

Community Sport and Active Recreation COVID-19 Phase 4 Factsheet

Sport and active recreation plays an important role in community development, connectiveness, physical and mental health. On 22 June 2020, the WA State Government announced further cautious easing of restrictions, by removing existing gathering limits and permitting unstaffed gyms to open, following the encouraging response to COVID-19 in WA.

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



Complete or update your [COVID Safety Plan](#).
You are no longer required to keep a contact register as part of your plan.



A venue's maximum capacity will be subject to the 2 square metre rule or 50 per cent capacity rule for Optus Stadium, HBF Park and RAC Arena. This includes both indoor and outdoor venues. Exemptions for large sporting venues over 300 people are no longer required.



All sport and physical activity that involves close or physical contact with another person is allowed. This includes dancing and ballet.



You can share sporting, fitness and gym equipment provided it is cleaned between each training session or class. Continue to encourage people to bring their own equipment. Gym patrons should be encouraged to wipe down the equipment after each use and the gym supervisor will ensure regular cleaning is carried out.



Gyms, health clubs, indoor sports centres (including the use of all gym equipment) can open provided there is regular cleaning.



Change rooms and shower facilities can continue to 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 and competition

- Coaches / instructors to reiterate social distancing at the start of each session.
- Wash your hands before and after training and competition.
- All players and support staff must bring their own water bottle and hand towel.
- No spitting.



Toilets

- Toilets and changerooms can open.
- 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>

