



Victorian Weightlifting Association COVID Safe Plan

What is COVID-19?

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands and using an alcohol-based sanitiser frequently and avoid touching your face.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it is important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

At this time, there are no specific vaccines or treatments for COVID-19.

Source: World Health Organisation

COVID-19 Safety Plan for Weightlifting Clubs

The following measures must be taken to minimise the risk of COVID-19 infections spreading through VWA Affiliate Weightlifting Clubs.

The key recommendations by public health authorities to control the transmission of the coronavirus are:

1. Physical distancing
2. Practice good hand hygiene, clean and disinfect your environment
3. Stay at home if you are unwell and have any symptoms of the virus
4. Contact tracing

Source: Fitness Australia

A link to the Victorian Government's updated restrictions for gyms and sporting clubs can be found below:

<https://www.coronavirus.vic.gov.au/sport-and-exercise>

Venue Biosecurity

Opening at this stage is not a right but an opportunity and requires compliance with strict rules set out by the state and federal governments. If a club chooses to re-open for training the following requirements must be complied with. If your Club is unable or unwilling to comply with these rules, the Club must not resume operations until the government requirements change and are able to be complied with by the Club.

Clubs must appoint one or more COVID Safety Marshalls (CSM) who will be responsible for ensuring compliance with this COVID Safe Plan.

The CSM will also act as a liaison between the club and the VWA to communicate any issues and/or provide updates as required.

A club appointed CSM must always be present on-site to facilitate this plan during Club operating hours.

Gyms, fitness facilities and indoor sport and recreation venues may open. The number of people permitted in a venue or space is defined by the size of the space and subject to the following density quotients:

- **1 person per 4 square metres (divide the indoor space in square metres by 4) when staffed; and**
- **1 person per 8 square metres (divide the indoor space in square metres by 8) when unstaffed; and**
- **50 person limit per exercise class or group (indoors) where the space allows for that many (and the above density quotients are followed).**

Temporary structures may be set up to divide spaces subject to the overall cap of 20 people per venue and density limit of 1 person per 4 square metres.

Members of the public must be able to maintain a physical distance of 1.5m from one another and no physical contact is permitted.

Fitted face masks are no longer required but must be carried by all members of the public over the age of 12 years. It is recommended you wear a face mask when exercising indoors where you cannot keep a physical distance of 1.5m from others.

The *facility* must not be a member of the public's ordinary place of residence.

It is the Club's responsibility to adhere to these restrictions and be aware of any changes to restrictions that may apply to indoor sport and fitness activities.

Current restrictions are outlined at the Victorian Government's webpage:

<https://www.coronavirus.vic.gov.au/sport-and-exercise>

The DHHS, Worksafe and Victoria Police have the power to enter any facility to enforce these public gathering restrictions and issue penalties which may carry significant fines. The VWA takes no responsibility for penalties issued to any Club violating these laws and restrictions.

CSM's will use a non-contact thermometer to check the temperature of each person.

If their temperature is 37.3 °C or higher they must not enter.

The CSM will record the name and mobile phone number of each individual that attends the venue as well as the date and time of entering and leaving the venue, to be signed off by that individual. A register for recording this information can be found at the end of this document. Coaches must not sign on behalf of athletes.

Changerooms, toilets and showers may be used. The density quotient of 1 person per 4 square metres applies to changerooms and people must maintain a physical distance of 1.5m.

The following measures are also recommended to keep training venues 'COVID safe':

- Put signs around the venue reminding members to socially distance themselves, maintain good hand hygiene and rules for cleaning and sanitising (refer to posters enclosed).
- Remove or cordon off common areas to avoid congregation.
- Create specific pathways for entering and exiting areas.
- Spreading out equipment to create greater physical distance between athletes.
- Remove or deactivate less frequently used equipment to create more space.

Cleaning

All areas frequented by patrons must be cleaned at least daily with detergent or disinfectant.

Areas that are frequently touched must be cleaned regularly with detergent or disinfectant. This includes chairs, tables, counter tops, door handles, taps, sinks, etc.

Shared equipment must be cleaned as above between users.

All training equipment including platforms, bars, discs, collars, etc. must be cleaned with disinfectant immediately after each user has finished with it.

Where bars, discs, collars, etc., are allocated to specific platforms **they must not be moved to another platform**. Where bars, discs, collars, etc. are stored in racks, they must be cleaned and disinfected before being returned to racks.

A cleaning station must be provided at **each training platform** containing the following:

- hand sanitiser
- disinfectant or similar solution
- disposable sanitary wipes
- disposable gloves
- 1 x closed bin lined with a plastic liner
- bin liners

Bins must be lined with a plastic liner and emptied daily or when they reach capacity, whichever occurs sooner. Disposable gloves must be worn when cleaning equipment and emptying bins. Hands must be washed thoroughly or sanitised with alcohol-based hand sanitiser before and after wearing disposable gloves. When emptying bins with disposable gloves these should be disposed of into a bin after use.

Fitness Australia and Safe Work Australia advise the following when cleaning equipment:

- Workplaces must be cleaned daily and recorded
- Cleaning with water and detergent is sufficient
- Alternatively a 2-in-1 cleaning solution of a combined detergent and disinfectant is appropriate
- Cleaning hard surfaces can be followed with further disinfectant containing >70% alcohol, quarternary ammonium compounds, chlorine bleach or oxygen bleach
- More frequent cleaning is recommended for high touch surfaces such as equipment, doorknobs and swipe machines.

Access and Social Distancing

Anyone who is feeling sick in any way or displaying symptoms of COVID-19, including cold, flu and respiratory symptoms, must not enter the venue.

All users must sign in and sign out, recording the date, time of attendance, name and contact number (see above).

Gyms, fitness facilities and indoor sport and recreation venues may open. The number of people permitted in a venue or space is defined by the size of the space and subject to the following density quotients:

- **1 person per 4 square metres (divide the indoor space in square metres by 4) when staffed; and**
- **1 person per 8 square metres (divide the indoor space in square metres by 8) when unstaffed; and**
- **50 person limit per exercise class or group (indoors) where the space allows for that many (and the above density quotients are followed).**

Patrons must be punctual and strictly adhere to training times where these are stipulated.

All patrons must maintain a distance of at least 1.5m from any other person. There must be no physical contact with another person at any time.

Only one athlete per platform and barbell is permitted. All equipment used or handled must be disinfected before anyone else uses it, including cleaning shared equipment between users.

Patrons must bring only essential personal training equipment into the gym. Personal equipment should be cleaned daily and must not be shared. Personal equipment includes:

- towels
- water bottles
- chalk
- straps
- belt
- bandages and tape

These items must be carried in and out of the gym in a closed bag and kept in the bag when not being used.

Patrons must leave the gym immediately after training without delay. The AIS Framework for Rebooting Sport recommends athletes *'get in, train, get out.'*

Changerooms, toilets and showers may be used. The density quotient of 1 person per 4 square metres applies to changerooms and people must maintain a physical distance of 1.5m.

Handwashing and Hygiene

Hand sanitiser must be provided at entry and exit points. All patrons must use hand sanitiser on entry and exit.

A cleaning station must be provided at **each training platform** containing the following:

- hand sanitiser
- disinfectant or similar solution
- disposable sanitary wipes
- disposable gloves
- 1 x closed bin lined with a plastic liner
- bin liners

Bathrooms must be well stocked with hand wash and disposable paper towel or air dryer. Athletes are encouraged to frequently wash their hands with soap and water and disinfect surfaces they have touched to minimise transmission of the virus.

Members should be reminded to wash their hands often and not to touch their eyes, nose and face.

Fitted face masks are no longer required but must be carried by all members of the public over the age of 12 years. It is recommended you wear a face mask when exercising indoors where you cannot keep a physical distance of 1.5m from others.

Athletes must supply their own chalk and take it with them when they leave the gym.

The use of posters found on our Return to Play page should be displayed around the club and will help remind athletes to maintain proper hand hygiene and distancing measures.

The Victorian Government's advice on public drinking fountains and bubblers can be found here:

<https://www.dhhs.vic.gov.au/sport-and-exercise-restrictions-covid-19#can-i-drink-from-a-public-water-fountain-or-bubbler>

Although deemed safe it is recommended that clubs follow the advice of Fitness Australia and *close shared hydration stations which dispense water for drinking directly and encourage members to bring their own (full) water bottles.*

Injury Management

For minor injuries and where possible, First Aiders should maintain a minimum distance of 1.5m from the injured person and provide appropriate advice and first aid supplies, e.g. ice, bandages, sterile dressings, etc., to guide the patient through a process of self-treatment.

Where distance cannot be maintained, First Aiders must ensure that they wear Personal Protective Equipment including disposable gloves as a minimum, before treating the patient.

Ice from ice machines should be avoided unless required in a first aid situation.

Fitted face masks must be worn at all times when performing First Aid.

Managing COVID-19 Symptoms Onsite

If a patron exhibits or reports symptoms of COVID-19 while at the gym, they must be isolated immediately. Their personal equipment should be packed into a closed bag and the area and equipment they used must be disinfected immediately. Arrangements should be made for the person to leave the premises with their personal equipment as soon as possible and without coming into contact with anyone else. They should be advised to call the National Coronavirus Hotline: 1800 020 080 and they should not be allowed to return to the gym until they have been tested for COVID-19 and declared clear of the disease.

If the person exhibits severe symptoms, call 000.

The above scenario should be recorded in the register maintained by the CSM and reported to the relevant authorities and the VWA immediately.

COVID-19 Awareness

Posters should be displayed around the gym, providing information on the following:

- Effective handwashing;
- Social Distancing;
- Symptoms of COVID-19;
- COVIDSafe app.

Posters are enclosed and available on the VWA's online Return to Play page:

<http://www.vicweightlifting.com/Return-to-Play>

Checklist for COVID Safety Officers

- ☐ If you feel sick, stay home
- ☐ Clean and disinfect common areas daily
- ☐ Regularly disinfect frequently touched surfaces
- ☐ Ensure hand sanitizer is provided at entries and exits
- ☐ Ensure that all patrons use hand sanitizer on entry and exit
- ☐ Ensure only essential personnel are admitted entry and attendees complete attendance register
- ☐ Ensure that the number of people in the gym doesn't exceed current regulations
- ☐ Ensure that cleaning kits are kept well stocked
- ☐ Ensure that effective social distancing practices are observed
- ☐ Remind patrons to practice effective handwashing regularly

Checklist for Athletes

- ☐ If you feel sick, stay home
- ☐ Clean personal equipment daily and before bringing it into the gym
- ☐ Bring your own drinking water
- ☐ Bring your own chalk
- ☐ Sign in and sign out, recording the date and time
- ☐ Don't share platforms or equipment
- ☐ Keep your personal equipment in your bag when not using it
- ☐ Clean and disinfect all equipment after use including any chairs you used
- ☐ Get in, train, and leave. Shower at home
- ☐ Maintain a distance of at least 1.5m from any other person
- ☐ Wash your hands often and don't touch your nose, eyes or face

Non-mandatory Measures

Patrons should be encouraged to:

- Download and activate the COVIDSafe app
- Be vaccinated against influenza