



## INDOOR SPORTS NSW RESUMPTION OF TRADE PLAN

“The following guidelines will to be mandated and implemented by Indoor Sports NSW, as minimum standard requirements to resume trading as an indoor sports facility.”

A focus on the following strategy should be achieved:

### “Get in – Play – Get Out”

These are designed to limit time and person-to-person contact on site. Things to consider are:

- Arrive dressed and ready to PLAY. Where possible, each player will need their own equipment.
- Minimize use of change rooms, bathrooms and communal areas.
- Where possible, players should shower at home instead of at the facility.
- Community sport members should eat off site. Food & beverage bought on site should be consumed offsite where practical.
- Between halves/quarters/periods, maintain at least 1.5m of social distancing.
- Any tasks that can be done at home, should be done at home (e.g. strapping, recovery sessions).

#### **Initial Return to play plan based on a 4 court centre**

Facility Regulations as per floor plan size

To meet Government Health regulation guidelines in an internal building there will be 1 person permitted per 4m<sup>2</sup> of a designated area. A designated area would be defined as an area that is clearly separated from another area to prevent others entering that same space. A rebound court would be considered a designated area as it is an enclosed sporting space with floor to roof and surrounding wall nets. As an indoor court is a minimum of 260m<sup>2</sup>, 65 people could see a 4m<sup>2</sup> spacing achieved.

The maximum participants on an indoor sports court at any given time would be,

- Indoor Cricket 10 (8 fielders, 4 batsmen) & 4 players (waiting batsmen) off the court. 1 Umpire in a separate space. 2 off court Batsmen would potentially cross paths briefly at the changeover of Batters. Changeover would be approximately 15 seconds in a space where no physical contact would be made.
- Indoor Netball 16 (14 players & 2 official). Players would be moving into shared space during play.
- Indoor Soccer 13 (12 player & 1 official) Players would be moving into shared space during play.
- Tag Football 11 (10 players & 1 official) Players would be moving into shared space during play.
- Dodgeball 13 (12 players & 1 official) Players would be moving into shared space during play.

Further to this, each facility would have a maximum of 6 staff. This would include a facility manager, shop staff & cleaning staff.

**The below is an example for a 4 court centre. Numbers would be adjusted according to Court numbers.**

If the maximum number of customers & staff combined in an internal space is 100, this would allow 4 games to take place with the centre officials present and a reserve for each team at any 1 timeslot. This would bring the maximum number of people to 82 for a netball game and less for every other sport progressively.  
Movement inside each facility

With maximum numbers in mind, our initial plan will see no spectators present at any time inside the facility.

A minimum of 10 minutes between scheduled game timeslots is to separate, the completion of 1 timeslot to the commencement of the following. This allows a facility to clear the players from one timeslot and complete the cleaning and sanitizing processes, before allowing players from the next timeslot to enter the building.

Where possible, a separate entrance and exit would be maintained to keep the outgoing players distanced from the incoming players entering the facility.

At all counters and kiosks, floor markings will be in place to indicate the 1.5M distance that customers would stand to maintain the 1.5M social distance while awaiting service.

EFTPOS facilities should be made available where possible but is not a requirement.

Where practical, a thermometer should be used to check the temperature of all. Normal human body temperature remains around 36.5°C to 37°C, above this would see a player or staff member refused entry. Clear signage of the National Health regulated guidelines during the Covid-19 pandemic will be clearly displayed in numerous areas around the venue.

This would include, but not limited to, questions in the form of

- Have you been in contact with a confirmed case of Covid-19?
- Have you been in contact with a person who has been in contact with a confirmed case of Covid-19?
- Are you displaying any symptoms of Covid-19? Such as a sore throat, cough, runny nose, headache, body/joints aches or pains or any other flu like symptoms?
- Have you travelled interstate or internationally in the last 14 days?

***ANY PERSON DISPLAYING FLU LIKE SYMPTOMS OR SYMPTOMS OF COVID-19 WOULD BE REFUSED ENTRY TO THE FACILITY.***

Once inside the facility, all players should practice good hygiene processes to protect against any potential of spreading a virus. When you practise good hygiene you:

- cover your coughs and sneezes with your elbow or a tissue
- put used tissues straight into the bin
- wash your hands often with soap and water, including before and after playing and after going to the toilet
- use alcohol-based hand sanitisers
- avoid touching your eyes, nose and mouth as this is how the virus is spread. It cannot be transmitted through the skin and other means.

Alcohol-free hand rubs have not been shown to be effective against viruses like COVID-19, and experts recommend against using them. Hands are important as they constantly sample the environment.

Personal social distancing will be encouraged by all staff of the facility. Hand sanitizer should be made available at every court as well as other high traffic areas around the facility for players and staff to use. Hand sanitizing should be encouraged directly before and straight after every game by every player and official. There will be no hand shaking or embracing between players and officials at the completion of each fixture. Officials will be constantly monitoring players for signs of symptoms of Covid-19. Any player or staff member showing symptoms of Covid-19 should be asked to immediately leave the facility and seek medical advice on the best form of action to be taken from that point. Any player or staff member who is requested to leave the facility will be monitored with a follow up call with 24 hours of leaving the facility. A record should be kept of this process.

**Returning to sport after recovering from COVID-19**

A person returning to sport after recovering from Corona Virus should satisfy the following points:

- Ensure they no longer pose any infection risk to their community and
- Ensure they have sufficiently recovered to safely participate in exercise (specifically for athletes/other personnel undertaking physical roles).

**In both instances, clearance from their doctor is required.**

Player and staff who have recovered from COVID-19 must satisfy the Communicable Disease Network of Australia (CDNA) criteria to ensure they are no longer infectious before returning to the facility.

**Playing equipment**

There will be no sharing of personal protective equipment between players under any circumstances. Where practical, every player should provide their own playing equipment which includes protective equipment. Any and all playing equipment supplied by the facility will be changed over at the end of each game and sanitized and/or washed prior to re-use. This will include match balls, cricket keeping gloves, tags & tag belts for tag footy. The sanitizing of umpire's boxes, laptop computers, remote scoring devices and match tools such as witches' hats form part of the sanitizing process required between matches. A sanitizing register should be produced for playing equipment to record all processes for quality and management controls. Facility cleaning and sanitizing

Any player/participant caught sharing equipment will be asked to stop immediately. Failure to cease the practice of sharing non-essential equipment will result in ejection from the facility.

All high traffic areas of a facility should be cleaned and sanitized at regular intervals. These would include, but not limited to:

- Clean and disinfect frequently used surfaces such as benchtops, desks and doorknobs.
- Clean and disinfect frequently used objects such as mobile phones, keys, iPod, laptops, cash registers, EFT facilities & keyboards.
- Clean & disinfect Toilets and change rooms including basins, seating & hand dryers.
- Clean & disinfect handrails, counter tops, Fridge/freezer handles & chair arm rests.
- Increase the amount of fresh air available by opening doors & windows.

Hand sanitizer should be made available to all staff and participants. This should be situated at the entrance to every playing area, at the counter/kiosk area, the entrance/exit of the premises, entry/exit of all toilet facilities as well as any other high traffic areas of the facility. The hand sanitizer used should meet all Australian standards as well as those set by State & federal health authorities. All bathroom/toilet/change rooms should have an adequate supply of hand soap for the purpose of good personal hygiene.

### Reporting Procedures for Covid-19

In the event of positive test to Covid-19 were the person has visited a facility in the previous 72 hours, contact will be made with all relevant medical advisors and agencies, both state and local. All players and staff that may have come in contact with that person are to be notified immediately and all advice given by the medical advisors is to be passed on to those persons. A complete sanitization should occur on the facility as soon as practical and prior to the resumption of sport at that facility.

### The relevant authority to contact:

National Corona Virus Helpline - 1800 020 080

Links that are to be sent to all participants for education purposes

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/good-hygiene-for-coronavirus-covid-19>

[https://www.who.int/gpsc/clean\\_hands\\_protection/en/](https://www.who.int/gpsc/clean_hands_protection/en/)

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-keep-that-cough-under-cover>

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/self-isolation-self-quarantine-for-coronavirus-covid-19>

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/advice-for-people-at-risk-of-coronavirus-covid-19>

<https://www.health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources>

<https://www.health.gov.au/resources/apps-and-tools/covidsafe-app>

Links for appropriate signage

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-good-hygiene-practices-poster-for-businesses>

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-print-ads-good-hygiene-is-in-your-hands>

[https://www.who.int/gpsc/clean\\_hands\\_protection/en/](https://www.who.int/gpsc/clean_hands_protection/en/)

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-keep-that-cough-under-cover>