

Unite 
against

COVID-19

RETURN TO PLAY

Guide for Queensland sport,
recreation and fitness industries

Current as at 15 May 2020



**Queensland
Government**



Contents

Introduction	2
Purpose of this guide	3
National principles for the resumption of sport and recreation activities	4
General considerations	6
Physical distancing	7
Physical distancing requirements	7
How to maintain physical distancing in sport, recreation and fitness activities	8
Educate participants on physical distancing	8
Hygiene	11
Personal hygiene	11
Facilities and playing area	12
Equipment	13
Food and beverage	14
Workforce	15
Transport	16
Industry	17
Sport	17
Recreation	20
Fitness	23
Organisation	25
Coach	26
Participant / parents	26
Official	27
Spectator	27
Guidance and support	28
Where do I find support and resources?	28
What should my organisation do if a participant thinks they have symptoms of coronavirus?	28
What should I do if my organisation wants an exemption?	28
What support is available to businesses and individuals?	28
What is considered outback?	28

Introduction

The Queensland Government understands the critical importance of fitness, sport and active recreation to Queenslanders and the strong desire to safely phase in its re-introduction.

Getting Queenslanders active is a key priority, and restarting activities in stages will ensure we keep everyone safe, healthy and moving. This staged approach is in line with directions from National Cabinet and [Queensland's Roadmap](#) to easing restrictions.

As the end of each stage approaches, we will review the situation and health advice to ensure it is safe to move on to the next stage. This Guide will continue to be updated to reflect the current situation and as organisations and clubs provide feedback.

The Sports Minister's Return to Play Advisory Group, which meets weekly, will oversee the plan for Return to Play and support the principles from the National Cabinet. The authority for 'returning to play' in Queensland remains the Chief Health Officer.

Return to Play considerations must follow the advice from the Chief Health Officer and ensure that all the steps we take reinforce hygiene practices and physical distancing, and introduce strict processes if participants are showing symptoms of COVID-19.

The sport, recreation and fitness industry should consider the directions and advice of [Queensland Health](#).

These directions are subject to change however provide clear information on activities and any exceptions that may apply.

The proposed restrictions and dates for Stage 2 and 3 are not guaranteed and subject to further consideration by the Queensland Government based on managing the spread of COVID-19.



Purpose of this guide

This information is a regularly updated guide for returning to play for fitness, sport and active recreation peak bodies, individuals, organisations and clubs impacted by the COVID-19 pandemic restrictions across Queensland.

It sets out key considerations that should be taken into account when restrictions start to lift, including a [Return to Play Readiness Checklist](#) to assist in this process.



National principles for the resumption of sport and recreation activities

1 Resumption of sport and recreation activities can contribute many health, economic, social and cultural benefits to Australian society emerging from the COVID-19 environment.

2 Resumption of sport and recreation activities should not compromise the health of individuals or the community.

3 Resumption of sport and recreation activities will be based on objective health information to ensure they are conducted safely and do not risk increased COVID-19 local transmission rates.

4 All decisions about resumption of sport and recreation activities must take place with careful reference to these National Principles following close consultation with Federal, State/Territory and/or Local Public Health Authorities, as relevant.

5 The AIS 'Framework for Rebooting Sport in a COVID-19 Environment' provides a guide for the reintroduction of sport and recreation in Australia, including high performance sport. The AIS Framework incorporates consideration of the differences between contact and non-contact sport and indoor and outdoor activity. Whilst the three phases A, B and C of the AIS Framework provide a general guide, individual jurisdictions may provide guidance on the timing of introduction of various levels of sport participation with regard to local epidemiology, risk mitigation strategies and public health capacity.

6 International evidence to date is suggestive that outdoor activities are a lower risk setting for COVID-19 transmission. There is no good data on risks of indoor sporting activity but, at this time, the risk is assumed to be greater than for outdoor sporting activity, even with similar mitigation steps taken.

7 All individuals who participate in, and contribute to, sport and recreation will be considered in resumption plans, including those at the high performance/professional level, those at the community competitive level, and those who wish to enjoy passive (non-contact) individual sports and recreation.

8 Resumption of community sport and recreation activity should take place in a staged fashion with an initial phase of small group (<10) activities in a non-contact fashion, prior to moving on to a subsequent phase of large group (>10) activities including full contact training/competition in sport. Individual jurisdictions will determine progression through these phases, taking account of local epidemiology, risk mitigation strategies and public health capability.

a This includes the resumption of children's outdoor sport with strict physical distancing measures for non-sporting attendees such as parents.

b This includes the resumption of outdoor recreational activities including (but not limited to) outdoor-based personal training and boot camps, golf, fishing, bush-walking, swimming, etc.

9 Significantly enhanced risk mitigation (including avoidance and physical distancing) must be applied to all indoor activities associated with outdoor sporting codes (e.g. club rooms, training facilities, gymnasias and the like).

10 For high performance and professional sporting organisations, the regime underpinned in the AIS Framework is considered a minimum baseline standard required to be met before the resumption of training and match play, noting most sports and participants are currently operating at level A of the AIS Framework.

11 If sporting organisations are seeking specific exemptions in order to recommence activity, particularly with regard to competitions, they are required to engage with, and where necessary seek approvals from, the respective State/Territory and/or Local Public Health Authorities regarding additional measures to reduce the risk of COVID-19 spread.

12 At all times sport and recreation organisations must respond to the directives of Public Health Authorities. Localised outbreaks may require sporting organisations to again restrict activity and those organisations must be ready to respond accordingly. The detection of a positive COVID-19 case in a sporting or recreation club or organisation will result in a standard public health response, which could include quarantine of a whole team or large group, and close contacts, for the required period.

13 The risks associated with large gatherings are such that, for the foreseeable future, elite sports, if recommenced, should do so in a spectator-free environment with the minimum support staff available to support the competition. Community sport and recreation activities should limit those present to the minimum required to support the participants (e.g. one parent or carer per child if necessary).

14 The sporting environment (training and competition venues) should be assessed to ensure precautions are taken to minimise risk to those participating in sport and those attending sporting events as spectators (where and when permissible).

15 The safety and well-being of the Australian community will be the priority in any further and specific decisions about the resumption of sport, which will be considered by the COVID-19 Sports and Health Committee.

These principles have been extracted from [‘The Australian Institute of Sport \(AIS\) framework for rebooting sport in a COVID19 environment’](#)

The following peak bodies have prepared documents which may complement Government guidelines:

The Outdoor Council of Australia’s national principles for the rebooting of outdoor activities can be found at www.outdoorcouncil.asn.au.

Fitness Australia’s Re-opening Considerations of Fitness Facilities in Australia can be found at https://bp-fitnessaustralia-production.s3.amazonaws.com/uploads/uploaded_file/file/474576/Re-opening_Considerations_May_2020.pdf

General considerations

Before re-opening, organisations and businesses delivering sport, recreation and fitness activities must consider how to meet physical distancing and hygiene obligations at the relevant stages.

Governing bodies should lead the development of COVID-SAFE plans for each activity, which includes the following considerations:

	Is your workforce informed of COVID-19 safe practices relevant for your workplace?
	Are you conducting/intending to conduct activities according to the recommendation levels detailed in Appendix A of the <i>Australian Institute of Sport (AIS) Framework for Rebooting Sport in a COVID-19 Environment</i> ?
	Has your organisation or the relevant governing body developed return to play/activity guidelines and resources to support the affiliate community organisations/businesses?
	What level of monitoring is intended to be undertaken to ensure affiliate organisations and businesses adhere to these guidelines, checklists, etc.?
	Has your organisation or governing body reviewed and communicated any changes to the level/conditions of insurance (i.e. participant accident) in relation to the COVID-19 crisis and public health restrictions?
	Has your organisation encouraged participants, officials, administrators, sports medicine personnel, volunteers, etc. to sign up to the COVIDSafe app ?
	Has your organisation clearly communicated the process to adhere to should a participant, spectator, official, etc. test positive to COVID-19?
	Have you determined how you will communicate updates to participants, officials, administrators, sports medicine personnel, volunteers, etc.?
	Are there any special events, competitions or celebrations that were being planned in the next 3 to 6 months that may need consideration given current restrictions?
	Have you discussed with your facility / land owner and council about access, the conditions of use and any local restrictions?
	Has your organisation completed the Return to Play Readiness Checklist ?

Physical distancing










Physical distancing is a vital tool in reducing the spread of viruses by decreasing the exposure from other people.

Anyone intending on opening facilities or delivering activities (in the appropriate stage) must look to minimise the risk of spreading infection by implementing measures to protect any participants, spectators and visitors.

If an activity cannot be undertaken using physical distancing requirements, it should not be undertaken during that stage.



Physical distancing requirements

STAGE 1	STAGE 2	STAGE 3
 15 May 2020	 12 June 2020	 10 July 2020
 1.5 metres between people, 4 square metres per person when indoors	 1.5 metres between people, 4 square metres per person when indoors	 1.5 metres between people, 4 square metres per person when indoors
 Non-contact activity with less than 10 people*	 Non-contact activity with up to 20 people*	 Sport, recreation and fitness activity with a maximum of 100 people*

*Number of people includes participants and any other person around the gathering including staff, trainers and instructors.



For more information on physical distancing, visit 'Protect yourself and others': coronavirus (COVID-19) – www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/take-action/social-distancing.

For details on current restrictions, visit Queensland's Roadmap to Easing Restrictions: www.covid19.qld.gov.au/government-actions/roadmap-to-easing-queenslands-restrictions

How to maintain physical distancing in sport, recreation and fitness activities

Depending on the activities being delivered, the following can support measures to ensure physical distancing requirements are met:

Outdoors and venue/facilities	Restrict the number of people entering/coming to the activity, close areas of potential congestion (i.e. change-rooms and communal shower areas, clubhouse spaces, etc.), manage the flow of people around the venue/facility, spread out equipment and separate groups of people.
Around the participant area	Increase the space between the equipment/participants, mark spacing on team benches (or remove), mark spacing for spectators on rails, seating or encourage BYO chair.
Individual activities	Spread out to maintain the 1.5 metre distance and use your own equipment.
Teams	Separate a large team into smaller groups (i.e. offence, defence, mid-field), group the teams into areas of the facility to avoid cross over, ensure activities are non-contact (from Stage 2 only).
Coaches	Avoid the hands-on approach, use coaching tools such as videos and whiteboards to show participants what is required. When participants enter a space, place a marker at a safe distance (from Stage 2 only).
Officials	Bring own equipment, water bottle, towel, chair and any other necessary officiating requirements (from Stage 2 only).
Sports Medicine personnel	Where possible, limit exposure and gain guidance from Sports Medicine Australia or lead agencies regarding personal protective equipment.
Administrator and committee	Consider replacing face-to-face meetings with telecommunication, emails or online discussion platforms.

Educate participants on physical distancing

Some participants may not understand how to undertake physical distancing while participating in activities or visiting the venues.

As a provider of activities, you may need to educate the participants, carers and visitors.



Send information in newsletters



Place posters in facilities/venues



Use a physical item/barrier (white hats, markers, tape, close access) to restrict access

There are resources available to educate and promote good physical distancing practices:



Help Stop the Spread (Australian Government): <https://www.youtube.com/watch?v=2WCtGFNENYU>

Posters and images for downloading: www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/find-the-facts/resources

Staying home – Physical distancing: www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/take-action/social-distancing

[Health and Safety Resources for coronavirus \(COVID-19\)](#) – Business Queensland

Q. How do I restrict the number of people coming to the venue/facility?

A. Adapt the training schedule to avoid overlap of participants, encourage only one parent or carer to attend with children and have participants ‘get in, train and get out’ by closing change-room facilities.

Q. How do I manage the flow of people around the venue/facility?

A. Consider creating a one-way flow of people through the venue/facility by placing arrows on walls and the ground, and close areas of potential congestion.

Q. How do I physically distance myself when my sport requires me to tackle, wrestle, scrum, defend in close proximity?

A. All activities must be non-contact until Stage 3 ease of restrictions on 10 July 2020. You may need to be creative with the skills, drills and activities until that time. Focus on building up the strength, fitness and skill requirements needed to perform these elements during this time.





Hygiene

Everyone can slow the spread of COVID-19 by washing their hands frequently and maintaining good personal hygiene practices.

Things to consider:



communicate your sport and recreation activities' hygiene practices to your participants and members



some vulnerable groups (people with disabilities, medical conditions, elderly) may need specific strategies/consideration.



<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>

Stop the spread of germs: <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/find-the-facts/resources/stop-the-spread-of-germs>

12 step guide to hand washing: (<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/find-the-facts/resources/handwashing-12-step-guide>)

Coronavirus resources for Aboriginal and Torres Strait Islander people and remote communities: www.health.gov.au/resources/collections/coronavirus-covid-19-resources-for-aboriginal-and-torres-strait-islander-people-and-remote-communities

Hygiene resources: <https://www.business.qld.gov.au/running-business/whs/resources-covid-19>

Personal hygiene

For participants, coaches, officials and volunteers, these hygiene practices are a must in this COVID-19 environment.

- Hand washing/sanitising.
- Covering your coughs and sneezes and properly disposing of tissues and hand washing immediately after.
- Not sharing water bottles.
- Avoid touching your face.
- Clean equipment after use.
- Limit touching surfaces.
- Ventilate your home or workspace.
- Do not attend your sport and recreation activity if you are unwell.

Facilities and playing area

Before reopening your facilities and playing area, please:

- | | |
|--------------------------|---|
| <input type="checkbox"/> | review the Roadmap for easing Restrictions Framework for COVID Safe Businesses to ensure that Workplace Health and Safety requirements are been met. Supporting information for the framework |
| <input type="checkbox"/> | discuss with your facility / land owner and council about the conditions of use and any local restrictions |
| <input type="checkbox"/> | check with your governing body to see if there is a specific sport/recreation activity checklist available to provide guidance (e.g. Tennis Queensland Club Self-Assessment Checklist for Re-Opening) |
| <input type="checkbox"/> | undertake a review of the facility and identify any repairs to ensure it is safe for participants and visitors |
| <input type="checkbox"/> | ensure your workforce has been informed and trained about the condition and restrictions of restarting activities |
| <input type="checkbox"/> | develop a COVID Safe Plan to reopen and operate your organisation safely by: |
| <input type="checkbox"/> | identifying high-touch areas for regular cleaning (e.g. door handles, toilets/ change-rooms, service counters, etc.) |
| <input type="checkbox"/> | identifying potential high participant/visitor traffic (i.e. entrance to facility, drop-off/pick-up areas, entrance to playing area) |
| <input type="checkbox"/> | consider including signage and markers to promote physical distancing and good hygiene. |
| <input type="checkbox"/> | preparing a schedule of training/participation to avoid participant contact (e.g. schedule a 15-minute break to allow people to vacate the area) |
| <input type="checkbox"/> | allocating participation spaces to maximise physical distancing (e.g. separate areas for assembly, warm up, cool down and separate areas for groups of participants) |
| <input type="checkbox"/> | locating areas for hand washing and sanitising |
| <input type="checkbox"/> | preparing a cleaning and waste removal practice and routine |
| <input type="checkbox"/> | removing seating or spacing the seating at least 1.5 metres apart |
| <input type="checkbox"/> | considering removing items such as bin lids or use bins with hands-free pedals |
| <input type="checkbox"/> | implementing attendance and volunteer logs to record who is at your facility/ venue to assist with tracing if it is required |
| <input type="checkbox"/> | communicate with your participants and visitors about how the restrictions will work at your facility. |
| <input type="checkbox"/> | monitor and adjust the plan to ensure that participants and visitors remain safe and within the restriction guidelines |

Q. We have an indoor weight room for our participants and members, when can we open this for use?

A. Stage 2: 12 June 2020 allows for the opening of gym facilities and for gatherings of up to 20 people. Before that only outdoor gyms and personal training is permitted for less than 10 people.

Q. Our facility owner is not opening the facility we use for our activity. Can we force them to open so we can participate?

A. Facility owners need to undertake a review of the activities and operations. A facility is not required to open. You should talk to the owner about the timeframes for opening and conditions of access.

Equipment

Most sport and recreation activities require equipment. Equipment can be shared, personal, small and large. Different hygiene practices will need to be developed for your activities' equipment.

- Check how to clean the equipment to ensure it is hygienic and does not damage the equipment.
- Establish protocols for laundering bibs/jerseys or other shared uniform items (e.g. implement 'wash-your-own' guidelines).

Remember, some stages of restriction do not permit for equipment to be shared.



[Work Safe Australia COVID-19 Resource Kit](#)
[Business Queensland - Resources and fact sheet COVID-19](#)

Q. Can shared equipment still be used?

A. Where possible, participants should bring their own equipment and minimise the use of shared equipment. Any shared equipment should be cleaned pre and post activity and participants should sanitise their hands.



Food and beverage

The return to food and beverage services at sport and recreation organisations should be a staged process. Canteens are recommended to open with the return of community sport in Stage 2 from 12 June 2020.

If your sport and recreation facility/venue has previously provided food and beverage services, then you must complete a COVID-19 Checklist for dining at restaurant, cafes, pubs, clubs, RSL clubs and hotels.

The checklist outlines the steps and requirements for re-opening including mandatory COVID-19 safe workplace training for staff, maintaining physical distancing and good hygiene practices for the safety of your employees, volunteers, participants and visitors.

To reopen and operate your business safely, you must have a workplace health and safety (WHS) plan in place to demonstrate the actions you are taking to ensure the health and safety of your employees and customers. This WHS plan, or a summary of it, should be displayed to show that your business is operating safely.

You do not need to submit your WHS plan to any authority for approval.



Click here to undertake the [COVID-19 Checklist for dining at restaurant, cafes, pubs, clubs, RSL clubs and hotels](#).



To keep up to date and find additional guidance, visit www.covid19.qld.gov.au and www.worksafe.qld.gov.au

Q. We provide a training night dinner for participants and families, can we still conduct these?

A. Once the restrictions are eased (Stage 3: 10 July 2020), then social gatherings such as these can re-start within the guidelines outlined in the Checklist.

Q. The canteen service we provide brings much needed money into our organisation, so how can we get this going again?

A. Based on health advice, canteens associated with community sports clubs will not be able to open in Stage 1. Canteens are recommended to open with the return of community sport in Stage 2 from 12 June 2020.

Q. Can we still have volunteers help in the canteen?

A. Yes, just look after the wellbeing of these people by implementing things like maintaining a record of the people who work in the canteen, installing barriers to maintain physical distancing and having good hygiene and cleaning practices in place.

Workforce

Considerations for the workforce, whether paid or volunteer, should include the following:

- Ensure the workforce has been informed about conditions of restarting activities and has completed the required training.
- Working from home arrangements should continue if possible, however, if needed and if physical distancing can be maintained, transitioning back to work can be considered.
- Non-essential personnel should be minimised at all activities, however, any volunteers required must be considered within restricted numbers, and physical distancing and hygiene measures must be adhered to.
- Volunteers and employed staff should regularly check with their employers and governing bodies for specific updates.

Organisations should ensure they are up to date with Queensland Health directions relevant to their workplace and that their workforce is informed of COVID-19 safe practices.

All staff in industries requiring a COVID Safe Checklist will require their staff to complete mandatory COVID Safe Workplace training. The training programs will be free to access online through TAFE Queensland. More information is available [here](#).



[FAQ document](#)

[Roadmap for Easing Restrictions](#)

[Framework for COVID Safe Businesses](#)

[COVID Safe Checklist for dining](#)

[COVID Safe Checklist for Beauty Therapists and Nail Salons](#)









Review Worksafe regulations and access [information and resources from Safe Work Australia](#).

Resources to assist workplaces can be found at [Safe Work Australia](#)



Transport

Travel to your sport and recreation activity, should be in line with the restrictions.

STAGE 1	STAGE 2	STAGE 3
 From 15 May 2020 Maximum of 150 kms within your region  Outback: 500kms within the outback if you live in the outback  With up to 10 people	 From 12 June 2020 Maximum of 250 kms within your region  Outback: 500kms within the outback if you live in the outback  Up to 20 people	 From 10 July 2020 Further review intrastate and interstate travel  Maximum of 100 people



[Travel restrictions to remote communities](#)

THINGS TO CONSIDER:



Self-drive or drop off/pick up – consider if your activity lends itself to a self-drive or pick up and drop off capability to limit exposure in a confined area. Minimise persons travelling (one player transported by one driver).



One parent/carer – if a parent/carer is required to remain onsite, only one person should stay and maintain physical distancing from other people.



Ridesharing – multiple persons in a single vehicle should be avoided if possible. Keep windows open and fresh air circulating. Turn off air conditioning or if required, set to open air and not re-circulation setting. All persons entering a vehicle should wash their hands with soap and running water and dry hands, or use alcohol-based hand rub prior to entering the vehicle and after a journey.



Bus transport - when using private or public bus services, consider personal hygiene, physical distancing and the cleaning protocols. To assist, [TRANSLink](#) provides some tips on staying healthy on public transport. Please discuss with your bus service provider.









Industry

Sport

Indoor—including team, individual, contact and non-contact activities

STAGE 1 From 15 May	No indoor activity permitted, except for pools, which can operate for up to 10 people until Stage 2. The following activities are exempt from the health directives: golf, tennis and lawn bowls.
STAGE 2 From 12 June	Non-contact activity permitted for up to 20 people.
STAGE 3 From 10 July	Standard activity permitted to occur for up to 100 people.

THINGS TO CONSIDER:

	Some sharing of equipment may be permitted such as weights, mats, balls or skipping ropes, with recommended use of hand sanitiser before using a new piece of shared equipment.
	Modify training/playing conditions or activity rules to support physical distancing, e.g. adequate spacing, non-contact skills training and limited equipment sharing.
	Implement changed behaviour standards for participants and spectators, e.g. no high-fives, team huddles or hand shaking, and limiting spectators.
	Display signage at all entry or exit points of the sporting facility to provide relevant information to reinforce hygiene procedures. Display handwashing 12 step guide and environmental-cleaning . Also consider displaying your Return to Play Readiness Checklist .
	Provide hand sanitisers or adequate hand washing facilities for participants and spectators, with signage to outline procedures for before and after equipment use and attendance.
	Restrict the use of communal facilities (e.g. showers, change rooms).
	Undertake additional cleaning of shared equipment and communal areas.
	Plan for the physical distancing of spectators, including strategies for managing the flow of people to, from and within the venue.

SCENARIO

On 16 May, Isabelle and Maddie are going to their local park to practice their football skills and drills as they usually play in a team together. They share a football however they made sure to sanitise their hands before and after their training session. As this was not an organised training session conducted by their club it is permitted under Stage 1 restrictions.

Outdoor—including team, individual, contact and non-contact activity

STAGE 1

From 15 May

- The resumption of community sport including the organised return of club training is not scheduled until Stage 2 of the easing of restrictions.
- Exemptions may be considered in exceptional circumstances including return of community and professional training. Your organisation should provide solid evidence of mitigation strategies that would ensure community safety. Submissions will be considered and advice provided to assist the Chief Health Officer to make a determination. Submissions can be emailed to SR_Covid19@npsr.qld.gov.au.
- Stage 1 restrictions are intended to allow informal, unstructured physical activity and training.
- Non-contact informal activity permitted for up to 10 people.
- Pools can operate for up to 10 people.
- Communal swimming pools are open for recreation, training and rehabilitation purposes, ensuring the following rules:
 - a maximum of 10 swimmers per pool
 - no spectators, except for up to one parent/carer per child, if necessary
 - communal showers and change rooms are closed, toilets may remain open
 - minimise the use of communal facilities.
- Shower with soap before and after swimming (at home, not at the pool).
- The following activities are exempt from the health directives: golf, tennis and lawn bowls.

STAGE 2

From 12 June

- Non-contact activity permitted for up to 20 people.
- Pools can operate for up to 20 people.

STAGE 3

From 10 July

- Standard activity permitted to occur for up to 100 people.

THINGS TO CONSIDER:



Some sharing of equipment may be permitted such as weights, balls or skipping ropes, with recommended use of hand sanitiser before using a new piece of shared equipment.



Modify training/playing conditions or activity rules to support physical distancing, e.g. adequate spacing, non-contact skills training and limited equipment sharing.



Implement changed behaviour standards for participants and spectators, e.g. no high-fives, team huddles, hand shaking.



Display signage and warnings specific to COVID-19 transmission around the venue.



Provide hand sanitisers or adequate hand washing facilities for participants and spectators, with signage to outline procedures for before and after equipment use and attendance.



Restrict the use of communal facilities (e.g. showers, change rooms).



Undertake additional cleaning of shared equipment and communal areas.

Plan for the physical distancing of spectators, including strategies for managing the flow of people to, from and within the venue.



Recreation

Resuming recreation and outdoor activities requires careful planning and consideration to decrease the risk COVID-19 transmission. Participants, teachers, volunteers, outdoor leaders and commercial operators need to ensure the safety of participants and the wider community by adhering to all physical distancing and hygiene measures mentioned in this guide.

We encourage everyone to use common sense when attending small public gatherings and if a park, or any other outdoor public space is overcrowded, it is recommended you go somewhere else for the time being.

SCENARIO

On 16 May, Dave and three other mates who live in Caloundra travel 23.5km to Dularcha National Park (Landsborough) to go for a mountain bike ride. Each have their own mountain bike, helmet and water bottle and maintain physical distancing of 1.5 metres. Each rider rides single file through the national park, and when they reach a group of hikers, they stop at a distance and let them pass. After a few hours of bike riding, they retire for the day and head back to Caloundra.

Camping/day trips

Day trips to local, state and national parks and beaches are permitted.

More information will be available about camping activities in the coming weeks.

STAGE 1 From 15 May	<ul style="list-style-type: none">• Travel 150 kilometres from home for day trips.• Outback: 500kms within the outback if you live in the outback.
STAGE 2 From 12 June	<ul style="list-style-type: none">• Travel 250 kilometres from home.• Recreational travel, camping in camping grounds, overnight or for multiple nights, accommodation (including caravan parks).• Outback: Within the outback if you live in the outback.
STAGE 3 From 10 July	<ul style="list-style-type: none">• Further review of intrastate and interstate travel.

Family/groups

STAGE 1 From 15 May	<ul style="list-style-type: none">• Family and friends can gather in groups of up to 10 people in outdoor settings, including for hiking and other recreational activities in local, state and national parks (including group leaders and supervisors) while everyone maintains adequate spacing (not more than one person per 4m²). Up to 10 people does not mean only 10 people are allowed in the national park. The number restriction refers to a group/gathering. All groups should ensure that they do not cross over with other groups, using the stand back - give way method.• An exception to this is the use of outdoor gyms, playgrounds, skate parks and pools. Although re-opening in Stage 1, a maximum of 10 people at one time. Use common sense when utilising outdoor equipment, one person per piece of equipment and ensure you are keeping up physical distancing and hand hygiene.
STAGE 2 From 12 June	<ul style="list-style-type: none">• Family and friends can gather in groups of up to 20 people in outdoor settings and participate in all activities mentioned above with the addition of camping. See camping/day trips section for restrictions on distance of travel.
STAGE 3 From 10 July	<ul style="list-style-type: none">• Family and friends will be able to gather in a group of 100 (subject to further planning and review by the Queensland Government).

Individuals

Currently, recreation and outdoor activities that can be conducted locally by a solo participant or pairs from the same household.

Individuals should sign up to the [COVIDSafe app](#).

Individuals should take care and ensure all physical distancing and hygiene measures are adhered to. No sharing of personal items (e.g. hiking poles, surf boards, harnesses, helmets etc.) and do not participate in recreational activities if you are feeling unwell.

A maximum of 10 people can use outdoor exercise equipment/gyms at one time. Use common sense when utilising outdoor equipment, one person per piece of equipment and ensure you are keeping up physical distancing and hand hygiene.

For travel distance restrictions please see section “camping/day trips”.

Commercial

Commercial operators need to ensure they are following the staged restrictions of the 'Roadmap', including number of participants per group (including leaders or instructors).

STAGE 1 From 15 May	<ul style="list-style-type: none">Up to 10 people (outdoor only).
STAGE 2 From 12 June	<ul style="list-style-type: none">Up to 20 people.The Queensland Government is working with the outdoor industry to inform Stage 2 return to play for youth/ community groups.
STAGE 3 From 10 July	<ul style="list-style-type: none">Up to 100 people.

Additionally, all businesses in Queensland have obligations and responsibilities under Workplace Health and Safety (WHS) legislation.

Every organisation must comply with all relevant Queensland Health Directives. For example:

- Home Confinement, Movement and Gathering Direction (No. 4)
- Non-Essential Business, Activity and Undertaking Closure Direction (No. 9)

Including physical distancing and hygiene measures, logging of participants, and encouraging the use of the Federal Government's [COVIDSafe app](#).

Up to date information on the 'Framework for COVID SAFE Businesses' and supporting information can be found at <https://www.covid19.qld.gov.au/government-actions/roadmap-to-easing-queenslands-restrictions>









Fitness

Resuming fitness activities requires careful planning and consideration to decrease the risk of COVID-19 transmission. Fitness organisations, instructors and personal trainers need to ensure the safety of participants and the wider community by adhering to all physical distancing and hygiene and cleaning measures mentioned in this guide.

Outdoor gyms and equipment

STAGE 1 From May 15	Permitted to operate with up to 10 people.
STAGE 2 From June 12	Permitted to operate with up to 20 people. The Queensland Government is working with the fitness industry to inform Stage 2 return to play.
STAGE 3 From July 10	Permitted to operate with up to 100 people.





THINGS TO CONSIDER:

	Participants and members of the public should use common sense when using outdoor public spaces and exercise equipment, and if a park or any other outdoor public space is over-crowded, go somewhere else for the time being.
	Display signage and warnings specific to COVID-19 transmission around equipment and outdoor facilities.
	Provide hand sanitisers or adequate hand washing facilities, with signage to outline procedures for before and after equipment use.
	Some sharing of equipment may be permitted such as weights or skipping ropes, with recommended use of hand sanitiser and cleaning shared equipment before and after use.
	Restrict the use of communal facilities (e.g. showers, change rooms).
	Equipment to be cleaned after use by outdoor facility owner.

Personal training (indoor and outdoor)

STAGE 1 From May 15	Outdoor personal training up to 10 people. Indoor personal training not permitted.
STAGE 2 From June 12	Indoor and outdoor non-contact personal training with up to 20 people and with 4 square metres per person when indoors.
STAGE 3 From July 10	The Queensland Government is working with the fitness industry to inform Stage 3 return to play.

THINGS TO CONSIDER:

	Some sharing of equipment may be permitted such as weights or skipping ropes, with recommended use of hand sanitiser and cleaning shared equipment before and after use.
	Provide hand sanitisers before and after sessions.
	Adequate spacing of 4 square metres per person when indoors, may be achieved by: <ul style="list-style-type: none"> – repositioning of equipment – clear markings on floor space – clear signage on or around equipment.
	Have cleaning protocols in place for fixed equipment and facilities particularly in between groups or sessions.

Indoor gyms, studios and health clubs

STAGE 1 From May 15	Not permitted to open*.
STAGE 2 From June 12	Permitted to open with up to 20 people (more with COVID-SAFE Plan approved by health authorities) and with 4 square metres per person when indoors.
STAGE 3 From July 10	Permitted to open with up to 100 people and with 4 square metres per person when indoors.

**Note there may be exceptions where health services are provided by health practitioners registered under the Health Practitioner Regulation National Law as outlined in health directives.*

THINGS TO CONSIDER:



Display additional signage and warnings specific to COVID-19 transmission at all thresholds, waypoints and reception areas.



Encourage members to 'Get in, train and get out' by being prepared for training prior to arrival at venue (i.e. minimise need to use/gather in change rooms and bathrooms).



Provide hand sanitisers on entry and exit to venues, as well as pre, post and during training (where possible).



Adequate spacing of 4 square metres per person when indoors, may be achieved by:

- repositioning of equipment
- clear markings on floor space
- clear signage on or around equipment.



Have cleaning protocols in place for equipment and facilities particularly in between group classes.



Close or cordon off non-essential spaces and facilities such as water bubblers, showers, saunas, scales, chairs, tables and lounges.

SCENARIO

On Sunday 17 May, Mary intends to utilise outdoor exercise equipment in a park close to her home. She brings a towel, her own drink bottle and hand sanitiser.

Using common sense to determine if there are already too many people utilising the equipment, if safe to do so, Mary proceeds to use one piece of equipment at a time, while physically distancing from others and applying hand sanitiser to her hands before using each piece of equipment.

At the end of her workout she sanitises her hands and washes her towel when she gets home.

Organisation

- Organisations should develop a plan to outline how their activity will be delivered within the staged restrictions and communicate this to all its stakeholders.
- This plan should include:
 - how activity will be delivered including training and competitions
 - changes to rules and regulations
 - impacts and actions for stakeholders (including participants, parents, affiliates, officials etc.).

- Organisations must ensure any activity being delivered meets the current restrictions within the stages.
- Organisations should encourage all stakeholders to sign up to the [COVIDSafe app](#).

It is recommended that all organisations complete the [Return to Play Readiness Checklist](#).

Coach

- Organised training/coaching can commence from Stage 2 if the activity and number of participants is permitted within the stated restrictions.
- Coaching staff should:
 - maintain an attendance register and monitor health of participants before, during and after sessions
 - follow monitoring and reporting protocols if a participant becomes unwell
 - provide soap or hand-sanitiser
 - clean all equipment and surfaces before and after use
 - ensure participants maintain physical distancing and recommended hygiene practices.
 - limit the use of shared equipment
 - avoid hands-on approaches.
- Coaches should regularly check with their State Level Organisation or Industry Peak Body for specific and up-to-date requirements for their activity.

SCENARIO

Coach Charlie is the coach for a rugby league team and is excited to inform the players that training is commencing on 13 June. As there are 25 players in the squad, training is in groups of no more than 20, and changing sheds will not be available before or after training, meaning players will need to shower at home.

Coach has requested each player to bring hand sanitiser, their own water bottle and additional water that they will want to use during the session. Additional sanitiser will be available at the ground.

Coach has ensured that all the equipment including balls, goal post padding and cones have been cleaned before training and will be cleaned in between training sessions. The training will be about skill development, and there will be no contact drills (tackling). No high fives or other physical contact.

Participant / parents

- Training and coaching can commence from Stage 2 if the activity and number of participants are permitted within the staged restrictions.
- Parents should contact their club or activity provider to understand how or if activity will be resumed.
- Physical distancing and hygiene measures should be adhered to if parents are accompanying their child to an activity.
- Parents and participants should sign up to the [COVIDSafe app](#).

SCENARIO

Trevor would like to play social tennis with up to 8 friends at his local court. As of 15 May, this activity can take place with up to 10 people as it is a non-contact outdoor activity.

Players on and off court (those waiting for their turn to play) should maintain physical distancing and clean hands before and after playing. They should also minimise the use of shared equipment, for example, by bringing their own tennis racket.

Players should be aware of the surfaces that people would be touching and avoid the end of game handshake.

Q. My daughter plays basketball for a local club. When will she be able to return to training and playing?

Non-contact training and play for indoor sports can recommence on 12 June 2020 for groups of up to 20 people.

From 10 July 2020, indoor and outdoor community sport can occur for groups up to 100 people. This number includes participants, coaches and spectators and all activity will need to maintain the above public health rules.

Also check with your club as to how they are meeting the above requirements and ensure your daughter and family are implementing the hygiene and physical distancing practices when attending training and games.

Official

Competitions can commence from Stage 2 if the activity and number of participants is permitted within the stated restrictions.

- Officials should:
 - ensure they are informed of any rule and regulation changes for your sport
 - enforce rules and regulations at competitions.
- Officials should regularly check with their State Level Organisation or Industry Peak Body for specific and up-to-date requirements for their activity.

Spectator

Spectators and non-essential personnel should be minimised however if spectators do attend training or competitions, in any stage, they are to be considered within the specified limit of people for that stage.

Prior to spectators being permitted at fixtures, organisations should ensure:

- physical distancing can be maintained within the venue
- signage is displayed at all entry or exit points of the sporting facility to provide relevant information to reinforce hygiene procedures [handwashing 12 step guide](#) and [environmental-cleaning](#)
- everyone entering and exiting the sporting facilities are encouraged to clean their hands on entry and exit.
- hand sanitisers or adequate hand washing facilities are available and in good working order
- strategies for managing the flow of people to, from and within the venue are in place.



Guidance and support

Where do I find support and resources?

- Affiliated local and regional sport and recreation organisations should contact their State Level Organisation in the first instance.
- Support can also be provided by Peak Bodies:
 - [QSport](#)
 - [Queensland Outdoor Recreation Federation](#)
 - [Fitness Australia](#).
- For more information on Sport and Recreation in Queensland visit the website: <https://www.hpw.qld.gov.au/news-publications/news?topic=covid19-sport-recreation>

For further advice and support contact Department Housing and Public Works (Sport and Recreation) via email SR_Industries@npsr.qld.gov.au.

What should my organisation do if a participant thinks they have symptoms of coronavirus?

Information for participant:

- You can compare the [symptoms of coronavirus](#) (COVID-19), with the common cold and flu.
- Feeling unwell? If you develop a fever, a cough, sore throat or shortness of breath, contact a doctor or call 13HEALTH (13 43 25 84).
- Self-isolate at home if presenting symptoms.

Information for Clubs, Peak Sporting Bodies or Active Recreation Organisations:

- Notify health authorities.
- Notify your Peak Body and the Department Housing and Public Works (Sport and Recreation)
- Communicate with officials, teams, participants, parents and carers.

What should I do if my organisation wants an exemption?

- Exemptions from the information in this guide will be only be considered by the Chief Health Officer in exceptional circumstances. Your organisation should provide solid evidence of mitigation strategies that would ensure community safety. Submissions will be considered and advice provided to assist the Chief Health Officer to make a determination. Submissions can be emailed to SR_Covid19@npsr.qld.gov.au.

What support is available to businesses and individuals?

- A list of Queensland Government support is available via the website: www.qrida.qld.gov.au/current-programs/covid-19-business-support/queensland-covid19-jobs-support-scheme
- A list of Federal Government stimulus is available via the website: <https://treasury.gov.au/coronavirus>.

What is considered outback?

Information about what areas of Queensland are considered “Outback Areas” can be found here <https://www.covid19.qld.gov.au/government-actions/outback-queensland>

Queensland Health resources and fact sheets

Website: www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/find-the-facts/resources

Health advice

For health advice, including on over-the-phone nurse assessment of your symptoms call 13 HEALTH (13 43 25 84)

Mental health support

For mental health support, call 1800 61 44 34

Business Queensland – Pandemic risk management for business

Website: www.business.qld.gov.au/running-business/protecting-business/risk-management/pandemic-risk-management

Safe work Australia

Website: www.safeworkaustralia.gov.au/collection/covid-19-resource-kit

Breaches

On-the-spot fines of \$1334 for individuals and \$6,672 for corporations/business can be issued if the Chief Health Officer's public health directions are breached.



Return to Play Readiness Checklist

It is recommended that all organisations complete the Return to Play Readiness Checklist.

The checklist is a tool to assist sport, recreation and fitness organisations to assess their preparedness to deliver any activities within the staged restrictions.

It is a self-assessment tool that does not need to be submitted to the department.

