



INDOOR SPORTS VICTORIA

Return to Play plan template

Organisation details

Provide organisation name, contact person, phone number, type of organisation, ABN, address.

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6 key Covid-19 principles to follow

- **Ensure Physical Distancing**
Ensure workers and visitors are 1.5m apart.
Display signs to show patron limits at the entrance.
- **Wear a face mask**
Ensure all workers and visitors entering the worksite wear a face mask.
- **Practise good hygiene**
Frequently and regularly clean and disinfect shared spaces including high touch communal items such as doorknobs and telephones.
Make soap and hand sanitiser available for all workers and customers throughout the worksite and encourage handwashing.
- **Keep records and act quickly**
Support workers to get tested and stay home if they have mild symptoms
Keep records of all people who enter the workplace for contact tracing.
- **Avoid interactions in enclosed spaces**
Move as much activity outside as possible, including meetings, tearooms lunch breaks, locker rooms and serving customers.
Enhance airflow by opening windows and doors.
- **Create workplace bubbles**
Keep groups of workers rostered on the same shifts at a single worksite and ensure there is no overlap of workers during shift changes

<https://www.coronavirus.vic.gov.au/six-principles-covidsafe-workplaces>

Outline your Return to Play plan under the following headings:

1. Hygiene

Facilitating the practice of good personal hygiene is important to slowing the transmission of coronavirus (COVID-19). Examples of personal hygiene measures that should be promoted include handwashing and covering mouth and nose with a tissue or sleeve during coughing/sneezing.

For information and procedures on cleaning and disinfection requirements, visit the [Department of Health and Human Services](#) and the [Commonwealth Department of Health](#).

What measures will you introduce to ensure all participants and spectators are maintaining **personal hygiene**?

Hand washing facilities will be fitted with automatic soap dispensers containing anti-bacterial soap.
All high contact areas will be included in the cleaning and sanitising schedule.
Paper towel dispensers are filled and sanitised.
Closed bins are available in all public and staff restrooms.
Unlidded bins in public restrooms are frequently emptied.

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Hand sanitising stations are available at the entrance of the centre.
Hand sanitising stations or sanitiser bottles are placed throughout the centre, ideally in high traffic areas.
Hand sanitiser is accessible for all persons entering the reception area, prior to accessing the centre.
Handwash signage and other hygiene signage is installed in the public and staff restrooms.

How will personal hygiene and cleaning of **facilities and equipment be maintained** to minimise transmission of coronavirus (COVID-19)?

Entrance net onto the court is cleaned and disinfected on both sides.
All equipment owned by the centre and used in the session is cleaned and disinfected, eg balls, bails, bat grips, netball bibs).
Spectators and players benches cleaned and sanitised.
Umpires stand and equipment eg microphone, keyboard, cleaned and disinfected.
one person allowed on the umpire stand at all times.
Rubbish Removed frequently.
General waste bins emptied and liners replaced frequently.
General waste bins cleaned and disinfected frequently.
floors swept/vacuumed/mopped where appropriate

<https://indoorsportsvictoria.com.au/wp-content/uploads/2020/06/covid-19-cleaning-toilets.pdf>

<https://indoorsportsvictoria.com.au/wp-content/uploads/2020/06/covid-19-cleaning-centre.pdf>

<https://indoorsportsvictoria.com.au/wp-content/uploads/2020/06/covid-19-cleaning-party.pdf>

<https://indoorsportsvictoria.com.au/wp-content/uploads/2020/06/covid-19-cleaning-food.pdf>

<https://indoorsportsvictoria.com.au/wp-content/uploads/2020/06/covid-19-first-aid.pdf>

1.2 Have you increased regular cleaning schedules for common use areas? **Yes/No**

2. Physical contact activities

Physical distancing decreases the risk of transmission by reducing incidence of contact with other persons through shaking hands, hugging or tackling. The Victorian Chief Health Officer's Directions require that participants take reasonable steps to maintain 1.5 metres distance from all other people.

For activities that contain physical contact, or close interaction with other people, what protocols or modifications to activities can be implemented to ensure physical distancing is maintained?

Indoor Cricket

Players must, where possible, stay 1.5 meters away from each other whilst on court. Teams and players must not:

High five

Huddle either at the end of the over or after a wicket

Bowlers are not to spit or wipe sweat on the ball.

If the umpire observes players spitting or wiping sweat on the ball they are to stop the game and wipe the ball with sanitising wipes.

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Batters must Stand within 1.5 meters of their batting partner between overs

- The fielding team have right of way when positioning themselves on court. The non-striker must position themselves 1.5 meters or further away from the field where possible. The umpire is to use common sense regarding the fielding team trying to ensure the batter breaches this law.
- Players are to enter and exit the court separately without holding open the entrance for anyone else. Where possible they should remain 1.5 meters away from each player.
- Playing equipment including gloves (both keeping and batting), playing shirts (including those from previous games that are unwashed) are not to be shared under any circumstances.
- Players must sit in the designated area provided to them by the hosting arena.
- All teams may consist of a maximum of:
 - o 8 players selected to play in the game
 - o 1 player as a potential substitute
 - o 1 coach, who can also be used as a substitute if required (uniform rules still apply).

3. Arrival and departure of participants, officials, parents or carers

Physical distancing decreases the risk of transmission by reducing incidence of contact between people. The control of facilities and management of areas where people might gather will reduce the risk of coronavirus (COVID-19) transmission.

What measures have you put in place for managing entry and exit points, separating assembly areas, adjustment to activity timings and maintaining physical distancing of people?

Social Distancing indicators are placed on the ground indicating where customers can stand to maintain safe distances. One entry door and one exit door.

Spectators are to maintain 1.5m away from all other spectators, with every second seat unavailable. No spectator is to enter the court or enter the player seating area. No spectator is to touch any playing equipment.

Staggered game times will be put in place to allow previous games participants to leave prior to the next games participants arriving.

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4. Spectators/gatherings.

Spectators, and other non-participants watching activities should not attend activities unless they have an essential role or they are parents and/or guardians. Public gathering limitations apply. Centre/clubs should plan for activities without crowds to prevent the spread of coronavirus (COVID-19).

What protocols will be in place to restrict access to athletes and maintain recommended physical distancing?

Only 20 people per area is allowed in a space. Spectators are to maintain 1.5m away from all other spectators.

Seats are to be one apart with signs or tape across them.

No spectator is to enter the player seating area or enter the court.

Spectators must always wear the appropriate PPE

Teams are encouraged to play and leave straight away.

5. Sharing equipment

In combination with good hygiene practices, a similar pre-emptive measure is to promote behaviours such as not sharing drink bottles, towels, and limiting the shared use of equipment. Equipment that touches the head of face or cannot be effectively cleaned (for example, if made from soft materials or clothing) should not be shared. Where sharing equipment cannot be avoided, equipment with smooth surfaces should be cleaned between sessions.

What modifications can be made to ensure there is no transmission of coronavirus (COVID-19) through the sharing of equipment, contact with equipment and/or contact with any surfaces where participants may be at risk of infection?

Playing equipment including gloves both keeping and batting, playing shirts including those from previous games that are unwashed are not to be shared under any circumstances.

If you are to use centre gloves, they are to wear medical gloves underneath, which are provided at the counter

If equipment owned by the centre is used, it must be cleaned and disinfected. This includes bats, balls, bat grips, netball and soccer bibs.

5.1 Do you have protocols in place for sports medicine staff who share medical equipment?

Yes/No

6. Group/team activity

The Victorian Chief Health Officer's Directions currently limit gatherings to up to 20 people outdoors (plus a coach or the minimum number of support staff reasonably required to manage the activity) which impacts team or group activities.

For team activities, what protocols are in place to enable a staged return to activities of small groups (up to 20) in non-contact formats?

Signage will go up around the centres saying that there is 20 people per space/zone at any one time. Staff are to be made aware of what is classed as a space/zone in the centres.

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Bollards / tape on the ground to show the flow of traffic throughout communal areas to ensure each space is defined.

6.1 Are changes required to participant behaviour during sport activities in addition to no shaking hands and high fives? **Yes/No**

7. Activities reintroduced to indoor stadiums need to be done so in a cautious and methodical manner. The principles of physical distancing, personal hygiene measures, cleaning equipment and implementing the density ratio of one person per four square metres still apply.

For information and procedures on cleaning and disinfection requirements, visit the [Environmental cleaning and disinfection principles for COVID-19](#).

How will you control access to the facility to ensure separation of 20 people per enclosed space and up to 10 people per group/activity?
Indoor Cricket is a team of 8, so on court at any one time is 10 (8 fielders and 2 batsmen). Game start times will be staggered to ensure that there will not be more than 20 people in any one zone. Spectators are to be limited. Directional arrows in communal areas to show the flow of traffic. Signage on the floor to show 1.5m distancing. Separate entrance doors and exit doors.
How will you monitor physical distancing of 1.5 metres between each person and the density ratio of one person per four square metres inside the facility?
Signage on the floor to show 1.5m distancing at reception areas/bar areas. Signs are to go up in the centres showing 1.5m distancing all the time. Centre Managers are to measure the area and calculate how many people are allowed in the area. Signs can go up telling participants how many people are allowed in any one space/zone. Message to the captains or hirers of the courts as to what the COVID-19 rules and regulations are upon visiting the centre.
What are the cleaning protocols and procedures for high contact areas and the ability for sanitisation between each contact?
Reception area is a high contact area. <ul style="list-style-type: none"> Hand sanitising stations to be on the desk with signs. Entrance door exterior and interior cleaned and disinfected. seats, benches and reception desks cleaned and disinfected. Telephones, microphones and monitors cleaned and disinfected. Sign in stations cleaned and disinfected. light switches and wall mounted controllers cleaned and disinfected hand sanitising stations cleaned and disinfected. Hand sanitising stations refilled Bins emptied and liners replaced Bins cleaned and Disinfected floors swept/mopped/vacuumed frequently. Court and surrounding perimeter is a high contact area. <ul style="list-style-type: none"> Hand sanitising stations are to be placed in spectator area and outside entrance net.

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all equipment owned by the centre is to be cleaned and disinfected after each session with players using inners under their batting/keeping gloves.

Entrance to the centre

Hand sanitiser is to be used upon entry to the centre. There is to be signs placed at the entrance way.

8. High injury risk activity

To reduce the strain on Victoria's health and emergency services, common sense should be used in avoiding activities that have a high risk of injury that may result in hospitalisation.

What measures are in place for high injury risk activities that may result in hospitalisation?

We have no activities that are of high risk.

For all injuries, Risk Management protocols are in place.

<https://indoorsportsvictoria.com.au/wp-content/uploads/2020/06/ISV-COVID-19-Awareness-and-Responsibilities-SWMS.pdf>

9. Protocols

What protocols or processes are in place to check if participants are free of coronavirus (COVID-19) symptoms?

Hold points identified and signed off before continuing work.

Anyone entering an Indoor Sports Victoria (ISV) centre must register and sign the logbook of attendance

Anyone entering an ISV centre will consent to their temperature being checked (must be within acceptable forehead temperature range 35.0c – 37.8c*)

Anyone entering an ISV centre will ensure their hands have been thoroughly cleaned and sanitised
Anyone entering an ISV centre will successfully complete a self-declaration checklist specific to viral infections

Anyone entering will wear the appropriate PPE unless participating in sport on court.

What protocols do you have in place for people who present to training with symptoms consistent with coronavirus (COVID-19) (fever or respiratory symptoms such as cough, sore throat and shortness of breath)?

Person must leave training, and be tested for COVID-19. Team mates/opposition team/staff/volunteers will need to be contacted if they test positive.

How will you coordinate and communicate and changes to the directions to your clubs, members and stakeholders?

We will contact each of the clubs via email with follow up phone calls.
organise a zoom meeting and go through details of the changes.

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10. Communication

Communicating coronavirus (COVID-19) risk mitigation strategies to participants is vital. Setting and promoting expectations for required behaviours prior to recommencing activities will be crucial to ensuring activities remain safe for all participants.

List the measures you will use to communicate and provide guidance to participants and clubs?

<https://indoorsportsvictoria.com.au/wp-content/uploads/2020/06/ISV-COVID-19-Reopening-Checklist.pdf>
<https://indoorsportsvictoria.com.au/wp-content/uploads/2020/06/Covid-19-contacts-log.pdf>
<https://indoorsportsvictoria.com.au/wp-content/uploads/2020/06/covid-19-cleaning-toilets.pdf>
<https://indoorsportsvictoria.com.au/wp-content/uploads/2020/06/covid-19-cleaning-centre.pdf>
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<https://indoorsportsvictoria.com.au/wp-content/uploads/2020/06/covid-19-cleaning-food.pdf>
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<https://indoorsportsvictoria.com.au/wp-content/uploads/2020/06/ISV-COVID-19-Awareness-and-Responsibilities-SWMS.pdf>
<file:///C:/Users/Leanne/Downloads/ISV%20-%20Occupational%20Health%20and%20Safety%20Policy%20-%20DISPLAYED%20AT%20ALL%20MEMBER%20CENTRES%20and%20WEBSITE.pdf>
<file:///C:/Users/Leanne/Downloads/Indoor%20Sports%20Victoria%20COVID-19%20Safety%20Plan%20-%20Website%20Update%20for%20ISV%20Members%202020.pdf>

8.1 Do you have protocols to advise participants, officials and parents or carers to not attend if they are feeling unwell? Yes/No

8.2 Do you have strategies to address non-compliance? Yes/No What are they?

If the member is seen to have been breaching ISV's rules and regulations with regard to COVID-9, they will be contacted and asked to rectify the situation immediately and given reasons why they should. If this is not done, and the breach occurs again, we will follow the Disciplinary Action in our Rules and Regulations. This may result in removal as a member.

All community sporting clubs, associations and leagues are encouraged to contact their SSAs or DHHS Infoline direct on 1800 675 398 for advice on compliance with the Restricted Activity Directions. And must abide the current covid-19 laws and directions.

Important note: These are only guild lines and Return to Play template should be updated in line with the current Victorian Chief Health Officer Directions.

All eased restrictions and the proposed dates are subject change and the advice of Victoria's Chief Health Officer the continued and effective management of the spread of (coronavirus)COVID-19.