



COVID-19 infection control guidelines for community sport¹

Everyone involved in community sport activities play a role in slowing the spread of COVID-19. You can help by:

1. Participating in community sport

People should not participate in community sport if they:

- a) have any cold or flu-like symptoms, even if mild
- b) have travelled overseas or been in close-contact to a person with COVID-19 in the preceding 14 days
- c) are at a greater risk of more serious illness if infected with coronavirus, including:
 - (i) people aged 70 years and over
 - (ii) people aged 65 years and over with chronic medical conditions
 - (iii) Aboriginal and Torres Strait Islander people over the age of 50
 - (iv) people with compromised immune systems.

2. Attending community sport

Only essential people should attend activities, in line with the National Principles for the Resumption of Sport and Recreation. This includes:

- players
- coaches
- match officials
- staff
- volunteers
- one parent or guardian of children.

3. Practice social distancing at community sport

- Change pre and post-match protocols so players and officials do not touch each other.
- When watching or attending a game or training, keep a distance of 1.5 metres between yourself and others.
- Restrict access to change room areas to players, officials and essential staff.

¹ Adapted from FFA Circular No.20-05

4. Hygiene and behaviour

Hygiene

The risk of transmission of COVID-19 in sporting settings can be minimised by:

- Team members and trainers should practise good hand hygiene at the start and end of training sessions and during the activity when possible. Use soap and water to wash hands when they are visibly dirty or using hand alcohol-based hand sanitiser.
- Clean facilities, high-touch surfaces and objects with detergent and disinfectant. Follow the manufacturer’s directions on the label of the product.
- Clean sports equipment with a detergent and disinfectant as per manufacturer’s instructions or a combined detergent and disinfectant product including wipes.
- Encourage regular hand washing by staff and participants.
- Provide alcohol-based hand sanitiser dispensers in prominent places around the event including registration desks, change rooms, toilets or kiosks.
- Make sure dispensers are refilled.

Areas for consideration – ensure routine cleaning after every training session if used:

- BBQ areas
- Recreational areas
- Coaching offices
- Physio/treatment room
- Change rooms/locker rooms/showers
- Gym areas
- Staff dining rooms, cafes, retail outlets



Behaviour

Promote good cough and sneeze hygiene:

- cover mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- provide bins and put used tissues in the bin straight away
- wash hands with soap and water after sneezing or coughing
- use hand sanitiser gel if soap and water are not available
- try to avoid close contact with people who are unwell
- avoid touching your eyes, nose or mouth if your hands are not clean.

Organisation of community sporting activities

- Undertake a thorough risk assessment.
- Plan ways to reduce in-person contact for participants and staff.
- Plan for more staff and volunteer absences.
- Find a space where you can isolate staff or participants who become sick.
- Tell staff and participants what you are doing to stop the spread of COVID-19.