

SLSSNB COVID-19 IMPACT ON SURF SPORTS TRAINING

Document ID:	Circular 202006-08 - SLSSNB COVID-19 Impact on Surf Sports Training
Issue Date:	12 th June 2020
Department:	Surf Sports
Audience:	Club Surf Sports contacts, Club Secretaries, Coaches, Competitors
Summary:	Information regarding Surf Sports training occurring within the guidelines of the Covid-19 health restrictions
Action Required:	Ensure all SNB surf sports coaches and competitors are aware of and abide by the documented guidelines This circular is an update and supersedes the following circular – Circular 202005-01 - SLSSNB COVID-19 Impact on Surf Sports Training

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

The NSW Government Department of Health rules –

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

Surf Life Saving New South Wales Return to Sport Plan –

<https://www.surflifesaving.com.au/downloads/slsnsw-return-sport-plan-covid-19>

AUSTRALIAN & NSW GOVERNMENT 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.

More importantly below these national frameworks 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 2 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 2 rules apply to Sport & Recreation –

- Up to 20 people allowed to participate in outdoor sports consistent with the AIS Framework for Rebooting Sport.
- Up to 10 people allowed to participate in all indoor sports, including gyms
- People need to maintain an average density of 4m² per person

RULES SPECIFIC TO SURF SPORTS

The SLSNSW Return to Surf Sport Plan provides guidelines for rules relating directly to surf sports.

Taking these guidelines into consideration, along with the AIS framework, the following rules apply -

- Surf Ski training – Group resistance training sessions and outdoor group ergometer training placed at least 1.5m apart (no more than 20 athletes/staff in total). Groups of single skis.
 - No Double Skis at this stage.
- Surf Boat training - Group resistance training sessions and outdoor group ergometer training placed at least 1.5m apart (no more than 20 athletes/staff in total).
 - No team boat training. It is anticipated that this restriction will be revised on July 1st
- Swim training – if in pool environment, use of communal pool with limited numbers maintaining social distancing requirements. In surf environment maintaining social distancing requirements. No more than 10 people allowed in the pool at one time.
- Board training - No contact maintaining social distancing requirements. Not more than 20 athletes/staff in total.
- IRB Racing training - IRB training is only permitted for maintaining surf lifesaving skills. Strict physical distancing measures remain in place whilst outside the IRB maintaining 1.5m distance apart.
 - Patient pick-ups is to be kept to a minimum - it is anticipated that this restriction will be revised on July 1st
- R&R and March Past training - No contact maintaining social distancing requirements. Not more than 20 athletes/staff in total.
- Lifesaving event training - No contact maintaining social distancing requirements. Not more than 20 athletes/staff in total.
- Beach event training - No contact maintaining social distancing requirements. Avoid packs of greater than 2 running. Not more than 20 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) with limited numbers (not more than 10 athletes/staff per gym session 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 social gathering prior to or post training to minimise gatherings with larger numbers

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/>