

# Community Sport and Recreation COVIDSafe Plan

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## About the Community Sport and Recreation COVIDSafe Plan

The Community Sport and Recreation (CSR) COVIDSafe Plan has been developed to support the community sport and recreation sector prepare to safely open and operate in accordance with the easing of restrictions, while also ensuring the public feels confident that their health and safety is being protected.

It is important to develop your CSR COVIDSafe Plan in accordance with the **Community Sport and Physical Recreation Industry Restart Guidelines** and the restriction level at the time (Closed, Heavily Restricted, Restricted, Open with a COVIDSafe Plan). The Guidelines can be found here: <https://www.coronavirus.vic.gov.au/coronavirus-sector-guidance-arts-and-recreation-services>.

Community sport and recreation workplaces, venues/facilities, associations and clubs have two options on how to reopen in line with current public health directions. They can:

- Complete a Community Sport and Recreation COVIDSafe Plan (mandatory)

OR

- Update their existing voluntary Return to Play Plan to align with the mandatory COVIDSafe Plan template.

The template has been customised to assist sport and recreation facility owners and operators, State Sporting Associations (SSAs), National Sporting Organisations (NSOs) and peak sport and recreation bodies to prepare a CSR COVIDSafe Plan that incorporates the mandated COVIDSafe principles. CSR COVIDSafe Plans can be adopted and implemented by leagues, associations and clubs.

Community sport and recreation workplaces, venues/facilities, associations and clubs will be responsible for completing the CSR COVIDSafe Plan and ensuring it is implemented at open workplaces, venues and facilities.

To support communication with local government authorities as community sport facility/venue owners and their members, SSAs will be asked to upload a copy of their CSR COVIDSafe Plan on their website and make it available upon request.

In order to be compliant with public health directions, plans must:

- Align with the directions issued by the Victorian Chief Health Officer
- Provide complete responses and the required supporting documentation
- Account for the current permitted level of sport or recreation activity in your plan and identify how your plan will respond to changes in permitted levels of activity.
- Ensure that activity resumption does not compromise the health of individuals or the community
- In addition to completing a CSR COVIDSafe Plan, you are still required to meet your obligations under the Occupational Health and Safety Act 2004.
- You must comply with a request to present or modify your CSR COVIDSafe Plan, if directed to do so, by an Authorised Officer or WorkSafe Inspector.
- In addition to the general restrictions for all businesses, some industries require additional obligations due to a higher transmission risk.

# How to develop your CSR COVIDSafe Plan

## 1. Understand your responsibilities

Information on public health directions applying to organisations is available at [coronavirus.vic.gov.au](https://coronavirus.vic.gov.au).

## 2. Prepare your plan

Below is the CSR COVIDSafe Plan template which you will need to complete. The CSR COVIDSafe Plan is grouped into six COVIDSafe principles:

1. Ensure physical distancing (The Compound will request members social distance (1 person per 4 square metres))
2. Wear a face mask (Anyone entering The Compound understands a mask must be worn at all times, unless they are out of breath due to training and are allowed to remove the mask but must have it on them at all times)
3. Practise good hygiene (Anyone entering The Compound are requested to sanitise on entry and clean any equipment used once they are done with it)
4. Keep records and act quickly if participants, volunteers or organisers become unwell (Anyone entering The Compound must QR code on entry. If a case is to arise The Compound will be closed immediately and the proper authorities will be notified)
5. Avoid interactions in enclosed spaces (Roller doors will be open whenever possible to create good airflow within the building)
6. Create workforce/activity bubbles

When completing your plan, under the 'actions' column of each COVIDSafe principle, you must outline the actions you will take to meet the listed requirement. You will note that if you are in a restricted or heavily restricted industry, additional requirements may apply. If you do not believe a requirement applies to your activity, it should be marked N/A with an explanation about why it does not apply.

**Mandatory requirements under public health direction feature this symbol:**



- All other points are highly recommended for keeping your participants, volunteers, organisers and members safe and venues/facilities open, but are not mandatory.
- Some of the requirements in the CSR COVIDSafe Plan may not apply to your organisation or club. Where the requirement does not apply to your organisation or club it should be marked N/A (not applicable).

## 3. Keep your plan up-to-date

Your CSR COVIDSafe Plan must be reviewed and updated routinely and when restrictions or public health advice changes. Organisations with multiple venues/facilities must complete a CSR COVIDSafe Plan for each worksite.

You do not have to lodge your CSR COVIDSafe Plan with the Victorian Government, however, you may need to provide your CSR COVIDSafe Plan to an Authorised Officer or WorkSafe Inspector upon request, or in the event of a confirmed positive case at your workplace. There will be virtual and physical inspections as well as desktop audits to ensure the implementation of and compliance with your CSR COVIDSafe plan.

## 4. Share your plan

Your participants, volunteers, organisers and members need to be familiar with this plan. Once you have completed the plan, share it with your participants, volunteers, organisers and members and occupational health and safety representatives or COVIDSafe officer, if applicable.

For further guidance on how to prepare your CSR COVIDSafe Plan or any other questions, please visit [coronavirus.vic.gov.au](https://coronavirus.vic.gov.au) or call the Business Victoria Hotline on 13 22 15.

# Your CSR COVIDSafe Plan

Organisation name: THE COMPOUND TRAINING

Plan completed by: CLEM VERTIGAN

Date reviewed: OCTOBER 27, 2021

## 1. Ensure physical distancing

### Requirements

**You must ensure participants, volunteers and organisers are 1.5 metres apart as much as possible.**

This can be done by:

- Modifying sporting activities to ensure participants remain 1.5 metres apart where possible except when engaging in physical activity permitted under the Chief Health Officer directions (e.g. contact sport where permitted).
- Displaying signs to show patron limits at the entrance of enclosed areas where limits apply (where use of indoor areas are permitted under the restrictions)
- Informing organisers and volunteers to work from home wherever possible
- Note that where physical recreation facilities are permitted to open for classes for members of the public, specific additional requirements apply such as staggering class times. For more information see <https://www.dhhs.vic.gov.au/victorias-restriction-levels-covid-19>

**You may also consider:**

- Minimising the build-up of people waiting to enter and exit the venue/facility.
- Using floor markings to provide minimum physical distancing guides
- Reviewing delivery protocols to limit contact between delivery drivers and organisers and volunteers (where relevant)

**You must apply the density quotient (where applicable) to configure shared activity areas and publicly accessible spaces to ensure that:**

- You are complying with any density quotient, any group size limits and other restrictions applicable to the type of facility being used. Requirements can be found in the Industry Restart guidelines

You should provide training to organisers and volunteers on physical distancing expectations while working and socialising. This should include:

- Avoiding car-pooling unless not reasonably practical for participants to travel another way.

**If your activity is restricted or heavily restricted, you must also:**

- Reduce participant, volunteer and organiser levels in accordance with industry directions.
- Limit number of patrons in accordance with Chief Health Officer directions.
- Have no carpooling.
- Heavily Restricted Industries Only Organisers and volunteers must work from home, if they can.

## 2. Wear a facemask

### Requirements

- You must ensure all participants, volunteers and organisers entering the venue/facility wear a face mask as per public health advice.
- Updated public health advice on masks is available at: <https://www.dhhs.vic.gov.au/face-masks-vic-covid-19>
- You should install screens or barriers in the venue/facility for additional protection where relevant.
- You should provide training, instruction and guidance on how to correctly fit, use and dispose of masks and PPE (where relevant).
- Masks must be worn at all times except when out of breath or puffing from strenuous exercise or unless a lawful exception applies. These include:
  - Persons who are deaf or hard of hearing, where the ability to see the mouth is essential for communication.
  - Persons for whom wearing a face mask would create a risk to that person's health and safety related to their work, as determined through OH&S guidelines.
  - Persons whose professions require clear enunciation or visibility of their mouth. This includes teaching or live broadcasting.
  - Professional sportspeople when training or competing.
  - When you are doing any exercise or physical activity where you are out of breath or puffing. Examples include jogging or running, but not walking. You must carry a face mask on you and wear it when you finish exercising.
- You should inform participants, volunteers and organisers that cloth masks should be washed each day after use. However, if during the day the mask is visibly dirty or wet, the mask needs to be changed immediately and the dirty mask stored in an airtight bag or container until it can be washed.

There are no additional requirements for **restricted** or **heavily restricted** activities.

## 3. Practise good hygiene

### Requirements

- You must frequently and regularly clean and disinfect shared spaces, including high-touch communal items such as door knobs, shared equipment and telephones.
- You should:
  - Clean surfaces with appropriate cleaning products, including detergent and disinfectant
  - Replace high-touch communal items with hygienic alternatives, for example single-use or contactless options, where possible to do so
  - Sharing of equipment should be kept to a minimum and all equipment must be cleaned and disinfected between use
  - Clean between user groups or sessions
- You must display a cleaning log in shared spaces.
- You should make soap and hand sanitiser available for all participants, volunteers and organisers throughout the venue/facility and encourage regular handwashing.

**If your activity is restricted or heavily restricted, you must also:**

- Conduct an audit of cleaning schedules.

## 4. Keep records and act quickly if participants, volunteers or organisers become unwell

### Requirements

- You must support participants, volunteers and organisers to get tested and stay home even if they only have mild symptoms.
- You must develop a plan to manage any outbreaks.

This includes:

- Having a plan to respond to a participant, volunteer or organiser being notified by health authorities that they are a positive case and attended the facility whilst infectious. People who show symptoms or have been in close contact should NOT attend the venue/facility or activity until they receive their test results or have completed their quarantine period and are cleared by DHHS.
- Having a plan to identify and notify close contacts in the event of a positive case attending the venue/facility during their infectious period. You are also required to notify DHHS of the positive case.
- Having a plan in place to clean the venue/facility (or part) in the event of a positive case.
- Having a plan to contact DHHS and notify the actions taken, provide a copy of the risk assessment conducted and contact details of any close contacts.
- Having a plan to immediately notify WorkSafe Victoria on 13 23 60 if you have identified a person with coronavirus (COVID-19) at your venue/facility.
- Having a plan in the event that you have been instructed to close by DHHS.
- Having a plan to re-open your venue/facility once agreed by DHHS and notify participants, volunteers and organisers they can return to the venue/facility.

More information can be found at <https://www.dhhs.vic.gov.au/workplace-obligations-covid-19>.

- You must keep records of all people who enter the venue/facility for more than 15 minutes for contact tracing. This does not include passive users of open parkland and recreational spaces.

**If your activity is restricted or heavily restricted, you must also:**

- Restricted Industries

Ask participants, volunteers and organisers to declare verbally before each session that they are free of symptoms, have not been in contact with a confirmed case and have not been directed to isolate.

- Heavily Restricted Industries

Ask participants, volunteers and organisers to declare in writing or electronically before each session that they are free of symptoms, have not been in contact with a confirmed case and have not been directed to isolate.

## 5. Avoid interactions in enclosed spaces

### Requirements

- You should reduce the amount of time participants, volunteers, organisers, parents, carers and anyone in attendance are spending in enclosed spaces (e.g. entrances, foyers, bathrooms, changerooms and clubhouses).

This could include:

- Enabling activities in outdoor environments
- Moving as much activity outside as possible, including serving patrons, meetings, tearooms, lunchbreaks and locker rooms
- Enhancing airflow by opening windows and doors
- Optimising fresh air flow in air conditioning systems.

**There are no additional requirements for restricted or heavily restricted activities.**

## 6. Create workforce/activity bubbles

### Requirements

- You should limit the number of participants, volunteers and organisers engaging in activities across multiple teams/venues/facilities where practical. This includes avoiding as much as possible, having participants playing across multiple teams.

If your activity is **restricted** or **heavily restricted**, you must also:

- Limit or cease the number of participants, volunteers and organisers engaging in activities across multiple teams/venues/facilities.
- Maintain records of all participants, volunteers and organisers who have disclosed they are engaging in activities across multiple teams/venues/facilities.

## Community Sport and Recreation COVIDSafe Plan Guide

This guide has been designed to accompany your CSR COVIDSafe Plan and provides a number of suggestions / example actions for how to implement requirements.

Please use this guide to help you complete your CSR COVIDSafe Plan. For further information go to [coronavirus.vic.gov.au](https://coronavirus.vic.gov.au).

### 1. Ensure physical distancing

Requirements	Action
<p><b>You must ensure participants, volunteers and organisers are 1.5 metres apart as much as possible.</b></p> <p><b>This can be done by:</b></p> <ul style="list-style-type: none"><li>• Modifying sporting activities to ensure participants remain 1.5 metres apart where possible except when engaging in physical activity permitted by the Chief Health Officer directions</li><li>• Displaying signs to show patron limits at the entrance of enclosed areas where limits apply</li><li>• Informing organisers and volunteers to work from home wherever possible</li></ul> <p>You may also consider:</p> <ul style="list-style-type: none"><li>• Minimising the build-up of people waiting to enter and exit the venue/facility</li><li>• Using floor markings to provide minimum physical distancing guides</li><li>• Reviewing delivery protocols to limit contact between delivery drivers and organisers and volunteers</li></ul>	<ul style="list-style-type: none"><li>• <i>Identify areas that require floor marking, such as the entrance and viewing area for adults</i></li><li>• <i>Change program times to ensure the gym is empty before the next group comes in</i></li><li>• <i>Identify designated drop off areas for children</i></li><li>•</li></ul>
<p><b>You must apply the density quotient to configure shared activity areas and publicly accessible spaces to ensure that:</b></p> <ul style="list-style-type: none"><li>• You are complying with any density quotient, any group size limits and other restrictions applicable to the type of facility being used.</li></ul>	<ul style="list-style-type: none"><li>• Rearrange, remove or cordon off furniture in common areas to ensure physical distancing.</li><li>• Stagger seating so participants, volunteers, organisers, parents and carers are not facing one another</li><li>• Comply with relevant density quotient and signage requirements in the Workplace Directions</li></ul>

Requirements	Action
You should provide training to organisers and volunteers on physical distancing expectations while working and socialising.	<ul style="list-style-type: none"> <li>• <i>Ensure all staff know how to help maintain physical distancing with clients in the gym</i></li> <li>• <i>Reinforce messaging to participants, volunteers and organisers that physical distancing needs to be maintained during activities/events and during social interactions</i></li> <li>• <i>Communicate to members on rules in relation to gathering limits, participants limits and spectators.</i></li> <li>• <i>Ensure anyone entering the gym sanitises on entry to the gym</i></li> <li>• <i>No high fives, handshakes, or other physical contact with any other member in the gym</i></li> <li>• <i>Reinforcing the importance of not attending activities or events if unwell</i></li> <li>• <i>Ensuring appropriate information is available on the use of face coverings</i></li> <li>• <i>Regularly assess volunteers/organisers in attendance at the venue/facility to determine whether they are required to be there</i></li> </ul>

**If your activity is restricted or heavily restricted, you must also:**

- Reduce participant, volunteer and organiser levels in accordance with industry directions.
- Limit number of patrons in accordance with industry directions.
- Have no carpooling.
- **Heavily Restricted Industries**  
Only Organisers and volunteers in permitted premises must work from home, if they can.

## 2. Wear a face mask

Requirements	Action
<p><b>You must ensure all participants, volunteers and organisers entering the venue/facility wear a face mask as per public health advice</b></p> <p><a href="https://www.dhhs.vic.gov.au/face-masks-vic-covid-19">https://www.dhhs.vic.gov.au/face-masks-vic-covid-19</a></p> <p>This includes:</p> <ul style="list-style-type: none"> <li>• Providing adequate face masks and Personal Protective Equipment (PPE) to participants, volunteers and organisers that do not have their own</li> <li>• A mask must be of at least two plies and covers the nose and mouth to provide the wearer protection against infection. Face shields on their own do not meet these requirements.</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Ensure anyone entering the gym are aware face masks must be worn at all times unless exerting themselves through exercise and therefore may remove the mask but it must be kept on them at all times</i></li> <li>• <i>Monitor the use of face masks by all participants, volunteers, staff and people who attend the venue/facility unless a lawful exception applies</i></li> </ul>
You should install screens or barriers in the venue/facility for additional protection where relevant.	

Requirements	Action
<p>You should provide training, instruction and guidance on how to correctly fit, use and dispose of PPE.</p> <p>Masks must be worn at all times except when out of breath or puffing from strenuous exercise unless a lawful exception applies.</p> <p>You should inform participants, volunteers and organisers that cloth masks should be washed each day after use. However, if during the day the mask is visibly dirty or wet, the mask needs to be changed immediately and the dirty mask stored in an airtight bag or container until it can be washed.</p>	
<p><b>There are no additional requirements for <u>restricted</u> or <u>heavily restricted</u> activities.</b></p>	

### 3. Practise good hygiene

Requirements	Action
<p><b>You must frequently and regularly clean and disinfect shared spaces, including high-touch communal items such as door knobs, shared equipment and telephones.</b></p> <p>You should:</p> <ul style="list-style-type: none"> <li>• Clean surfaces with appropriate cleaning products, including detergent and disinfectant</li> <li>• Replace high-touch communal items with hygienic alternatives, for example single-use or contactless options, where possible to do so</li> <li>• Minimise the sharing of equipment. All equipment must be cleaned and disinfected between uses</li> <li>• Clean between user groups or sessions</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Identify high touch surfaces (shared gym equipment, kitchen counter, door handles, taps and toilets)</i></li> <li>• <i>Sanitising hands on entry is required and will be asked of every person entering the gym</i></li> <li>• <i>Monitor supplies of cleaning products and regularly restock</i></li> <li>• <i>Avoid sharing equipment where possible</i></li> <li>• <i>Encourage participants, volunteers and organisers to bring their own liquid chalk for use, labelled with their name</i></li> <li>• <i>No sharing of personal items such as water bottles, food and towels</i></li> </ul>
<p>You should display a cleaning log in shared spaces.</p>	
<p>You should make soap and hand sanitiser available for all participants, volunteers and organisers throughout the venue/facility and encourage regular handwashing.</p>	<ul style="list-style-type: none"> <li>• <i>Locate hand sanitiser stations throughout the venue/facility</i></li> <li>• <i>Ensure rubbish bins are available to dispose of paper towels</i></li> <li>• <i>Ensure adequate supplies of soap and sanitiser</i></li> <li>• <i>Ensure participants, volunteers and organisers have information on how to wash and sanitise their hands correctly</i></li> <li>• <i>All attendees will sanitise their hands upon arrival and departure at the gym</i></li> </ul>
<p><b>If your activity is <u>restricted</u> or <u>heavily restricted</u>, you should also:</b></p> <ul style="list-style-type: none"> <li>• Conduct an audit of cleaning schedules.</li> </ul>	



## 4. Keep records and act quickly if participants, volunteers or organisers become unwell

Requirements	Action
<p><b>You must support participants, volunteers and organisers to get tested and stay home even if they only have mild symptoms.</b></p>	
<p><b>You must develop a plan to manage any outbreaks. This includes:</b></p> <ul style="list-style-type: none"><li>• Having a plan to respond to a participant, volunteer or organiser being notified by health authorities that they are a positive case and attended the facility whilst infectious, noting people who show symptoms or have been in close contact should NOT attend the venue/facility or activity until they receive their test results or have completed their quarantine period and are cleared by DHHS.</li><li>• Having a plan to identify and notify close contacts in the event of a positive case attending the venue/facility during their infectious period. You are also required to notify DHHS of the positive case</li><li>• Having a plan in place to clean the venue/facility (or part) in the event of a positive case</li><li>• Having a plan to contact DHHS and notify the actions taken, provide a copy of the risk assessment conducted and contact details of any close contacts</li><li>• Having a plan to immediately notify WorkSafe Victoria on 13 23 60 if you have identified a person with coronavirus (COVID-19) at your venue/facility</li><li>• Having a plan in the event that you have been instructed to close by DHHS</li><li>• Having a plan to re-open your venue/facility once agreed by DHHS and notify participants, volunteers and organisers they can return to the venue/facility</li><li>• More information can be found at <a href="https://coronavirus.vic.gov.au">coronavirus.vic.gov.au</a></li></ul>	<ul style="list-style-type: none"><li>• <i>Establish a process for notifying participants, volunteers and organisers and close contacts about a positive case in the venue/facility.</i></li><li>• <i>Establish a cleaning process in the event of a positive case.</i></li><li>• <i>Establish a process and responsibility for notifying DHHS</i></li><li>• <i>Establish a process for confirming a participant, volunteer or staff member (with a suspected or confirmed case) does not have (COVID-19) before returning to the gym</i></li></ul>
<p><b>You must keep records of all people who enter the venue/facility for contact tracing.</b></p>	<ul style="list-style-type: none"><li>• <i>Anyone entering the gym must QR code on entry</i></li><li>• <i>Ensure all participants are aware all bookings via mindbody are essential (unless a booking has been made the participant will not be entering the gym)</i></li></ul>
<p><b>If your activity is <u>restricted</u> or <u>heavily restricted</u>, you must also:</b></p>	
<ul style="list-style-type: none"><li>• <b>Restricted Industries</b> Ask participants, volunteers and organisers to declare verbally before each session that they are free of symptoms, have not been in contact with a confirmed case and have not been directed to isolate.</li><li>• <b>Heavily Restricted Industries</b> Ask participants, volunteers and organisers to declare in writing or electronically before each session that they are free of symptoms, have not been in contact with a confirmed case and have not been directed to isolate.</li></ul>	

## 5. Avoid interactions in enclosed spaces

Requirements	Action
<p>You should reduce the amount of time participants, organisers, parents, carers and anyone in attendance for activity are spending in enclosed spaces (e.g. entrances, bathrooms, changerooms and clubhouses) (where use of indoor areas are permitted under the restrictions).</p> <p>This could include:</p> <ul style="list-style-type: none"><li>• Enabling working activities in outdoor environments</li><li>• Moving as much activity outside as possible, including serving customers patrons, meetings, tearooms and lunchbreaks and locker rooms.</li><li>• Enhancing airflow by opening windows and doors</li><li>• Optimising fresh air flow in air conditioning systems</li></ul>	<ul style="list-style-type: none"><li>• <i>Making sure that roller doors and back door are open when classes are being run to keep air flow at maximum.</i></li><li>• <i>Fans must be turned on to help aid the airflow throughout the gym</i></li><li>• <i>Where applicable, minimise the activity conducted in the, entrance</i></li></ul>
<p><b>There are no additional requirements for <u>restricted</u> or <u>heavily restricted</u> activities</b></p>	

## 6. Create workforce/activity bubbles

Requirements	Action
<p>Limit the number of participants, volunteers and organisers engaging in activities across multiple teams/venues/facilities where practical. This includes avoiding having participants playing across multiple teams</p>	<ul style="list-style-type: none"><li>• <i>Encourage participants, volunteers and organisers to minimise time in shared facilities when taking breaks if social distancing does not allow it</i></li></ul>
<p>If your activity is <b>restricted</b> or <b>heavily restricted</b>, you must also:</p> <ul style="list-style-type: none"><li>• Limit the number of participants, volunteers and organisers engaging in activities across multiple venues/facilities.</li><li>• Maintain records of all participants, volunteers and organisers who have disclosed that they are training/playing across different teams</li></ul>	