



COVID-19 SAFETY PLAN

Tri-Alliance Pty Ltd

ABN 88 135 980 595

[Association/Club]	Tri-Alliance Triathlon Coaching and Training
[Ground Location]	Melbourne
[Club Facility Location]	N/A
[Club President/Association CEO]	Ollie Allan - Director
Contact Email	info@tri-alliance.com.au
Contact Mobile Number	1300 680 874
Version	1.0
Plan last updated 09/11/2020	
Michelle Allan is responsible for this document	

Table of Contents

1. Introduction	3
2. Key Principles	3
3. Responsibilities under this Plan	4
4. Return to Sport Arrangements	4
4.1 AIS Framework Arrangements	4
4.2 Roadmap to a COVIDSafe Australia	5
5. Recovery	5
Appendix: Outline of Return to Sport Arrangements	6
Part 1 – Sport Operations	6
Part 2 – Facility Operations	9

1. Introduction

The purpose of this COVID-19 Safety Plan (**Plan**) is to provide an overarching plan for the implementation and management of procedures by Tri-Alliance Pty Ltd to support Tri-Alliance Pty Ltd and its members and participants in the staged resumption of community sport and club activities.

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

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

- a. staged training and competition activities (sport operations); and
- b. facility management and supporting operations (facility operations).

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

2. Key Principles

This Plan is based on, and accepts, the AIS [Framework for Rebooting Sport in a COVID-19 Environment](#) (**AIS Framework**) and the [National Principles for the Resumption of Sport and Recreation Activities](#) (**National Principles**).

The Plan also accepts as key principles that:

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

3. Responsibilities under this Plan

Tri-Alliance Pty Ltd retains the overall responsibility for the effective management and implementation of the return to sport activities and operations outlined in this Plan.

The Director of Tri-Alliance Pty Ltd is responsible for:

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

The Director has appointed the following person as the Tri-Alliance Pty Ltd COVID-19 Safety Coordinator to execute the delivery of the Plan and to act as a point of contact for information relating to this Plan:

Name	Michelle Allan
Contact Email	michelle@tri-alliance.com.au
Contact Number	1300 680 874

Tri-Alliance Pty Ltd expects all members, participants, coaches, officials, administrative staff and volunteers to:

- Comply with the health directions of government and public health authorities as issued from time to time;
- Understand and act in accordance with this Plan as amended from time to time;
- Comply with any testing and precautionary measures implemented by Tri-Alliance Pty Ltd;
- Act with honesty and integrity in regard to the state of their personal health and any potential symptoms; and
- Monitor their health and take a cautious approach to self-isolation and reporting of potential symptoms.

4. Return to Sport Arrangements

The Plan outlines specific sport requirements that Tri-Alliance Pty Ltd will implement for Level B and Level C of the AIS Framework.

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

4.1 AIS Framework Arrangements

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

4.2 Roadmap to a COVIDSafe Australia

Tri-Alliance Pty Ltd will also comply with the Australian government's [Roadmap to a COVIDSafe Australia](#), which places limits on the type of activity that can be conducted and the number of people who can gather at facilities, notwithstanding the activities permitted by the AIS Framework (see below).

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

5. Recovery

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

At this time the Director of Tri-Alliance Pty Ltd will consult with key stakeholders to review the delivery of its return to sport arrangements and use feedback to improve organisational plans and systems.

Appendix: Outline of Return to Sport Arrangements

Part 1 – Sport Operations

Area	Plan Requirements (for activities under AIS Framework Level B)	Plan Requirements (for activities under AIS Framework Level C)
Approvals	<p>The squad must obtain the following approvals to allow a return to training at Level B:</p> <ul style="list-style-type: none"> • State/Territory Government approval of the resumption of community sport. • Relaxation of public gathering restrictions to enable training to occur. • Local government/venue owner approval to training at venue, if required. • National/state sporting body/local association approval of return to training for community sport. • Insurance arrangements confirmed to cover training. 	<p>The squad must obtain the following approvals to allow a return to training/competition at Level C:</p> <ul style="list-style-type: none"> • Relaxation of public gathering restrictions to enable training to occur. • Local government/venue owner approval to training/competition at venue, if required. • National/state sporting body/local association approval to return to training/competition for community sport. • Insurance arrangements confirmed to cover competition.
Training Processes	<ul style="list-style-type: none"> • Tri-Alliance to emphasise AIS Framework principle of “Get in, train, get out” – arrive ready to train. • Training sessions reduced capacity in line with government guidelines. Bookings essential prior to each session. • Athlete groups given distinct meeting points, assembly areas and structure to reduce overlap. Athletes are to remain with their coach in small groups for the entirety of the session. • Athletes will be encouraged to have no contact with others, including high fives/hand shaking, no socialising or group meals before or after a session. • There will be defined training areas for each training group, maintaining base density requirement of 4 square metres per person and physical distancing (>1.5 metres). There will be no use of stationary wind trainers to adhere to this requirement. 	<ul style="list-style-type: none"> • Tri-Alliance to emphasise AIS Framework principles – full sporting activity that can be conducted in groups of any size (subject to COVIDSafe Roadmap) including full contact. • During larger sessions, protocols in place to maintain some small group separation at training. • Encouragement to limit unnecessary social gatherings. • Clearly outline nature of training permitted. • Sanitising requirements continue from Level B. • Treatment of shared equipment continues from Level B. • Personal hygiene encouraged (e.g. wash hands prior to training, no spitting) continues from Level B. • Avoid coughing where possible and if so conduct in a discrete manner • Training attendance register continues from Level B.

	<ul style="list-style-type: none"> • All athletes will be responsible for all water bottles, bags and any other personal belongings during the session (no sharing of personal equipment). • Athletes are encouraged to BYO personal sanitising equipment and each coach will have a portable sanitising station. • Personal hygiene encouraged from all athletes (e.g. wash hands prior to training, no spitting or coughing). • Training attendance register kept. Each athlete must scan membership barcode on arrival at session to indicate their attendance and contribute to records should they be required for contact tracing. 	
Personal health	<ul style="list-style-type: none"> • Face-to-face sessions will be reintroduced slowly and coached accordingly, to avoid potential injuries. • Advice regularly provided to athletes and coaches, to not attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). • Washing of hands prior to, during and after training and use of hand sanitiser where available. • Avoid physical greetings (i.e. hand shaking, high fives etc.). • Avoid coughing, clearing nose, spitting etc. • All athletes will be responsible for all water bottles, bags and any other personal belongings during the session (no sharing of personal equipment). 	<ul style="list-style-type: none"> • Requirements continue from Level B.
Hygiene	<ul style="list-style-type: none"> • Any safe hygiene protocols distributed by national/state sporting body or local association, will be adopted by squad and communicated to all members. • Guidelines for sanitisation, including requirements for sanitisation stations, to be adopted by squad and communicated to all members. 	<ul style="list-style-type: none"> • Hygiene and cleaning measures to continue from Level B.
Communications	<ul style="list-style-type: none"> • Tri-Alliance will be transparent with all COVID plan communication to all members and coaches, through weekly newsletter distribution, through session details on online timetable, through booking process and advertised on website. This will include return to training protocols including hygiene protocols and reinforcement of arrive ready to train principle, sanitisation and general hygiene etiquette. 	<ul style="list-style-type: none"> • Tri-Alliance will be transparent with all COVID plan communication to all members and coaches, through weekly newsletter distribution, through session details on online timetable, through booking process and advertised on website. This will include return to training protocols including hygiene protocols and reinforcement of arrive ready to train principle, sanitisation and general hygiene etiquette.

	<ul style="list-style-type: none">• Tri-Alliance to endorse government COVIDSafe app and encourage athletes, coaches and families to download and use app.• Tri-Alliance to promote good personal hygiene practices in and around training sessions. All athletes will be responsible for all water bottles, bags and any other personal belongings during the session (no sharing of personal equipment).	<ul style="list-style-type: none">• Continued endorsement of government COVIDSafe app and encouragement to athletes, coaches, and families to download and use app.
--	---	---

Part 2 – Facility Operations

Area	Plan Requirements (for activities under AIS Framework Level B)	Plan Requirements (for activities under AIS Framework Level C)
Approvals	<p>Tri-Alliance does not have club facilities, however when using third party facilities during Level B, Tri-Alliance will abide by:</p> <ul style="list-style-type: none"> • State/Territory Government approval of the resumption of facility operations. • Local government/venue owner approval to use of facility, if required. • Insurance arrangements confirmed to cover facility usage. 	<p>Tri-Alliance does not have club facilities, however when using third party facilities during Level C, Tri-Alliance will abide by:</p> <ul style="list-style-type: none"> • State/Territory Government approval of the resumption of facility operations. • Local government has given approval to use of facility, if required. • Club committee has approved plan for use of club facilities. • Insurance arrangements confirmed to cover facility usage.
Facilities	<p>Tri-Alliance does not have club facilities, however when using third party facilities during Level B, Tri-Alliance will:</p> <ul style="list-style-type: none"> • Encourage limited use to parts of facilities that are available during Level B restrictions, including toilets and medical facilities and the use of communal facilities. • Promote outsourced venue hygiene and cleaning protocols. 	<p>Tri-Alliance does not have club facilities, however when using third party facilities during Level C, Tri-Alliance will:</p> <ul style="list-style-type: none"> • Continue to promote outsourced venue hygiene and cleaning protocols measures as per Level B.
Facility access	<p>Tri-Alliance does not have club facilities, however when using third party facilities during Level B, Tri-Alliance will adhere to:</p> <ul style="list-style-type: none"> • Any health screening measures (e.g. temperature checks etc.) prior to entry to any facilities. • Restrictions on facility access to limit anyone who has: <ul style="list-style-type: none"> – COVID-19 or has been in direct contact with a known case of COVID-19 in the previous 14 days. – Flu-like symptoms or who is a high health risk (e.g. due to age or pre-existing health conditions). – Travelled internationally in the previous 14 days. • Permitting only essential participants to attend facility to minimise numbers; not more than one parent/carer to attend with children; gathering numbers should not exceed government allowances 	<p>Tri-Alliance does not have club facilities, however when using third party facilities during Level C, Tri-Alliance will adhere to:</p> <ul style="list-style-type: none"> • Continue Level B protocols as appropriate. • Not exceeding government allowances of gathering numbers (COVIDSafe Roadmap maximum gatherings: Step 1 (10 people), Step 2 (20 people), Step 3 (100 people)). • Advising any spectators to observe physical distancing requirements (>1.5 metres) and maintain density requirements (one person per 4 square metres). • Designated access including separate entry/exit points, managed traffic flows, stagger arrival/departure times. • Discouraging non-essential personnel from entering change rooms.

	<p>(COVIDSafe Roadmap maximum gatherings: Step 1 (10 people), Step 2 (20 people), Step 3 (100 people))</p> <ul style="list-style-type: none"> • Keeping a training attendance register. Each athlete must scan membership barcode on arrival at session to indicate their attendance and contribute to records should they be required for contact tracing. 	<ul style="list-style-type: none"> • Physical distancing protocols including use of zones in venues, change rooms, bar/canteen including by use of physical zone indicators. • Continuing to keep a training attendance register. Each athlete must scan membership barcode on arrival at session to indicate their attendance and contribute to records should they be required for contact tracing.
Hygiene	<p>Tri-Alliance does not have club facilities, however when using third party facilities during Level B, Tri-Alliance will adhere to:</p> <ul style="list-style-type: none"> • Any safe hygiene protocols distributed by national/state sporting body or local association that will be adopted by a venue including: <ul style="list-style-type: none"> – Use of hand sanitiser at entry/exit points to venue and elsewhere. – Protocols for sanitising stations, sanitising shared equipment, uniforms. – Avoiding shared use of equipment. – Using provided rubbish bins with regular waste disposal. 	<p>Tri-Alliance does not have club facilities, however when using third party facilities during Level C, Tri-Alliance will adhere to:</p> <ul style="list-style-type: none"> • Continue hygiene and cleaning measures as per Level B.
Management of unwell participants	<p>Tri-Alliance does not have club facilities, however when using third party facilities during Level B, Tri-Alliance will adhere to:</p> <ul style="list-style-type: none"> • Isolation/medical requirements for all athletes, coaches and their families at the onset of any symptoms including outsourced facilities that can be used to manage symptomatic participants. • Notification protocols for notifying public health authorities and other attendees of symptomatic participants. 	<p>Tri-Alliance does not have club facilities, however when using third party facilities during Level C, Tri-Alliance will adhere to:</p> <ul style="list-style-type: none"> • Measures as per Level B.
Club responsibilities	<p>The squad will oversee:</p> <ul style="list-style-type: none"> • Provision and conduct of hygiene protocols as per the Plan. • The capture of a record of attendance at all training and squad activities and maintaining an up-to-date log of attendance. • Coordination of Level B field and training operations. • Operation of the squad's responsibilities then using third party facilities in support of all Level B training activities in accordance with this Plan. 	<p>As per Level B.</p>