

## SLSSNB COVID-19 IMPACT ON SURF SPORTS TRAINING

<b>Document ID:</b>	Circular 202005-01 - SLSSNB COVID-19 Impact on Surf Sports Training
<b>Issue Date:</b>	15 <sup>th</sup> May 2020
<b>Department:</b>	Surf Sports
<b>Audience:</b>	Club Surf Sports contacts, Club Secretaries, Coaches, Competitors
<b>Summary:</b>	Information regarding Surf Sports training occurring within the guidelines of the Covid-19 health restrictions
<b>Action Required:</b>	Ensure all SNB surf sports coaches and competitors are aware of and abide by the documented guidelines

### FRAMEWORK FOR COVID-19 ENVIRONMENT

As we start the process of unwinding the restrictions that have been in place for the Covid-19 situation, there are some key top down processes that need to be followed with regards to Surf Sports training activities. The top down guidelines being followed are as follows –

Australian Government 3-Step Framework for a COVIDSafe Australia –

<https://www.health.gov.au/sites/default/files/documents/2020/05/3-step-framework-for-a-covidsafe-australia-3-step-framework-for-a-covidsafe-australia.pdf>

The Australian Institute of Sport (AIS) Framework for Rebooting Sport in a Covid-19 Environment –

[https://ais.gov.au/\\_data/assets/pdf\\_file/0006/730374/35845\\_AIS-Framework-for-Rebooting-Sport-Summary.pdf](https://ais.gov.au/_data/assets/pdf_file/0006/730374/35845_AIS-Framework-for-Rebooting-Sport-Summary.pdf)

The NSW Government Department of Health rules –

<https://www.nsw.gov.au/covid-19>

### AUSTRALIAN GOVERNMENT & NSW RULES

Based on the various guidelines above, the decision of what you can and cannot do is quite complex. We need to start with the Australian Government framework that defines the various steps to creating a safe environment as we exit the current restrictions.

This framework references the AIS sport specific framework. Below these, more importantly we need to be aware of the local NSW rules, which are the local governing rules for our environment with regards to what restrictions are in place and what we can and cannot do as far as sport and recreation activities.

Currently NSW is aligned to Step 1 of the guidelines defined by the Australian Government 3-Step Framework for a COVIDSafe Australia. The underlying principles of this framework are as follows:

- Maintain 1.5m distancing and good hygiene
- Stay home if unwell
- Frequently clean and disinfect communal areas
- COVIDSafe plan for workplaces and premises

Under this framework, the following Step 1 rules apply to Sport & Recreation –

- No indoor physical activity including gyms.
- Community centres, outdoor gyms, playgrounds, and skate parks allow up to 10 people
- Outdoor sport (up to 10 people) consistent with the **AIS Framework for Rebooting Sport**
- Pools open with restrictions

### RULES SPECIFIC TO OUTDOOR SPORTING ACTIVITIES

Within the **AIS Framework for Rebooting Sport**, outdoor sport activities are broken into 3 levels for both community and individual sports, and for high performance/professional sport. For NSW, we would be operating under Level B of the AIS framework for both community and individual sports, and for high performance/professional sport.

As outlined in the General Description of the AIS document, for **community and individual sport**, the following Level B guidelines apply –

- Indoor/outdoor activity that can be conducted in small groups (not more than 10 athletes and/or other personnel in total) and with adequate spacing (1 person per 4m<sup>2</sup>).
- Some sharing of sporting equipment permitted such as kicking a football, hitting a tennis ball, use of a skipping rope, weights, mats.
- Non-contact skills training. Accidental contact may occur but no deliberate body contact drills. No wrestling, holding, tackling, or binding.
- Commercial gyms, bootcamps, yoga, Pilates, dance classes (e.g. barre, ballet, hip hop, not partnered), cycling 'spin' classes permitted if other measures (above) are met.

As outlined in the General Description of the AIS document, for **high performance/professional sport**, the following Level B guidelines apply –

- Indoor/outdoor activity that can be conducted in small groups (not more than 10 athletes and/or other personnel in total) and with adequate spacing (1 person per 4m<sup>2</sup>).
- Some sharing of sporting equipment permitted such as kicking a football, hitting a tennis ball, use of a skipping rope, weights, mats. Non-contact skills training. Accidental contact may occur but no deliberate body-contact drills. No wrestling, holding, tackling or binding

Some **community and individual sport** and **high performance/professional sport** specific rules that relate to surf sports are as follows –

- Canoeing - No contact. No team boat training. 1 person per boat
- Rowing - Group resistance training sessions and outdoor group ergometer training placed at least 1.5m apart (not more than 10 athletes/staff in total). Groups of single sculls.
- Swimming - Use of communal pool with limited numbers maintaining social distancing requirements.

### RULES SPECIFIC TO SURF SPORTS

If we were to directly translate the above sporting activity rules to Surf Sports activities, the following rules apply –

- Surf Ski training – Group resistance training sessions and outdoor group ergometer training placed at least 1.5m apart (not more than 10 athletes/staff in total). Groups of single skis. No Double Skis.

- Surf Boat training - No contact. No team boat training. Group resistance training sessions and outdoor group ergometer training placed at least 1.5m apart (not more than 10 athletes/staff in total).
- Swim training – if in pool environment, use of communal pool with limited numbers maintaining social distancing requirements. In surf environment maintaining social distancing requirements. Not more than 10 athletes/staff in total.
- Board training - No contact maintaining social distancing requirements. Not more than 10 athletes/staff in total.
- IRB Racing training - No contact maintaining social distancing requirements. No team boat training.
- R&R and March Past training - No contact maintaining social distancing requirements. Not more than 10 athletes/staff in total.
- Lifesaving event training - No contact maintaining social distancing requirements. Not more than 10 athletes/staff in total.
- Beach event training - No contact maintaining social distancing requirements. Avoid packs of greater than 2 running. Not more than 10 athletes/staff in total.

For all the above, as outlined by the AIS framework the underlying principles are as follows –

- Get in, train, and get out — be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms).
- Minimise use of communal facilities (e.g. gym, court) with limited numbers (not more than 10 athletes/staff in total).
- Have cleaning protocols in place for equipment and facilities. Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training.
- Thorough full body shower with soap before and after training (preferably at home). Where possible maintain distance of at least 1.5m while training.
- No socialising or group meals

### CHANGES TO RULES

As documented in the AIS framework document –

“Resumption of sporting activity may not be linear. Increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases. Sporting organisations need to be flexible to accommodate and respond to changes in community transmission rates and the associated changes in advice from Public Health Authorities.”

Any changes to the rules and guidelines with regards to Sports and Recreation and how they relate to Surf Sports training will be communicated as soon as they occur and as required. Please ensure you keep up to date on any changes, which will be communicated via the SLSSNB Branch Website - <https://www.surflifesaving.net.au/>