

# School Sport and Recreation COVID-19 Phase 4 Factsheet

Sport and recreation plays an important role in school community development, connectiveness, physical and mental health. On 27 June 2020 following the encouraging response to COVID-19 in WA, Phase 4 of the WA Roadmap commenced with easing of restrictions. The 100/300 venue rule has been removed, 2sqm per person gathering limit in place and attendance recording not required.

## What does this mean for school sport?



Prior to restarting sport, schools should complete a [COVID Safety Checklist or Plan](#) and display a certificate at their venues.



Sporting venues must provide at least 2sqm for each patron. Staff, coaches & officials not included.



High traffic public areas should have regular cleaning. You can share sporting, fitness and gym equipment provided it is cleaned between each training session, class or match.



Spectators now allowed at ACC sport. Spectators on school grounds at Principal's discretion.



Change rooms and shower facilities now open. Additional cleaning services required.

## What should schools and sport clubs/associations do before commencing any activities?



Familiarise yourself with the State Government and ACC's [COVID-19 Safety Guidelines](#).



Understand & implement your hygiene policies and procedures - see over for more information.



Appoint a COVID Safety Officer and discuss COVID plans with your Principal, Head of Sport and governing body.



Encourage everyone to download the COVID-Safe App as part of 'return to sport' protocols.



Complete and implement your [COVID-19 Safety Checklist or Plan](#)



Ensure staff / coaches / officials understand the importance of a safe environment, including how to modify activities and manage risks.



COVID-19 Safety fYei JfYa Ybrg



Check your venue limits for the 2sqm rule per person"



Cleaning is an essential part of the removal of germs such as the COVID-19 virus. These tips are a guide for general cleaning of some common areas and items used by schools sport and clubs.



## Wash your hands

- Regularly washing your hands is a great way to prevent the spread of germs and virus.
- **If cleaning your hands with soap and water;**
  - Lather for at least 20 seconds. Pay attention to the backs of hands and fingers, fingernails and the webbing between fingers.
  - Rinse hands under running water and dry hands with a clean towel, or fresh paper towel.
- **If cleaning your hands with an alcohol-based hand rub (hand sanitiser);**
  - Apply enough product to cover both hands.
  - Rub all surfaces of both hands until they are dry.



## Washing equipment

- Equipment should be cleaned and disinfected following use and prior to being used again.
- Use products that are antiviral, meaning it can kill the virus, such as chlorine-based disinfectants or freshly made diluted bleach solution in accordance with Department of Health guidelines available the link below.
- Always follow the manufacturers guidelines for the correct mixture when working with chemicals.
- Wash equipment (such as balls, weights, dumbbells) in the cleaning mixture, leaving it on for at least ten minutes, before rinsing and drying.



## During activity

- Stagger start times to avoid congestion – adopt a ‘get in, play, get out’ philosophy.
- Wash your hands before and after training.
- All players and support staff must bring their own water bottle and hand towel.
- No high fives, handshakes, spitting or contact.



## Toilets & Change rooms

- Toilets and changerooms can open pursuant to the guidelines and after discussion with the Principal. Change room usage should be minimized.
- They should be frequently cleaned and ensure 2sqm of space per person.
- For high use areas this may be twice per day. For lower use this may mean a daily clean.
- Always follow the manufacturers guidelines for the correct mixture when working with chemicals.
- Always provide a designated toilet for visitors: players, officials and other personnel



More cleaning information can be found at: <https://www.health.gov.au/sites/default/files/documents/2020/03/environmental-cleaning-and-disinfection-principles-for-covid-19.pdf>

For the latest information on COVID-19 visit <https://www.wa.gov.au/government/covid-19-coronavirus>

For ACC Sport information on COVID-19 visit <https://www.accsport.asn.au/acc-information/covid-safe>

