

Community Sport and Active Recreation COVID-19 Phase 3 Factsheet

Sport and active recreation plays an important role in community development, connectiveness, physical and mental health. On 6 June 2020, Phase 3 of the WA Roadmap commenced, increasing the number of people that can gather to 100, permitting contact sport and the opening of gyms, following the encouraging response to COVID-19 in WA.

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



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



Large community sporting facilities that can accommodate more than 300 patrons, while allowing for 2sqm square metres per patron, may apply for an [exemption](#) to the 300 patron limit from the Chief Health Officer.



Outdoor sporting venues may have up to 100 patrons per training zone at any one time, with at least 2sqm for each patron. Notwithstanding there may be separate training zones, there can be no more than 300 people in any one venue. Indoor multi-functional facilities are permitted to accommodate up to 100 persons in each undivided space, and up to 300 patrons per venue provided there is at least 2 square metres of floor space per patron.



Gyms, health clubs, indoor sports centres (including the use of all gym equipment) can open, provided staff are present and there is regular cleaning. You can share sporting, fitness and gym equipment provided it is cleaned between each training session or class.



Gym patrons should be encouraged to wipe down the equipment after each use and the gym supervisor will ensure regular cleaning is carried out during the day.



Change rooms and shower facilities can now open.

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](#).



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



Complete your [COVID-19 Safety Plan](#) in conjunction with your local government and / or land manager.



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



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



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

- 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 and changerooms can open pursuant to the Directions and after discussion with your land manager.
- They should be frequently cleaned and ensure 2sqm of space per person.
- 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/covid-19-coronavirus>

