



Monarto Shooting Complex Reopening Guidelines for SSAA SA Clubs



**Sporting Shooters
Association of Australia
South Australia**

15 May 2020

v3

15 May 2020



**Sporting Shooters
Association of Australia
South Australia**

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Guidelines for all SSAA SA Inc Clubs

who utilise the Monarto Shooting Complex

The following guidelines have been provided by various Government Departments to minimise the spread of Covid-19.

Individuals should not return to sport if in the last 14 days they have been unwell or had contact with a known or suspected case of Covid-19. Any individual with respiratory symptoms (even if mild) should be considered a potential case and must immediately self-isolate, have Covid-19 excluded and be medically cleared by a doctor to return to the training environment.

The detection of a positive Covid-19 case in a sporting or recreation club or organisation will result in a standard public health response, which could include quarantine of a whole team or large group, and close contacts, for the required period.

The health and well-being of all Monarto Shooting Complex Members, their families, and the wider Community is paramount. Anyone with cold or flu like symptoms must not visit Clubs or Ranges.

SAPOL have advised they will be conducting random compliance inspections. Individuals who flout the regulations face on the spot fines of up to \$1000 and Clubs up to \$5000.

Further helpful information can be found using these links;

<https://www.orsr.sa.gov.au/>

<https://www.covid-19.sa.gov.au/>

<https://www.health.gov.au/>

<https://www.police.sa.gov.au/>

<https://www.sportsa.org.au/>

<https://www.health.gov.au/sites/default/files/documents/2020/03/environmental-cleaning-and-disinfection-principles-for-covid-19.pdf>

From 11 May 2020, any sport may recommence, provided that the following requirements and recommendations are observed and followed. Sports:

Must:

- Be outdoors
- Have a maximum of 10 participants in any one group
- Be non-contact

Should:

- For contact sports: be limited to non-contact skills training
- Minimise use of shared equipment and facilities
- Limit the total numbers of additional people present, for example, up to 1 parent/carer per participant
- Minimise unnecessary co-mingling
- Encourage good hygiene, offer hand sanitiser at entrance and exit
- Ensure frequent environmental disinfection cleaning of the premises
- Implement signage/markings to support compliance with current restrictions and advice
- Refer to the [Australian Institute of Sport's Framework for Rebooting Sport](#) for further guidance

Range and Clubroom Guidelines for all SSAA SA Inc Clubs who utilise the Monarto Shooting Complex

The approach to training should focus on 'get in, train, get out', minimising unnecessary contact on the Ranges, toilets and communal areas.

Maximum Number of People

Range 1	9
Ranges 2 & 3	9 (combined total)
Range 4	10
Range 5	10
Range 6	10
Range 7	10
Clubrooms	10 (no loitering)
Mens Toilet	1
Female Toilet	1

All SSAA SA Members should check with their Club Secretary concerning Range times, availability and bookings. Some Clubs will only be allowing access for 2 hours maximum.

All persons must wait in their vehicles or carpark for any previous squad to exit and for the Range to be sanitised. Then only upon the instruction of the Range Officer will they be permitted to enter the Range.

- ✓ Where there is a maximum permissible group size of 9 persons for a Shooting Range - as an example this could be 8 Shooters supervised by 1 Range Officer, or 7 Shooters overseen by 1 Range Officer and 1 Firearms Safety Training Instructor.
- ✓ Outdoors always maintain a minimum social distance of 1.5 metres.
- ✓ In enclosed spaces have no more than one person per 4-square metres.
- ✓ Clearly visible signs must be displayed showing the maximum number of persons permitted in any given area.
- ✓ Where practicable clear social distancing markings should be made on the ground, shooting benches, walls, poles, barricades and such like.
- ✓ Do not share pens when signing compulsory Club attendance registers. Where possible use electronic sign in.
- ✓ Payments using tap-and-go instead of cash should be encouraged.
- ✓ Have hand sanitiser available at the Club entry/exit, attendance register, toilets, Clubrooms and on each Shooting Range.
- ✓ Tissues should also be conveniently located and used by those who cough or sneeze to cover their nose and mouth.
- ✓ Minimise and sanitise the sharing of firearms or other equipment.
- ✓ No providing of food or drink nor the sharing of meals. The kitchen must not be used.
- ✓ Shower facilities are not permitted to be used.
- ✓ After each session there must be sanitary cleaning of shooting benches, targets, Club spotting scopes, etc. Cleansing of toilets, change rooms and common areas must also be attended to. [Routine environmental cleaning information.](#)
- ✓ All Members should be strongly urged to install the [COVIDSafe app](#)
- ✓ A copy of these guidelines must be sent to, or available for all Members.

SOUTH AUSTRALIAN ROADMAP FOR EASING COVID-19 RESTRICTIONS

STEP 1 - FROM 11 MAY

Sports – Step 1 Fact Sheet

Restrictions prior to 11 May 2020

Prior to 11 May 2020, most school, community and elite sports ceased, except for outdoor training in groups that did not exceed 10 people and those present did not exceed 1 person per 4 square metres, which was still allowed in South Australia.

This measure was part of a suite of restrictions imposed on non-essential businesses and activities to limit the spread of COVID-19.

Situation from 11 May 2020

From 11 May 2020, any sport may recommence, provided that the following requirements and recommendations are observed and followed. Sports:

Must:

- ***Be outdoors***
- ***Have a maximum of 10 participants in any one group***
- ***Be non-contact***

Should:

- ***For contact sports: be limited to non-contact skills training***
- ***Minimise use of shared equipment and facilities***
- ***Limit the total numbers of additional people present, for example, up to 1 parent/carer per participant***
- ***Minimise unnecessary co-mingling***
- ***Encourage good hygiene, offer hand sanitiser at entrance and exit***
- ***Ensure frequent environmental disinfection cleaning of the premises***
- ***Implement signage/markings to support compliance with current restrictions and advice***
- ***Refer to the Australian Institute of Sport's Framework for Rebooting Sport for further guidance***

More information

Recommencing outdoor training activities only

The current Direction introduces the first stage of easing of restrictions. At present, only outdoor training activities can recommence; matches or competitions as well as indoor sports remain prohibited for now.

Recommencing outdoor training is considered safe for school, community and elite sports, for both contact and non-contact sports, although contact sports should be limited to non-contact skills training.

Maintaining a maximum of 10 participants in any one group

Activities should still be limited to groups of 10 or less. While the density requirement does not apply, maintaining social distancing (where and if feasible in the context of your sport) is still encouraged.

Multiple groups of up to 10 people may participate in outdoor activities at the same venue, for example, on an oval, provided the density requirement is met.

Minimising the use of shared equipment and facilities

Operators and attendees should endeavour to minimise the use of shared sports equipment, as well as communal facilities such as toilets, benches and so forth.

Limiting the total number of people on the premises

The overall number of people on site should be minimised. As such, no spectators should attend, except one parent or carer per child should attend, where possible and if necessary. Non-participating attendees should adhere to social distancing principles.

Minimising unnecessary co-mingling

Unnecessary co-mingling, such as socialising or group meals before or after training should be discouraged. Adopting a 'get in, train, get out' approach is recommended. As part of this, it is recommended to get changed at home, to avoid having to use changerooms.

Good hand and respiratory hygiene

Adopt, and encourage adoption of, good hand and respiratory (coughing and sneezing) hygiene practices. Offering hand sanitiser, disinfectant or 70% alcohol wipes, or hand washing stations is strongly recommended.

Environmental disinfection cleaning of the premises

Ensure frequent environmental disinfection cleaning is undertaken in line with health advice available from SA Health and the Australian Department of Health.

Implementing signage/markings

To support compliance with current restrictions and advice, it is advisable to implement

signage to attendees of restrictions, recommendations and health advice, as well as floor markings to help with social distancing.

Australian Institute of Sport's Framework for Rebooting Sport

Sports organisations that may now recommence outdoor training can refer to the AIS' Framework for Rebooting Sport for more detailed guidance on possible adaptive measures.

This Framework has been endorsed by the Australian Health Principal Protection Committee, which includes all State and Territory Chief Health Officers and is chaired by the Australian Chief Medical Officer.

COVID-19 Fact Sheet

Cleaning and disinfection in the workplace

This Fact Sheet provides information on cleaning workplaces (**non-health care settings**) during the coronavirus (COVID-19) outbreak. This includes offices, public areas, government buildings, reception areas, schools, child-cares, shops, buses, trains, taxis and cars.

Thorough cleaning followed by disinfection is required to remove the virus that causes COVID-19.

Make sure to clean and remove any organic matter first prior to disinfection, as disinfectants will not work on a dirty surface.

The length of time that COVID-19 survives on surfaces will vary depending on factors such as temperature and humidity and the amount of contaminated body fluids present, such as respiratory droplets.

Coronaviruses are unlikely to survive for long once droplets produced by coughing or sneezing dry out.

General cleaning principles

Cleaning before disinfection is very important as organic matter and dirt can reduce the disinfectant's ability to kill germs.

- > Cleaning with detergents alone does not kill germs or COVID-19, but physically reduces germs, dirt and organic matter from surfaces. Detergent solutions are cleaning agents commonly available as powders or concentrated solutions.
- > Disinfection using chemicals will kill germs on surfaces. This process kills germs that remain on surfaces after cleaning, disinfection further reduces the risk of spreading infection.

Routine cleaning

It is recommended to increase the occurrence of **cleaning in all areas**, including workplaces, to at least **daily**. This is especially important for high traffic areas and areas accessed by the public.

It is recommended that **individual workstations** be cleaned at least **twice daily**.

It is best practice to:

- > routinely clean frequently touched surfaces and fittings with detergent solution
- > clean surfaces as needed when they are visibly soiled and immediately after any spillage.

COVID-19 Fact Sheet

Cleaning and disinfection in the workplace

Routine cleaning requirements can be divided into two groups.

1. **Frequently touched surfaces: door handles, handrails, bedrails, tabletops, kitchen surfaces, cupboard handles, elevator buttons, computer keyboards, mice, telephones, light switches**
 - > Should be cleaned frequently.
 - > Workplaces should promote a good state of tidiness and de-clutter to ensure cleaning can be undertaken most effectively. This includes around workstations so that desks, keyboards, telephones etc. can be cleaned easily. Staff should be encouraged to declutter their workstation at the end of each day.
 - > Detergent solution (as per manufacturer's instructions) can be used, with the exact choice of detergent determined by the nature of surface and degree of contamination.
 - > Detergent-wipes may be used but should not be used as a replacement for the routine mechanical cleaning (rubbing) of the surface with detergent and water.
 2. **Minimally touched surface: floors, ceilings, walls, blinds**
 - > Detergent solution/wipes (as per manufacturer's instructions) are adequate for cleaning general surfaces and non-patient care areas.
 - > Damp mopping is preferable to dry mopping.
 - > Walls and blinds should be cleaned when visibly dusty or soiled.
 - > Window curtains should be regularly changed in addition to being cleaned when soiled.
 - > Sinks and basins should be cleaned on a regular basis.
- > Additional advice on environmental cleaning is also available from the Australian Government Department for Health – [Environmental cleaning and disinfection principles for COVID-19](#).
 - > If a worker is a suspected or confirmed case, the affected area/workstation should be closed off. If possible, open outside doors and windows to increase air circulation and then begin cleaning and disinfection.

Information for those cleaning and disinfecting

How to clean and disinfect

- > Wear gloves when cleaning and disinfecting. Gloves should be discarded after each clean. If it is necessary to use reusable gloves, gloves should only be used for COVID-19 related cleaning and disinfection and should not be used for other purposes. Wash reusable gloves with soap and water after use and leave to dry. Clean hands immediately after removing gloves.
- > Thoroughly clean surfaces using detergent and water.
- > Apply disinfectant to surfaces using disposable paper towel or a disposable cloth. If non-disposable cloths are used, ensure they are laundered and dried before reusing.
- > Ensure surfaces remain wet for the period of time required to kill the virus (contact time) as specified by the manufacturer. If no time is specified, leave for 10 minutes.

COVID-19 Fact Sheet

Cleaning and disinfection in the workplace

Safety and Personal Protective Equipment (PPE)

The risk when cleaning is not the same as the risk when face-to-face with a sick person who may be coughing or sneezing.

If there is visible contamination with respiratory secretions or other body fluid of a suspected or confirmed case, cleaners should wear a full length disposable gown in addition to the surgical mask, eye protection and gloves. This advice should be taken in conjunction with advice from your work health and safety on correct procedures for wearing PPE.

Those cleaning should:

- > Avoid touching their face, especially their mouth, nose, and eyes when cleaning.
- > Wear water-proof disposable gloves and a surgical mask as well as eye protection or a face shield while cleaning. The surgical mask and eye protection act as barriers to people inadvertently touching their face with contaminated hands and fingers, whether gloved or not.
- > Use an alcohol-based sanitiser before putting on and after removing gloves and before and after removing the surgical mask and eye protection.

Choosing the disinfectant solution

The disinfectant used should be one for which the manufacturer claims antiviral activity—meaning it can kill the virus (such as chlorine-based disinfectants, hospital-grade disinfectants, or alcohol solutions with at least 70% alcohol (for example, methylated spirits).

Household bleach is an effective disinfectant and comes in a variety of strengths. The concentration of active ingredient can be found on the product label.

Quaternary ammonium compounds, such as benzalkonium chloride and related compounds, have a dual detergent and disinfection property and can be suitable alternatives.

Preparing the disinfectant solution

- > Gloves should be worn when handling and preparing disinfectant solutions.
- > Protective eye wear should be worn in case of splashing.
- > Follow manufacturer's instructions for appropriate dilution and use. Table 1 below provides dilution instructions when using bleach solutions.
- > Bleach solution should be made up daily.

Table 1. Recipes to achieve a 1000 ppm (0.1%) bleach solution

Original strength of bleach		Disinfectant recipe		Volume in standard 10L bucket
%	Parts per million	Parts of bleach	Parts of water	
1	10,000	1	9	1000ml
2	20,000	1	19	500ml
3	30,000	1	29	333ml
4	40,000	1	39	250ml
5	50,000	1	49	200ml

COVID-19 Fact Sheet

Cleaning and disinfection in the workplace

Using the disinfectant solution

- > Sufficient time is required to kill the virus, i.e., at least 10 minutes contact time.
- > Use the freshly made disinfectant solution and wipe the area with bleach solution using disposable paper towels or a disposable cloth.
- > Dispose of gloves and mask in a leak proof plastic bag.
- > Wash hands well using soap and water and dry with disposable paper or single-use cloth towel.
- > If water is unavailable, clean hands with alcohol-based hand rub.
- > Bleach solution should be used mainly on hard, non-porous surfaces (can damage textiles and metals).
- > Soft furnishings or fabric covered items (for example, fabric covered chairs or car seats) that cannot withstand the use of bleach or other disinfectants or be washed in a washing machine, should be cleaned with warm water and detergent to remove any soil or dirt then steam cleaned. Use steam cleaners that release steam under pressure to ensure appropriate disinfection.

Management of linen, crockery and cutlery

- > If items can be laundered, launder them in accordance with the manufacturer's instructions using the warmest setting possible. Dry items completely. Do not shake dirty laundry as this may disperse the virus through the air.
- > Wash crockery and cutlery in a dishwasher on the highest setting possible. If a dishwasher is not available, hand-wash in hot soapy water.

Hand hygiene

Clean hands help to reduce environmental contamination.

Soap and water should be used for hand hygiene when hands are visibly soiled and alcohol-based sanitiser at other times (e.g. when hands have been contaminated from contact with surfaces).

How can we help prevent the spread of COVID-19?

Practising good hand and sneeze/cough hygiene is the best defence against most viruses. You should:

- > Wash hands frequently with soap and water, before and after eating, and after going to the toilet.
- > Cover coughs and sneezes and dispose of tissues.
- > Avoid contact with others (touching, kissing, hugging) and keep a 1.5 metre distance from others.

For more information

Department for Health and Wellbeing
SA Health
Government of South Australia
www.sahealth.sa.gov.au/COVID2019

Last updated 30 March 2020





Environmental cleaning and disinfection principles for COVID-19

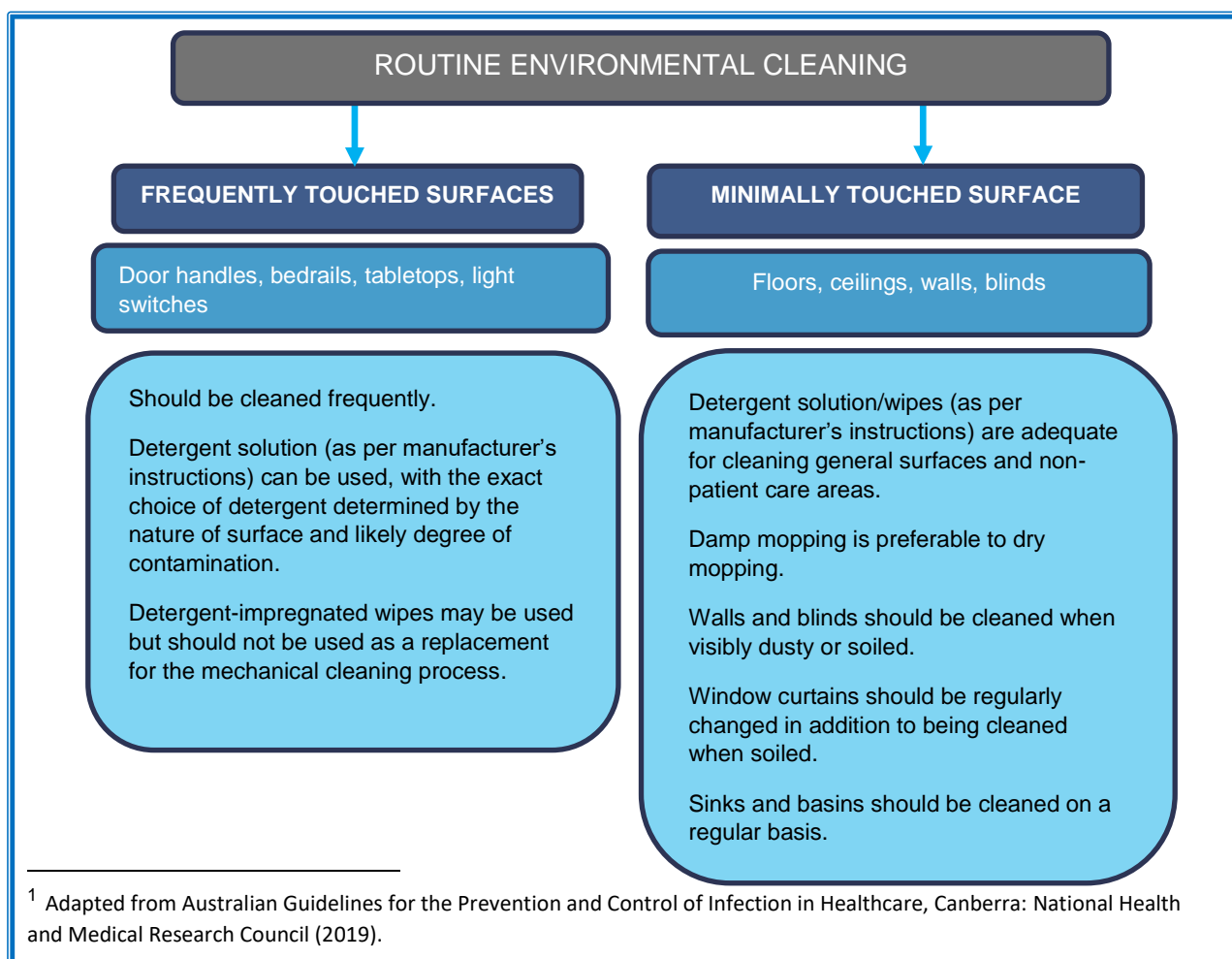
Routine environmental cleaning

- Cleaning is an essential part of disinfection. Organic matter can inactivate many disinfectants. Cleaning reduces the soil load, allowing the disinfectant to work.
- Removal of germs such as the virus that causes COVID-19 requires thorough cleaning followed by disinfection.
- The length of time that SARS-COV-2 (the cause of COVID-19) survives on inanimate surfaces will vary depending on factors such as the amount of contaminated body fluid – such as respiratory droplets – present and environmental temperature and humidity. In general, coronaviruses are unlikely to survive for long once droplets produced by coughing or sneezing dry out.

It is good practice to routinely clean surfaces as follows:

- Clean frequently touched surfaces with detergent solution (see diagram below).
- Clean general surfaces and fittings when visibly soiled and immediately after any spillage.

Routine environmental cleaning requirements can be divided into two groups¹:



Hand hygiene

Soap and water should be used for hand hygiene when hands are visibly soiled and alcohol-based hand rub at other times (e.g. when hands have been contaminated from contact with environmental surfaces). Cleaning hands also helps to reduce environmental contamination.

Information for cleaning staff

Information for cleaning staff on cleaning and disinfecting can be found below.

CLEANING STAFF

The risk when cleaning is not the same as the risk when face to face with a sick person who may be coughing or sneezing.

- Cleaning staff should be informed to avoid touching their face, especially their mouth, nose, and eyes when cleaning.
- Cleaning staff should wear impermeable disposable gloves and a surgical mask plus eye protection or a face shield while cleaning.
- Cleaners should use alcohol-based hand rub before putting on and after removing gloves.
- Alcohol-based hand rub should also be used before and after removing the surgical mask and eye protection.

The surgical mask and eye protection act as barriers to people inadvertently touching their face with contaminated hands and fingers, whether gloved or not.

- The disinfectant used should be one for which the manufacturer claims antiviral activity, meaning it can kill the virus (such as chlorine-based disinfectants, which are commonly used - see below)
- If there is visible contamination with respiratory secretions or other body fluid, the cleaners should wear a full length disposable gown in addition to the surgical mask, eye protection and gloves
- Advice should be sought from your work health and safety consultants on correct procedures for wearing PPE.

Use of disinfection

- Use freshly made bleach solution and follow manufacturer's instructions for appropriate dilution and use (see below for dilution instructions).
- Wipe the area with bleach solution using disposable paper towels or a disposable cloth.
- Dispose of gloves and mask in a leak proof plastic bag.
- Wash hands well using soap and water and dry with disposable paper or single-use cloth towel. If water is unavailable, clean hands with alcohol-based hand rub.

Preparation of disinfectant solution

- Gloves should be worn when handling and preparing bleach solutions.
- Protective eye wear should be worn in case of splashing.
- Bleach solution should be:
 - made up daily
 - used mainly on hard, non-porous surfaces (it can damage textiles and metals).
- Sufficient time is required to kill the virus, i.e., at least 10 minutes contact time.

Household bleach comes in a variety of strengths. The concentration of active ingredient — hypochlorous acid² — can be found on the product label.

Table 1. Recipes to achieve a 1000 ppm (0.1%) bleach solution

Original strength of bleach		Disinfectant recipe		Volume in standard 10L bucket
%	Parts per million	Parts of bleach	Parts of water	
1	10,000	1	9	1000 mL
2	20,000	1	19	500 mL
3	30,000	1	29	333 mL
4	40,000	1	39	250 mL
5	50,000	1	49	200 mL

²Hypochlorous acid (HOCl) is a weak acid formed when chlorine (Cl) dissolves in water and dissociated to hypochlorite (ClO⁻) which is the oxidising disinfectant in bleach.

Social contact environments

Social contact environments include (but are not limited to), transport vehicles, shopping centres and private businesses.

The risk of transmission of COVID-19 in the social and non-health care work settings can be minimised through a good standard of general hygiene. This includes:

- Promoting cough etiquette and respiratory hygiene.
- Routine cleaning of frequently touched hard surfaces with detergent/disinfectant solution/wipe.
- Providing adequate alcohol-based hand rub for staff and consumers to use. Alcohol-based hand rub stations should be available, especially in areas where food is on display and frequent touching of produce occurs.
- Training staff on use of alcohol-based hand rub.
- Consider signs to ask shoppers to only touch what they intend to purchase.

Vehicle air-conditioning should be set to fresh air



Health care settings

Primary and community care

Patient areas

- Clean and disinfect frequently touched surfaces with detergent and disinfectant wipe/solution between each episode of patient care (according to normal infection prevention and control practice).
- Take care to clean/disinfect surfaces in areas that patients have directly in contact with or have been exposed to respiratory droplets.
- Gross contamination of an area following a patient may require a terminal clean (see below).
- Comply with '5 Moments' of hand hygiene.

Non-patient areas

- Perform routine cleaning of frequently touched surfaces with detergent/disinfectant solution/wipe at least daily or when visibly dirty.
- Floors should be cleaned using a detergent solution.

Inpatient care

- Clean and disinfect frequently touched surfaces with detergent and disinfectant wipe/solution at least daily or more frequently in high intensity (e.g. ICU) or high traffic (e.g. radiology, outpatients) areas.
- Clean and disinfect equipment after each use (as per normal infection prevention and control practice).
- Clean and disinfect surfaces that have been in direct contact with or exposed to respiratory droplets between each patient episode.

Terminal cleaning

Terminal cleaning is a complete and enhanced cleaning procedure that decontaminates an area following discharge or transfer of a patient with an infectious/communicable disease, sometimes also referred to as an 'infectious clean'. Terminal cleaning requires both thorough cleaning and disinfection for environmental decontamination.

Cleaning should be followed by or combined with a disinfectant process (see 2-step clean and 2-in-1 step clean below).

Ensure room is prepared prior to cleaning, remove medical equipment and patient used items.

- Wear PPE – surgical mask, protective eyewear and gloves
- Change bed screens and curtains (including disposable curtains/screens) that are soiled or contaminated
- Damp dust all surfaces, furniture and fittings
- Clean windows, sills and frames
- Clean all surfaces of bed and mattress
- Mop floor
- Remove PPE and perform hand hygiene
- Clean all cleaning equipment and return it to the cleaners' room or storage area, discard any waste
- Perform hand hygiene

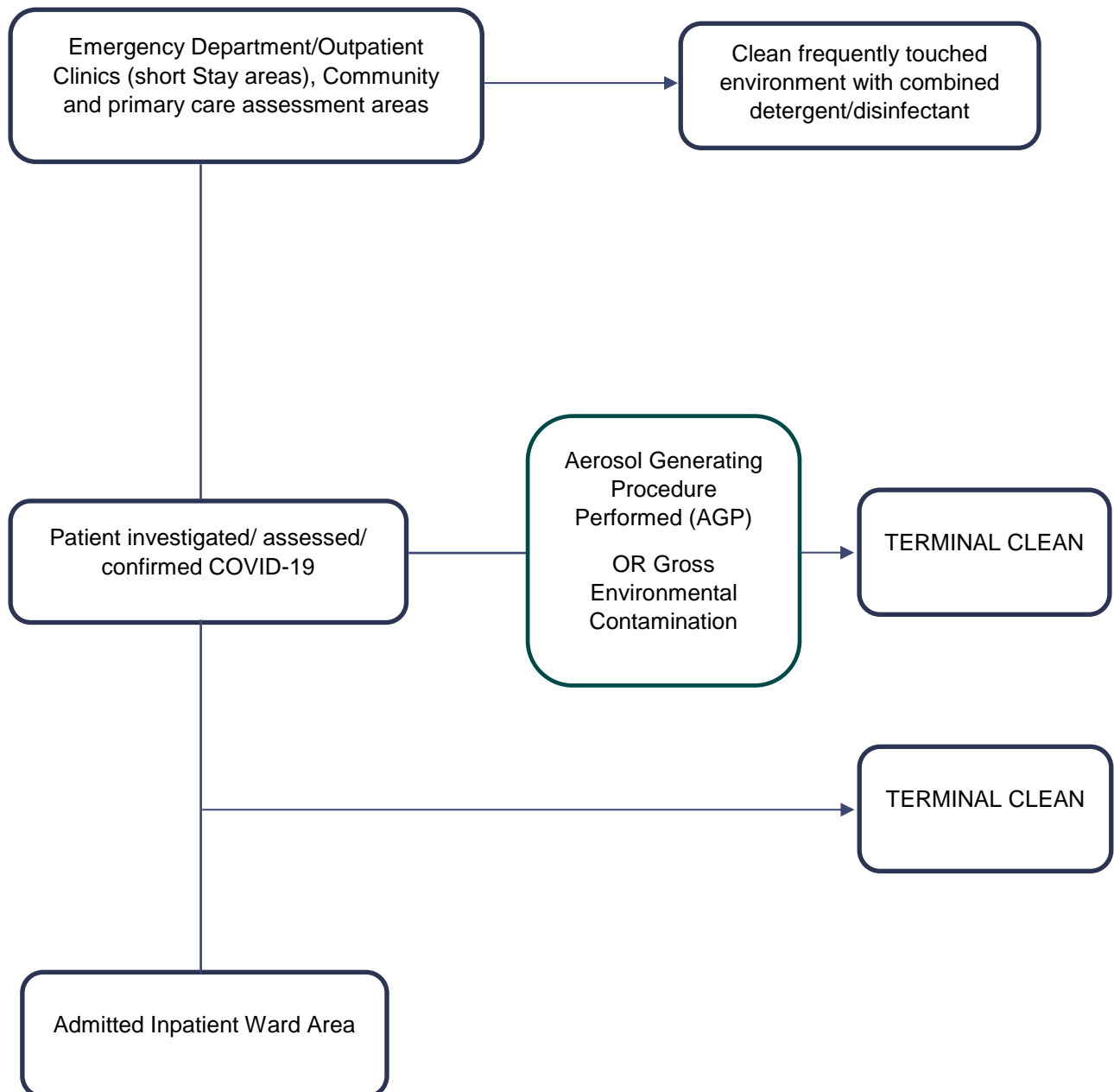
2-step clean

Physical cleaning with detergent followed by disinfection with a TGA-listed hospital-grade disinfectant with activity against viruses (according to label/product information) or a chlorine-based product such as sodium hypochlorite.

2-in-1 clean

A physical clean using a combined detergent and TGA-listed hospital-grade disinfectant with activity against viruses (according to label/product information) or a chlorine-based product such as sodium hypochlorite, where indicated for use i.e. a combined detergent/disinfectant wipe or solution.

Cleaning and Terminal Cleaning When managing patients suspected/confirmed with COVID-19 Flow Chart



NB: Health care settings must comply with use of TGA compliant cleaning and disinfecting products and technologies

How can we help prevent the spread of COVID-19?

Practising good hand and sneeze/cough hygiene is the best defence against most viruses. You should:

- wash your hands frequently with soap and water, before and after eating, and after going to the toilet
- cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitiser, and
- if unwell, avoid contact with others (touching, kissing, hugging, and other intimate contact).

More information

While coronavirus is of concern, it is important to remember that most people displaying symptoms such as fever, cough, sore throat or tiredness are likely suffering with a cold or other respiratory illness—not coronavirus.

For the latest advice, information and resources, go to www.health.gov.au

Call the National Coronavirus Health Information Line on 1800 020 080. It operates 24 hours a day, seven days a week. If you require translating or interpreting services, call 131 450.

The phone number of each state or territory public health agency is available at www.health.gov.au/state-territory-contacts

If you have concerns about your health, speak to a doctor.

SOUTH AUSTRALIAN ROADMAP FOR EASING COVID-19 RESTRICTIONS

CURRENT IN SA



1 per 4sqm



10 max

- Work from home where possible
- Take away from restaurants, cafes, pubs, wineries and breweries
- Retail not restricted
- Outdoor exercise
- Social gatherings
- Schools open
- Aged care visits limited
- Outdoor playgrounds

STEP 1: FROM 11 MAY



1 per 4sqm



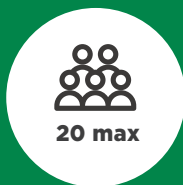
10 max

- Regional travel
- Uni and TAFE face-to-face tutorials
- Outdoor dining for restaurants and cafes
- Community, youth and RSL halls
- Auctions and inspections
- Local government libraries
- Sport training (outdoor only)
- Funerals (20 indoor / 30 outdoor max)
- Worship, weddings and ceremonies
- Pools (limits apply)
- Campgrounds and Caravan parks

STEP 2: FROM 8 JUNE*



1 per 4sqm



20 max

- Cinemas and theatres
- Seated dining
- Galleries and museums
- Beauty, nails, tattoo, massage (non-therapeutic)
- Driving instruction lessons
- Gyms and indoor fitness
- Funerals (50 max)
- Sport transition to competition without spectators, including indoor

FUTURE STEPS FOR CONSIDERATION

- Larger gatherings
- Licenced pubs and bars (non-food)
- Nightclubs
- Shisha/hookah bars
- International students returning
- Casino and gaming venues
- Stadiums and larger entertainment venues
- Food courts
- Spas and saunas
- State border restrictions
- Travel into protected communities

*subject to public health assessment at the time



If you have cold or flu symptoms, seek testing and stay home until you are well



Wash your hands often, wipe frequently touched surfaces, and cover coughs and sneezes



Keep 1.5 metres distance from others



Vulnerable people like the elderly and people with chronic health conditions should talk to their doctor about what is appropriate for them

South Australia

Emergency Management (Non-Essential Business and Other Activities No 5) (COVID-19) Direction 2020

under section 25 of the *Emergency Management Act 2004*

Preamble

- 1 On 22 March 2020 I, Grantley Stevens, Commissioner of Police, being the State Co-ordinator for the State of South Australia pursuant to section 14 of the Emergency Management Act 2004 (the Act), declared pursuant to section 23 of the Act that a Major Emergency is occurring in respect of the outbreak of the Human Disease named COVID-19 within South Australia.
 - 2 Now I, Grantley Stevens, being of the opinion that this is necessary to achieve the purposes of the Act, give the following directions pursuant to section 25 of the Act.
-

1—Short title

This direction may be cited as the *Emergency Management (Non-Essential Business and Other Activities No 5) (COVID-19) Direction 2020*.

2—Revocation of previous direction

- (1) This direction replaces the *Emergency Management (Non-Essential Business and Other Activities No 4) (COVID-19) Direction 2020*.
- (2) The *Emergency Management (Non-Essential Business and Other Activities No 4) (COVID-19) Direction 2020* is revoked.

3—Definitions

- (1) In this direction—

defined premises means any of the following:

- (a) licensed hotels, bars and clubs (including nightclubs), including any premises operated under the following categories under the *Liquor Licensing Act 1997*:
 - (i) general and hotel licences;
 - (ii) on premises licences;
 - (iii) club licences;
 - (iv) liquor production and sales licences;
- (b) wineries, breweries and distilleries;
- (c) buildings used by social and sporting clubs;

- (d) outdoor sporting and recreational venues (such as golf courses, tennis courts and playing fields);
- (e) facilities used primarily for indoor physical recreation;

Note—

Examples of indoor physical recreation facilities include gymnasiums, health clubs, fitness centres, yoga, barre and spin facilities, and dance and pilates studios.

- (f) indoor premises at which boot camps and other personal training are offered;
- (g) indoor sporting venues;
- (h) indoor play centres;
- (i) public swimming pools;
- (j) motor sport facilities and other racetracks (including for any form of horse or greyhound racing);
- (k) community, youth and recreation centres (such as community halls, clubs, RSLs);
- (l) a cinema, function centre or entertainment venue of any kind;
- (m) theatres, concert venues, arenas, auditoriums, stadiums and other places where live performances occur;
- (n) galleries, museums, libraries (other than libraries in educational institutions), public institutions and historic sites;
- (o) local government non-essential facilities (such as libraries);
- (p) casinos and other gaming and gambling venues;
- (q) retail gambling outlets;
- (r) restaurants and cafés;
- (s) food courts within shopping centres or shopping or business precincts;
- (t) auction houses;
- (u) premises at which a real estate auction or an inspection by a prospective purchaser or tenant of the premises (other than a private inspection by appointment) is conducted;
- (v) outdoor and indoor markets;
- (w) beauty salons, nail salons and tattoo parlours and other premises at which beauty therapy and tanning, waxing, piercing or body modification services are provided;
- (x) saunas, bathhouses, wellness centres, spas and massage parlours;
- (y) amusement parks and arcades;
- (z) places of worship;
- (za) any venue to the extent that it hosts weddings or conducts funerals;
- (zb) outdoor spaces associated with the above venues;

defined work or operations means any of the following:

- (a) boot camps or other personal training activities conducted outside;
- (b) the provision of prepared food or drink to the homeless in an outdoor location;
- (c) the provision of re-usable equipment such as 'hookah' or other pipes, tubes, heads or any other equipment associated with the operation of shisha, smoking or vaping business operations, including any such equipment supplied for use away from business premises (for example, equipment that is hired or lent out);
- (d) social sporting-based activities;
- (e) the provision of driver training and testing by a motor driving instructor or an authorised examiner (within the meaning of the *Motor Vehicles Act 1959*) conducted inside a vehicle, other than inside a light rigid, medium rigid, heavy rigid, heavy combination or multi combination heavy vehicle;

density requirement is the requirement that the total number of persons present at premises must not exceed one person per 4 square metres;

member of the public includes the members of any club or association that owns, controls or operates defined premises or undertakes defined work or operations;

social distancing principles—see subclause (2).

- (2) The *social distancing principles* require a person to attempt to maintain a space of at least 1.5 metres between themselves and each other person present in the same premises.

4—Direction

- (1) Subject to the exceptions set out in clause 5—
 - (a) a person who owns, controls or operates a defined premises must close those premises and keep those premises closed in so far as it is necessary to prohibit access to consumers or members of the public; and
 - (b) a consumer or member of the public must not enter into defined premises.
- (2) Subject to the exceptions set out in clause 5—
 - (a) a person must not conduct defined work or operations; and
 - (b) a consumer or member of the public must not participate in defined work or operations.
- (3) A person who, pursuant to the exceptions set out in clause 5, is present at defined premises or who participates in defined work or operations must use their best endeavours to comply with the social distancing principles (having regard to the all the circumstances).

5—Exceptions

- (1) Subject to this clause, clause 4(1) and (2) do not apply to or in relation to—
 - (a) general shopping where goods are to be taken away;

- (b) the provision of take away food and beverages to be consumed away from the defined premises, whether the food or beverage is collected by a home delivery service or the purchaser;

Note—

This would mean that any tasting of food or beverages in or on the grounds of defined premises would not be permitted.

- (c) the provision of food, beverages and facilities to persons who provide transport or freight services into, within and out of South Australia on premises commonly known as truck stops or roadhouses;
- (d) the provision of accommodation services on defined premises to house guests, permanent residents and workers;
- (e) the provision of room service to people being accommodated on defined premises;
- (f) funerals conducted where the total number of persons attending does not exceed—
 - (i) if held outdoors—30 people; or
 - (ii) if held indoors—20 people;
- (g) performances of small groups being recorded for broadcast (whether live or otherwise);
- (h) subject to subclause (5), outdoor sporting and recreational venues if—
 - (i) the total number of persons participating in a particular activity at the venue does not exceed 10 people; and
 - (ii) no participant is accompanied by more than 1 caregiver who is not participating; and
 - (iii) activity at the venue is non-contact skills training or training where accidental contact might occur (but does not involve deliberate body contact drills);

Note—

This would mean that there may be multiple groups of up to 10 people participating in particular activities at the same venue (provided that the density requirement is complied with and an appropriate distance is maintained between groups).

- (i) public swimming pools if—
 - (i) the total number of persons in a particular pool does not exceed 10 people; and
 - (ii) no swimmer at the pool is accompanied by more than 1 caregiver who is not swimming; and
 - (iii) in the case of a pool divided into lanes (for the purpose of lap swimming), there is not more than 1 person per lane; and
 - (iv) change and shower facilities are not permitted to be used (but toilet facilities may be made available);

- (j) boot camps or other personal training activities conducted outside and limited to no more than 10 people;
- (k) subject to subclause (5), the conduct of motor sports or other forms of racing (including any form of horse or greyhound racing) if—
 - (i) no persons are present only as spectators; and
 - (ii) the total number of persons participating in the activity does not exceed 10 people;
- (l) the provision of essential voluntary or public services at a community, youth or recreation centre (such as a food bank or homeless service);
- (m) the following:
 - (i) wedding ceremonies;
 - (ii) religious ceremonies;
 - (iii) auctions of goods or services (including real estate auctions), or inspections by a prospective purchaser or tenant of premises being offered for sale or rental, other than residential premises occupied by a tenant;

Note—

A tenant of residential premises being offered for sale or rental must provide reasonable access to the premises to allow the production of material so that virtual inspections of the premises may be undertaken.

- (iv) activities at community, youth and recreation centres (such as community halls, clubs, RSLs) or local government non-essential facilities (including libraries),
if—
 - (v) the total number of persons attending does not exceed 10 people; and
 - (vi) no food or beverages (other than food or beverages served (without the use of communal utensils) as part of a religious ceremony) are provided (whether for purchase or otherwise) for consumption on the defined premises;

Note—

Local government pools are exempted separately—see paragraph (i).

- (n) the provision of food and beverages (other than alcoholic beverages) in an outdoor area at a restaurant or café that holds a restaurant and catering licence under the *Liquor Licensing Act 1997* or that does not hold a licence under that Act if—
 - (i) patrons in the outdoor area are seated at tables; and
 - (ii) the total number of persons in the outdoor area does not exceed 10 people.
- (2) An exception under this clause only applies to defined premises or defined work or operations if the density requirement is complied with.

- (3) For the purposes of any provision of this clause that specifies a maximum number of persons who are permitted to attend premises or participate in an activity, people employed or engaged to work, or undertaking official duties, at the relevant premises, or for the purposes of the relevant activity, are not to be counted.

Note—

For example, this would allow—

- (a) 1 instructor and 10 participants in a boot camp conducted outside;
- (b) 1 celebrant and 10 members of a wedding party at a wedding ceremony.

The density requirement must be complied with and people working or undertaking official duties must use their best endeavours to comply with the social distancing principles (having regard to the all the circumstances).

- (4) A person who conducts any of the following must keep and retain records of the name and phone number or other contact details of each person attending and must provide a copy of the records to an authorised officer on request:
- (a) an auction, or an inspection by a prospective purchaser or tenant of premises being offered for sale or rental;
 - (b) a wedding ceremony;
 - (c) a funeral.
- (5) The exceptions under subclause (1)(h) and (k) only apply if—
- (a) change and shower facilities are not permitted to be used (but toilet facilities may be made available); and
 - (b) the total number of persons in any clubrooms associated with the venue does not exceed 10 people; and
 - (c) no food or beverages are provided at the venue (whether for purchase or otherwise) for consumption on the grounds (including in any clubrooms) of the venue.
- (6) To avoid doubt, nothing in this clause permits indoor sporting activities (other than swimming in an indoor public swimming pool).

6—Powers of Authorised Officers

Nothing in this direction derogates from the powers of authorised officers to exercise powers pursuant to the Act.

IMPORTANT— IT IS AN OFFENCE TO BREACH THIS DIRECTION

This direction operates from the 11th day of May 2020 at 0001 hours

SIGNED at ADENTIDE on this 9th day of May 2020

at 1547 hours


.....

GRANTLEY STEVENS
STATE CO-ORDINATOR



THE AUSTRALIAN INSTITUTE
OF SPORT (AIS) FRAMEWORK
FOR REBOOTING SPORT IN A
COVID-19 ENVIRONMENT

EXECUTIVE SUMMARY

May 2020

INTRODUCTION

Sport makes an important contribution to the physical, psychological and emotional well-being of Australians. The economic contribution of sport is equivalent to 2–3% of Gross Domestic Product (GDP). The COVID-19 pandemic has had devastating effects on communities globally, leading to significant restrictions on all sectors of society, including sport. Resumption of sport can significantly contribute to the re-establishment of normality in Australian society.

The Australian Institute of Sport (AIS), in consultation with sport partners (National Institute Network (NIN) Directors, NIN Chief Medical Officers (CMOs), National Sporting Organisation (NSO) Presidents, NSO Performance Directors and NSO CMOs), has developed a framework to inform the resumption of sport. National Principles for Resumption of Sport were used as a guide in the development of 'the AIS Framework for Rebooting Sport in a COVID-19 Environment' (the AIS Framework); and based on current best evidence, and guidelines from the Australian Federal Government, extrapolated into the sporting context by specialists in sport and exercise medicine, infectious diseases and public health.

The principles outlined in this document apply equally to high performance/professional level, community competitive and individual passive (non-contact) sport. The AIS Framework is a timely tool for **'how'** reintroduction of sport activity will occur in a cautious and methodical manner, to optimise athlete and community safety. Decisions regarding the timing of resumption of sporting activity (the **'when'**) *must* be made in close consultation with Federal, State/Territory and Local Public Health Authorities. The priority at all times must be to preserve public health, minimising the risk of community transmission.

FRAMEWORK FOR THE RESUMPTION OF SPORT AND RECREATION ACTIVITIES

The resumption of sport and recreation activities will be a complex process. A careful stepwise process needs to be implemented to ensure the safety of athletes and other personnel and the wider community.

High level descriptors of three levels (Levels A, B, C) of activities and associated hygiene measures are recommended. More detailed descriptions of recommended sport specific activities at each level are outlined in Appendices A and B.

Preparation for resumption includes education of the athletes and other personnel, assessment of the sport environment and agreement on training scheduling to accommodate social distancing. The approach to training should focus on **'get in, train, get out'**, minimising unnecessary contact in change rooms, bathrooms and communal areas. Prior to resumption, sporting organisations should have agreed protocols in place for management of illness in athletes and other personnel. Special consideration should be made for para-athletes and others with medical conditions as they may be more vulnerable to COVID-19 infection. Clubs and individuals should apply a graded return to mitigate injury risk, understanding that sudden increase in training load will predispose to injury.

The timing of progression between levels may be influenced by any evidence of transmission issues within the local community or sporting cohort.

Individuals should not return to sport if in the last 14 days they have been unwell or had contact with a known or suspected case of COVID-19. Any individual with respiratory symptoms (even if mild) should be considered a potential case and must immediately self-isolate, have COVID-19 excluded and be medically cleared by a doctor to return to the training environment.

Athletes returning to sport after COVID-19 infection require special consideration prior to resumption of high intensity physical activity. While there is increasing research on the multi-organ nature of COVID-19 in the acute phase, there is currently limited research on medium to long-term complications. Long-term decreased exercise capacity has been noted following previous related coronavirus infections (SARS and MERS). Sudden increase in training load predispose to injury and a graded return should be considered.

Resumption of sporting activity may not be linear. Increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases. Sporting organisations need to be flexible to accommodate and respond to changes in community transmission rates and the associated changes in advice from Public Health Authorities.

NATIONAL PRINCIPLES FOR THE RESUMPTION OF SPORT AND RECREATION ACTIVITIES

1. Resumption of sport and recreation activities can contribute many health, economic, social and cultural benefits to Australian society emerging from the COVID-19 environment.
2. Resumption of sport and recreation activities should not compromise the health of individuals or the community.
3. Resumption of sport and recreation activities will be based on objective health information to ensure they are conducted safely and do not risk increased COVID-19 local transmission rates.
4. All decisions about resumption of sport and recreation activities must take place with careful reference to these National Principles following close consultation with Federal, State/Territory and/or Local Public Health Authorities, as relevant.
5. The AIS 'Framework for Rebooting Sport in a COVID-19 Environment' provides a guide for the reintroduction of sport and recreation in Australia, including high performance sport. The AIS Framework incorporates consideration of the differences between contact and non-contact sport and indoor and outdoor activity. Whilst the three phases A, B and C of the AIS Framework provide a general guide, individual jurisdictions may provide guidance on the timing of introduction of various levels of sport participation with regard to local epidemiology, risk mitigation strategies and public health capacity.
6. International evidence to date is suggestive that outdoor activities are a lower risk setting for COVID-19 transmission. There are no good data on risks of indoor sporting activity but, at this time, the risk is assumed to be greater than for outdoor sporting activity, even with similar mitigation steps taken.
7. All individuals who participate in, and contribute to, sport and recreation will be considered in resumption plans, including those at the high performance/professional level, those at the community competitive level, and those who wish to enjoy passive (non-contact) individual sports and recreation.
8. Resumption of community sport and recreation activity should take place in a staged fashion with an initial phase of small group (<10) activities in a non-contact fashion, prior to moving on to a subsequent phase of large group (>10) activities including full contact training/competition in sport. Individual jurisdictions will determine progression through these phases, taking account of local epidemiology, risk mitigation strategies and public health capability.
 - a. This includes the resumption of children's outdoor sport with strict physical distancing measures for non-sporting attendees such as parents.
 - b. This includes the resumption of outdoor recreational activities including (but not limited to) outdoor-based personal training and boot camps, golf, fishing, bush-walking, swimming, etc.
9. Significantly enhanced risk mitigation (including avoidance and physical distancing) must be applied to all indoor activities associated with outdoor sporting codes (e.g. club rooms, training facilities, gymnasiums and the like).
10. For high performance and professional sporting organisations, the regime underpinned in the AIS Framework is considered a minimum baseline standard required to be met before the resumption of training and match play, noting most sports and participants are currently operating at level A of the AIS Framework.
11. If sporting organisations are seeking specific exemptions in order to recommence activity, particularly with regard to competitions, they are required to engage with, and where necessary seek approvals from, the respective State/Territory and/or Local Public Health Authorities regarding additional measures to reduce the risk of COVID-19 spread.
12. At all times sport and recreation organisations must respond to the directives of Public Health Authorities. Localised outbreaks may require sporting organisations to again restrict activity and those organisations must be ready to respond accordingly. The detection of a positive COVID-19 case in a sporting or recreation club or organisation will result in a standard public health response, which could include quarantine of a whole team or large group, and close contacts, for the required period.
13. The risks associated with large gatherings are such that, for the foreseeable future, elite sports, if recommenced, should do so in a spectator-free environment with the minimum support staff available to support the competition. Community sport and recreation activities should limit those present to the minimum required to support the participants (e.g. one parent or carer per child if necessary).
14. The sporting environment (training and competition venues) should be assessed to ensure precautions are taken to minimise risk to those participating in sport and those attending sporting events as spectators (where and when permissible).
15. The safety and well-being of the Australian community will be the priority in any further and specific decisions about the resumption of sport, which will be considered by the COVID-19 Sports and Health Committee.



APPENDIX A

RECOMMENDED LEVEL A, B, C ACTIVITIES FOR COMMUNITY AND INDIVIDUAL SPORT

May 2020

OVERVIEW

This table consists of advisory recommendations made in conjunction with sport-specific experts. Conduct of any sporting activity in a COVID-19 environment is subject to regulations of Federal, State and Local Public Health Authorities. All sports must maintain awareness of the evolving COVID-19 environment and align current practices with informed decisions for athlete and other community sport member safety. Refer to main document “AIS framework for rebooting sport in a COVID-19 environment” for more details.

Recommended Level A, B, C activities for community and individual sport

	Level A	Level B	Level C
General description	<p>Activity that can be conducted by a solo athlete or by pairs where at least 1.5m can always be maintained between participants. No contact between athletes and/or other personnel. Examples for all sports — general fitness aerobic and anaerobic (e.g. running, cycling sprints, hills).</p> <p>Strength and sport-specific training permitted if no equipment required, or have access to own equipment (e.g. ergometer, weights).</p> <p>Online coaching and resources (e.g. videos, play books).</p>	<p>As per Level A plus:</p> <p>Indoor/outdoor activity that can be conducted in small groups (not more than 10 athletes and/or other personnel in total) and with adequate spacing (not more than 1 person per 4m²).</p> <p>Some sharing of sporting equipment permitted such as kicking a football, hitting a tennis ball, use of a skipping rope, weights, mats.</p> <p>Non-contact skills training. Accidental contact may occur but no deliberate body contact drills. No wrestling, holding, tackling or binding.</p> <p>Commercial gyms, bootcamps, yoga, Pilates, dance classes (e.g. barre, ballet, hip hop, not partnered), cycling 'spin' classes permitted if other measures (above) are met.</p>	<p>As per Level B plus:</p> <p>Full sporting activity that can be conducted in groups of any size including full contact (competition, tournaments, matches). Wrestling, holding, tackling and/or binding (e.g. rugby scrums) permitted.</p> <p>For larger team sports, consider maintaining some small group separation at training.</p> <p>For some athletes full training will be restricted by commercial operation of facilities.</p>
General hygiene measures	<p>No sharing of exercise equipment or communal facilities.</p> <p>Apply personal hygiene measures even when training away from group facilities — hand hygiene regularly during training (hand sanitisers) plus strictly pre and post training. Do not share drink bottles or towels. Do not attend training if unwell (contact doctor).</p> <p>Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings must be strongly discouraged.</p>	<p>Communal facilities can be used after a sport-specific structured risk assessment and mitigation process is undertaken.</p> <p>'Get in, train and get out' — be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms). Minimise use of communal facilities (e.g. gym, court) with limited numbers (not more than 10 athletes/staff in total). Have cleaning protocols in place for equipment and facilities.</p> <p>Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap before and after training (preferably at home). Where possible maintain distance of at least 1.5m while training.</p> <p>No socialising or group meals.</p>	<p>Return to full use of sporting facilities. Continue hygiene and cleaning measures as per Level B.</p> <p>If any massage beds being used, hygiene practises to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each athlete and hand hygiene.</p> <p>Limit unnecessary social gatherings.</p>
Spectators, additional personnel	<p>No spectators unless required (e.g. parent or carer).</p>	<p>Separate spectators from athletes. Spectators should maintain social distancing of at least 1.5m.</p>	<p>Minimum contact of non-essential surfaces to occur and hands on treatment should be kept to essential only.</p> <p>Non-essential personnel should be discouraged from entering change rooms.</p>

Community/ Individual Sports	Level A	Level B	Level C
American Football	Running, resistance training (solo), skills training (solo).	Passing, kicking, catching drills. No tackling or grappling. Small groups (not more than 10 athletes/staff in total).	Full training and competition.
Archery	Outdoor range and solo only.	Full training indoor or outdoor range, with limited numbers/appropriate distancing between athletes.	Full training and competition.
Artistic Swimming	Solo training drills only — land based, in own pool or open-water. General fitness, strength work.	Swimming (own lane). In pool solo technical drills or group technical drills without physical contact. No lifting, holding.	Full training and competition.
Athletics	Outdoor training sessions on own, with coach, or with 1 training partner (no sharing of equipment e.g. javelin, discus, high-jump mats, pole vault, shot put, hammer, starting blocks).	Full training. Avoid running in slipstream of others.	Full training and competition. Competition — Multi Event rooms remain a risk and time spent here should be minimised with adequate space/separation. Similarly, call rooms pre event will need to be restructured.
Australian Rules Football	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, handballing, ball handling skills (e.g. handball against wall, bouncing, ball recovery work).	Controlled kicking, marking and handball drills. No tackling/wresting, contact, body on body drills. Small groups (not more than 10 athletes/staff in total) for both education and training.	Full training and competition. Consider maintaining some small group separation (e.g. mids, forwards and backs).
Badminton	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Full training on court, singles or doubles.	Full training and competition.
Baseball	Running/aerobic training (solo), resistance training (solo), skills training (solo).	Full training with small numbers (not more than 10 athletes/staff in total).	Full training and competition.
Basketball	Running/aerobic/agility training (solo), resistance training (solo), skills training and shooting drills (solo) at home or outdoor (no indoor sporting facility access allowed). No ball handling drills with others.	Non-contact skills using basketball — passing, shooting, defending, screens and team structure (offence and defence). Small groups (not more than 10 athletes/staff in total).	Full training and competition.
Boxing	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo). Bag work if access to own equipment, without anyone else present.	Shadow sparring allowed. Non-contact technical work with coach, including using bag, speedball, pads, paddles, shields. No contact or sparring.	Full training and competition.
Canoeing	Running/aerobic training (solo), resistance training (solo), on-water training (solo).	Full training.	Full training and competition.

Community/ Individual Sports	Level A	Level B	Level C
Cricket	Running/aerobic training (solo), resistance training (solo), skills training (solo).	Nets — batters facing bowlers. Limit bowlers per net. Fielding sessions — unrestricted. No warm up drills involving unnecessary person-person contact. No shining cricket ball with sweat/saliva during training.	Full training and competition. No ball shining with sweat/saliva in training.
Cycling	Solo outdoor cycling or trainer, resistance training (solo).	Avoid cycling in slipstream of others — maintain 10m from cyclist in front. Avoid packs of greater than two (including motorcycle derny).	Full training and competition.
Diving	On-land training only (solo).	Full training, with 1 athlete per board/platform (or 2 if synchro training).	Full training and competition.
Equestrian	Solo/pairs training only.	Full training and competition.	Full training and competition.
Fencing	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo). No bouts with others. Solo footwork practice (steps, lunges, fleshes). Pointwork — using cushion/board to practice fine motor skills of point work with sword.	Full training and competition. Ensure no shared masks. No shaking hands post bout.	Full training and competition.
Field Hockey	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) if access to appropriate surface available.	Non-contact skills training drills in small groups (not more than 10 athletes/staff in total).	Full training and competition.
Football (soccer)	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo).	Non-contact skill training drills — passing, shooting, headers. Small groups (not more than 10 athletes/staff in total).	Full training and competition.
Golf	Solo or pairs only (if permitted by local Government). Maintain at least 1.5m between players.	Full training. Maintain at least 1.5m between players.	Full training and competition. Maintain at least 1.5m between players where possible.
Gymnastics	Resistance training, skills training solo and outside of gym only. Rhythmic — skills at home. Trampoline — off apparatus skills, drills at home only.	Small groups only — 1 gymnast per apparatus (including rhythmic and trampoline). Disinfecting high touch surfaces as per the manufacturer's guidelines.	Full training and competition.

Community/ Individual Sports	Level A	Level B	Level C
Handball	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Skill drills — passing, shooting, defending. No contact drills. Small groups (not more than 10 athletes/staff in total).	Full training and competition.
Judo	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo) — e.g. mirror work.	No contact/bouts. Non-contact shadow training. Non-contact technical work with coach.	Full training and competition.
Karate	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo) — e.g. mirror work.	No contact/bouts. Shadow sparring. Non-contact technical work with coach, including using pads, paddles.	Full training and competition.
Lawn bowls	A maximum of 2 people are allowed per green at any one time. All players are to use separate mats and jacks (or ensure that the same player on each rink places mats or places/rolls jacks). Other bowls equipment cannot be shared between players (e.g. bowls, cloths, measures). Coaching should be limited to no more than a coach and one other person at the time and all practicing physical distancing of 1.5m during the coaching session. No barefoot bowls activity.	A maximum of 10 persons is allowed per green at any one time. Maintain at least 1.5m between players on green. Bowling Clubs may need to have a booking system in place to facilitate (Levels A and B). Bowling Clubs with more than one green need to ensure that compliance is achieved in respect to social gathering restrictions.	Coaching is permitted. Resume normal activities (including competition) and player numbers but maintain at least 1.5m between players on green. Barefoot bowls permitted.
Modern Pentathlon	Running/aerobic training (solo), resistance training (solo), skills training (solo). In-water training — open water or own pool only. Solo Laser shooting practice at home or shooting technique. Solo Laser Run practise using at home range with run conducted on property/nearby streets. Horse riding, if horse on own property. Participate in 'virtual' laser shooting and laser run competitions.	Swimming — Use of communal pool with limited numbers, 1 athlete per lane. Laser Run practice in small groups, respecting distance on shooting bench.	Full training and competition.

Community/ Individual Sports	Level A	Level B	Level C
Motor Sports	Running/aerobic training (solo), resistance training (solo), simulation work at home if available.	Full training.	Full training and competition.
Netball	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo), including shooting (outdoor or own ring only) or ball skills e.g. against a wall to self.	Skills using netball passing, shooting, defending. Small group training (not more than 10 athletes/staff in total) based on skills with set drill, but no close contact/defending/attacking/match play drills.	Full training and competition.
Para-Athletes Sports (General)	<p>Para-athletes require individualised consideration and assessment through all Levels (A, B, C) of a return to sport. Some para-athletes will have medical conditions that will require detailed planning and consultation with their regular treating medical team prior to a return to formal training/competition, or progression through Levels A, B, C. Specific para-athlete equipment (e.g. wheelchairs, prostheses) will require regular cleaning (for all levels).</p> <p>For more information, refer to the 'AIS Framework for Rebooting Sport in a COVID-19 Environment' document.</p> <p>For more sport specific guidelines for Levels A, B, C, refer to the relevant sport heading in this document.</p>		
Rowing	Ergometer if access to own at home. Cycling (solo), running (solo), resistance training (solo). On-water single.	Group resistance training sessions and outdoor group ergometer training placed >1.5m apart (not more than 10 athletes/staff in total). Groups of single sculls.	Full training and competition.
Rugby League	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, passing, ball skills (e.g. against wall) to self.	Skill drills using a ball, kicking and passing. No tackling/wrestling. Small group (not more than 10 athletes/staff in total) sessions.	Full training and competition.
Rugby Sevens	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, passing, ball skills (e.g. against wall) to self.	Non-contact skill drills using a ball, kicking and passing, small groups (not more than 10 athletes/staff in total) only. No rucks, mauls, lineouts or scrums, no tackling/wrestling.	Full training and competition.
Rugby Union	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, passing, ball skills (e.g. against wall) to self.	Skill drills using a ball, kicking and passing. No rucks, mauls, lineouts or scrums, no tackling/wrestling. Small group (not more than 10 athletes/staff in total) sessions.	Full training and competition.
Sailing	Solo or double handlers (if allowed by State regulations) only.	Full training.	Full training and competition.

Community/ Individual Sports	Level A	Level B	Level C
Shooting	Aerobic/resistance training (solo), technical skills (solo) — e.g. standing/holding and dry firing. Mental skills training — e.g. concentration/reaction time, visualisation, arousal control. Live fire on home ranges only (no club range access).	Continuation of athlete-led preparation at home. Coach-led training including live fire in small groups at authorised venues (i.e. clubs/ranges).	Full training and competition.
Skateboarding	Outdoor and solo only, or indoor only if have own facilities.	Full training with appropriate distancing between athletes.	Full training and competition.
Softball	Running/aerobic training (solo), resistance training (solo), skills training (solo).	Small group (not more than 10 athletes/staff in total) skills training.	Full training and competition.
Sport Climbing	Aerobic and resistance training (solo), climbing solo/pairs on own wall or outdoors (if allowed by local Government). Solo hang board training.	Full training. Cleaning of indoor walls required between athletes/groups.	Full training and competition.
Surfing	Solo or with 1 training partner only.	Full training.	Full training and competition.
Swimming	In-water training (solo) in own pool or open-water.	Use of communal pool with limited numbers, 1 athlete per lane.	Full training and competition.
Table Tennis	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Full training on court, singles or doubles.	Full training and competition.
Taekwondo	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo).	Non-contact technical work with coach, including using pads, paddles, shields. No physical contact or grappling. No kicking of chest guards.	Full training and competition.
Tennis	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) e.g. serving only, hitting with ball machine.	Full training on court, singles or doubles.	Full training and competition.
Triathlon	Solo or in pairs only. Consider remote programming. In pool water training if access to own pool (consider using swim tether) or open-water only. Consider use of wind trainer and treadmill for those in quarantine (who are medically well).	Avoid cycling in slipstream of others — maintain 10m from cyclist in front Avoid packs of greater than two. Avoid packs of greater than 2 running. Maintain social distancing while running. Use of communal pool with limited numbers, 1 athlete per lane, consider one lane between athletes.	Full training and competition.

Community/ Individual Sports	Level A	Level B	Level C
Volleyball	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Small group (not more than 10 athletes/staff in total) skill sessions only. No matches.	Full training and competition.
Water Polo	In-water training (solo) if access to own pool only, or open-water.	Use of communal pool with limited numbers and distance maintained. Swimming, throwing (passing/shooting) drills. No full contact/defending drills, wrestling.	Full training and competition.
Weightlifting	Resistance training, technical work at home (no indoor sporting facility/gym access allowed).	Full training with limited numbers to avoid congestion.	Full training and competition.
Wheelchair Basketball	Aerobic training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Non-contact shooting, dribbling drills. Other non-contact technical /skill drills. Small groups (not more than 10 athletes/staff in total).	Full training and competition.
Wheelchair Rugby	Aerobic training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Non-contact passing drills on court. Other non-contact technical /skill drills. Small groups (not more than 10 athletes/staff in total).	Full training and competition.
Winter Sports	Running/aerobic/agility training (solo), resistance training (solo), balance training (solo).	Use of institute gym facilities and indoor ice surfaces in small groups (<10 total athletes/support staff). Use of acrobatic facilities such as trampoline, bungee and water ramp in small groups with 1 athlete at a time and at least 1.5m distancing to support staff. Limited on snow training dependent on travel restrictions. Small groups widely spaced, no communal living.	Full training and competition dependent on commercial operation of mountain facilities.
Wrestling	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo).	Non-contact skills training. Resistance training in gym, solo mat-based drills (e.g. weighted bags).	Full training and competition.



APPENDIX B

MINIMUM BASELINE OF STANDARDS
FOR LEVEL A, B, C ACTIVITIES FOR HIGH
PERFORMANCE/PROFESSIONAL SPORT

May 2020

OVERVIEW

Level A, B, C activities described below are developed in conjunction with sport-specific experts as a minimum baseline of standards required to be met by high performance/professional sport before the resumption of training and competition. Conduct of any sporting activity in a COVID-19 environment is subject to regulations of Federal, State and Local Public Health Authorities. If sporting organisations are seeking special exemption to recommence activity, they are required to demonstrate to the respective State/Territory and/or Local Public Health Authorities that they meet the AIS Framework requirements and are also taking additional measures to prevent the spread of COVID-19. All sports must maintain awareness of the evolving COVID-19 environment and align current practices with informed decisions for athlete/other personnel safety. These recommendations do not address the presence of spectators at public sporting events. All regulations related to spectators will be determined by Government. Refer to main document "AIS framework for rebooting sport in a COVID-19 environment" for more details.

Minimum baseline of standards for Level A, B, C activities for high performance/professional sport

	Level A	Level B	Level C
General description	<p>Activity that can be conducted by a solo athlete or by pairs where at least 1.5m can always be maintained between participants. No contact between athletes and/or other personnel. Examples for all sports — general fitness aerobic and anaerobic (e.g. running, cycling sprints, hills).</p> <p>Strength and sport-specific training permitted if no equipment required, or have access to own equipment (e.g. ergometer, weights).</p> <p>Online coaching and resources (e.g. videos, play books).</p>	<p>As per Level A plus:</p> <p>Indoor/outdoor activity that can be conducted in small groups (not more than 10 athletes and/or other personnel in total) and with adequate spacing (not more than 1 person per 4m²).</p> <p>Some sharing of sporting equipment permitted such as kicking a football, hitting a tennis ball, use of a skipping rope, weights, mats. Non-contact skills training. Accidental contact may occur but no deliberate body-contact drills. No wrestling, holding, tackling or binding.</p>	<p>As per Level B plus:</p> <p>Full sporting activity that can be conducted in groups of any size including full contact (competition, tournaments, matches). Wrestling, holding, tackling and/or binding (e.g. rugby scrums) permitted.</p> <p>For larger team sports, consider maintaining some small group separation at training.</p> <p>For some athletes full training will be restricted by commercial operation of facilities and access to international travel.</p>
General hygiene measures	<p>No sharing of exercise equipment or communal facilities.</p> <p>Apply personal hygiene measures even when training away from group facilities — hand hygiene regularly during training (hand sanitisers) plus strictly pre and post training. Do not share drink bottles or towels. Do not attend training if unwell (contact doctor).</p> <p>Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings must be strongly discouraged.</p>	<p>Communal facilities can be used after a sport-specific structured risk assessment and mitigation process is undertaken.</p> <p>'Get in, train and get out' — be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms). Minimise use of communal facilities (e.g. gym, court) with limited numbers (not more than 10 athletes and other personnel in total). Have cleaning protocols in place for equipment and facilities.</p> <p>Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap before and after training (preferably at home). Where possible maintain distance of at least 1.5m while training.</p> <p>No socialising or group meals.</p>	<p>Return to full use of training facilities. Continue hygiene and cleaning measures as per Level B.</p> <p>Limit unnecessary social gatherings.</p>
Medical Servicing	<p>All consultations undertaken via telehealth unless face to face is considered urgent. Avoid all routine and non-essential manual therapy. Five Moments for Hand Hygiene must be used to minimise the risk of transmission between health professionals and patients.</p> <p>Hygiene practises to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each athlete. Minimum contact of non-essential surfaces to occur and hands on treatment should be kept to essential only.</p>	<p>History taking, or full consultations should be conducted via telehealth if practical. Face to face consults should be conducted from at least 1.5m apart when possible, and hands on treatment should be for essential conditions only. A single source therapist is recommended.</p> <p>During any essential manual therapy, it is recommended that the athlete and practitioner wear a face mask. All non-essential athletes and other personnel should avoid the treatment area, and the number of people in treatment areas should be kept to a minimum, following social distancing guidelines.</p>	<p>Full manual therapy services can be conducted. Non-essential athletes and other personnel should continue to avoid treatment areas. Enhanced hygiene measures and social distancing should be maintained.</p>

High Performance Sports	Level A	Level B	Level C
Archery	Outdoor range and solo only.	Full training indoor or outdoor range, with limited numbers/appropriate distancing between athletes.	Full training and competition.
Artistic Swimming	Solo training drills only — land based, in own pool or open-water. General fitness, strength work.	Swimming (own lane). In pool solo technical drills or group technical drills without physical contact. No lifting, holding.	Full training and competition.
Athletics	Outdoor training sessions on own, with coach, or with 1 training partner (no sharing of equipment e.g. javelin, discus, high-jump mats, pole vault, shot put, hammer, starting blocks).	Full training. Avoid running in slipstream of others.	Full training and competition. Competition — Multi Event rooms remain a risk and time spent here should be minimised with adequate space/separation. Similarly, call rooms pre event will need to be restructured.
Badminton	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Full training on court, singles or doubles.	Full training and competition.
Basketball	Running/aerobic/agility training (solo), resistance training (solo), skills training and shooting drills (solo) at home or outdoor (no indoor sporting facility access allowed). No ball handling drills with others.	Non-contact skills using basketball — passing, shooting, defending, screens and team structure (offence and defence). Small groups (not more than 10 athletes/staff in total).	Full training and competition.
Boxing	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo). Bag work if access to own equipment, without anyone else present.	Shadow sparring allowed. Non-contact technical work with coach, including using bag, speedball, pads, paddles, shields. No contact or sparring.	Full training and competition.
Canoeing	Running/aerobic training (solo), resistance training (solo), on-water training (solo).	Full training.	Full training and competition.
Cycling	Solo outdoor cycling or trainer, resistance training (solo).	Avoid cycling in slipstream of others — maintain 10m from cyclist in front. Avoid packs of greater than two (including motorcycle derny).	Full training and competition.
Diving	On-land training only (solo).	Full training, with 1 athlete per board/platform (or 2 if synchro training).	Full training and competition.
Equestrian	Solo/pairs training only.	Full training.	Full training and competition.

High Performance Sports	Level A	Level B	Level C
Fencing	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo). No bouts with others. Solo footwork practice (steps, lunges, fleshes). Pointwork — using cushion/board to practice fine motor skills of point work with sword.	Full training. Ensure no shared masks. No shaking hands post bout.	Full training and competition.
Field Hockey	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) if access to appropriate surface available.	Non-contact skills training drills in small groups (not more than 10 athletes/staff in total).	Full training and competition.
Football (soccer)	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo).	Non-contact skill training drills — passing, shooting, headers. Small groups (not more than 10 athletes/staff in total).	Full training and competition.
Golf	Solo or pairs only (if permitted by local Government). Maintain at least 1.5m between players.	Full training. Maintain at least 1.5m between players.	Full training and competition. Maintain at least 1.5m between players where possible.
Gymnastics	Resistance training, skills training solo and outside of gym only. Rhythmic — skills at home. Trampoline — off apparatus skills, drills at home only.	Small groups only — 1 gymnast per apparatus (including rhythmic and trampoline). Disinfecting high touch surfaces as per the manufacturer's guidelines.	Full training and competition.
Handball	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Skill drills — passing, shooting, defending. No contact drills. Small groups (not more than 10 athletes/staff in total).	Full training and competition.
Judo	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo) — e.g. mirror work.	No contact/bouts. Non-contact shadow training. Non-contact technical work with coach.	Full training and competition.
Karate	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo) — e.g. mirror work.	No contact/bouts. Shadow sparring. Non-contact technical work with coach, including using pads, paddles.	Full training and competition.

High Performance Sports	Level A	Level B	Level C
Lawn bowls	<p>A maximum of 2 people are allowed per green at any one time.</p> <p>All players are to use separate mats and jacks (or ensure that the same player on each rink places mats or places/rolls jacks).</p> <p>Other bowls equipment cannot be shared between players (e.g. bowls, cloths, measures).</p> <p>Coaching should be limited to no more than a coach and one other person at the time and all practicing physical distancing of 1.5m during the coaching session.</p> <p>No barefoot bowls activity.</p>	<p>A maximum of 10 persons is allowed per green at any one time. Maintain at least 1.5m between players on green.</p> <p>Bowling Clubs may need to have a booking system in place to facilitate (Levels A and B). Bowling Clubs with more than one green need to ensure that compliance is achieved in respect to social gathering restrictions.</p>	<p>Coaching is permitted.</p> <p>Resume normal activities and player numbers (including competition) but maintain at least 1.5m between players on green.</p> <p>Barefoot bowls permitted.</p>
Modern Pentathlon	<p>Running/aerobic training (solo), resistance training (solo), skills training (solo).</p> <p>In-water training — open water or own pool only.</p> <p>Solo Laser shooting practice at home or shooting technique.</p> <p>Solo Laser Run practise using at home range with run conducted on property/nearby streets.</p> <p>Horse riding, if horse on own property.</p> <p>Participate in 'virtual' laser shooting and laser run competitions.</p>	<p>Swimming — Use of communal pool with limited numbers, 1 athlete per lane.</p> <p>Laser Run practice in small groups, respecting distance on shooting bench.</p>	<p>Full training and competition.</p>
Para-Athletes Sports [General]	<p>Para-athletes require individualised consideration and assessment through all Levels (A, B, C) of a return to sport. Some para-athletes will have medical conditions that will require detailed planning and consultation with their regular treating medical team prior to a return to formal training, or progression through Levels A, B, C. Specific para-athlete equipment (e.g. wheelchairs, prostheses) will require regular cleaning (for all levels).</p> <p>For more information, refer to the 'AIS Framework for Rebooting Sport in a COVID-19 Environment' document.</p> <p>For more sport specific guidelines for Levels A, B, C, refer to the relevant sport heading in this document.</p>		
Rowing	<p>Ergometer if access to own at home. Cycling (solo), running (solo), resistance training (solo). On-water single.</p>	<p>Group resistance training sessions and outdoor group ergometer training placed at least 1.5m apart (not more than 10 athletes/staff in total). Groups of single sculls.</p>	<p>Full training and competition.</p>
Rugby Sevens	<p>Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, passing, ball skills (e.g. against wall) to self.</p>	<p>Non-contact skill drills using a ball, kicking and passing, small groups (not more than 10 athletes/staff in total) only. No rucks, mauls, lineouts or scrums, no tackling/wrestling.</p>	<p>Full training and competition.</p>

High Performance Sports	Level A	Level B	Level C
Sailing	Solo or double handlers (if allowed by State regulations) only.	Full training.	Full training and competition.
Shooting	Aerobic/resistance training (solo), technical skills (solo) — e.g. standing/holding and dry firing. Mental skills training — e.g. concentration/reaction time, visualisation, arousal control). Live fire on home ranges only (no club range access).	Continuation of athlete-led preparation at home. Coach-led training including live fire in small groups at authorised venues (i.e. clubs/ranges).	Full training and competition.
Skateboarding	Outdoor and solo only, or indoor only if have own facilities.	Full training with appropriate distancing between athletes.	Full training and competition.
Softball	Running/aerobic training (solo), resistance training (solo), skills training (solo).	Small group (not more than 10 athletes/staff in total) skills training.	Full training and competition.
Sport Climbing	Aerobic and resistance training (solo), climbing solo/pairs on own wall or outdoors (if allowed by local Government). Solo hang board training.	Full training. Cleaning of indoor walls required between athletes/groups.	Full training and competition.
Surfing	Solo or with 1 training partner only.	Full training.	Full training and competition.
Swimming	In-water training (solo) in own pool or open-water.	Use of communal pool with limited numbers, 1 athlete per lane.	Full training and competition.
Table Tennis	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Full training on court, singles or doubles.	Full training and competition.
Taekwondo	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo).	Non-contact technical work with coach, including using pads, paddles, shields. No physical contact or grappling. No kicking of chest guards.	Full training and competition.
Tennis	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) e.g. serving only, hitting with ball machine.	Full training on court, singles or doubles.	Full training and competition.
Triathlon	Solo or in pairs only. Consider remote programming. In pool water training if access to own pool (consider using swim tether) or open-water only. Consider use of wind trainer and treadmill for those in quarantine (who are medically well).	Avoid cycling in slipstream of others — maintain 10m from cyclist in front Avoid packs of greater than two. Avoid packs of greater than 2 running. Maintain social distancing while running. Use of communal pool with limited numbers, 1 athlete per lane, consider one lane between athletes.	Full training and competition.

High Performance Sports	Level A	Level B	Level C
Volleyball	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Small group (not more than 10 athletes/staff in total) skill sessions only. No matches.	Full training and competition.
Water Polo	In-water training (solo) if access to own pool only, or open-water.	Use of communal pool with limited numbers and distance maintained. Swimming, throwing (passing/shooting) drills. No full contact/defending drills, wrestling.	Full training and competition.
Weightlifting	Resistance training, technical work at home (no indoor sporting facility/gym access allowed).	Full training with limited numbers to avoid congestion.	Full training and competition.
Wheelchair Basketball	Aerobic training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Non-contact shooting, dribbling drills. Other non-contact technical/skill drills. Small groups (not more than 10 athletes/staff in total).	Full training and competition.
Wheelchair Rugby	Aerobic training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Non-contact passing drills on court. Other non-contact technical /skill drills. Small groups (not more than 10 athletes/staff in total).	Full training and competition.
Winter Sports	Running/aerobic/agility training (solo), resistance training (solo), balance training (solo).	Use of institute gym facilities and indoor ice surfaces in small groups (<10 total athletes/support staff). Use of acrobatic facilities such as trampoline, bungee and water ramp in small groups with 1 athlete at a time and at least 1.5m distancing to support staff. Limited on snow training dependent on travel restrictions. Small groups widely spaced, no communal living.	Full training and competition dependent on commercial operation of mountain facilities and access to international travel.
Wrestling	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo).	Non-contact skills training. Resistance training in gym, solo mat-based drills (e.g. weighted bags).	Full training and competition.

Professional Sports (unless exemptions granted by relevant Public Health Authorities)	Level A	Level B	Level C
American Football	Running, resistance training (solo), skills training (solo).	Passing, kicking, catching drills. No tackling or grappling. Small groups (not more than 10 athletes/staff in total).	Full training and competition.
Australian Rules Football	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, handballing, ball handling skills [e.g. handball against wall, bouncing, ball recovery work].	Controlled kicking, marking and handball drills. No tackling/wresting, contact, body on body drills. Small groups (not more than 10 athletes/staff in total) for both education and training.	Full training and competition. Consider maintaining some small group separation (e.g. mids, forwards and backs).
Baseball	Running/aerobic training (solo), resistance training (solo), skills training (solo).	Full training with small numbers (not more than 10 athletes/staff in total).	Full training and competition.
Cricket	Running/aerobic training (solo), resistance training (solo), skills training (solo).	Nets — batters facing bowlers. Limit bowlers per net. Fielding sessions — unrestricted. No warm up drills involving unnecessary person-person contact. No shining cricket ball with sweat/saliva during training.	Full training and competition. No ball shining with sweat/saliva.
Motor Sports	Running/aerobic training (solo), resistance training (solo), simulation work at home if available.	Full training.	Full training and competition.
Netball	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo), including shooting (outdoor or own ring only) or ball skills e.g. against a wall to self.	Skills using netball passing, shooting, defending. Small group training (not more than 10 athletes/staff in total) based on skills with set drill, but no close contact/defending/attacking/match play drills.	Full training and competition.
Rugby League	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, passing, ball skills [e.g. against wall] to self.	Skill drills using a ball, kicking and passing. no tackling/wresting. Small group (not more than 10 athletes/staff in total) sessions.	Full training and competition.
Rugby Union	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, passing, ball skills [e.g. against wall] to self.	Skill drills using a ball, kicking and passing. no rucks, mauls, lineouts or scrums, no tackling/wresting. Small group (not more than 10 athletes/staff in total) sessions.	Full training and competition.



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Attachment A

National Principles for the resumption of Sport and Recreation activities

1. Resumption of sport and recreation activities can contribute many health, economic, social and cultural benefits to Australian society emerging from the COVID-19 environment.
2. Resumption of sport and recreation activities should not compromise the health of individuals or the community.
3. Resumption of sport and recreation activities will be based on objective health information to ensure they are conducted safely and do not risk increased COVID-19 local transmission rates.
4. All decisions about resumption of sport and recreation activities must take place with careful reference to these National Principles following close consultation with Federal, State/Territory and/or Local Public Health Authorities, as relevant.
5. The AIS 'Framework for Rebooting Sport in a COVID-19 Environment' provides a guide for the reintroduction of sport and recreation in Australia, including high performance sport. The AIS Framework incorporates consideration of the differences between contact and non-contact sport and indoor and outdoor activity. Whilst the three phases A, B and C of the AIS Framework provide a general guide, individual jurisdictions may provide guidance on the timing of introduction of various levels of sport participation with regard to local epidemiology, risk mitigation strategies and public health capacity.
6. International evidence to date is suggestive that outdoor activities are a lower risk setting for COVID-19 transmission. There are no good data on risks of indoor sporting activity but, at this time, the risk is assumed to be greater than for outdoor sporting activity, even with similar mitigation steps taken.
7. All individuals who participate in, and contribute to, sport and recreation will be considered in resumption plans, including those at the high performance/professional level, those at the community competitive level, and those who wish to enjoy passive (non-contact) individual sports and recreation.
8. Resumption of community sport and recreation activity should take place in a staged fashion with an initial phase of small group (<10) activities in a non-contact fashion, prior to moving on to a subsequent phase of large group (>10) activities including full contact training/competition in sport. Individual jurisdictions will determine progression through these phases, taking account of local epidemiology, risk mitigation strategies and public health capability.

- a. This includes the resumption of children's outdoor sport with strict physical distancing measures for non-sporting attendees such as parents.
 - b. This includes the resumption of outdoor recreational activities including (but not limited to) outdoor-based personal training and boot camps, golf, fishing, bush-walking, swimming, etc.
9. Significantly enhanced risk mitigation (including avoidance and physical distancing) must be applied to all indoor activities associated with outdoor sporting codes (e.g. club rooms, training facilities, gymnasias and the like).
10. For high performance and professional sporting organisations, the regime underpinned in the AIS Framework is considered a minimum baseline standard required to be met before the resumption of training and match play, noting most sports and participants are currently operating at level A of the AIS Framework.
11. If sporting organisations are seeking specific exemptions in order to recommence activity, particularly with regard to competitions, they are required to engage with, and where necessary seek approvals from, the respective State/Territory and/or Local Public Health Authorities regarding additional measures to reduce the risk of COVID-19 spread.
12. At all times sport and recreation organisations must respond to the directives of Public Health Authorities. Localised outbreaks may require sporting organisations to again restrict activity and those organisations must be ready to respond accordingly. The detection of a positive COVID-19 case in a sporting or recreation club or organisation will result in a standard public health response, which could include quarantine of a whole team or large group, and close contacts, for the required period.
13. The risks associated with large gatherings are such that, for the foreseeable future, elite sports, if recommenced, should do so in a spectator-free environment with the minimum support staff available to support the competition. Community sport and recreation activities should limit those present to the minimum required to support the participants (e.g. one parent or carer per child if necessary).
14. The sporting environment (training and competition venues) should be assessed to ensure precautions are taken to minimise risk to those participating in sport and those attending sporting events as spectators (where and when permissible).
15. The safety and well-being of the Australian community will be the priority in any further and specific decisions about the resumption of sport, which will be considered by the COVID-19 Sports and Health Committee.



Sporting Shooters Association of Australia **South Australia**

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