

## MU Sport Framework for Resumption of Community Sport and Recreation – Outdoor Club Training and Activities (Stage 1)

### Background

This MU Sport framework has been created to provide a baseline of preparation and delivery for a return of club training sessions or recreational activities for affiliated sporting clubs of the University of Melbourne (University).

The MU Sport framework has been modelled on the Federal Government's National Principles for the Resumption of Sport and Recreation Activities, as identified in the [Australian Institute of Sport's \(AIS\) Framework for Rebooting Sport in a COVID-19 Environment](#) for the Resumption of Community and Individual Sport.

This MU Sport framework is developed for outdoor club training and recreational activities only, as permissible under Step 1 of the Federal Government's Roadmap to a COVIDSafe Australia (and in accordance with a Level B environment as per the AIS framework). An updated framework will be developed to include indoor training as permissible under Step 2 of the roadmap and updated further again as competitions and other activities in Step 3 (in an AIS Level C environment) are permissible in due course.

### Key Principles

1. MU Sport and clubs will comply with all University protocols related to COVID-19 including the notification to [Campus Community](#) should a club training group/activity member test positive to the coronavirus
2. Clubs must apply to MU Sport to resume outdoor club training, deliver recreational activities and/or access equipment to deliver training/activities, and may do so only when they can meet the principles and guideline criteria identified in this framework
3. This framework becomes active at such time that:
  - a. Government/health department restrictions enable activities to be conducted in small groups (<10) and
  - b. State/national sporting bodies/competition managers confirm their respective return to sport timelines for training and associated competitions and
  - c. The University approves MU Sport to enable the staged return of sport to campus (for training on campus/out of University buildings and or to access equipment from such buildings only)
4. A resumption of outdoor club training and recreational activities is restricted to competitive clubs only who are permitted to train by their state/national body and/or competition manager and where they meet government/health/sporting body requirements and have applied to MU Sport for approval for a return of their club training to campus; or
5. Clubs that can conduct activities off campus in accordance with government/health/sporting body/land manager requirements (e.g. Melbourne City Council, Parks Victoria) who must also seek approval from MU Sport to recommence their activities, including being approved to access equipment
6. Clubs acknowledge and agree to return to sport in accordance with the MU Sport framework and by providing a completed [Sport and Recreation Victoria Return to Play Plan](#) to MU Sport before being approved to do so
7. Clubs will direct all members (player/participants, coaches/instructors and other personnel) to the [MU Sport COVID-19: Resumption of Club Training and Recreational Activities \(Stage 1\)](#) website, directing them to read the educational strategies AND directing them to complete the [COVID-19 Club Member Health Check](#) before returning for any approved training session or activity
8. All club training sessions and activities delivered on campus must be approved/scheduled by MU Sport, with approved training session/activity times strictly adhered to

9. MU Sport staff will oversee access to facilities and monitor the adherence to the framework, while also adhering to current University COVID-19 protocols including advice from the [Victorian Department of Health and Human Services](#).

#### **Key Strategies for the Resumption of Club Training**

1. Club members exhibiting COVID-19 symptoms, or who may be feeling unwell, MUST not attend training (activities) and should seek medical advice and clearance before returning to training
2. In the event of a club member testing positive to COVID-19:
  - a. They MUST immediately notify [Campus Community](#)
  - b. The member MUST then notify their club president
  - c. The club president MUST immediately notify MU Sport in accordance with the [Club Critical Incident Procedure](#) (phone Club Coordinator Tom Mullumby on 0432 357 889 or Sport Development Manager Rod Warnecke on 0403 199 700)
  - d. The Club MUST immediately suspend the impacted club training groups and direct participants to self-isolate, while following all University directives
3. Training is conducted in small groups (not more than 10 athletes/participants plus a coach or the minimum number of support staff reasonably required to manage the activity) with adequate spacing (not more than 1 person per 4m<sup>2</sup>). Two groups are permitted where a football/rugby/soccer oval or pitch can be safely split into two zones so as to not create any unnecessary risk of congestion
4. Training is strictly delivered as 'Get in, train and get out' sessions – participants should prepare for exercise at home by arriving at training already dressed to exercise (no access to changerooms or toilets will be permitted) and being encouraged to shower (full body wash with soap) before leaving for training
5. Where practical, athletes and other personnel should maintain social distancing of at least 1.5m (e.g. between training drills/efforts)
6. Training is to be delivered in a non-contact environment (e.g. no tackling, wrestling or scrummaging) and there should be no unnecessary celebratory body contact (e.g. hand shaking, high fives, etc)
7. Participants should shower (full body wash with soap) at home immediately after returning from training
8. Equipment (balls, cones, etc) should be cleaned with disinfectant prior to, in between and immediately after all training sessions
9. There should be no socialising, provision or consumption of food during training
10. Spectators should be discouraged from attending training. Where a parent/guardian is required to drive a participant to training, they should drop off/pick up only and not remain in the Sports Precinct during training.

**Table 1: AIS recommended Level A, B, C activities for community and individual sport**

	Level A	Level B	Level C
<b>General description</b>	<p>Activity that can be conducted by a solo athlete or by pairs where at least 1.5m can always be maintained between participants. No contact between athletes and/or other personnel. Examples for all sports – general fitness aerobic and anaerobic (e.g. running, cycling sprints, hills).</p> <p>Strength and sport-specific training permitted if no equipment required, or have access to own equipment (e.g. ergometer, weights).</p> <p>Online coaching and resources (e.g. videos, play books).</p>	<p>As per Level A plus:</p> <p>Indoor/outdoor activity that can be conducted in small groups not more than 10 athletes and/or other personnel in total) and with adequate spacing (not more than 1 person per 4m<sup>2</sup>).</p> <p>Some sharing of sporting equipment permitted such as kicking a football, hitting a tennis ball, use of a skipping rope, weights, mats.</p> <p>Non-contact skills training.</p> <p>Accidental contact may occur but no deliberate body contact drills. No wrestling, holding, tackling or binding.</p> <p>Commercial gyms, bootcamps, yoga, Pilates, dance classes (e.g. barre, ballet, hip hop, not partnered), cycling ‘spin’ classes permitted if other measures (above) are met.</p>	<p>As per Level B plus:</p> <p>Full sporting activity that can be conducted in groups of any size including full contact (competition, tournaments, matches). Wrestling, holding, tackling and/or binding (e.g. rugby scrums) permitted.</p> <p>For larger team sports, consider maintaining some small group separation at training.</p> <p>For some athletes full training will be restricted by commercial operation of facilities.</p>
<b>General hygiene measures</b>	<p>No sharing of exercise equipment or communal facilities.</p> <p>Apply personal hygiene measures even when training away from group facilities — hand hygiene regularly during training (hand sanitisers) plus strictly pre and post training. Do not share drink bottles or towels. Do not attend training if unwell (contact doctor).</p> <p>Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings must be strongly discouraged.</p>	<p>Communal facilities can be used after a sport-specific structured risk assessment and mitigation process is undertaken.</p> <p>‘Get in, train and get out’ — be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms). Minimise use of communal facilities (e.g. gym, court) with limited numbers (not more than 10 athletes/staff in total). Have cleaning protocols in place for equipment and facilities.</p> <p>Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training.</p> <p>Thorough full body shower with soap before and after training (preferably at home). Where possible maintain distance of at least 1.5m while training.</p> <p>No socialising or group meals.</p>	<p>Return to full use of sporting facilities. Continue hygiene and cleaning measures as per Level B.</p> <p>If any massage beds being used, hygiene practises to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each athlete and hand hygiene.</p> <p>Limit unnecessary social gatherings.</p>
<b>Spectators, additional personnel</b>	<p>No spectators unless required (e.g. parent or carer).</p>	<p>Separate spectators from athletes. Spectators should maintain social distancing of at least 1.5m.</p>	<p>Minimum contact of non-essential surfaces to occur and hands on treatment should be kept to essential only.</p> <p>Non-essential personnel should be discouraged from entering change rooms.</p>

**Table 2: MU Sport Guidelines based on the AIS Guidelines for the Resumption of Community and Individual Sport (for Level B activities)**

AIS Guidelines	MU Sport Guidelines
<b>EDUCATION</b>	<p><b>University clubs MUST agree to the following education strategies before being permitted to return to campus</b></p> <p><b>Clubs MUST also follow all return to sport directives from their state/national body</b></p>
<p>Provide education material for community sport members to promote required behaviours (e.g. regular and thorough handwashing, covering mouth and nose with a tissue or sleeve during coughing/sneezing)</p>	<p>Clubs MUST direct members to read the following Australian Government and WHO resources:</p> <ul style="list-style-type: none"> <li>• Good hygiene for coronavirus (COVID-19)</li> <li>• Hand washing guidance</li> <li>• Keep that cough under cover</li> <li>• Self-isolation (self-quarantine) for coronavirus (COVID-19)</li> <li>• Advice for people at risk of coronavirus (COVID-19)</li> <li>• Coronavirus (COVID-19) resources</li> </ul> <p><b>Clubs MUST also direct members to complete the online COVID-19 Club Member Health Check before being eligible to return to training/activities</b></p> <p><b>Links to these resources and the COVID-19 Club Member Health Check can be found on MU Sport’s dedicated <a href="#">COVID-19: Resumption of Club Training and Recreational Activities webpage</a></b></p>
<p>Display appropriate education material within sporting environments and facilities</p>	<p>MU Sport to prominently display the following suggested Australian Government and WHO resources in relevant sporting facilities:</p> <ul style="list-style-type: none"> <li>• <a href="#">Good hygiene practices poster for businesses</a></li> <li>• <a href="#">Good hygiene is in your hands</a></li> <li>• <a href="#">Hand washing guidance</a></li> <li>• <a href="#">Keep that cough under cover</a></li> </ul>
<p>Education of community sport members on hygiene practices and promote required behaviours relevant to their sport and environment</p>	<p>Clubs MUST advise members of the following training activity protocols:</p> <ul style="list-style-type: none"> <li>• No sharing of drink bottles and towels</li> <li>• No sharing of mats, or equipment without an appropriate cleaning protocol, in between training sessions</li> </ul>
<p>Recommend community sport members download the Australian Government COVID-19 contact tracing app (COVIDSafe)</p>	<p>Club members are encouraged to voluntarily download the Australian Government COVID-19 contact tracing app (COVIDSafe).</p>

<p><b>PREPARATION OF TRAINING/COMPETITION ENVIRONMENTS</b></p>	<p>Clubs <b>MUST</b> agree to implement the following measures before being permitted to resume training/activities</p> <p>Clubs <b>MUST</b> also follow all return to sport directives from their state/national body including their relevant sport-specific Level B guidelines for the resumption of community and individual sport as outlined in Appendix A of the <a href="#">AIS Framework for the Rebooting of Sport in a COVID-19 Environment Executive Summary</a></p>
<p><b>Anticipated number of community sport members</b></p> <ul style="list-style-type: none"> <li>• What training can still be done from home?</li> <li>• How can training be staggered to minimise numbers and reduce contact?</li> <li>• How can numbers at training and competitions be managed to maintain social distancing?</li> <li>• Modifying training and competition times so that there are less people present at one time</li> </ul>	<p>Clubs to manage training participation as follows:</p> <ul style="list-style-type: none"> <li>• Fitness-focused activities to be done from home</li> <li>• Suitable time to be scheduled between same-day sessions to enable the safe transition between small group training (&lt;10) e.g. group 2 arriving and group 1 leaving and to clean equipment</li> <li>• Clubs to determine the composition of each small training group (&lt;10) e.g. U19s, Seniors, mid-fielders, defenders, etc</li> <li>• Follow state/national sporting body/competition manager guidelines</li> </ul>
<p><b>Cleaning</b></p> <ul style="list-style-type: none"> <li>• What sporting equipment will athletes be sharing</li> </ul>	<ul style="list-style-type: none"> <li>• Clubs <b>MUST</b> clean all shared equipment before and after each training session</li> <li>• Wash equipment in a cleaning mixture, leaving it on for at least 10 minutes, before rinsing and drying</li> <li>• Use cleaning products that are antiviral, meaning it can kill the virus, such as chlorine-based disinfectants</li> <li>• See <a href="#">Routine household cleaning</a> and/or follow directions from the state/national sporting organisation and/or competition manager</li> </ul>
<p><b>What are shared facilities?</b></p> <ul style="list-style-type: none"> <li>• Bathrooms/change rooms, kitchens</li> <li>• Protocol and frequency of cleaning shared facilities</li> </ul>	<ul style="list-style-type: none"> <li>• No shared facilities will be provided for this stage</li> <li>• Not required for this stage</li> </ul>
<p><b>Handwashing facilities</b></p> <ul style="list-style-type: none"> <li>• Are there facilities to regularly wash hands?</li> <li>• How many sanitising hand rub dispensers are required?</li> </ul>	<ul style="list-style-type: none"> <li>• Participants should clean their hands with sanitiser provided by the Club</li> <li>• Club must provide a min. one 500ml sanitising hand rub dispenser for each training session which players should use before and after each session</li> </ul>
<p><b>Get in, train and get out</b></p>	<p>All club training participants <b>MUST</b> follow these MU Sport practices:</p>

	<ul style="list-style-type: none"> <li>• Arrive dressed and ready to train</li> <li>• No socialising in any facility communal areas – leave immediately after training</li> <li>• No food or beverages (other than water in personal water bottles) should be consumed at training</li> <li>• Maintain at least 1.5m apart between training efforts</li> <li>• Any task that can be done at home, should be done at home e.g. recovery sessions, online meetings, etc</li> </ul> <p>Clubs MUST record details of all participants attending training, and maintain these records until further notice</p>
<p><b>Organisation of community sporting activities</b></p> <ul style="list-style-type: none"> <li>• What spaces can be used for isolation if an athlete/other personnel becomes unwell?</li> <li>• What is the strategy to ensure that social distancing of at least 1.5m is maintained by members attending activities?</li> <li>• What strategies can be used to communicate/inform members of preventive actions?</li> <li>• What is the strategy to reduce in-person contact between athletes and other personnel?</li> <li>• What is the strategy to manage increased levels of staff/volunteer absences?</li> <li>• What is the strategy to reduce risk to vulnerable groups?</li> </ul>	<ul style="list-style-type: none"> <li>• If a participant becomes unwell, they should immediately remove themselves from training, return home and follow <a href="#">Victorian Department of Health and Human Services</a> advice</li> <li>• Coaches/other personnel leading training sessions will be responsible for maintaining social distancing of at least 1.5m where practical</li> <li>• Clubs will use direct email and/or social media to communicate/inform members of preventive actions</li> <li>• Contact between athletes/coaches and other personnel (e.g. committee, physio) must be done so via telephone and/or video conferencing</li> <li>• Training sessions must be cancelled if the designated coach/instructor will be absent</li> <li>• Reducing risk to vulnerable groups should follow the potential interventions below</li> </ul>
<p><b>OTHER</b></p>	<p><b>Clubs MUST agree to implement the following health and safety measures before being permitted to return to campus</b></p>
<p><b>Vulnerable groups</b> e.g. para-athletes and others with medical conditions that may be at increased risk</p>	<p>Potential interventions for vulnerable athletes/coaches/other personnel include:</p> <ul style="list-style-type: none"> <li>• Delaying a return to sport</li> <li>• Training scheduled at designated 'lower risk' times (i.e. with no one else around)</li> <li>• Maintaining social distances and general hygiene measures</li> <li>• Exclusion of 'high risk' athletes/coaches/other personnel from training</li> </ul> <p>See <a href="#">AIS Framework for Rebooting Sport in a COVID-19 Environment (Resumption of Community and Individual Sport section)</a></p>

<p><b>Returning to sport after recovering from COVID-19</b></p> <p>There are two separate points to consider for athletes and other personnel who have been infected with COVID-19, prior to returning to sport:</p> <ul style="list-style-type: none"> <li>• Ensure they no longer pose any infection risk to their community and</li> <li>• Ensure they have sufficiently recovered to safely participate in exercise (specifically for athletes and other personnel undertaking physical roles).</li> </ul> <p><b>In both instances, clearance from their doctor is required.</b></p> <p>Athletes and other personnel who have recovered from COVID-19 must satisfy the <a href="#">Communicable Disease Network of Australia (CDNA)</a> criteria to ensure they are no longer infectious.</p>	<p>Any club member who has been diagnosed with COVID-19 and since recovered, MUST provide medical clearance from their doctor before being permitted to join in club training activities</p>
	<p><b>Club training member exhibiting COVID-19 symptoms or generally feeling unwell</b></p> <p>Any club member exhibiting COVID-19 symptoms or generally feeling unwell MUST not attend training and should follow advice from the Victorian Department of Health and Human Services including:</p> <ul style="list-style-type: none"> <li>• Self-isolate</li> <li>• Seek medical advice from your GP</li> <li>• Get tested for COVID-19</li> </ul>
	<p><b>Where a Club member tests positive to COVID-19, the</b></p> <ol style="list-style-type: none"> <li>1. Member MUST immediately notify <a href="#">Campus Community</a></li> <li>2. Member MUST then notify their club president.</li> <li>3. President MUST immediately notify MU Sport as per the <a href="#">Club Critical Incident Procedure</a> <ul style="list-style-type: none"> <li>• Club Coordinator Tom Mullumby, 0432 357 889</li> <li>• Sport Dev Manager Rod Warnecke, 0403 199 700</li> </ul> </li> <li>4. Club training MUST be immediately suspended, and</li> <li>5. All club members MUST be directed to self-isolate</li> <li>6. Club and members MUST follow all subsequent University directives.</li> </ol>

**Approval:**

Written by Rod Warnecke, Sport Development Manager

Approved by Tim Lee, Director of Sport; 13/05/20