contain physical contact, or close interaction with other people, what protocols or modifications to activities can be implemented to ensure physical distancing is maintained?

- There will be no spitting or, “snot rockets” whilst riding
- No sharing of drink bottles
- The club officials will be wearing a mask and gloves if providing medical assistance to riders
- In these circumstances’ gloves will be used once and then disposed of securely
- We will ask people to sit where indicated
- We will strictly enforce our hygiene plan

Victorian Community Sport and Recreation Organisations Guidance and Return to Play Plan

3. Arrival and departure of participants, officials, parents or carers

Physical distancing decreases the risk of transmission by reducing incidence of contact between people. [The Stay at Home Directions](#) currently limit gatherings of groups of people to reduce the risk of people spreading coronavirus (COVID-19). The control of facilities and management of areas where people might gather will reduce the risk of coronavirus (COVID-19) transmission.

What measures have you put in place for managing entry and exit points, separating assembly areas, adjustments to activity timings and maintaining physical distancing of people?

- Event is outdoors
- Access to the event village will be for registered competitors and officials only to ensure gathering limits are managed

4. Spectators/gatherings

[The Stay at Home Directions](#) currently limit gatherings to groups of 100 people to reduce the risk of people spreading coronavirus (COVID-19). Spectators, and other non-participants watching activities should not attend activities unless they have an essential role or they are parents and/or guardians. Public gathering limitations apply. Organisations should plan for activities without crowds to prevent the spread of coronavirus (COVID-19).

What protocols will be in place to restrict access to athletes and maintain recommended physical distancing?

- We will advise that restrictions do not allow general spectators at our racing or social events
- Attendance will be limited to one parent/carer per rider
- Access to event village will be for registered competitors and volunteer crew only
- We will keep a record of all attendees (riders, spectators, and officials) at our events, using QR code check in and online entry data

5. Sharing equipment

In combination with good hygiene practices, a similar pre-emptive measure is to promote behaviours such as not sharing drink bottles, towels, and limiting the shared use of equipment. Equipment that touches the head of face or cannot be effectively cleaned (for example, if made from soft materials or clothing) should not be shared. Where sharing equipment cannot be avoided, equipment with smooth surfaces should be cleaned between sessions.

What modifications can be made to ensure there is no transmission of coronavirus (COVID-19) through the sharing of equipment, contact with equipment and/or contact with any surfaces where participants may be at risk of infection?

- Participants will be required to bring their own drink bottles
- Club tools will only be available on request, hands must be sanitised before use and tools cleaned with disinfectant when returned

- 5.1 Do you have protocols in place for sports medicine staff who share medical equipment?** We have a First Aid officer who will abide by the same COVID safe protocols of all club officials and volunteers

Victorian Community Sport and Recreation Organisations Guidance and Return to Play Plan

6. Group/team activity

[Restricted Activity Directions and Stay at Home Directions](#) currently limit gatherings to up to 100 people outdoors (plus a coach or the minimum number of support staff reasonably required to manage the activity) which impacts team or group activities.

For team activities, what protocols are in place to enable a staged return to activities of small groups (up to 100) in non-contact formats?

- Entry to events will be online only. No on the day entries will be accepted
- We will not accept people who have not pre-registered.

6.1 Are changes required to participant behaviour during sport activities in addition to no shaking hands and high fives? [Refer to transport procedure above](#)

7. Indoor facilities (PLEASE NOTE THAT INDOOR ACTIVITY IS CURRENTLY PROHIBITED)

The Restricted Activities Direction prohibits the use of indoor facilities such as club rooms, change rooms, and showers. Only toilets can remain open.

How will you ensure that indoor facilities, other than toilets, remains closed?

- Events are outdoors in a public park. Not relevant

8. Travel

To prevent the spread of coronavirus (COVID-19), the Stay at Home Direction restricts travel to participate in sport and recreation activities to day trips only.

How can your return to play plan ensure travel is minimised and participants stay in the local neighbourhoods and towns?

- No longer relevant, review if government advise changes

8. High injury risk activity

To reduce the strain on Victoria's health and emergency services, common sense should be used in avoiding activities that have a high risk of injury that may result in hospitalisation.

What measures are in place for high injury risk activities that may result in hospitalisation?

- We have always conducted events with a high emphasis on safety. officials clearly articulate the rules of riding but in the event of an accident, our First Aid Officer will follow established protocols
- The First Aid Officer will wear a mask and gloves when attending to an injured rider
- Ultimately, we will not overlook a major injury that requires hospitalisation or immediate First Aid

Victorian Community Sport and Recreation Organisations Guidance and Return to Play Plan

9. Protocols

What protocols or processes are in place to ensure participants are free of coronavirus (COVID-19) symptoms?

All participants will be asked if they have:

- experienced symptoms suggestive of infection in the past 14 days
- had contact with a person known or suspected to have had Coronavirus in the last 14 days
- have been asked to isolate or self-quarantine in the last 14 days
- Have been to a declared hot spot in the last 14 days

Anyone answering **yes** will be excluded from participation

What protocols do you have in place for people who present to training with symptoms consistent with COVID-19 (fever or respiratory symptoms such as cough, sore throat and shortness of breath)?

- They will be asked to immediately leave and get tested and advise us of the results
- Name and contact details to be recorded and followed up the next day if we have not heard back from them

How will you coordinate and communicate changes to the directions to your clubs, members and stakeholders?

Via our social channels, direct email and through the many user groups we are associated with.

10. Communication

Communicating coronavirus (COVID-19) risk mitigation strategies to participants is vital. Setting and promoting expectations for required behaviours prior to recommencing activities will be crucial to ensuring activities are safe to return to and remain free of further restrictions. This includes communicating current restrictions, improved health literacy of participants and social distancing measures.

List the measures you will use to communicate and provide guidance to participants and clubs?

Our return play plan will be made public on our website and social channels and there will be signage at the track. Post registration, a list of things to prepare for prior to event will be emailed.

10.1 Do you have protocols to advise participants, officials and parents or carers to not attend if they are feeling unwell? We will place reminders on our social pages few hours prior to the event that if they are experiencing symptoms to please not attend

10.2 Do you have strategies to address non-compliance? It is the clubs right to ban members if they are non-compliant. We will remind our members that there will be club sanctioned consequences if non-compliance is evident