

SLSSNB COVID-19 IMPACT ON SURF SPORTS TRAINING

Document ID:	Circular 202007-01 - SLSSNB COVID-19 Update for Surf Sports Training
Issue Date:	3 rd July 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:	<p>Ensure all SNB surf sports coaches and competitors are aware of and abide by the documented guidelines</p> <p>This circular is an update and supersedes the following circulars –</p> <p>Circular 202006-08 - SLSSNB COVID-19 Impact on Surf Sports Training Circular 202005-01 - SLSSNB COVID-19 Impact on Surf Sports Training</p>

FRAMEWORK FOR COVID-19 ENVIRONMENT

As we continue 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.

RULES SPECIFIC TO SURF SPORTS

The SLSNSW Return to Surf Sport Plan provides guidelines for rules relating directly to surf sports. It is based on the current [Public Health Order](#). Under this plan, the following requirements must be met by surf sports organiser's i.e. clubs –

The organiser must –

- Develop and comply with the COVID-19 Safety Plan and the Plan must address all matters outlined on the COVID-19 safety checklist.
- Keep a copy of the COVID-19 Safety Plan and make it available for inspection if required by SLSNSW or an authorised officer.
- Adopt a 'Get in, participate and leave approach.
- Review the number of parents/carers at each session to ensure compliance

Note that under the current [Public Health Order](#), a COVID-19 Safety Plan is only required for an *“activity that involves a gathering of more than 20 participants”*.

As per the SLSNSW Return to Surf Sport Plan the following generic guidelines must be followed by all surf sports participants –

- Clubs MUST create a COVID-19 Safety Plan (for activities involving more than 20 participants).
- Club coordinated sport training or sport related activities can now progress in groups. Community Sport gatherings may not exceed 500 people. This is provided that a COVID-19 Safety Plan is in place (for activities involving more than 20 participants).
- Any shared equipment used must be disinfected after each use.
- A 'Get in, participate and leave' approach is in place. This means, all participants are still advised to leave immediately following the conclusion of the activity.
- Apply superior personal hygiene measures, such as regular washing of hands, frequent use of hand sanitiser, coughing into an elbow or tissue etc.
- Bring your own drink bottle, towel etc.
- High fives or handshaking should still be avoided.
- Spitting and clearing of nasal /respiratory secretions is strongly discouraged and fines may be imposed for deliberate behaviour.
- If any participant has been unwell or been in contact with a known case of COVID-19, they should be isolated and tested immediately. Should they be diagnosed with COVID-19, they are to remain in isolation until they are medically cleared of the virus.
- Clubs are required to record names of all participants for all sessions and records are kept for a minimum of 4 weeks (28 days).

The following guidelines outline the requirements for specific surf sports which have up until now been restricted.

DOUBLE SKI

Double ski's may be utilised, however are to be disinfected after each use along with any other shared surface.

IRB TRAINING

- Clubs MUST create a COVID-19 Safety Plan (for activities involving more than 20 participants).
- Club coordinated sport training or sport related activities can now progress in groups.
- IRB training may now resume.
- All other considerations outlined in GENERAL SURF SPORTS TRAINING must be considered.

SURF BOATS

- Clubs MUST create a COVID-19 Safety Plan (for activities involving more than 20 participants).
- Club coordinated sport training or sport related activities can now progress in groups.
- Surf Boat training may now resume.
- All other considerations outlined in GENERAL SURF SPORTS TRAINING must be considered.

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/>

ADDITIONAL INFORMATION

To develop a Covid-19 Safety Plan refer to the following resources –

<https://www.nsw.gov.au/covid-19/industry-guidelines/sports-recreation-and-gyms>