

Community Sport and Active Recreation COVID-19 Phase 2 Factsheet

On 10 May 2020, the WA State Government announced further cautious easing of restrictions, by increasing the number of people that can gather to 20, opening some indoor sporting venues and opening swimming pools.

What does this mean for community sport and active recreation in WA?



Prior to reopening or recommencing activities, certain organisations will need to complete a [COVID Safety Plan](#) and have it available for inspection by authorising officers.



Contact is prohibited during all sport and recreation activities, including training and games. No wrestling, holding, tackling, bumping or any contact during any activity. Maintain 1.5 metres between people at all times.



Indoor and outdoor activities can be conducted in small groups (not more than 20 persons in total) with social distancing ensuring 4 square metres of space per person and maintaining a 1.5 metre distance from others.



Indoor sporting venues comprising of multiple functional spaces (eg large recreation centres) are permitted to accommodate 20 persons in each space provided there is at least 4 square metres of floor space per patron. Gyms can only open for fitness classes or small group training up to 20 participants total.



Outdoor sporting venues have specific zoning guides. [Frequently Asked Questions](#)



Minimal shared equipment is permitted such as kicking a football, playing tennis, weights, dumbbells. Appropriate hygiene measures must be taken in-between uses.



No sharing of gym equipment like mats, benches, weight machines exercise bikes, rowing machines or Pilates reformers.



Swimming pools may now open, restricted to 20 patrons per pool, one person per 4 square metres. Changerooms remain closed, but toilets may open.



No spectators unless required, eg. parent or carer. Social distancing must remain.

What should sport and active recreation organisations do before commencing any activities?



Familiarise yourself with the State Government's State of Emergency Directions and FAQs.



Understand your hygiene policies and procedures - see over for more information.



If required, complete your COVID Safety Plan.



Encourage everyone to download the COVID-Safe App as part of 'return to sport' protocols.



Discuss your plans with your governing body, the State Sporting Association or National Sporting Organisation, as there may be insurance implications.



Ensure coaches / instructors understand the importance of a safe environment, including how to modify activities and manage risks.

Cleaning is an essential part of the removal of germs such as the COVID-19 virus. These tips are a guide for general cleaning of some common areas and items used by sport and active recreation clubs.



Wash your hands

- Regularly washing your hands is a great way to prevent the spread of germs and virus.
- **If cleaning your hands with soap and water;**
 - Lather for at least 20 seconds. Pay attention to the backs of hands and fingers, fingernails and the webbing between fingers.
 - Rinse hands under running water and dry hands with a clean towel, or fresh paper towel.
- **If cleaning your hands with an alcohol-based hand rub (hand sanitiser);**
 - Apply enough product to cover both hands.
 - Rub all surfaces of both hands until they are dry.



Washing equipment

- Equipment should be cleaned and disinfected following use and prior to being used again.
- Use products that are antiviral, meaning it can kill the virus, such as chlorine-based disinfectants or freshly made diluted bleach solution in accordance with Department of Health guidelines available the link below.
- Always follow the manufacturers guidelines for the correct mixture when working with chemicals.
- Wash equipment (such as balls, weights, dumbbells) in the cleaning mixture, leaving it on for at least ten minutes, before rinsing and drying.



During training

- Coaches / instructors to reiterate social distancing at the start of each session.
- Maintain social distancing at all times during training.
- Stagger start times to avoid congestion – adopt a ‘get in, train, get out’ philosophy.
- Wash your hands before and after training.
- All players and support staff must bring their own water bottle and hand towel.
- No high fives, handshakes, spitting or contact.



Toilets

- Toilets that can remain open pursuant to the Directions and after discussion with your land manager should be frequently cleaned. Changerooms remain closed.
- For high use areas this may be a few times per day. For low use this may mean a daily clean.
- Always follow the manufacturers guidelines for the correct mixture when working with chemicals.
- Always refer to your land manager to ensure you are compliant with any other requirements.



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

For the latest information on COVID-19 visit <https://www.wa.gov.au/government/document-collections/covid-19-coronavirus-sport-and-recreation>

Current 15 May 2020

