



**SPORTING
WHEELIES**
& DISABLED ASSOCIATION

**SPORT AND RECREATION
FRAMEWORK
FOR COVID SAFE ACTIVITY**

January 2021

INTRODUCTION

This document outlines the principles and strategy to deliver sport and recreation across all Sporting Wheelies and Disabled Association activities in a COVID-safe environment. The document has been developed to support the framework developed by the Australian Institute of Sport (AIS) to inform the resumption of sport. National Cabinet also considered and endorsed 'National Principles for the Resumption of Sport and Recreation Activities' developed by the Australian Health Protection Principal Committee (AHPPC) which was used by the AIS in development of their framework. The [Queensland Health COVID-19 website](#) provides current information on restrictions and hotspots to be adhered to within this Framework.

This paper considers the principles that should be applied in to Sporting Wheelies sport and recreation activities – from elite sport to community sport and recreation.

There are a number of specific considerations regarding the staging of safe sport and recreation for Sporting Wheelies:

- Community sport/elite sport
- Contact/non-contact
- Individuals/teams
- Training/competition
- 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 COVID-SAFE ACTIVITY – SPORT AND RECREATION

The delivery of sport and recreation 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 and Disabled Association will ensure our delivery of sport and recreation will continue to maintain physical distancing and hygiene practices to the highest standard in accordance with the Queensland Health recommendations and restrictions – see <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19>

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

GENERAL HEALTH MEASURES

Sporting Wheelies and Disabled Association will implement the following requirements

- All players, coaches, volunteers and spectators to complete a *Health Screening Form* (Appendix 2) prior to attendance and are always to have the form with them at Sporting Wheelies activities.
- All players, coaches, volunteers and spectators are to notify Sporting Wheelies and Disabled Association immediately if the information on the Health Screening Form changes at any time.
- No player, coach, volunteer or spectator is permitted to attend training or events if they are in any way unwell.
- All attendees must wear face masks in line with Queensland Health directives
- All attendees must minimise contact of non-essential surfaces.
- All attendees should practice social distancing of at least 1.5m whenever possible.
- Association staff or volunteer member with COVID-Safe training responsible for monitoring each program
- Attendance register of all attendees recorded and kept on file with contact details kept

GENERAL HYGIENE MEASURES

- Hand hygiene using hand sanitisers is to be practiced regularly during training and events for all attendees.
- All equipment to be cleaned and sanitised before and after use.
- Sharing of equipment is to be minimised where possible.
- No drink bottles, towels or other personal or wearable items to be shared.
- All spit and nasal/respiratory secretions should be contained in a tissue which is disposed of immediately

Recommended Level A, B, C activities for Sporting Wheelies Sport and Recreation

		Level A	Level B	Level C
WHEELCHAIR RUGBY	Players	Aerobic training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed). Completion of the online Hand Hygiene course	Non-contact pushing and passing drills on court. Other non-contact technical /skill drills. Small groups (not more than 20 athletes/others in total).	Full training and competition with hygiene measures remaining in place in accordance with Queensland Health recommendations and restrictions.
	Coaches/ Officials/ Volunteers	Remote coaching via phone, video-conferencing, etc. Completion of the online Hand Hygiene course	Limit time in training with minimal use of communal facilities.	Full training and competition with hygiene measures remaining in place in accordance with Queensland Health recommendations and restrictions.
	Spectators	No spectators unless required (e.g. parent or carer) and limited to no more than 1 per athlete and socially distanced of at least 1.5m.	Limited to no more than 2 per athlete and socially distanced of at least 1.5m.	Full spectator admittance with appropriate social distancing in accordance with Queensland Health recommendations and restrictions.
WHEELCHAIR BASKETBALL	Players	Aerobic training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed). Completion of the online Hand Hygiene course	Non-contact shooting, dribbling, and fitness drills. Other non-contact technical /skill drills. Small groups (not more than 20 athletes/others in total).	Full training and competition with hygiene measures remaining in place in accordance with Queensland Health recommendations and restrictions.
	Coaches/Officials/ Volunteers	Remote coaching via phone, video-conferencing, etc. Completion of the online Hand Hygiene course	Limit time in training with minimal use of communal facilities.	Full training and competition with hygiene measures remaining in place in accordance with Queensland Health recommendations and restrictions.
	Spectators	No spectators unless required (e.g. parent or carer) and limited to no more than 1 per athlete and socially distanced of at least 1.5m. Completion of the online Hand Hygiene course	Limited to no more than 1 per athlete and socially distanced of at least 1.5m.	Full spectator admittance with appropriate social distancing in accordance with Queensland Health recommendations and restrictions.

		Level A	Level B	Level C
GOALBALL	Players	Aerobic training (solo), resistance training (solo), skills training (solo) at home or outdoors (no indoor sporting facility access allowed). Completion of the online Hand Hygiene course	Non-contact throwing and defensive skills. Other non-contact technical /skill drills. Small groups (not more than 20 athletes/others in total).	Full training and competition with hygiene measures remaining in place in accordance with Queensland Health recommendations and restrictions.
	Coaches/Officials/Volunteers	Remote coaching via phone, video-conferencing, etc. Completion of the online Hand Hygiene course	Limit time in training with minimal use of communal facilities.	Full training and competition with hygiene measures remaining in place in accordance with Queensland Health recommendations and restrictions.
	Spectators	No spectators unless required (e.g. parent or carer) and limited to no more than 1 per athlete and socially distanced of at least 1.5m.	Limited to no more than 1 per athlete and socially distanced of at least 1.5m.	Full spectator admittance with appropriate social distancing in accordance with Queensland Health recommendations and restrictions.
BOCCIA	Players	Skills training (solo), resistance training (solo) and strategy training (online) at home or outdoors (no indoor sporting facility access allowed). Completion of the online Hand Hygiene course	No sharing of equipment. All general personal hygiene measures in place and regular cleaning/wipe down of equipment. Small groups (not more than 20 athletes/others in total).	Full training and competition with hygiene measures remaining in place in accordance with Queensland Health recommendations and restrictions.
	Coaches/Officials/Volunteers	Remote coaching via phone, video-conferencing, etc. Completion of the online Hand Hygiene course	No sharing of equipment. All general personal hygiene measures in place and regular cleaning/wipe down of equipment. Use of gloves when handling equipment and regular hand hygiene. Small groups (not more than 10 athletes/others in total).	Full training and competition with hygiene measures remaining in place in accordance with Queensland Health recommendations and restrictions.
	Spectators	No spectators unless required (e.g. parent or carer) and limited to no more than 1 per athlete and socially distanced of at least 1.5m.	Limited to no more than 2 per athlete and socially distanced of at least 1.5m.	Full spectator admittance with appropriate social distancing in accordance with Queensland Health recommendations and restrictions.

		Level A	Level B	Level C
PARA-POWER LIFTING	Lifters	Resistance training, technical work at home (no indoor sporting facility/gym access allowed).	Full training with limited numbers to avoid congestion and hygiene measure remaining in place.	Full training and competition with hygiene measures remaining in place in accordance with Queensland Health recommendations and restrictions.
	Coaches/Officials/Volunteers	Remote coaching via phone, video-conferencing, etc. Completion of the online Hand Hygiene course	Full training with limited numbers to avoid congestion and hygiene measure remaining in place.	Full training and competition with hygiene measures remaining in place in accordance with Queensland Health recommendations and restrictions.
	Spectators	No spectators unless required (e.g. parent or carer) and limited to no more than 1 per athlete and socially distanced of at least 1.5m.	Limited to no more than 1 per athlete and socially distanced of at least 1.5m.	Full spectator admittance with appropriate social distancing in accordance with Queensland Health recommendations and restrictions.
RECREATIONAL ACTIVITIES	Participants	Solo or in pairs only No physical contact. Avoid sharing equipment - pads, paddles, ropes, etc	Small groups where total participants and support team limited to not more than 20 and socially distanced. No physical contact. Avoid sharing equipment - pads, paddles, ropes, etc.	Full use of facilities and recreational activities in accordance with Queensland Health recommendations and restrictions.
	Support staff	No participation	Small groups where total participants and staff No physical contact. Avoid sharing equipment - pads, paddles, ropes, etc.	Full recreational activities with limited unnecessary social gatherings in accordance with Queensland Health recommendations and restrictions.
	Spectators	No spectators	Limited to less than 10 and socially distanced with limited unnecessary social gatherings	Full spectator admittance with appropriate social distancing in accordance with Queensland Health recommendations and restrictions.

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, gymnasiums 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 SCREENING FORM



Health Screening 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 and Disabled Association activities to complete this Health Declaration form. 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 protect you and everyone else.

Name:	Contact Number (Mobile phone):
Email:	
Location (Venue attending):	Date/s attending (period of attendance):
Attending: <input type="checkbox"/> Boccia <input type="checkbox"/> Health & Fitness Centre <input type="checkbox"/> Wheelchair Basketball <input type="checkbox"/> Goalball <input type="checkbox"/> Para Powerlifting <input type="checkbox"/> Wheelchair Rugby	As a: <input type="checkbox"/> Player/Athlete <input type="checkbox"/> Client <input type="checkbox"/> Carer / Support Worker <input type="checkbox"/> Family Member <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 and Disabled Association immediately if any of the above details change.

Signature:	Date of declaration:
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IMPORTANT: You must fill out this form and keep it with you whenever you are attending Sporting Wheelies and Disabled Association activities.