

Special Olympics Australia

# RETURN TO SPORT PLAN & GUIDELINES

**Special  
Olympics**  
Australia



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# INTRODUCTION

## Welcome

We are all very keen to return to training, competition and the gifts, skills, and friendship associated with our Special Olympics community. This guide sets out the early steps in allowing us to do this.

This guide is designed to assist Special Olympics athletes, clubs, coaches, officials and families in understanding the framework and requirements which need to be met in order for Special Olympics sport, events and training to be conducted as safely as possible.

The arrangements set out in this Guide are intended to prevent the transmission of COVID-19 among members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community.

The Guide provides the framework to govern the general operation of Special Olympics Australia, any facilities it controls, the playing/training behaviour of all members and participants and the monitoring and reporting of the health of attendees at Special Olympics Australia facilities.

This Guide includes, but is not limited to, the conduct of:

- a) return to training activities (sport operations); and
- b) facility management and supporting operations (facility operations)

At all times the Guide is subject to all Government and public health authorities laws, regulations and directions.

Our guidelines must be considered in line with national governing bodies for specific sports along with the latest regulations, guidelines and directions from all levels of government and public health authorities.

As part of the communities return to sport and recreation, we encourage everyone from our community to download your relevant state COVID Safe Check-in app. Downloading this app to your smart phone will help Australia move more quickly to reduce restrictions than would otherwise be possible – including the safe return to sport.

Return to sport will be different for each sport in each jurisdiction. This will be a complex process taken with many precautions.

The health, safety and wellbeing of our community, especially athletes, will always be at the centre of everything we do.

# RESPONSIBILITIES UNDER THIS GUIDE

Special Olympics Australia retains the overall responsibility for the effective management and implementation of the return to sport activities and operations outlined in this Guide, in line with all legislative obligations and mandates.

The National Board and Chief Executive Officer of Special Olympics Australia is responsible for:

- Approving the Guide and overseeing the implementation of the arrangements in the Guide; and
- Revising the Guide as required, ensuring it reflects up to date information from government and public health officials.

## COVID-19 Safety Coordinator

The National Board and Chief Executive Officer has appointed the following person as the Special Olympics Australia COVID-19 Safety Coordinator to execute the delivery of this Guide, to support implementation of this Guide and to act as a point of contact for information relating to this Guide:

**Name:** Gareth Hogan

**Contact Email:** [garethh@specialolympics.com.au](mailto:garethh@specialolympics.com.au)

**Contact Number:** 0477 749 948

## Disclaimer and Compliance

This Guide is Special Olympics Australia's return to sport plan and recommends following any laws, regulations and directions from relevant State or Territory Government and aligns with the AIS Framework. No specific exemptions are being sought to recommence activity outside State and Territory Government and/or public health authority laws, regulations and directions. Special Olympics Australia policies such as Member Protection, Privacy and Whistleblower, Work Health and Safety, and Code of Conduct continue to apply and should be considered in addition to these return to sport guidelines.

**Recommendation:** As part of a staged return to sport and activity, we strongly encourage all athletes to consult their GP and seek medical advice before returning to club activities and sports training.

Special Olympics Australia expects all members, participants, coaches, officials, administrative staff and volunteers to:

- Comply with the health directions of government and public health authorities as issued from time to time;
- Understand and act in accordance with this Guide as amended from time to time;
- Comply with any testing and precautionary measures implemented by Special Olympics Australia;
- Act with honesty and integrity in regard to the state of their personal health and any potential symptoms; and
- Monitor their health and take a cautious approach to self-isolation and reporting of potential symptoms.

## Vulnerable Groups

The *AIS Framework for Rebooting Sport* specifically notes that vulnerable groups may be at increased risk in a return to community sport.

*Vulnerable groups such as para-athletes and others with medical conditions may be at increased risk. Those with concomitant medical conditions need individualised management in consultation with their regular treating doctor(s) prior to return to training environments. Considerations include increased susceptibility to respiratory infections, unique equipment (e.g. wheelchairs) that requires cleaning, accessibility of medical resources, risk of medical sequelae from COVID-19, and access to alternate training options.*

*Athletes/other personnel with concurrent medical conditions including; respiratory or cardiac disease, hypertension, diabetes, obesity and immunosuppression due to disease or medication may be at increased risk. Other groups that require special consideration include; individuals over 70 years of age, carers for or a household contact of a vulnerable person, athletes with suboptimal access to medical care (e.g. remote) and Aboriginal and Torres Strait Islander Communities.*

## People with intellectual disabilities are considered vulnerable people.

People with intellectual disability have poorer health outcomes and greater difficulty obtaining health services in comparison with the general population. They experience a high prevalence of significant medical problems and their health conditions are often unrecognised, misdiagnosed and poorly managed.

Health care for people with intellectual disability has been characterised by a lack of communication, poor understanding of their everyday and special health needs and poor procedures for the delivery of services.

The foundation for our plan to return to sport is the health, safety and wellbeing of our community, especially athletes.

We will always:

1. Keep the health and wellbeing of our athletes at the centre of every decision.
2. Act to safeguard the entire Special Olympics community, including athletes' families, carers and supporters.
3. Support national efforts to preserve public health and minimising the risk of community transmission.

Special consideration is being applied to Special Olympics athletes. We are applying a graded return to sport, in order to mitigate exposure to both COVID-19 infection and injury risk, understanding that sudden increase in training load will predispose to injury.

It is important to reiterate that all sport and recreation resumption processes must include State and Territory COVID-19 public health advice. Links to those relevant authorities are listed in Additional Resources.

We are committed to working together with Sport Australia, National Sporting Organisations, State Sporting organisations and members of Special Olympics State Leadership teams to ensure a safe return to sport and activity. This will include fortnightly consultation with State Leadership by the Special Olympics Sport Development Department.

**Recommendation:** As part of a staged return to sport and activity, we strongly encourage all athletes to consult their GP and seek medical advice before returning to club activities and sports training.

The Return to Sport Framework developed by the AIS, lists conditions which can put athletes into a high-risk category and for those with these conditions, personalised medical advice is strongly recommended:

- High blood pressure
- Heart problems
- Diabetes
- Respiratory issues
- Respiratory heart disease
- Immune deficiencies
- Over the age of 70

The conditions set out in this plan are current as at August 2021. Our return to sport guide and the conditions of the return are dependent upon future government directives. Resumption of sporting activity may not be linear. Relaxing/increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases and if there is an increase in risks of COVID-19 exposure, all sports training, competitions and events may need to be cancelled.

The Australian Institute of Sport Framework for Rebooting Sport in a COVID-19 Environment recommends three levels (Levels A, B, C) of sporting activities in the context of a COVID-19 environment. The application of these levels has been applied in the table 'Special Olympics Australia Recommendations for Activities' on page 11.

For each level, permitted activities, general hygiene measures, and spectators, additional personnel considerations are provided as recommendations for community and individuals sport before the resumption of community or individual sport. A more detailed description of the sport-specific activities has been developed in conjunction with medical staff working within sport and can be found as Appendix A of the [AIS Framework for Rebooting Sport](#)

When public health officials determine that the outbreak has ended in the local community, Special Olympics Australia will consult with relevant authorities to identify criteria for scaling back its COVID-19 prevention actions. Special Olympics Australia will also consider which protocols can remain to optimise good public and participant health.

At this time the Chief Executive Officer of Special Olympics Australia will consult with key stakeholders to review the delivery of its return to sport arrangements and use feedback to improve organisational plans and systems.

# Special Olympics Australia Recommendations for Activities

General Description		
Level A	Level B	Level C
<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 (<i>e.g. running, cycling sprints, hills</i>).</p> <p>Strength and sport-specific training permitted if no equipment required, or have access to own equipment (<i>e.g. ergometer, weights</i>).</p> <p>Online coaching and resources (<i>e.g. videos, play books</i>).</p>	<p>As per Level A plus: 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 (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. Non-contact skills training. 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 (<i>e.g. barre, ballet, hip hop, not partnered</i>), cycling 'spin' classes permitted if other measures (above) are met.</p>	<p>As per Level B plus: Full sporting activity that can be conducted in groups of any size including full contact (competition, tournaments, matches). Wrestling, holding, tackling and/or binding (<i>e.g. rugby scrums</i>) 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>
General Hygiene Measures		
Level A	Level B	Level C
<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 (<i>e.g. gym, court</i>) with limited numbers (not more than 10 athletes/other personnel 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. 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 are being used, hygiene practices should include no bed linen except single use towels. Cleaning of treatment beds and key surfaces should occur before and after each athlete treatment. Appropriate hand hygiene before and after each treatment.</p> <p>Limit unnecessary social gatherings.</p>
Spectators, Additional Personnel		
Level A	Level B	Level C
<p>No spectators unless required (<i>e.g. parent or carer</i>).</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>



# FOR ATHLETES

## Things to do all the time

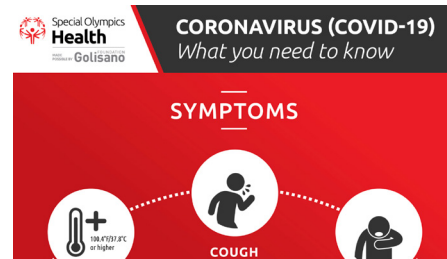
### Hygiene



[Handwashing poster](#)



[Proper hand washing techniques](#)



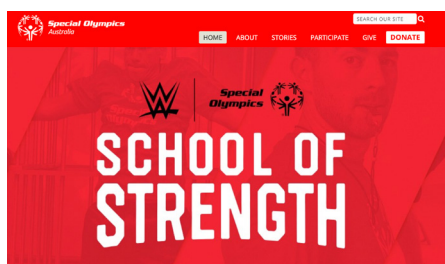
[What you need to know about COVID-19](#)

## Things you can do now to get ready for sport to begin

### Fitness



[Fit 5](#)



[School of Strength](#)

### Strong Minds



[Tips for maintaining a Strong Mind](#)



[Healthy sleeping tips](#)

# FOR ATHLETES

## Fun activities

**A QUICK GUIDE TO KEEPING IN TOUCH** 

As COVID-19 continues to impact our operations and program keeping in touch with each other has never been more important.

This guide outlines a small sample of free tools which can be used by athletes, athlete leaders, families, coaches and leadership teams to keep in touch during these challenging times.

  
Resources

  
Video Conferencing

  
Teleconferencing

[Connect with your coach](#)

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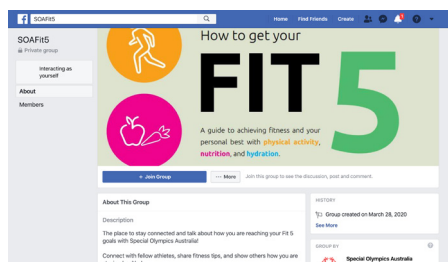
  
Teleconferencing

[Connect with your friends](#)

**STAYING FIT AT HOME BINGO**  

B	I	N	G	O
Work out to <b>learn</b> a new fitness video	Do 30 squats	Work out to <b>learn</b> a new Strength Video 1	Dance to your favorite music	Post a workout selfie and tag #InclusiveHealth
Enjoy a healthy	Participate in a 50 live workout on social media	SCHOOL OF STRENGTH	Do 30 lunges	Wear your favorite
				Spent 5 minutes thinking positive thoughts

[Special Olympics Bingo](#)



[Join Fit 5 Facebook Group](#)

**Healthy Salad Recipes**



[Healthy eating](#)

### Things you can do when sport starts

Your coach will be in touch to let you know how your training will begin.

When your training begins:

#### DO

- ✓ Talk to your Doctor before returning to sports training. This [form](#) will help you when seeing your Doctor.
- ✓ Only go to training if you feel fit and healthy.
- ✓ Carry a facemask to wear when needed.
- ✓ Show your vaccination certificate when asked.
- ✓ COVID-safe check in with the QR code.
- ✓ Sign the attendance register with your coach.
- ✓ Keep 1.5m from other athletes and your coach
- ✓ Get to training on time
- ✓ Bring and use your own water bottle
- ✓ Use hand sanitiser when you arrive and before you leave

### **DON'T**

- ✘ Don't go to training if you feel unwell
- ✘ Don't share your water bottle with anyone else
- ✘ Don't share your uniform or personal items with anyone else
- ✘ Don't shower or use the change rooms at training
- ✘ Don't sneeze or cough into your hands
- ✘ Don't hug, huddle, shake hands or high five
- ✘ Don't spit
- ✘ Don't touch your eyes, nose or mouth
- ✘ Don't be at training too early
- ✘ Don't hang around after training is finished

### Hi Coach!

We want to start by saying Thank You!

We know how hard you work every week to ensure that your athletes have the best opportunity to develop as people and as athletes, to participate and challenge themselves, to spend time with their friends and to be part of this wonderful world of sport.

We know how disappointed you and they are, that your season was interrupted by this global crisis. We know that many of your athletes are confused, frustrated and lonely. We also know that the skills, confidence, resilience and determination that you have helped them to develop, will help them through these challenging weeks and months – and so we want to thank you!

We also know that you are all facing this same challenge – you are worried about your families, your own health, your jobs and of course your athletes. We are aware that many of you are already making plans for how to support them and we want to try to provide some support to you!

### Education

Education is the first step in the preparation of sports resumption. We have made a range of resources available to help you take these first steps.

We know that you, the coaches are the most vital resource for our athletes. They depend on you every day to show up for them, to plan their training sessions, to help them grow and learn, to be their friend, their teacher and their supporter. Now, they need you more than ever.

We hope that by giving you some useful resources, strategies and some ideas, that we can help you, and your athletes, through this challenging time and be ready to get back training once these restrictions are lifted.

We hope that these recommendations provide you some simple ideas and strategies, which might help you and your athletes prepare to return to sport.

### COVID specific training

#### Australian Department of Health COVID-19 Training Module

The course takes around 30 minutes to complete and you will receive a certificate upon completion.

**Step 1:** Go to this link: <https://covid-19training.com.au/login.php>

**Step 2:** Create an account with the Department of Health

**Step 3:** Enrol in the course 'Infection Control Training – Covid 19'

**Step 4:** Click the 'Launch Course' button and complete the course

**Step 5:** Print out the completion certificate or take a photo.

### Special Olympics International COVID-19 eLearning Course

This course takes around 25-30 minutes to complete.

**Step 1:** Go to this link: <https://www.specialolympics.org/health-professional-training>

**Step 2:** Follow the instructions on the page and complete the course.

## Coaching through COVID resources

### [SOA Learn](#)

We've developed a free online learning hub that will help you grow and enhance your skills and ability to interact with people with intellectual disabilities and autism and provide them with greater sporting opportunities. SOA Learn will help you improve the delivery of sport and physical activity for people with an intellectual disability and autism.

### [Sport Specific Coaching and Training Resources](#)

Here you will find a series of links, by sport, to a variety of coaching and home training resources. Some of these are provided by International or National Sports Federations, others are fun and engaging YouTube videos, games or activities, which may be useful to you. Please share with us any tools you think can help other coaches.

### [Our Top 3 Tools for Virtual Coaching \(Video Calls\)](#)

For newcomers to video calls, it can be confusing and quite daunting. We have created some simple Step-By-Step instructions to walk you through our three favourite free video call tools. We show you how to create a free account and how to set up a call with your team.

### [Your first Virtual Coaching Session](#)

This is new to all of us. We have never experienced a situation like this. Introducing virtual coaching sessions to your team is likely to be a new experience for everyone. We share with you some great tips for your first training session, which we have adapted from some great advice given by John Leath of Unleash the Athlete on a recent Changing the Game Project webinar.

### [Our Top Ten Ideas for Virtual Coaching Session](#)

In this guide, we share 10 great ideas of activities or topics you can use for your team's virtual coaching sessions. Some will require sports clothing and a little space, others a pen and paper, and others you will need nothing for. Take these ideas and make them your own!

### [Keeping on Coaching without Technology](#)

Not all of our coaches or all of our athletes have access to technology and reliable internet access. This short guide will provide you with some simple ideas of how you can stay connected with your athletes and help them stay engaged with their sport, training and Special Olympics.

## Coaching Requirements for Return to Sport

Each coach should review and undertake the following actions to allow a return to training at Level B and Level C:

Area	Coaching Requirements (for activities under Level B)	Coaching Requirements (for activities under Level C)
Off-field Preparation	<ul style="list-style-type: none"> <li>• Complete COVID-19 specific coaching training listed in this plan.</li> <li>• Contact your athletes to ensure they are preparing for sport to return with the activities listed in this plan.</li> <li>• Inform the Club committee of the plans for training to recommence.</li> <li>• Understand the restrictions for each localised sport and training venue.</li> <li>• Ensure athletes are prepared to “Get in, train, get out”.</li> <li>• Advise players, coaches, volunteers to not attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness).</li> </ul>	<ul style="list-style-type: none"> <li>• Inform the Club committee of plans to continue to train.</li> </ul>
On-field Preparation	<ul style="list-style-type: none"> <li>• Modify training conditions to support social distancing.</li> <li>• Ensure you have equipment to comply with the guidelines and restrictions such as hand sanitiser, tissues, antibacterial wipes and signage.</li> <li>• Retain personal protective equipment (PPE) supplies for use if an attendee at an activity becomes unwell.</li> <li>• Group athletes into smaller groups over a greater number of sessions to comply with State guidelines.</li> </ul>	<ul style="list-style-type: none"> <li>• Modify training conditions to support expanded sporting activity that can be conducted in groups of any size (subject to COVIDSafe Roadmap) including full contact.</li> </ul>
Communication	<ul style="list-style-type: none"> <li>• Remind athletes, coaches, members, volunteers and families the return to training protocols including hygiene protocols</li> <li>• Encourage athletes, coaches, members, volunteers and families to download and use COVIDSafe app.</li> </ul>	<ul style="list-style-type: none"> <li>• Requirements continue from Level B.</li> </ul>

## FOR COACHES

Area	Coaching Requirements (for activities under Level B)	Coaching Requirements (for activities under Level C)
Training	<ul style="list-style-type: none"> <li>• “Get in, train, get out”</li> <li>• Maximum participants as advised by your State/Territory authority</li> <li>• No contact including high fives/ hand shaking, no socialising or group meals.</li> <li>• Use defined training areas for each training group</li> <li>• Avoid high injury risk activity</li> <li>• Ensure correct conduct of personal hygiene principles such as sanitising requirements, hand washing and treatment of shared equipment.</li> <li>• No sharing of personal equipment. .</li> <li>• Complete training attendance register kept.</li> </ul>	<ul style="list-style-type: none"> <li>• For larger team sports, consider maintaining some small group separation at training.</li> <li>• Limit unnecessary social gatherings.</li> <li>• Sanitising requirements continue from Level B.</li> <li>• Continue to encourage personal hygiene E.g. wash hands prior to training, no spitting or coughing, sharing of uniforms.</li> <li>• Continue to complete training and playing attendance register.</li> </ul>
Personal Health	<ul style="list-style-type: none"> <li>• Implement a graded return to sport to avoid injury.</li> <li>• Remind players, coaches, volunteers to not attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness).</li> <li>• Avoid physical greetings such as hand shaking and high fives.</li> <li>• Avoid coughing, clearing nose, spitting and sharing of uniforms.</li> <li>• Remind athletes to launder own training uniform and wash personal equipment.</li> </ul>	<ul style="list-style-type: none"> <li>• Requirements continue from Level B.</li> </ul>
Hygiene	<ul style="list-style-type: none"> <li>• Adopt safe hygiene protocols</li> <li>• Distribute information and posters for safe hygiene</li> </ul>	<ul style="list-style-type: none"> <li>• Requirements continue from Level B.</li> </ul>
Facilities	<ul style="list-style-type: none"> <li>• Understand and inform athletes which parts of facilities are available during Level B restrictions.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand and inform athletes of updated parts of the facilities available during Level C restrictions.</li> </ul>
Management of unwell participants	<ul style="list-style-type: none"> <li>• Understand and comply with protocol for management of illness.</li> <li>• Advise players, coaches, volunteers to not attend if unwell.</li> </ul>	<ul style="list-style-type: none"> <li>• Requirements continue from Level B.</li> </ul>



## Club Requirements for Return to Sport

These areas of operation for clubs should be given consideration as part of a club's plan to return to sport. All clubs should consider the actions set out in each level and consider the framework for Special Olympics Australia's return to sport is the health, safety and wellbeing of our community, especially athletes.

Each club should conduct the following actions to allow a return to training at Level B and Level C:

Area	Club Requirements (for activities under Level B)	Club Requirements (for activities under Level C)
Approvals	<ul style="list-style-type: none"> <li>• State/Territory Government approval of the resumption of community sport.</li> <li>• Relaxation of localised public gathering restrictions to enable training to occur.</li> <li>• Local government/venue owner approval to training at venue.</li> <li>• Special Olympics Australia approval of return to training.</li> <li>• Club committee has approved return to training for club.</li> <li>• State committee has been informed of plan to return to sport.</li> <li>• Insurance arrangements confirmed to cover training.</li> </ul>	<ul style="list-style-type: none"> <li>• Relaxation of public gathering restrictions to enable training to occur.</li> <li>• Continued Local government/venue owner approval to training/competition at venue, if required.</li> <li>• Special Olympics Australia approval to return to training and competition.</li> <li>• Club committee has approved return to competition for club.</li> <li>• Insurance arrangements confirmed to cover competition.</li> </ul>
<ul style="list-style-type: none"> <li>• Personal Health</li> </ul>	<ul style="list-style-type: none"> <li>• Recommend a graded return to sport to avoid injury.</li> <li>• Advise all players, coaches, volunteers that they are not to attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness).</li> <li>• Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing, no shared uniforms).</li> </ul>	<ul style="list-style-type: none"> <li>• Requirements continue from Level B.</li> </ul>

## FOR CLUBS

Area	Club Requirements (for activities under Level B)	Club Requirements (for activities under Level C)
Training Process	<ul style="list-style-type: none"> <li>• Ensure all sports are adhering to “Get in, train, get out” policy.</li> <li>• Recommend coaches review of length and scheduling of training sessions to reduce overlap.</li> <li>• Only small groups permitted for all club activities. Maximum number of persons as advised by your State/ Territory authority</li> <li>• No contact including high fives, hand shaking, no socialising or group meals.</li> <li>• Circulate correct conduct of hygiene principles such as sanitising requirements, hand washing and treatment of shared equipment.</li> <li>• Provide cleaning equipment for treatment of shared sporting equipment E.g. alcohol-based sanitiser, wipes, sanitise equipment before, during, after sessions.</li> <li>• Personal hygiene encouraged.</li> <li>• Guidance for travel arrangements for athletes with special travel arrangements. E.g. physical distancing on public transport, limit car pool, taxi, Uber use.</li> <li>• Ensure training attendance register is kept.</li> </ul>	<ul style="list-style-type: none"> <li>• AIS Framework principles – full sporting activity that can be conducted in groups of any size (subject to COVIDSafe Roadmap) including full contact.</li> <li>• For larger team sports, consider maintaining some small group separation at training.</li> <li>• Limit unnecessary social gatherings.</li> <li>• Access to treatment from support staff.</li> <li>• Sanitising requirements continue from Level B.</li> <li>• Treatment of shared equipment continues from Level B.</li> <li>• Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing).</li> <li>• Training/playing attendance register kept.</li> </ul>
Personal Health	<ul style="list-style-type: none"> <li>• Recommend a graded return to sport to avoid injury.</li> <li>• Advise all players, coaches, volunteers that they are not to attend if unwell (including any signs/ symptoms of cold, flu, COVID-19 or other illness).</li> <li>• Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing, no shared uniforms).</li> </ul>	<ul style="list-style-type: none"> <li>• Requirements continue from Level B.</li> </ul>
Hygiene	<ul style="list-style-type: none"> <li>• Adopt safe hygiene protocols</li> <li>• Distribute information and posters for safe hygiene</li> </ul>	<ul style="list-style-type: none"> <li>• Requirements continue from Level B.</li> </ul>

## FOR CLUBS

Area	Club Requirements (for activities under Level B)	Club Requirements (for activities under Level C)
Communication	<ul style="list-style-type: none"> <li>• Communicate to athletes, coaches, members, volunteers and families the return to training protocols including hygiene protocols. This is to be done in the clubs preferred format for intra-club communication.</li> <li>• Reinforce hand washing and general hygiene etiquette.</li> <li>• Endorse government COVIDSafe app and encourage athletes, coaches, members, volunteers and families to download and use app.</li> </ul>	<ul style="list-style-type: none"> <li>• Requirements continue from Level B.</li> </ul>
Facilities	<ul style="list-style-type: none"> <li>• Verify availability of facilities and their adherence to all Level B restrictions.</li> <li>• Ensure coaches have provision of appropriate health and safety equipment, Personal Protective Equipment (PPE) and personal hygiene cleaning solutions.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand requirements for return to full use of Club facilities.</li> <li>• Requirements continue from Level B.</li> </ul>
Management of unwell participants	<ul style="list-style-type: none"> <li>• Provide protocol for management of illness to all coaches, volunteers.</li> <li>• Implement protocol for management of illness, if required.</li> <li>• Remind all participants to not attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness).</li> </ul>	<ul style="list-style-type: none"> <li>• Requirements continue from Level B.</li> </ul>

# PROTOCOL FOR MANAGEMENT OF ILLNESS

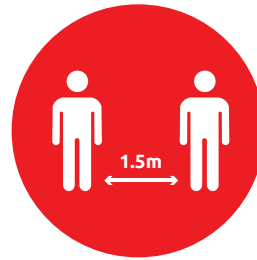
## Prevention



Complete attendance register



Practice personal hygiene



Enforce physical distancing



Sanitise shared equipment

## Management

If someone feels ill...



Do not attend training



Advise your coach and or carer



Seek appropriate medical treatment



Obtain medical clearance before returning



Follow Government guidelines for isolation, if required



# PROTOCOL FOR MANAGEMENT OF ILLNESS

## If someone tests positive for COVID-19?

If an athlete tests positive for COVID-19, **within 24 hours of notification**, the athlete or parent/ carer must:

1. Inform carer or support workers of positive COVID-19 test.
2. Inform Special Olympics Australia Club Coach of positive COVID-19 test.
3. Remain in your home or accommodation until Public Health officers advise that it is safe to return to normal activities.
4. Follow Government guidelines for isolation.
5. Obtain medical clearance prior to returning to Special Olympics events.

If a coach, official or spectator tests positive for COVID-19, **within 24 hours of notification**, the participant must:

1. Follow same steps outlined for 'If an athlete tests positive' from Step 2...

When a Coach is informed of a positive COVID-19 case, the coach must:

1. Respect privacy laws and adhere to member protection policy.
2. Inform the Club Sport Coordinator.
3. Inform all attendees of any impacted training sessions. This includes:
  - a) Other Special Olympics athletes
  - b) Officials
  - c) Parents, carers or support workers
  - d) Venue manager

When a Club Sport Coordinator is informed of a positive COVID-19 case, the Club Sport Coordinator must:

1. Respect privacy laws and adhere to member protection policy.
2. Inform the Club Leadership Team.
3. Confirm with the Coach that all attendees and potentially impacted athletes have been informed.
4. Shut down the impacted sport training for a minimum of 14 days.
5. Advise all persons from the impacted sport they must receive a medical clearance prior to returning to sport.
6. Advise the State Sport Coordinator of positive case and that sport has been shut for 14 days

# PROTOCOL FOR MANAGEMENT OF ILLNESS

When a Club Leadership Team is informed of a positive COVID-19 case, they must immediately:  
Advise the Special Olympics Australia General Manager, Operations Gareth Hogan.

**Gareth Hogan**

0477 749 947

[garethh@specialolympics.com.au](mailto:garethh@specialolympics.com.au)

## ***An Important Note***

*Be aware of member privacy when disclosing information. The name of the athlete or participant does not need to be announced, only that a suspected or confirmed case of COVID-19 has occurred at a training session.*

*Contact is considered to have occurred within the period extending 48 hours before onset of symptoms in the patient, until the patient is classified as no longer infectious by the treating team (usually 24 hours after the resolution of symptoms).*

## COACH CHECKLIST

- Ask athletes to arrive ready to train.
- Review of length and scheduling of training sessions to reduce overlap.
- Maximum number of persons (including yourself) as advised by your State/ Territory authority
- No contact including high fives/hand shaking, no socialising or group meals.
- Defined training areas for each training group, maintaining base density requirement of 4 square metres per person and physical distancing (>1.5 metres).
- Use of sanitising stations.
- Limited use of equipment.
- Sanitise equipment before, during, after sessions.
- No sharing of personal equipment.
- Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing).
- Training attendance register kept.
- Graded return to sport to avoid injury.
- Advise all participants to not attend if unwell.
- Advise all participants to launder their own uniforms.

## CLUB CHECKLIST

- State/Territory Government approval of the resumption of community sport.
- Relaxation of public gathering restrictions to enable training to occur.
- Local government/venue owner approval to training at venue.
- Ensure venue promotes good personal hygiene in facilities with posters.
- Ensure participants are aware of any health screening measures for entry into training facilities.
- Special Olympics Australia approval of return to training for community sport.
- Club committee has approved return to training for club.
- Insurance arrangements confirmed to cover training.
- Emphasise principle of "Get in, train, get out" to all participants.
- Provide guidance for travel arrangements (e.g. physical distancing on public transport, limit car pool/taxi/Uber use).
- Advise all participants to not attend if unwell.
- Adopt safe hygiene protocols for all club events.
- Encourage all participants to use government COVIDSafe App.
- Not more than one parent/carer to attend with each athlete.
- Parents/carers/spectators to observe physical distancing requirements (more than 1.5 meters)
- The capture of a record of attendance at all training and club activities and maintaining an up-to-date log of attendance.



# ADDITIONAL RESOURCES

## National

Department of Health

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

COVIDSafe App

<https://www.health.gov.au/resources/apps-and-tools/covidsafe-app>

Coronavirus Australia App

<https://www.health.gov.au/resources/apps-and-tools/coronavirus-australia-app>

National Sport Principles and Framework for resumption of Sport

[https://ais.gov.au/\\_data/assets/pdf\\_file/0008/730376/35845\\_AIS-Framework-for-rebooting-sport\\_FA.pdf](https://ais.gov.au/_data/assets/pdf_file/0008/730376/35845_AIS-Framework-for-rebooting-sport_FA.pdf)

National principles for the resumption of sport and recreation activities

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-national-principles-for-the-resumption-of-sport-and-recreation-activities>

Sport Australia Return to Sport

<https://www.sportaus.gov.au/return-to-sport>

## States and Territories

ACT Government

<https://www.covid19.act.gov.au/home>

ACT Sport and Recreation

<https://www.sport.act.gov.au/about-us/covid19-news>

NSW Government

<https://www.nsw.gov.au/covid-19>

NSW Office of Sport

<https://sport.nsw.gov.au/novel-coronavirus-covid-19>

QLD Government

<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19>

QLD Sport & Recreation

<https://www.hpw.qld.gov.au/news-publications/news?topic=covid19-sport-recreation>

SA Government

<https://www.covid-19.sa.gov.au/>

Sport SA

<https://www.sportsa.org.au/home/>

TAS Government

<https://www.coronavirus.tas.gov.au/>

TAS Sport & Recreation

<https://coronavirus.tas.gov.au/families-community/sport-and-recreation>

VIC Government

<https://www.vic.gov.au/coronavirus>

Sport & Recreation VIC

<https://sport.vic.gov.au/>

WA Government


<https://www.wa.gov.au/government/covid-19-coronavirus>


WA Sport & Recreation

<https://www.dlgsc.wa.gov.au/sport-and-recreation>

# CONTACTS

## Special Olympics Australia

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General Manager, Sport Development


 0477 716 404


 terryv@specialolympics.com.au

 Ethan Rogers  
National Sports Administrator

 0477 749 949

 ethanr@specialolympics.com.au

 Gareth Hogan  
General Manager, Operations and COVID-19 Safety Coordinator

 0477 749 948


 garethh@specialolympics.com.au

**Gareth Hogan should be contacted for all COVID-19 positive cases**

## Special Olympics Australia State Leadership

 Chair, Special Olympics NSW & ACT

 nsw.chair@specialolympics.com.au

 Chair, Special Olympics Tasmania

 tas.chair@specialolympics.com.au

 Chair, Special Olympics Queensland

 qld.chair@specialolympics.com.au

 Chair, Special Olympics Victoria

 vic.chair@specialolympics.com.au

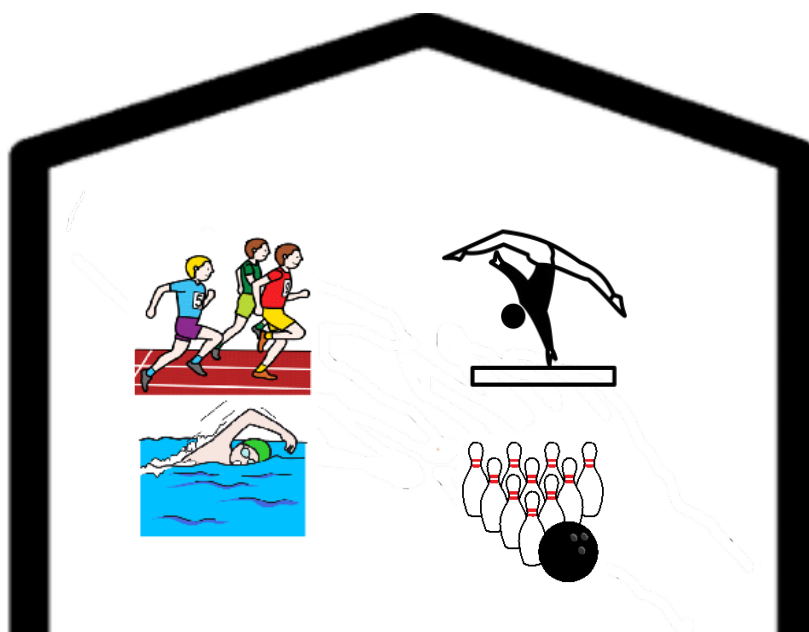
 Chair, Special Olympics South Australia

 sa.chair@specialolympics.com.au

 Chair, Special Olympics Western Australia

 wa.chair@specialolympics.com.au

***Special  
Olympics  
Australia***



## **Rules to go to Special Olympics sport**

1 November 2021



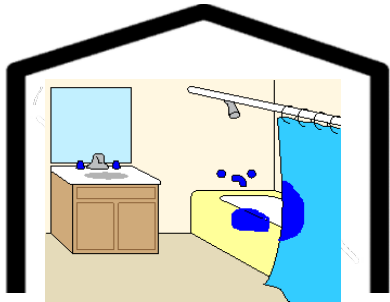
This form is about doing things with **Special Olympics Australia**.



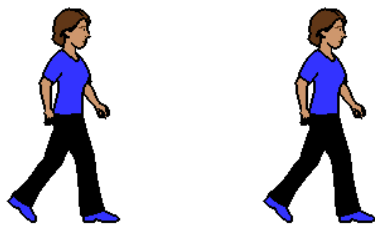
Your club will tell you when sport starts.



You must follow these new rules. It is to slow down COVID - 19.



Shower before and after sport at your home.



Keep space between people.



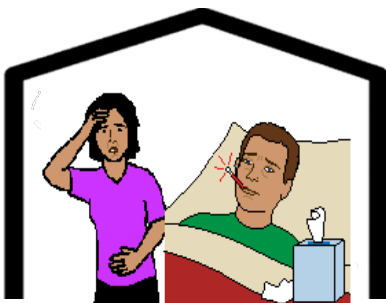
Check in at training and follow the rules.



Only use your own water bottle



Wash your hands  
before and after training



Stay at home if you feel sick.



Cough or sneeze into your elbow.



Do not high five or touch.



# CLUB TRAINING ATTENDANCE REGISTER

Training groups must be limited in accordance with your State/Territory Government restrictions and Special Olympics Australia's return to sport plan and guidelines.

Registers must be kept for every session and made available if required.

<b>CLUB NAME</b>			
<b>SESSION DATE</b>		<b>TIME</b>	
<b>VENUE</b>			
<b>COACH NAME</b>		<b>SPORT</b>	

	<b>FIRST NAME</b>	<b>SURNAME</b>	<b>FIT/WELL?</b>	<b>SIGHTED COVID VACCINE CERTIFICATE</b>
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				