



# BACK ON TRACK

**Guidelines for Centres to return to  
Little Athletics during COVID-19  
restrictions**



# INTRODUCTION

This information is provided for Centres and members to allow the safe return of Little Athletics in Queensland. It is consistent with the Queensland Government's Return to Play Policy and Industry COVID Safe Plan. If there are any changes to the restrictions or additional stages added, we will update this guideline accordingly.

Little Athletics Queensland recommends the following to all Centres, athletes, families and volunteers:

- Download the COVIDSafe App
- If at any course throughout any of the Stages, if you're feeling unwell with flu like symptoms, please stay at home

If your Centre has any questions about what is listed in this guide, please do not hesitate to contact the LAQ Office on (07) 3892 9400 or [info@laq.org.au](mailto:info@laq.org.au)

## PHYSICAL DISTANCING (OFF THE FIELD OF PLAY)

Physical distance is important off the field of play to help reduce the spread of the virus and to decrease the exposure from other people. This will need to be adhered to at all times. Centres need to minimise the risk of spreading the infection by implementing measures to protect athletes, families, committee members and other volunteers. Here are the ways your Centre can help:

- Keep 1.5m between people off the field of play
- Avoid physical contact including shaking hands, high fives or hugging
- Encourage volunteers and officials to bring their own equipment necessary to assist (pen, clipboard etc).
- Place posters around your facility with information on physical distancing
- Use barriers or markers to help identify 1.5m
- Send emails to your members regarding these restrictions
- Consider replacing face-to-face meetings with online platforms
- If you or an athlete in your family is unwell please stay home and avoid physical contact with other people

# HYGIENE & EQUIPMENT

Slowing the spread of COVID-19 can be achieved by ensuring Centres adopt good personal hygiene practices.

Here are some of the ways your Centre can help:

- Have handwashing or sanitising stations around the arena or at each individual event
- Don't allow athletes to share water bottles
- Ensure equipment is cleaned after use
- If anyone attends your Centre and is not well, tell them to stay at home
- Communicate hygiene practices with your members

Click [here](#) to access a guide on handwashing poster to display at your Centre.

Every event at Little Athletics requires equipment. Equipment is often shared so hygiene practices will need to be developed for your Centre and strictly adhered to.

Here are some of the ways your Centre can help:

- Ensure the equipment is cleaned prior to each event group starting that particular event
- Where possible, have only one person handling the starters gun. If this is not possible, ensure that the equipment is cleaned before and after each person uses it
- Where possible, have only one person handle each stop watch. If this is not possible, ensure that the equipment is cleaned before and after each person uses it.
- Athletes should wash or sanitise their hands before they start handling equipment
- While it is not expected that each piece of field equipment will be washed and sanitised after each time it is used, it is expected that the equipment be cleaned before an event commences as well as after an event finishes. This will ensure that it is properly cleaned before each group of athletes uses it.
- Each athlete should clean their hands before the start of their event and at the conclusion of the event. Athlete should also be encouraged to clean their hands during an event if they are touching equipment multiple times.

Click [here](#) to access a facility and playing area checklist for your Centre. It can be found on page 12.

# WINTER CENTRE MEMBERSHIP

LAQ has made some changes for our Winter Centre Membership for the 2020 / 2021 season only. The following applies to Winter Season Centres only.

<b>FEES</b>	The LAQ component of the registration fee will be reduced to: <ul style="list-style-type: none"><li>• Tiny Tots: \$30 incl. GST</li><li>• U6 – U17: \$40 incl. GST</li></ul> The dual registration fee of \$22 incl. GST will remain the same.
<b>EXTENSION OF SEASON</b>	The Winter Season will remain open until the 31 <sup>st</sup> of March 2021. Centres are allowed to compete for a maximum of 26 weeks within a 30 week block during this time.

The following activities are allowable under the various stages of the Roadmap to easing Queensland's restrictions. Please note the restrictions may change so please keep up to date with the latest information.

## STAGE 1 15<sup>th</sup> May 2020

There are no allowances for community sport activities in Queensland under Stage 1. This includes competition and organised training activities.

# STAGE 2

1<sup>st</sup> June 2020

Under Stage 2, community sport can commence with gatherings of up to 20 people.

Before your Centre commences any activities under Stage 2, you must complete the Queensland Government's Return to Play Readiness Checklist. A copy of this checklist can be found [here](#).

<b>SIGN ONS</b>	Centres can commence sign ons via online platforms ONLY
<b>COMPETITION</b>	There will be no Centre competitions under Stage 2
<b>TRAINING</b>	<p>Centres can commence training with their athletes. This can include game based activities (eg. FAST Program), competition training, organised clinics and courses (in an outdoor space). LAQ will also be able to conduct Introduction to Coaching Courses and Athlete Clinics if requested by Centres.</p> <p>Centres and Coaches must adhere to the following guidelines:</p> <ul style="list-style-type: none"><li>• No more than 20 people together at one time. This includes the coach, athletes and any parent / caregivers supervising or attending.</li><li>• Centres can accommodate multiple training zones for up to 20 people in each zone. There is to be no co-mingling between groups.</li><li>• Staggered starting times for each group of at least 5 minutes should be enforced to eliminate group overlaps</li><li>• Each zone must:<ul style="list-style-type: none"><li>• Have a different entry / exit point</li><li>• Be at least 5m between zones</li><li>• Be clearly designated with markers or bollards</li><li>• Have a minimum of 15 minutes scheduled between training sessions in each zone</li><li>• Have hand sanitizer available</li></ul></li><li>• No group from one zone can come into contact with a group from another zone</li><li>• Equipment:<ul style="list-style-type: none"><li>• Can not be shared between zones</li><li>• Must be cleaned between groups in each zone</li></ul></li><li>• Each group of 20 must have at least 4m<sup>2</sup> per person and maintain physical distancing of at least 1.5m</li><li>• Adhere to Hygiene and Distancing Guidelines listed above</li></ul>

	<ul style="list-style-type: none"><li>• It is recommended that parents or caregivers drop athletes at training and if permissible, leave the children under the care of the coach. Alternatively,</li><li>• A parent / guardian zone be established. The zone must have enough room for a maximum of 20 people to have 4m<sup>2</sup> and people in the zone must keep a physical distance of 1.5m from each other.</li><li>• The Centre or coach should maintain an attendance register for each session in each zone</li><li>• Restrict the use of facilities to equipment areas, toilets and first aid only</li><li>• Hand sanitiser should be provided for those attending each session</li></ul>
<b>MEETINGS</b>	<p>Centres can hold committee meetings or gatherings in their clubhouses or at other venues with groups of no more than 20 people.</p> <p>However, it is recommended that you replace face-to-face meetings with online meeting platforms where possible.</p>

# STAGE 3

## 10<sup>th</sup> JULY 2020

Under Stage 3, contact and non-contact activity is permitted on field during training and competition. The total number of people to attend training and competition in an outdoor venue or space is to be based on 1 person per 4 square metres up to 500 people.

Physical distancing does not apply “on the field of play”.

Before your Centre commences any activities under Stage 3, you must complete the Queensland Government’s Return to Play Readiness Checklist. A copy of this checklist can be found [here](#).

<p><b>SIGN ONS</b></p>	<p>Centres can commence Sign Ons via online platforms and in person</p>
<p><b>COMPETITION &amp; TRAINING</b></p>	<p>Centre competitions can commence under Stage 3. The following guidelines must be adhered to:</p> <ul style="list-style-type: none"> <li>• No more than 500 people together at one time at the entire venue. This includes committee members, athletes, parents or caregivers and other volunteers.</li> <li>• Centres can not split their competition into more than one area to allow more groups of 500. The total number of people in the entire venue is restricted to 500.</li> <li>• Contact tracing information (attendance register) must be kept for all participants, officials, spectators and anyone else who attends your facilities and information must be retained for 56 days (see below for requirements).</li> <li>• Spectators watching athletics competitions must observe physical distancing.</li> <li>• Requirements continue regarding sanitising and hygiene</li> </ul> <p>Centres may choose for facilities to be fully accessible including canteens, change rooms, bathrooms, storage rooms, however, you must put in place systems to manage the following:</p> <ul style="list-style-type: none"> <li>• Venue entry and exits (and separate where possible)</li> <li>• Seamless flow of participants and attendees through the venue</li> <li>• Overlap and congestion</li> <li>• Physical distancing including line markings, bollards and indicators</li> </ul> <p>Contact Tracing Requirements</p> <ul style="list-style-type: none"> <li>• All players, officials, staff and visitors to a venue or training session are encouraged to subscribe to the Government’s COVID-19 tracing app</li> <li>• Records of attendance at training and competitions to be maintained</li> </ul>

	<ul style="list-style-type: none"> <li>• Records of attendance of spectators at training and competitions to be maintained</li> <li>• Records to be kept for 56 days</li> </ul> <p>Attendance register must include:</p> <ul style="list-style-type: none"> <li>• Date of entry</li> <li>• First name and surname</li> <li>• Phone number</li> <li>• Email address</li> <li>• Time in</li> <li>• Time out</li> <li>• Club and team</li> </ul> <p>LAQ offers the following suggestions to Centres to help your competition operate safely under Stage 3 restrictions:</p> <ul style="list-style-type: none"> <li>• Use of commercially available attendance tracking software, for example ResultsHQ, Team App or What's App, is encouraged.</li> <li>• Consider separation of attendees into zones as appropriate to prevent and limit co-mingling where possible – including players/participants/teams, officials and spectators.</li> <li>• Centres are encouraged to use their own discretion and to apply as much flexibility as needed to their programs and events to abide by the restrictions.</li> <li>• Appoint a Safety Officer to oversee the adherence of all restrictions (including numbers, hygiene, distancing etc).</li> </ul>
<p><b>MEETINGS &amp; GATHERINGS</b></p>	<p>Centres can hold committee meetings or gatherings (including presentations) with groups of no more than 500 people. Centres must ensure that physical distancing is adhered to with 1 person per 4 square metres.</p>
<p><b>CANTEEN</b></p>	<p>If your Centre chooses to operate a canteen, you will need to complete and display the COVID-Safe Checklist for dining at restaurants, cafes, pubs, clubs, RSL clubs and hotels. A copy of the checklist can be found <a href="#">here</a>.</p>



# RESOURCES

[Queensland Government's Roadmap to Easing Restrictions](#)

[Queensland Government's Return to Play Guide](#)

[Queensland Government's Return to Play Readiness Checklist](#)

[COVID-Safe Checklist for Dining at Restaurants, Cafes, Pubs, Clubs, RSL Clubs and Hotels](#)

[12 Step Handwashing Poster](#)

[Stop the Spread of Germs Poster](#)

Version 4 – 7<sup>th</sup> July 2020