



**SPORTING WHEELIES  
AND DISABLED ASSOCIATION**

**THE SPORTING WHEELIES AND  
DISABLED ASSOCIATION  
FRAMEWORK FOR RECOMMENCING  
HEALTH AND FITNESS IN A GYM  
SETTING IN A POST COVID-19  
ENVIRONMENT**

May 2020

# INTRODUCTION

This document outlines the principles and strategy to reopen the Sporting Wheelies Health and Fitness Centre in a post COVID-19 environment. The document has been developed based on the National Cabinet endorsed 'National Principles for the Resumption of Sport and Recreation Activities' developed by the Australian Health Protection Principal Committee (AHPPC) and includes consideration of the Rebooting Sport framework which was developed by the Australian Institute of Sport (AIS) to inform the resumption of sport.

This paper considers the principles that should be applied to the Sporting Wheelies Health and Fitness Centre to ensure the health and safety of members and staff.

While cleanliness is important for just about every industry, gym facilities are at particular risk of spreading disease. Sporting Wheelies prides itself on being a leader in ensuring the health and safety of members and staff and we will be relentless in finding ways to reduce the risk associated with COVID-19 to everyone involved.

There are a number of specific considerations regarding the staging of the reopening of the Health and Fitness centre for Sporting Wheelies:

- One-on-one sessions/general gym
- Contact/non-contact
- Individuals/groups
- Indoor/outdoor
- Health/compromised immunity/disability

With careful planning and close oversight we look forward to recommencing all our activities to ensure the physical, psychological and emotional well-being of our members.

**Amanda Mather** | Chief Executive Officer  
**Sporting Wheelies and Disabled Association**

# FRAMEWORK FOR RECOMMENCEMENT OF HEALTH AND FITNESS CENTRE ACTIVITIES

The reopening of the Health and Fitness centre needs to be carefully managed to ensure the health and safety of our members and the broader community. National Cabinet endorsed a set of National Principles for Resumption of Sport which are used as a guide in the development of this document (Appendix 1). Sporting Wheelies will ensure our approach to the reopening of the Health and Fitness centre will continue maintain physical distancing and hygiene practices to the highest standard. The Federal Government has written to allied health professionals (Appendix 3) advising that:

## *“Gyms used for clinical treatment*

*While there has been a decision taken by National Cabinet to close gyms catering to the general public, small gyms used for clinical treatment can remain open as long as they meet the general social distancing requirements, namely, space for social distancing of four square metres per person and not more than 10 people attending at the same time.”*

The AIS has provided a three level (A, B, C) approach to the recommencement of sporting and recreational activities. These levels have been adapted by Sporting Wheelies in this document and applied across our sports and recreation activities. Additionally, Sporting Wheelies has adopted the following practices to maintain the health of all members, coaches, officials, volunteers and spectators.

## EXTRA CLEANING MEASURES

### **Staff education**

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Staff are to undertake an online Infectious Disease course delivered by the Federal Department of Health.

Staff are to be educated on “ultra-cleanliness”, paying attention to hot spots like door handles, hand weights and gym mats.

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Staff will be required to undertake regular training on health and hygiene.

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### **Cleaning processes**

Routines and schedules for regular cleaning are established. This includes:

- rostered hourly spot check for rubbish and forgotten towels,
- cleaning of equipment after every session,
- daily wipe down and disinfect of equipment, showers, toilets and changing rooms, all touchpoints
- daily vacuuming of floors and cleaning of toilets and showers
- weekly checks

Hospital grade disinfectant with 10% bleach should be used.

## **GENERAL HEALTH AND HYGIENE MEASURES**

### **Extra Hygiene Measures**

We have implemented enhanced cleaning and disinfectant routines at our premises. Additional signage reminding everyone of social distancing and hygiene requirements has been installed.

Hand sanitiser is available at numerous locations in the premises and soap and paper towels are installed in the bathrooms. Staff and visitors are required to wash or sanitise their hands when they arrive at the premises and on completion of each activity. They are also encouraged to sanitise their hands regularly during their time at the premises.

Prior to commencement of services (level B), an infectious disease clean is to be undertaken by external cleaning company.

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## Declaration and Screening

- Everyone who comes to the Health and Fitness centre will complete a Health Declaration Form (Appendix 2) prior to entry and Downloaded the COVIDSafe app a copy of the form will be provided to the staff. The declaration asks:
- If you are currently experiencing any cold or flu like symptoms
- If you have been diagnosed with or been in contact with someone who has been diagnosed with COVID-1
- If you have travelled outside of Queensland or been in contact with someone who has travelled outside of Queensland

If members answer yes to any of the questions, they will not be able to attend the premises and will be advised to return home and seek medical advice. No member or staff will be allowed to stay on the premises if they are feeling unwell.

Members must also notify Sporting Wheelies immediately if the information on the Health Declaration Form changes at any time.

## Social Distancing

We have taken a strict approach to social distancing and this varies with the three level approach in the framework. Social distancing applies to staff and members and includes how many people can be on the premises at any one time and that they must ensure a distance of more than 1.5m at all times. Our staff will give regular reminders on social distancing and hygiene.

Members participating in the NeuroMoves program will be required to shower (at home) before the session. NeuroMoves services require greater physical assistance from staff and it is therefore more difficult to maintain social distancing during these sessions.

Members and staff are also advised to minimise all non-essential contact with surfaces, items and people.

The Health and Fitness Centre will have an entry and exit procedure in place. These points will be clearly signed and clients will be informed of this process via email prior to their sessions.

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<b>Temperature checking</b>	<p>Temperature checking of each person attending the premises will be conducted in accordance with the three level approach in the framework. When temperature checking is necessary, this will occur when the person enters the premises.</p> <p>If a person's temperature is above 37.5°C, they will be asked to leave the premises.</p>
<b>Personal items</b>	<p>No drink bottles, towels or other personal or wearable items are to be shared.</p> <p>All members are to bring their own clean towel and use it to wipe sweat or other fluids off equipment.</p>
<b>Use of gym equipment</b>	<p>All gym equipment is to be cleaned and sanitised before and after use.</p> <p>Disinfectant wipes and sprays are available and located with all gym equipment.</p>
<b>Bodily fluids</b>	<p>All spit and nasal/respiratory secretions should be contained in a tissue which is disposed of immediately.</p> <p>Sweat should be wiped up immediately with your own towel and the area appropriately disinfected.</p>

Recommended Level A, B, C activities for Sporting Wheelies Health and Fitness Centre

		Level A	Level B	Level C
<b>ONE-ON-ONE SESSIONS AT PREMISES (INCLUDING NEUROMOVES)</b>	Members	Remote services available through Access EP Online	Two members at gym at any one time. Fitness Builder session provided Waiting area outside on gym deck. Enter via back door from carpark (outside deck area) and exit at front door (Edmondstone Rd).	Full access to all one on one services, including NeuroMoves. 10 members in gym at any one time, allowing 4sqm distancing.
	Staff	Remote services available through Access EP Online	Wear appropriate PPE. Deliver Fitness Builder sessions in 2 spaces (Main gym space and middle gym space). 15min gap between sessions to allow for full clean of equipment. Minimise non-essential contact – recommended 1.5m distance where from client where safe.	Continue to utilise appropriate PPE Deliver all services, including NeuroMoves 10 members in gym at any one time, allowing 4sqm distancing.
	Carers	Training to support remote access	Wear PPE and maintain social distancing Enter via back door from carpark (outside deck area) and exit at front door (Edmondstone Rd).	Continue appropriate social distancing.
<b>ONE-ON-ONE SESSIONS AT CLIENT HOME</b>	Members	Remote services available through Access EP Online	Member to ensure clean and safe space.	Continue appropriate social distancing.

		<b>Level A</b>	<b>Level B</b>	<b>Level C</b>
	Staff	Remote services available through Access EP Online	Ensure disinfectant is used to wipe surfaces. Use hand sanitiser. Limit of three people in same space. Wear appropriate PPE. Minimise non-essential contact – recommended 1.5m distance from client where safe. Conduct risk assessment of training space. Clients provided with a adherence checklist outlining safety requirements prior to staff entering house (ie: no pets in exercise space, no current AVO's).	Continue to utilise appropriate PPE
	Carers	Training to support remote access	Ensure space is clean for provision of services.	Continue appropriate social distancing.
<b>ACCESS EP ONLINE</b>	Members	Fully available	Fully available	Fully available
	Staff	Fully available	Fully available	Fully available
	Carers	Training to support remote access	Training to support remote access	Training to support remote access
<b>GENERAL GYM</b>	Members	Available online – Bronze Access EP Program	Not available	Not available
	Staff	Available to provide online gym program and support training to carers		
	Carers	Training available to support remote access		



## APPENDIX 1 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 are 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.

## APPENDIX 2 HEALTH DECLARATION FORM



**SPORTING WHEELIES  
AND DISABLED ASSOCIATION**

### Health Declaration Form

To prevent the spread of Coronavirus (COVID-19) in our community and reduce the risk of exposure to our members, volunteers, officials, staff and visitors, we ask everyone involved in Sporting Wheelies activities to complete this Health Declaration Form and keep it with them whenever they are attending activities.

We also ask that you advise us immediately should any information on this form change. Please complete a separate declaration for each person attending and for each activity they are attending.

*Your participation is important to help us protect you and everyone else.*

<b>Name:</b>		<b>Contact Number (Mobile phone):</b>	
<b>Email:</b>			
<b>Location (Venue attending):</b>		<b>Date/s attending (period of attendance):</b>	
<b>Attending:</b> <input type="checkbox"/> Goalball <input type="checkbox"/> Wheelchair Rugby <input type="checkbox"/> Wheelchair Basketball		<b>As a:</b> <input type="checkbox"/> Player/Athlete <input type="checkbox"/> Client <input type="checkbox"/> Carer/Support Worker <input type="checkbox"/> Family Member	
<input type="checkbox"/> Boccia <input type="checkbox"/> Para Power Lifting <input type="checkbox"/> Health & Fitness Centre		<input type="checkbox"/> Coach <input type="checkbox"/> Official <input type="checkbox"/> Spectator <input type="checkbox"/> Volunteer	

**I declare that:**

- I have not tested positive or been diagnosed with COVID-19 in the past 14 days
- I have not been in contact with someone who has tested positive or been diagnosed to COVID-19 in the past 14 days
- I have not travelled outside of Queensland in the past 14 days
- I have not been in contact with someone who has travelled outside of Queensland in the past 14 days
- I have not had any of the following symptoms in the past 14 days:
 

<input type="checkbox"/> Fever	<input type="checkbox"/> Runny nose	<input type="checkbox"/> Headaches
<input type="checkbox"/> Sore throat	<input type="checkbox"/> Body aches	<input type="checkbox"/> Shortness of breath
<input type="checkbox"/> Cough	<input type="checkbox"/> Tiredness	<input type="checkbox"/> Any other cold or flu like symptoms

**I declare that the above information is true and correct at the time of signing and I will advise Sporting Wheelies immediately if any of the above details change.**

<b>Signature:</b>	<b>Date of declaration:</b>
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**IMPORTANT:** You must fill out this form and keep it with you whenever you are attending Sporting Wheelies activities.

## APPENDIX 3 – LETTER FROM DEPARTMENT OF HEALTH TO ALLIED HEALTH PROFESSIONALS



**Australian Government**  
**Department of Health**

Dear allied health professionals

I am writing to update you on the COVID-19 pandemic situation in Australia and internationally and to outline the Commonwealth's current and future support for the central role you are playing in our national response.

Allied health professionals are fundamental in meeting community needs in this evolving and complex challenge. We need to look at ways to continue the essential services you provide for vulnerable people. I thank you for your efforts so far in helping to contain the spread of this disease, and the well-being of your clients, and encourage you to maintain your vigilance in seeking to prevent its further transmission. Infections are increasing across Australia, placing a significant burden on the health and aged care systems.

### Communication

A significant amount of advice and information has already been provided to health professionals. I recognise the evolving nature of this outbreak has required public health advice to move rapidly with the emerging epidemiology. This has made it more challenging for people to keep up to date, causing some confusion and a perception of inconsistent information and information gaps.

As you are hopefully aware, a broad community education campaign on COVID-19 has been underway for over a week now. One of the important messages of the campaign is the value of basic standard hygiene messages (hand washing, cough etiquette, social distancing) in preventing transmission. Allied health professionals are highly trusted professionals in our community, and it is important you play a role in communicating this message to your patients, family and friends, along with general balanced information about this virus. The campaign resources for the general community are available at: <https://www.health.gov.au/resources>

### Situation as at 25 March 2020

As you are aware, the international situation has changed significantly in the past few weeks. Cases have now been reported in more than 196 countries, some with sustained widespread community transmission. In Australia, we have cases identified in every state and territory, and a growing number every day.

### Disease characteristics

It is clear the great majority of people with COVID-19 infection (more than 80 per cent) have mild disease, not requiring any specific health intervention. However, this contributes to the high transmissibility of the virus, as many people with infection will continue working and interacting with the community because their symptoms are so mild.

There is very little evidence of significant COVID-19 disease in children. Initially, it was suggested children were less susceptible to infection but more recent evidence supports the fact that children may be infected, in many cases without being aware of symptoms.

### Current approach to response

Our response is being guided by the [Australian Health Sector Emergency Response Plan for COVID-19 \(the Plan\)](https://www.health.gov.au/health-sector-emergency-response-plan-for-covid-19) ([www.health.gov.au/health-sector-emergency-response-plan-for-covid-19](https://www.health.gov.au/health-sector-emergency-response-plan-for-covid-19)). A key goal of the Plan is to outline a decision making process to achieve a response that is proportionate to the level of risk, acknowledging the risk is not the same across population groups. A response that is appropriate to the impact the coronavirus outbreak is likely to have on the community, and on vulnerable populations within the community, will make the best use of the resources available and minimise social disruption.

### Reducing exposure in health care settings

With increasing cases of COVID-19, it is important to prevent the co-mingling of suspect or proven cases with other patients in health care settings. We have previously advised members of the community that, if they believe they have been exposed to, or have, COVID-19, they should phone their GP or local health service and seek advice before attending.

The COVID-19 national hotline (1800 020 080) has now been expanded to support general practices to manage the flow of cases. This hotline is operating 24 hours a day, seven days a week. People who believe they may have been exposed to, or have, COVID-19 are encouraged to initially call the national hotline, rather than their GP or local health service, to seek advice.

### Personal Protective Equipment

All the evidence currently suggests droplet spread is the main mode of transmission and that surgical masks are adequate (and much easier to fit) than P2 masks if you are in close contact with patients. There is a global shortage of masks. The highest priority of the Government is to ensure access to masks and other PPE for front line acute health service and primary care staff. This includes:

- public hospitals (supporting the states and territories), general practices, community pharmacies, and other settings where people are most likely to be presenting with COVID-19
- residential aged care facilities in the event of an outbreak

Access to masks is being kept under review as more stocks become available and if risks increase. If and when more became available, they will be prioritised first to those allied health professionals whose work entails close physical contact with their patients and only when the intervention is strictly necessary and urgent.

### Telehealth

The Australian Government has expanded access to telehealth during the COVID-19 pandemic for some health services. There is expected to be more changes soon to telehealth access. The following link provides more details on the current new arrangements. I suggest you revisit this page regularly for updates. <http://www.mbsonline.gov.au/internet/mbsonline/publishing.nsf/Content/news-2020-03-01-latest-news-March>

### Gyms used for clinical treatment

While there has been a decision taken by National Cabinet to close gyms catering to the general public, small gyms used for clinical treatment can remain open as long as they meet the general social distancing requirements, namely, space for social distancing of four square metres per person and not more than 10 people attending at the same time.

The Department of Health has recently released a learning module on infection control. I encourage you to complete this. <https://www.health.gov.au/news/how-to-protect-yourself-and-the-people-you-are-caring-for-from-infection-with-covid-19>

Other resources for health professionals and aged care workers are updated regularly at: <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/coronavirus-covid-19-advice-for-the-health-and-aged-care-sector>

No one can accurately predict how the COVID-19 pandemic will continue to develop in Australia. Our collective response has to be flexible and collaborative. The Australian Government has committed to provide the necessary resources to support the response in whatever form it needs to take.

Yours sincerely

Dr Lisa Studdert  
Deputy Secretary  
Australian Government Department of Health

26 March 2020

