

**Caloundra Little Athletics Centre Competition Night Covid 19 Plan**

**Purpose :**

- Reduce exposure and spread of Covid 19

* Enable competition to resume at CLAC under Stage 3 restrictions
* Adherence to the Qld Government guidelines & key principles with regards to Covid 19
* Adherence to Little Athletics Queensland guidelines for centres to return to Little Athletics competition during Covid 19 restrictions.

**Qld Gov Key Principles:**

* **Physical distancing** - Under Stage 3 restrictions does not apply to

“on the field play”

**Eg:**  spectators watching athletes compete must observe physical distancing.

Participants / Coaches / Officials are not required to observe the 1:4m2 rule

on the field.

**Personal Health: Requirements continue from Stage 2.**

* Advise all athletes / spectators / coaches / officials **not** to attend competition nights if unwell, including any symptons of respiratory illness, cold or flu like illness. **STAY AWAY**, **STAY HOME.**
* **Wash hands** / use hand sanitiser prior to competition
* **No spitting**
* **No touching other athletes** re: hand shakes or high fives
* **Cough / sneeze** into elbow
* **Avoid touching face**, especialy eyes, mouth & nose
* **Only** officials / coaches to move equipment, cones, etc
* **Hand sanitiser** to be provided for each age group
* **Hand sanitiser stations** at each event area eg. shot put / discus / javelin

**Hand sanitiser** to be provided at tables, canteen, BBQ, bathrooms, equipment shed

* **Surfaces** should be disinfected, wiped regularly if frequently touched
* **Athletes** to BYO brink bottles

**Facilities:**

* **Showers / toilets** opened, to be frequently cleaned and hand sanitiser to be provided
* **Outdoor** track and field will accommodate multiple **Zones / Spaces**
* Each **Zone** will be marked ie: Shot put zoned with flags / witches hats
* There will be 5mtrs between each zone where appropriate to minimize risk
* **Seperate “ENTRY”** & **“EXIT”** into CLAC grounds / facility. With signage to communicate this
* **Appropriate signage displayed** re: Physical distancing / Hygeine
* **Attendence register** – App / sign on (keep for 56 days – contact tracing)
* **All** athletes / parents / coaches/ officials are encouraged to **download** the **Government Covid 19 tracing App.**
* **CLAC** to appoint a **Covid 19 Safety Officer** to ensure all restrictions are being adhered too ie; - Hygene, phisical distancing, numbers

