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**COVID-19 SAFETY PLAN**

Dominic College

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| **School** | Dominic College |
| **School Location**  | 204 Tolosa Street, Glenorchy, Tasmania 7011 |
| **Sport** | Athletics |
| **Sport facility type and Location**  | Domain Athletics CentreUpper Domain Road, Queens Domain TAS 2019 |
| **School Principal** | Beth Gilligan |
| **Contact Email** | bgilligan@dominic.tas.edu.au |
| **Contact Number** | (03) 6274 6000 |
| **School SATIS Delegate** | Talia Stopp |
| **Contact Email** | tstopp@dominic.tas.edu.au |
| **Contact Mobile Number** | 0400427715 |
| **Version** | 1 |
| Plan last updated | 26/07/2020 |
| **Talia Stopp is responsible for this document** |

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[St Virgil’s College supports the Australian Government’s COVIDSafe app and strongly recommends all members of the SVC community to download the app. For more information including where to download the app please visit: https://www.health.gov.au/resources/apps-and-tools/covidsafe-app 6](#_Toc44332089)

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1. Introduction

The purpose of this COVID-19 Safety Plan (**Plan**) is to provide an overarching plan for the implementation and management of procedures by Dominic College to support Dominic College and its members and participants in the resumption of SATIS sport.

The arrangements set out in this Plan are intended to prevent the transmission of COVID-19 among members, participants, coaches, officials, administrators/volunteers, visitors, families, and the broader community. The Plan provides the framework to govern the general operation of the Dominic College, any facilities it controls, the playing/training behaviour of all members and participants and the monitoring and reporting of the health of attendees at Dominic College facilities.

This Plan includes, but is not limited to, the conduct of:

* 1. staged training and competition activities (sport operations); and
	2. facility management and supporting operations (facility operations).

At all times, the Plan is subject to all regulations, guidelines and directions of government and public health authorities.

1. Key Principles

This Plan is based on, and accepts, the AIS [Framework for Rebooting Sport in a COVID-19 Environment](https://ais.gov.au/__data/assets/pdf_file/0006/730374/35845_AIS-Framework-for-Rebooting-Sport-Summary.pdf) (**AIS Framework**) and the [National Principles for the Resumption of Sport and Recreation Activities](https://www.health.gov.au/sites/default/files/documents/2020/05/australian-institute-of-sport-ais-framework-for-rebooting-sport-in-a-covid-19-environment.pdf) (**National Principles**).

The Plan also accepts as key principles that:

* The health and safety of members, participants, coaches, officials, administrators/volunteers, visitors, families, and the broader community is the number one priority.
* Members, participants, coaches, officials, administrators/volunteers, families, and the broader community need to be engaged and briefed on Dominic College’s return to sport plans.
* Facilities are assessed and appropriate plans are developed to accommodate upgraded hygiene protocols, physical distancing, and other measures to mitigate the risk of transmission of COVID-19.
* Training cannot resume until the arrangements for sport operations and facility operations are finalised and approved, if necessary; and
* At every stage of the return to sport process Dominic College must consider and apply all applicable State and Territory Government and local restrictions and regulations. Dominic College needs to be prepared for any localised outbreak at our facilities, within our competitions or in the local community.
1. Responsibilities under this Plan

Dominic College retains the overall responsibility for the effective management and implementation of the return to sport activities and operations outlined in this Plan.

The Principal of Dominic College is responsible for:

* Approving the Plan and overseeing the implementation of the arrangements in the Plan; and
* Revising the Plan as required, ensuring it reflects up to date information from government and public health officials.

The Principal has appointed the following person as the Dominic College COVID-19 Safety Coordinator to execute the delivery of the Plan and to act as a point of contact for information relating to this Plan:

|  |  |
| --- | --- |
| **Name** | Talia Stopp |
| **Contact Email** | tstopp@dominic.tas.edu.au |
| **Contact Number** | 0400427715 |

Dominic College expects all members, participants, coaches, officials, administrative staff, and volunteers to:

* Comply with the health directions of government and public health authorities as issued from time to time.
* Understand and act in accordance with this Plan as amended from time to time.
* Comply with any testing and precautionary measures implemented by Dominic College.
* Act with honesty and integrity regarding the state of their personal health and any potential symptoms; and
* Monitor their health and take a cautious approach to self-isolation and reporting of potential symptoms.
1. Return to Sport Arrangements

As at the date of this Plan, participants are training at Level C of the AIS Framework. The Plan outlines specific sport requirements that Dominic College will implement for Level B and Level C of the AIS Framework.

Dominic College will transition to the training activity and facility use as outlined in Level B of the AIS Framework and the training/competition activities and facility use outlined in Level C of the AIS Framework when permitted under local restrictions and regulations.

* 1. AIS Framework Arrangements

The protocols for conducting sport operations and facility operations under Level B and Level C of the AIS Framework are set out in the Appendix.

* 1. Roadmap to a COVID Safe Australia

Dominic College will also comply with the Australian government’s [Roadmap to a COVIDSafe Australia](https://www.pm.gov.au/sites/default/files/files/three-step-framework-covidsafe-australia.pdf), which places limits on the type of activity that can be conducted and the number of people who can gather at facilities, notwithstanding the activities permitted by the AIS Framework (see below).

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| **AIS Activities** | **Level A:**Training in no more than pairs. Physical distancing required. | **Level B:**Indoor/outdoor activity. Training in small groups up to 10. Physical distancing required. | **Level C:**Full sporting activity (training and competition) allowed. No restriction on numbers. Contact allowed. |
| **Roadmap Activities** | N/A | **Step 1:**No indoor activity. Outdoor sport (up to 10 people) consistent with AIS Framework. | **Step 2:**Indoor/outdoor sport up to 20 people. Physical distancing (density 4m2). | **Step 3:**Venues allowed to operate with up to 100 people with physical distancing. Community sport expansion to be considered consistent with AIS Framework.  | **Further steps Outdoor venues up to 500 people.** |

1. Recovery

When public health officials determine that the outbreak has ended in the local community, Dominic College will consult with relevant authorities to identify criteria for scaling back its COVID-19 prevention actions. Dominic College will also consider which protocols can remain to optimise good public and participant health.

At this time, the Principal of Dominic College will consult with key stakeholders to review the delivery of its return to sport arrangements and use feedback to improve organisational plans and systems.

# Appendix: Outline of Return to Sport Arrangements

## Part 1 – Sport Operations

**Sport: Athletics**

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| --- | --- | --- |
| Area | Plan Requirements (for activities under AIS Framework Level B)  | Plan Requirements (for activities under AIS Framework Level C)  |
| **Approvals** | Dominic College will obtain the following approvals to allow a return to training at Level B:* State/Territory Government approval of the resumption of community sport.
* Relaxation of public gathering restrictions to enable training to occur.
* Local government/venue owner approval to training at venue, if required.
* National/state sporting body/local association approval of return to training for community sport.
* Principal and SATIS has approved return to training for the school.
* Insurance arrangements confirmed to cover training.
 | Dominic College will obtain the following approvals to allow a return to training/competition at Level C:* Relaxation of public gathering restrictions to enable training to occur.
* Local government/venue owner approval to training/competition at venue, if required.
* National/state sporting body/local association approval to return to training/competition for community sport.
* Principal and SATIS has approved return to competition for the school.
* Insurance arrangements confirmed to cover competition.
 |
| **Training Processes** | Dominic College will implement the following training processes:* Appoint a COVID Safety coordinator who will mark attendance and monitor venue capacity and physical distancing measures.
* Emphasise AIS Framework principle of “Get in, train, get out” – arrive ready to train.
* Length and scheduling of training sessions to reduce overlap. Min of 15 min gap between groups.
* Training to be conducted in small groups (no more than 10 Students and/or other personnel in total).
* Treatment of shared equipment should be kept to a minimum and sanitise equipment before, during, after sessions, and use of such equipment to be limited.
* No contact including high fives/hand shaking.
* Defined training areas for each training group, maintaining base density requirement of 4 square metres per person and physical distancing (>1.5 metres).
* Separation of entry and exit points to minimize gatherings of Students should be considered where possible.
* Sanitising stations (2) to be located at each venue, including entry and exit.
* No sharing of personal equipment, all personal equipment to be clearly labelled.
* Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing).
* Specific structure of training sessions:
	+ No person to person contact training drills to be conducted.
	+ No more than 10 people to be involved in the drill. For example, one coach, nine Students.
	+ Social distancing to be implemented – 1.5m.
	+ 10 people to be in a spacing so that there is no more than 1 person per 4m².
	+ Any handling of equipment is to be kept to a minimal.
	+ Only essential people are to attend training sessions (i.e. Students, coaches, and volunteers involved in operations and one parents/carer of participants).
	+ Regular breaks are to be provided for the purpose of rehydrating and hand sanitising.
	+ Toilets are to be open for use.
		- Restriction on the number of people using the toilets at any one time to apply dependent upon the size of the amenities.
		- Soap and sanitiser to be available in the toilets always.
	+ Students are to leave the venue in a staged approach, with staggered sessions end-times recommended.
* Training attendance register kept.
* Student responsibilities:
	+ Students must not arrive more than 15 minutes prior to training commencing.
	+ Students are to come already prepared to train – changing rooms will not be in use.
	+ Students are to bring their own drink bottles and they are to be clearly labelled. No sharing of drink bottles is to be permitted.
	+ Only one Parent/caregiver is to take their child to training. The parent/caregiver is then encouraged to return to their car or ensure social distancing is observed.
	+ Students are to leave the venue immediately once their training session has concluded.
 | Dominic College will implement the following training/competition processes. * Appoint a COVID Safety coordinator who will mark attendance and monitor venue capacity and physical distancing measures.
* AIS Framework principles – full sporting activity that can be conducted in groups of any size (subject to COVIDSafe Roadmap) including full contact.
* For larger teams, maintain small group separation at training where possible.
* Sanitising requirements continue from Level B.
* Treatment of shared equipment continues from Level B. (shared equipment such as discus, shot and javelin will be cleaned before and after each use)
* Personal hygiene encouraged (e.g. wash hands prior to training, no spitting)
* Promote - Avoid coughing where possible and if so, conduct in a discrete manner. Into the elbow and then wash hands and sanitise immediately afterwards.
* Students are to bring their own drink bottles and they are to be clearly labelled. No sharing of drink bottles is to be permitted.
* Training/playing attendance register kept.

Athletics Specific:Track use:* Full training and competition allowed
* Individuals are reminded that the venue/track is a public facility and unless it is a private exclusive booking, must share access to and use of the facility.
* Warming up can be conducted, individuals where possible remain 1.5m apart.
* At the end of your warmup, training, competition, use of or warm down, make sure you promptly leave the training area

Medical/First Aid:* Athletes and coaches to minimise medical treatment during training. If treatment is necessary, exercise increased hygiene measures or seek assistance from medical service following distancing guidelines.

Spectators and Additional Personnel:* Spectators to be separate from athletes who are training, maintaining 1.5m distancing and adequate spacing (one person per 2m2).
* Non-essential spectators are discouraged from attending any indoor aspects of development and program activities.
 |
| **Personal health** | Dominic College will implement the following personal health protocols:* Graded return to sport to avoid injury. This includes the gradual increase in the number of, length and intensity of sessions.
* Advice to Students, coaches, volunteers to not attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness) or have been in contact with someone who is unwell and exhibited any flu like symptoms in the last 14 days.
* Washing of hands prior to, during and after training and use of hand sanitiser where available.
* Students will be required to sanitise their hands before and after every event and activity.
* Avoid physical greetings (i.e. hand shaking, high fives etc.).
* Avoid coughing, clearing nose, spitting etc.
* Launder own training uniform and wash personal equipment.
 | * Dominic College will implement the following personal health protocols:
* Requirements continue from Level B.
 |
| **Hygiene** | Dominic College will implement the following hygiene protocols to support training:* Ensure spaces at each facility, surfaces and objects are regularly cleaned with disinfectant.
* Provide hand washing guidance to all participants and volunteers through the display of images <http://www.who.int/gpsc/clean_hands_protection/en/>
* Promote regular and thorough hand washing by volunteers and participants.
* Provide sanitising hand rub dispensers in prominent places around the venue at entry and exit points.
* Ensure sanitising hand rub dispensers are regularly refilled.
* Ensure soap dispensers in toilets are regularly refilled.
* Ensure bins are provided around the venue.
 | Dominic College will implement the following hygiene protocols to support training:* Hygiene and cleaning measures to continue from Level B.
* Two prominent hand sanitising stations will be located at the Domain Athletics Centre.
* Access to a sanitising kit at all times, including hand sanitiser, sanitising spray and sanitising wipes.

Shared Equipment.Due to the nature of Athletics, shared equipment must be cleaned before and after each use.Equipment may include (but not limited to):* Javelins
* Shot Puts
* Discus
* Starting blocks

School Equipment* Where Schools have purchased training equipment that can be used by individuals, all equipment should be cleaned by a designated School representative before/after use.
* All equipment is cleaned before and after use and stored in a safe and clean environment.
* The equipment is retrieved from storage by one designated School representative ready for use by an individual.
* It will be the responsibility of the individual to collect and return the 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 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.
* The equipment is to be cleaned before being issued out for the next booking.

HIGH JUMP * Training will be conducted in groups of no greater than four (4) athletes.
* High Jump equipment includes uprights, mats, and high jump bars.
* Two people (a coach and the high jumper) can change the height of the bar and replace the training/jumping bar after each attempt.
* Athletes and others will be required to sanitise their hands prior to training and have hand sanitiser available for use while training.
* Upon completion of training, all equipment that has been touched will be cleaned/sanitised. This includes bars, uprights and the mat.

LONG JUMP/TRIPLE JUMP * Training will be conducted in groups of no greater than four (4) athletes.
* Jumps equipment includes measuring tapes, measuring spike, rakes, brooms, run up markers and pins.
* Athletes and others will be required to sanitise their hands prior to training and have hand sanitiser available for use while training.
* At the end of training, the sand in the pit must be ‘turned over’ using a shovel/spade so that the jumping area used is sufficiently aerated so that the pit can be sprayed with cleaning solution before use by the next jumper.
* All equipment used in or around the jumps pit must be cleaned after use
 |
| **Communications** | Dominic College will implement the following communications plan to ensure effective communication to Students, coaches, members, volunteers, and families:* Students, coaches, and volunteers will be briefed on return to training protocols including hygiene protocols via email and Consent 2 Go. The briefing will include reinforcement of hand washing and general hygiene etiquette.
* Endorsement of government COVID Safe app and strongly recommend all Students, coaches, members, volunteers, and families to download and use app.
* Good personal hygiene practices in and around training sessions and in School facilities will be promoted via posters in bathrooms and signs on fences of sporting grounds.
* Mental health and wellbeing counselling services are available via Heads of House or directly by the College Counsellors.
 | Dominic College will implement the following communications plan to ensure effective communication to Students, coaches, members, volunteers, and families:* Students, coaches, and volunteers will be briefed on return to training protocols including hygiene protocols via email and Consent 2 Go. The briefing will include reinforcement of hand washing and general hygiene etiquette.
* Endorsement of government COVID Safe app and strongly recommend all Students, coaches, members, volunteers, and families to download and use app.
* Good personal hygiene practices in and around training sessions and in public facilities will be promoted via posters in bathrooms and signs on fences of sporting grounds.
* Mental health and wellbeing counselling services are available via Heads of House or directly by the College Counsellors.
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## Part 2 – Facility Operations

**Facility Name: Domain Athletics Centre**

**Type of facility (indoor/outdoor): Outdoor**

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| --- | --- | --- |
| Area | Plan Requirements (for activities under AIS Framework Level B)  | Plan Requirements (for activities under AIS Framework Level C)  |
| **Approvals** | Dominic College must obtain the following approvals to allow use of external sporting facilities at Level B:* State/Territory Government approval of the resumption of facility operations.
* Local government/venue owner approval to use of facility, if required.
* Principal and SATIS has approved plan for use of external sporting facilities.
* Insurance arrangements confirmed to cover facility usage.
 | Dominic College must obtain the following approvals to allow use of external sporting facilities at Level C:* State/Territory Government approval of the resumption of facility operations.
* Local government/venue owner approval to use of facility, if required.
* Principal and SATIS has approved plan for use of school facilities.
* Insurance arrangements confirmed to cover facility usage.
 |
| **Facilities** | Dominic College will implement the following specifics of how the facilities should operate after a sport-specific structured risk assessment is undertaken:* The Domain is available during Level B restrictions subject to social distancing protocols
* Public toilets are open but change rooms are closed.
* Hygiene and cleaning protocols implemented:
	+ Ensure spaces at the Domain, surfaces and objects are regularly cleaned with disinfectant.
	+ Provide sanitising hand rub dispensers in prominent places around the venue at entry and exit points.
	+ Ensure sanitising hand rub dispensers are regularly refilled.
	+ Ensure soap dispensers in toilets are regularly refilled.
	+ Ensure bins are provided around the Domain.
* Provision of appropriate health and safety equipment, Personal Protective Equipment (PPE) and personal hygiene cleaning solutions.
 | Dominic College will implement the following specifics of how the facilities should operate after a sport-specific structured risk assessment is undertaken:* Return to full use of external sporting facilities, including change rooms and common spaces, subject to social distancing protocols and venue operators guidelines.
* Hygiene and cleaning protocols measures as per Level B.
* Provision of appropriate health and safety equipment, Personal Protective Equipment (PPE) and personal hygiene cleaning solutions as per Level B.
 |
| **Facility access** | Dominic College will implement the following facility access protocols:* Appoint a COVID Safety coordinator who will mark attendance and monitor each capacity and physical distancing measures.
* Restrictions on facility access to limit anyone who has:
	+ COVID-19 or has been in direct contact with a known case of COVID-19 in the previous 14 days.
	+ Flu-like symptoms or who is a high health risk (e.g. due to age or pre-existing health conditions).
	+ Travelled internationally in the previous 14 days.
* Attendance at External facilities:
	+ only essential participants should attend to minimise numbers.
	+ not more than one parent/carer to attend with children.
	+ gathering numbers should not exceed government allowances (COVIDSafe Roadmap maximum gatherings: Step 1 (10 people), Step 2 (20 people), Step 3 (100 people))
* Any spectators should observe physical distancing requirements (>1.5 metres).
* Detailed attendance register to be kept.
 | Dominic College will implement the following facility access protocols:* Appoint a COVID Safety coordinator who will mark attendance and monitor each capacity and physical distancing measures.
* Continue Level B protocols as appropriate.
* Attendance at External Facilities:
	+ gathering numbers should not exceed government allowances (COVIDSafe Roadmap maximum gatherings: Stage 3 (500 people)).
* Any spectators should observe physical distancing requirements (>1.5 metres) and density requirements (one person per 4 square metres).
* The Domain will have managed access including separate entry/exit points, managed traffic flows, stagger arrival/departure times.
* Non-essential personnel to be discouraged from entering change rooms.
* Physical distancing protocols including use of zones in change rooms by use of physical zone indicators.
* Detailed attendance register to be kept.
 |
| **Hygiene** | Dominic College will implement the following hygiene protocols to ensure regular sanitisation and cleaning of School facilities:* Any safe hygiene protocols distributed by national/state sporting body or local association that will be adopted by School including:
	+ Availability of hand sanitiser stations at entry/exit points to the Domain.
	+ Maintenance of sanitising stations, and protocols around sanitising shared equipment, washing of own uniforms.
	+ Increase regular cleans and frequent wiping of high touch surfaces.
	+ Displaying posters outlining relevant personal hygiene guidance around the Domain.
	+ Avoiding shared use of equipment.
	+ Provide suitable rubbish bins with regular waste disposal.
 | Dominic College will implement the following hygiene protocols to ensure regular sanitisation and cleaning of School facilities:* Continue hygiene and cleaning measures as per Level B.
* No sharing of personal equipment.
* Two prominent hand sanitising stations will be located at the Domain.
* All participants have access to a sanitation kit, including hand sanitiser, disinfectant, and wipes.
 |
| **Management of unwell participants** | Dominic College will implement the following protocols to manage unwell participants at a School activity:* Isolation/medical requirements for all Students, members, volunteers, and their families at the onset of any symptoms including school facilities that can be used to manage symptomatic participants.
* Training of volunteers/school management on treatment of symptomatic participants and disinfecting of facilities used by such participants.
* Notification protocols for notifying public health authorities and other attendees of symptomatic participants.
 | Dominic College will implement the following protocols to manage unwell participants at a School activity:* Measures as per Level B.
 |
| **School responsibilities** | Dominic College will oversee:* Ensure venue and equipment is cleaned as per requirements.
* Have a COVID Safety Coordinator/Hygiene Officer who will mark attendance and monitor venue capacity and physical distancing measures.
* Provide hand sanitiser on entry/exit to the Domain.
* Display COVID Safe resources and education material regarding physical distancing and hygiene practices.
 | As per Level B for training and competition. |