

MU Sport Framework for Resumption of Community Sport and Recreation – (Step 3 from 2 November 2020)

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/competition 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. Anticipated Changes to Restrictions

- 2.1. Outdoor non-contact club training/recreational activities for adults in groups of 10 (plus the necessary coaches and other personnel required) to be permitted. Competitions can resume with the number of participants (players, coaches, umpires and officials) required to play.
- 2.2. Outdoor club activities (non-contact and contact) for people 18 years of age and younger with the number of participants required to train/play (plus the necessary coaches and other personnel required) to be permitted.
- 2.3. Indoor activities remain prohibited.

3. Key Principles & Strategies

- 3.1. 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.
- 3.2. Clubs must apply to MU Sport to resume club training, deliver recreational activities and/or access equipment to deliver training/activities using the [MU Sport Return to Play Plan template](#), and may do so only when they can meet the principles and guideline criteria identified in this framework.
- 3.3. Clubs MUST appoint a COVID-19 Safety Officer(s) to ensure the implementation of this framework and to liaise between the club and MU Sport.
- 3.4. Club COVID-19 Safety Officer must email Club Coordinator [Tom Mullumby](#) after each training/activity session confirming that the session was delivered safely in accordance with UoM/DHHS/Sporting Body COVID-19 guidelines and/or outlining any compliance -related issues.
- 3.5. The resumption of club training on campus may prioritise the return of clubs with scheduled and immediate competition dates.
- 3.6. 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.
- 3.7. 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).
- 3.8. 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 website](#), directing them to read the educational strategies AND directing them to complete the MU Sport-provided QR Code COVID-19 Health Check-in upon arrival for all approved training sessions or activities.

Table 1: MU Sport Guidelines based on the AIS Guidelines for the Resumption of Community and Individual Sport

AIS Guidelines	4. MU Sport Guidelines
EDUCATION	<p>4.1 University clubs MUST agree to the following education strategies before being permitted to return to campus</p> <p>4.2 Clubs MUST also follow all return to sport directives from their state/national body</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>4.3 Clubs MUST direct members to read the following Australian Government and WHO resources:</p> <ul style="list-style-type: none"> • Good hygiene for coronavirus (COVID-19) • Hand washing guidance • Keep that cough under cover • Self-isolation (self-quarantine) for coronavirus (COVID-19) • Advice for people at risk of coronavirus (COVID-19) • Coronavirus (COVID-19) resources <p>4.4 Links to these resources can be found on MU Sport’s dedicated COVID-19: Resumption of Club Training and Recreational Activities (Stage 1) webpage</p>
Display appropriate education material within sporting environments and facilities	<p>4.5 MU Sport to prominently display the following suggested Australian Government and WHO resources in relevant sporting facilities:</p> <ul style="list-style-type: none"> • Good hygiene practices poster for businesses • Good hygiene is in your hands • Hand washing guidance • Keep that cough under cover
Education of community sport members on hygiene practices and promote required behaviours relevant to their sport and environment	<p>4.6 Clubs MUST advise members of the following training activity protocols:</p> <ul style="list-style-type: none"> • Masks must be worn unless members are doing any exercise or physical activity where they are out of breath or puffing e.g. running but not walking, or unless a member has a medical exemption • No sharing of drink bottles and towels • Drink bottles should be clearly identified with the member’s name • No sharing of mats, or equipment without an appropriate cleaning protocol, in between training sessions
Recommend community sport members download the Australian Government COVID-19 contact tracing app (COVIDSafe)	<p>4.7 Club members are encouraged to voluntarily download the Australian Government COVID-19 contact tracing app (COVIDSafe)</p>

<p>PREPARATION OF TRAINING/COMPETITION ENVIRONMENTS</p>	<p>4.8 Clubs MUST agree to implement the following measures before being permitted to resume training/activities</p> <p>4.9 Clubs MUST also follow all return to sport directives from their state/national body including their relevant sport-specific guidelines for the resumption of community and individual sport as outlined in Appendix A of the AIS Framework for the Rebooting of Sport in a COVID-19 Environment Executive Summary</p> <p>4.10 Clubs MUST complete an MU Sport Return to Play Plan (based on the Sport and Recreation Victoria RTPP) and submit to MU Sport before being approved to resume club activities</p>
<p>Anticipated number of community sport members</p> <ul style="list-style-type: none"> • What training can still be done from home? • How can training be staggered to minimise numbers and reduce contact? • How can numbers at training and competitions be managed to maintain social distancing? • Modifying training and competition times so that there are less people present at one time 	<p>4.11 Clubs to manage number of members as follows:</p> <ul style="list-style-type: none"> • Fitness-focused activities to be done from home • Suitable time to be scheduled between same-day sessions to enable the safe transition between small group training (group sizes dependent on Department of Health and Human Services guidelines/Sport and Recreation Victoria guidelines) e.g. group 2 arriving and group 1 leaving and to clean equipment • Clubs to determine the composition of each small training group (<20) e.g. U19s, Seniors, mid-fielders, defenders, etc • Training is conducted in small groups with adequate spacing (not more than 1 person per 4m²). 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 • 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 • Follow state/national sporting body/competition manager guidelines
<p>Cleaning</p> <ul style="list-style-type: none"> • What sporting equipment will athletes be sharing 	<p>4.12 Cleaning</p> <ul style="list-style-type: none"> • Clubs MUST clean all shared equipment before and after each training session • 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 • Use cleaning products that are antiviral, meaning it can kill the virus, such as chlorine-based disinfectants and alcohol-based solutions (min. 70%) • Dispose of wipes in a club dedicated rubbish bin

	<ul style="list-style-type: none"> Also see Routine household cleaning and/or follow directions from the state/national sporting organisation and/or competition manager
<p>What are shared facilities?</p> <ul style="list-style-type: none"> Bathrooms/change rooms, kitchens Protocol and frequency of cleaning shared facilities 	<p>4.13 For on campus shared facilities in the Sports Precinct:</p> <ul style="list-style-type: none"> No shared facilities will be provided for this stage, including no initial access to toilets will be provided University cleaning protocols and frequency will be followed Clubs should follow directions for use of shared facilities as provided by facility managers for all off campus club training and activities
<p>Handwashing facilities</p> <ul style="list-style-type: none"> Are there facilities to regularly wash hands? How many sanitising hand rub dispensers are required? 	<p>4.14 Handwashing facilities</p> <ul style="list-style-type: none"> Participants should clean their hands with sanitiser provided by the Club Club must provide a min. one 500ml sanitising hand rub dispenser for each training session which players should use before and after each session
<p>Get in, train and get out</p>	<p>4.15 All club participants MUST follow these Get in, train (play) and get out practices</p> <ul style="list-style-type: none"> Arrive dressed and ready to train (play) No socialising in any facility communal areas – leave immediately after training No food or beverages (other than water in personal water bottles) should be consumed at training Maintain at least 1.5m apart between training efforts Any task that can be done at home, should be done at home e.g. recovery sessions, online meetings, etc <p>4.16 Clubs MUST ensure all participants check-in and provide a health declaration upon arrival using the mobile phone app QR Code provided by MU Sport</p> <p>4.17 QR Codes signage will be affixed to designated Sport Precinct facility spaces for participants to check-in and provided to clubs for use at non-UoM facilities</p> <p>4.18 Club COVID-19 Safety Officers will be provided with administrator access to their respective QR Code facilities to monitor participant check-in</p> <p>4.19 Participants should be encouraged to check-out from the app at the conclusion of their activity</p>
<p>Organisation of community sporting activities</p>	<p>4.20 Organisation of activities</p>

<ul style="list-style-type: none"> • What spaces can be used for isolation if an athlete/other personnel becomes unwell? • What is the strategy to ensure that social distancing of at least 1.5m is maintained by members attending activities? • What strategies can be used to communicate/inform members of preventive actions? • What is the strategy to reduce in-person contact between athletes and other personnel? • What is the strategy to manage increased levels of staff/volunteer absences? • What is the strategy to reduce risk to vulnerable groups? 	<ul style="list-style-type: none"> • If a participant becomes unwell, they should immediately remove themselves from training, return home and follow Victorian Department of Health and Human Services advice • Club COVID-19 Safety Officers/Coaches/other personnel leading training sessions will be responsible for maintaining social distancing of at least 1.5m where practical • Clubs will use direct email and/or social media to communicate/inform members of preventive actions • Contact between athletes/coaches and other personnel (e.g. committee, physio) must be done so via telephone and/or video conferencing • Training sessions must be cancelled if the designated coach/instructor will be absent • Reducing risk to vulnerable groups should follow the potential interventions below
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OTHER	4.21 Clubs MUST agree to implement the following health and safety measures before being permitted to return to campus
Vulnerable groups e.g. para-athletes and others with medical conditions that may be at increased risk	4.22 Potential interventions for vulnerable athletes/coaches/other personnel <ul style="list-style-type: none"> • Delaying a return to sport • Training scheduled at designated 'lower risk' times (i.e. with no one else around) • Maintaining social distances and general hygiene measures • Exclusion of 'high risk' athletes/coaches/other personnel from training <p>Also see AIS Framework for Rebooting Sport in a COVID-19 Environment (Resumption of Community and Individual Sport section)</p>
Returning to sport after recovering from COVID-19 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"> • Ensure they no longer pose any infection risk to their community and 	4.23 Returning to sport after recovering from COVID-19 <ul style="list-style-type: none"> • 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

<ul style="list-style-type: none"> • Ensure they have sufficiently recovered to safely participate in exercise (specifically for athletes and other personnel undertaking physical roles). <p>In both instances, clearance from their doctor is required.</p> <p>Athletes and other personnel who have recovered from COVID-19 must satisfy the Communicable Disease Network of Australia (CDNA) criteria to ensure they are no longer infectious.</p>	
	<p>4.24 Club training member exhibiting COVID-19 symptoms or generally feeling unwell</p> <ul style="list-style-type: none"> • Any club member exhibiting COVID-19 symptoms or generally feeling unwell MUST not attend training and should follow advice form the Victorian Department of Health and Human Services including: <ul style="list-style-type: none"> ○ Self-isolate ○ Seek medical advice from your GP ○ Get tested for COVID-19
	<p>4.25 Where a Club member tests positive to COVID-19, the:</p> <ol style="list-style-type: none"> a) Member MUST immediately notify Campus Community b) Member MUST then notify their Club President or COVID-19 Safety Officer c) Club President or COVID-19 Safety Officer MUST immediately notify MU Sport as per the Club Critical Incident Procedure • Club Coordinator Tom Mullumby, 0432 357 889 • Sport Dev Manager Rod Warnecke, 0403 199 700 d) Club training MUST be immediately suspended, and e) All club members MUST be directed to self-isolate f) Club and members MUST follow all subsequent University directives (including directives from off campus facility managers as applicable).

Approval:

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Approved by Tim Lee, Director of Sport; Updated 19/10/20