

## **MU Sport Framework for Resumption of Community Sport and Recreation – Outdoor and Indoor Club Training and Activities (Stage 2 from 22 June)**

### **1. Background**

This MU Sport framework has been created to provide a baseline of preparation and delivery for a return of outdoor and indoor 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 and indoor club training and recreational activities, as permissible under the Federal Government's Roadmap to a COVIDSafe Australia and [Sport and Recreation Victoria's Return to Play guidelines](#).

### **2. Key Principles**

- 2.1. 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
- 2.2. Clubs must apply to MU Sport to resume 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
- 2.3. This framework becomes active at such time that:
  - a) Government/health department restrictions enable activities to be conducted in small groups (<20 plus a coach or the minimum number of support staff reasonably required to manage the activity) 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)
- 2.4. The resumption of indoor club training on campus may prioritise the return of competitive clubs in the first instance 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
- 2.5. 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
- 2.6. 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
- 2.7. 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
- 2.8. All club training sessions and activities delivered on campus (including access to equipment) must be approved/scheduled by MU Sport, with approved training session/activity/access times strictly adhered to
- 2.9. 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 \(DHHS\)](#).

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

- 3.1. 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
- 3.2. Clubs MUST appoint a COVID-19 Safety Officer to ensure the implementation of this framework and to liaise between the club and MU Sport
- 3.3. 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 or their COVID-19 Safety Officer
  - c) The Club President or the COVID-19 Safety Officer 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
- 3.4. Training is conducted in small groups (not more than 20 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
- 3.5. 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 will be permitted) and being encouraged to shower (full body wash with soap) before leaving for training
- 3.6. Where practical, athletes and other personnel should maintain social distancing of at least 1.5m (e.g. between training drills/efforts)
- 3.7. 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) until such time as advice may change from Victoria's Chief Health Officer and the DHHS
- 3.8. Participants should shower (full body wash with soap) at home immediately after returning from training
- 3.9. Equipment (balls, cones, etc) should be cleaned with disinfectant prior to, in between and immediately after all training sessions
- 3.10. There should be no socialising, provision or consumption of food during training
- 3.11. Clubs MUST keep records of all participants (including coaches/instructors/leaders/other personnel) attending training and recreational activities including their allocation to a particular group
- 3.12. Spectators are not permitted to 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
- 3.13. Club members are encouraged to use common sense when travelling between training and activities including not car-pooling with other members, regularly cleaning their vehicle and following social distancing and hygiene guidelines if using public transport.

**Table 1: MU Sport Guidelines based on the AIS Guidelines for the Resumption of Community and Individual Sport (for Level B activities)**

AIS Guidelines	4. MU Sport Guidelines
<b>EDUCATION</b>	<p><b>4.1 University clubs MUST agree to the following education strategies before being permitted to return to campus</b></p> <p><b>4.2 Clubs MUST also follow all return to sport directives from their state/national body</b></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><b>4.3 Clubs MUST direct members to read the following Australian Government and WHO resources:</b></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>4.4 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>4.5 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 (Stage 1) webpage</a></b></p>
Display appropriate education material within sporting environments and facilities	<p><b>4.6 MU Sport to prominently display the following suggested Australian Government and WHO resources in relevant sporting facilities:</b></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>
Education of community sport members on hygiene practices and promote required behaviours relevant to their sport and environment	<p><b>4.7 Clubs MUST advise members of the following training activity protocols:</b></p> <ul style="list-style-type: none"> <li>• No sharing of drink bottles and towels</li> <li>• Drink bottles should be clearly identified with the member’s name</li> <li>• No sharing of mats, or equipment without an appropriate cleaning protocol, in between training sessions</li> </ul>
Recommend community sport members download the Australian Government	<p><b>4.8 Club members are encouraged to voluntarily download the Australian Government COVID-19 contact tracing app (COVIDSafe)</b></p>

<p>COVID-19 contact tracing app (COVIDSafe)</p>	
<p><b>PREPARATION OF TRAINING/COMPETITION ENVIRONMENTS</b></p>	<p><b>4.9 Clubs MUST agree to implement the following measures before being permitted to resume training/activities</b></p> <p><b>4.10 Clubs MUST 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></b></p> <p><b>4.11 Clubs MUST complete a <a href="#">Sport and Recreation Victoria Return to Play Plan</a> and submit to MU Sport before being approved to resume club activities</b></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><b>4.12 Clubs to manage number of members as follows:</b></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;20) 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;20) 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>	<p><b>4.13 Cleaning</b></p> <ul style="list-style-type: none"> <li>• Clubs MUST 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 and/or use alcohol-based wipes to wipe down equipment</li> <li>• Use cleaning products that are antiviral, meaning it can kill the virus, such as chlorine-based disinfectants and alcohol-based solutions (min. 70%)</li> <li>• Dispose of wipes in a club dedicated rubbish bin</li> <li>• Also 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>	<p><b>4.14 For on campus shared facilities in the Sports Precinct:</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. Limited access to toilets will be provided</li> <li>• University cleaning protocols and frequency will be followed</li> <li>• Clubs should follow directions for use of shared facilities as provided by facility managers for all off campus club training and activities</li> </ul>
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<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>	<p><b>4.15</b> Handwashing facilities</p> <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>
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<p><b>Get in, train and get out</b></p>	<p><b>4.16</b> All club training participants MUST follow these Get in, train and get out 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><b>4.17</b> Clubs MUST record details of all participants attending training, and maintain these records until further notice</p>
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<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> </ul>	<p><b>4.18</b> Organisation of activities</p> <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> </ul>
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<ul style="list-style-type: none"> <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>• 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>
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<b>OTHER</b>	<b>4.19 Clubs MUST agree to implement the following health and safety measures before being permitted to return to campus</b>
<b>Vulnerable groups</b> e.g. para-athletes and others with medical conditions that may be at increased risk	<b>4.20</b> Potential interventions for vulnerable athletes/coaches/other personnel <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>Also see <a href="#">AIS Framework for Rebooting Sport in a COVID-19 Environment (Resumption of Community and Individual Sport section)</a></p>
<b>Returning to sport after recovering from COVID-19</b> There are two separate points to consider for athletes and other personnel who have been infected with COVID-19, prior to returning to sport: <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> <b>In both instances, clearance from their doctor is required.</b> 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.	<b>4.21</b> Returning to sport after recovering from COVID-19 <ul style="list-style-type: none"> <li>• 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</li> </ul>

	<p><b>4.22 Club training member exhibiting COVID-19 symptoms or generally feeling unwell</b></p> <ul style="list-style-type: none"> <li>• 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: <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> </li> </ul>
	<p><b>4.23 Where a Club member tests positive to COVID-19, the:</b></p> <ol style="list-style-type: none"> <li>a) Member MUST immediately notify <a href="#">Campus Community</a></li> <li>b) Member MUST then notify their Club President or COVID-19 Safety Officer</li> <li>c) Club President or COVID-19 Safety Officer MUST immediately notify MU Sport as per the <a href="#">Club Critical Incident Procedure</a></li> </ol> <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> <ol style="list-style-type: none"> <li>d) Club training MUST be immediately suspended, and</li> <li>e) All club members MUST be directed to self-isolate</li> <li>f) Club and members MUST follow all subsequent University directives (including directives from off campus facility managers as applicable).</li> </ol>

**Approval:**

Written by Rod Warnecke, Sport Development Manager

Approved by Tim Lee, Director of Sport; Updated 22/06/20