

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 outdoor training, provided that the following requirements and recommendations are observed and followed. Sports:

Must:

- ***Be outdoors***
- ***Be limited to training activities only***
- ***Have a maximum of 10 participants in any one group***
- ***Be non-contact or limit training to non-contact skills training or training where only accidental contact might occur***
- ***Ensure no participant is accompanied by more than 1 caregiver who is not participating***
- ***Observe, and encourage, social distancing (1.5 metres rule)***

Recommendations:

- ***Minimise use of shared equipment and facilities***
- ***Limit the total numbers of additional people present***
- ***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.

Social distancing

Observe, and encourage attendees to adhere to, social distancing principles, requiring everyone to maintain at least 1.5 metres physical distance between one another.

Be non-contact or limit training to non-contact skills training

Non-contact sports can recommence regular outdoor training, provided the the density requirement, and maximum number of participants are observed.

Contact sports can also recommence outdoor training while observing these requirements, but these sports must also adapt their outdoor training practices. These should be adapted be either non-contact skills training only, or training where accidental contact might occur (but does not involve deliberate body contact drills).

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 a maximum of one parent or carer per child , 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.