



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

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

<https://www.coronavirus.vic.gov.au/how-we-live>

Physical Recreation and Sporting Venues

Gyms, fitness facilities and indoor sport and recreation venues may open without venue caps (unless specified by council permits) or density quotients.

Only fully vaccinated patrons aged 12 years and 2 months and older may enter indoor and outdoor physical recreation and sporting venues.

A COVID Check-In Marshall must be appointed to ensure all patrons check in via the Services Victoria QR Code check in system, or manually where a smartphone is unavailable.

Fitted face masks are only required in high-risk settings.

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-exercise-and-physical-recreation-services-sector-guidance>

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.

Community Sport

For community sport the vaccination requirements do not apply in relation to any indoor space or outdoor space in a physical recreation premises if that space is being operated only for the purpose of conducting a community sport activity. Please see the below link for the difference between community sport and physical recreation:

<https://www.coronavirus.vic.gov.au/sport-exercise-and-physical-recreation-services-sector-guidance>

Community sport is still required to have COVID Check-in Marshals to record attendance at the venue.

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.

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 using the Services Victoria QR Code Check-In system. Clubs and facilities must register themselves with Services Victoria to obtain a QR code. Manual recording is permitted where patrons do not have a smartphone on hand.

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.

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.

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