

# COMMUNITY SPORT GUIDELINES

The Australian Health Protection Principal Committee says all community sport participants must play a role to help reduce the transmission of COVID-19, including those organising, attending or supporting attendance at these activities.

## PARTICIPANTS SHOULD NOT ATTEND AND PARTICIPATE IF THEY:

- ▶ Have travelled internationally or been exposed to a person with COVID-19 in the preceding 14 days; or
- ▶ Are at a high risk including the elderly and those with pre-existing medical conditions.
- ▶ And only essential participants should attend activities, i.e., players, coaches, match officials, staff and volunteers involved in operations and parents/guardians of participants.

## THESE SOCIAL DISTANCING MEASURES SHOULD BE PRACTISED:

- ▶ Minimise physical contact as much as practical, e.g. no handshaking, hugging, kissing or high-fives;
- ▶ Spectators should keep at least 1.5m away from others;
- ▶ Access to change rooms should be restricted solely to players, officials and essential staff;
- ▶ Maintain local competitions (rather than inter-club) only;
- ▶ As with all gatherings, basic protective measures should be observed, such as regular handwashing or sanitisation;
- ▶ Do not share drink bottles; and
- ▶ Avoid touching your face.

## SPORT ADMINISTRATORS SHOULD ENSURE THAT:

- ▶ Spaces at each facility, surfaces and objects are regularly cleaned with disinfectant;
- ▶ Regular and thorough handwashing is encouraged;
- ▶ Regularly refilled hand sanitiser dispensers are provided in prominent places around the venue (e.g. sign-on desks, change rooms); and
- ▶ Unwell people do not attend.

Guidelines developed by the Australian Health Protection Principal Committee (AHPPC) to help minimise COVID-19 infection transmission.

## SPECIFIC TO TOUCH FOOTBALL, TOUCH FOOTBALL AUSTRALIA RECOMMENDS THAT EVERYONE ALSO FOLLOWS THESE ADDITIONAL GUIDELINES:

- ▶ Sub-boxes should not be used currently because they encourage people to huddle together. We recommend that players should be allowed to run on from anywhere along the sideline;
- ▶ Disinfect the ball before and after each game;
- ▶ As well as not sharing drink bottles, ensure that drink bottles are clearly marked with a name;
- ▶ Do not share towels or whistles;
- ▶ Strongly consider not running bars, canteens or barbecues and, if possible, do not open clubhouses;
- ▶ Plan for congregations of participants outdoors rather than indoors; and
- ▶ Print and place this guidelines tipsheet throughout your venue.

