



# COVID-19 SAFETY PLAN

AMAC - Australian Martial Arts Championships (AMAC)

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| AMAC - Australian Martial Arts Championships   |  |
| All Australian Indoor Venues                   |  |
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| Version 1                                      |  |
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# 1. Introduction

The purpose of this COVID-19 Safety Plan (**Plan**) is to provide an overarching plan for the implementation and management of procedures by WMAC - World Martial Arts Championships to support AMAC and its members and participants in the staged resumption of community sport and club activities.

The arrangements set out in this Plan are intended to prevent the transmission of COVID-19 among members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community. The Plan provides the framework to govern the general operation of the AMAC, any facilities it controls, the playing/training behaviour of all members and participants and the monitoring and reporting of the health of attendees at AMAC facilities.

This Plan includes, but is not limited to, the conduct of:

- a. staged training and competition activities (sport operations); and
- b. facility management and supporting operations (facility operations).

At all times the Plan is subject to all regulations, guidelines and directions of government and public health authorities.

# 2. Key Principles

This Plan is based on, and accepts, the AIS [Framework for Rebooting Sport in a COVID-19 Environment](#) (**AIS Framework**) and the [National Principles for the Resumption of Sport and Recreation Activities](#) (**National Principles**).

The Plan also accepts as key principles that:

- The health and safety of members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community is the number one priority;
- Members, participants, coaches, officials, administrators/volunteers, families and the broader community need to be engaged and briefed on AMAC's return to sport plans;
- Facilities are assessed and appropriate plans are developed to accommodate upgraded hygiene protocols, physical distancing and other measures to mitigate the risk of transmission of COVID-19;
- Training cannot resume until the arrangements for sport operations and facility operations are finalised and approved, if necessary; and
- At every stage of the return to sport process AMAC must consider and apply all applicable State and Territory Government and local restrictions and regulations. AMAC needs to be prepared for any localised outbreak at our facilities, within our competitions or in the local community.

### 3. Responsibilities under this Plan

AMAC retains the overall responsibility for the effective management and implementation of the return to sport activities and operations outlined in this Plan.

The Executive Committee of AMAC is responsible for:

- Approving the Plan and overseeing the implementation of the arrangements in the Plan; and
- Revising the Plan as required, ensuring it reflects up to date information from government and public health officials.

The Executive Committee has appointed the following person as the AMAC COVID-19 Safety Coordinator to execute the delivery of the Plan and to act as a point of contact for information relating to this Plan:

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|-----------------------|--|
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| <b>Contact Email</b>  | Info@AMACHampionships.com                  |
| <b>Contact Number</b> | 02 9831-7537                               |

AMAC expects all members, participants, coaches, officials, administrative staff and volunteers to:

- Comply with the health directions of government and public health authorities as issued from time to time;
- Understand and act in accordance with this Plan as amended from time to time;
- Comply with any testing and precautionary measures implemented by AMAC;
- Act with honesty and integrity in regard to the state of their personal health and any potential symptoms; and
- Monitor their health and take a cautious approach to self-isolation and reporting of potential symptoms.

### 4. Return to Sport Arrangements

As at the date of this Plan, participants are training at Level A of the AIS Framework. The Plan outlines specific sport requirements that AMAC will implement for Level B and Level C of the AIS Framework.

AMAC will transition to the training activity and facility use as outlined in Level B of the AIS Framework and the training/competition activities and facility use outlined in Level C of the AIS Framework when permitted under local restrictions and regulations.

#### 4.1 AIS Framework Arrangements

The protocols for conducting sport operations and facility operations under Level B and Level C of the AIS Framework are set out in the Appendix.

## 4.2 Roadmap to a COVIDSafe Australia

AMAC will also comply with the Australian government's [Roadmap to a COVIDSafe Australia](#), which places limits on the type of activity that can be conducted and the number of people who can gather at facilities, notwithstanding the activities permitted by the AIS Framework (see below).

| <b>AIS Activities</b>     | <b>Level A:</b><br>Training in no more than pairs. Physical distancing required. | <b>Level B:</b><br>Indoor/outdoor activity. Training in small groups up to 10. Physical distancing required. |   | <b>Level C:</b><br>Full sporting activity (training and competition) allowed. No restriction on numbers. Contact allowed.   |                          |
|---------------------------|--|--|---|---|--------------------------|
| <b>Roadmap Activities</b> | N/A  | <b>Step 1:</b><br>No indoor activity. Outdoor sport (up to 10 people) consistent with AIS Framework.         | <b>Step 2:</b><br>Indoor/outdoor sport up to 20 people. Physical distancing (density 4m <sup>2</sup> ). | <b>Step 3:</b><br>Venues allowed to operate with up to 100 people with physical distancing. Community sport expansion to be considered consistent with AIS Framework. | <b>Further steps TBC</b> |

## 5. Recovery

When public health officials determine that the outbreak has ended in the local community, AMAC will consult with relevant authorities to identify criteria for scaling back its COVID-19 prevention actions. AMAC will also consider which protocols can remain to optimise good public and participant health.

At this time, the Executive Committee of AMAC will consult with key stakeholders to review the delivery of its return to sport arrangements and use feedback to improve organisational plans and systems.

# Appendix: Outline of Return to Sport Arrangements

## Part 1 – Sport Operations

| Area                      | Plan Requirements (for activities under AIS Framework Level B)  | Plan Requirements (for activities under AIS Framework Level C)  |
|---------------------------|---|---|
| <b>Approvals</b>          | <p>AMAC must obtain the following approvals to allow a return to training at Level B:</p> <ul style="list-style-type: none"> <li>• State/Territory Government approval of the resumption of community sport.</li> <li>• Relaxation of public gathering restrictions to enable training to occur.</li> <li>• Local government/venue owner approval to training at venue, if required.</li> <li>• National/state sporting body/local association approval of return to training for community sport.</li> <li>• AMAC Committee has approved return to training for club.</li> <li>• Insurance arrangements confirmed to cover training.</li> </ul>  | <p>AMAC must obtain the following approvals to allow a return to training/competition at Level C:</p> <ul style="list-style-type: none"> <li>• Relaxation of public gathering restrictions to enable training to occur.</li> <li>• Local government/venue owner approval to training/competition at venue, if required.</li> <li>• National/state sporting body/local association approval to return to training/competition for community sport.</li> <li>• AMAC Committee has approved return to competition for club.</li> <li>• Insurance arrangements confirmed to cover competition.</li> </ul>   |
| <b>Training Processes</b> | <ul style="list-style-type: none"> <li>• Club to emphasise AIS Framework principle of “Get in, train, get out” – arrive ready to train.</li> <li>• Length and scheduling of training sessions to reduce overlap.</li> <li>• Clearly outline nature of training permitted (e.g. small groups to train and for team meetings, equipment/skill drills able to be used, certain sport activities not permitted during Level B training, no contact including high fives/hand shaking, no socialising or group meals).</li> <li>• Defined training areas for each training group, maintaining base density requirement of 4 square metres per person and physical distancing (&gt;1.5 metres).</li> <li>• Sanitising requirements, including use of sanitising stations.</li> <li>• Treatment of shared equipment (e.g. sanitise equipment before, during, after sessions) and use of such equipment to be limited.</li> </ul> | <ul style="list-style-type: none"> <li>• AIS Framework principles – full sporting activity that can be conducted in groups of any size (subject to COVIDSafe Roadmap) including full contact.</li> <li>• For larger team sports, consider maintaining some small group separation at training.</li> <li>• Limit unnecessary social gatherings.</li> <li>• Clearly outline nature of training permitted.</li> <li>• Access to treatment from support staff.</li> <li>• Sanitising requirements continue from Level B.</li> <li>• Treatment of shared equipment continues from Level B.</li> <li>• Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing).</li> </ul> |

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|------------------------|--|---|
|                        | <ul style="list-style-type: none"> <li>• No sharing of personal equipment.</li> <li>• Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing).</li> <li>• Guidance for travel arrangements (e.g. physical distancing on public transport, limit car pool/taxi/Uber use).</li> <li>• Training attendance register kept].</li> </ul>  | <ul style="list-style-type: none"> <li>• Training/playing attendance register kept].</li> </ul>   |
| <b>Personal health</b> | <ul style="list-style-type: none"> <li>• Graded return to sport to avoid injury.</li> <li>• Advice to players, coaches, volunteers to not attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness).</li> <li>• Washing of hands prior to, during and after training and use of hand sanitiser where available.</li> <li>• Avoid physical greetings (i.e. hand shaking, high fives etc.).</li> <li>• Avoid coughing, clearing nose, spitting etc.</li> <li>• Launder own training uniform and wash personal equipment].</li> </ul> | <ul style="list-style-type: none"> <li>• Requirements continue from Level B.</li> </ul>   |
| <b>Hygiene</b>         | <ul style="list-style-type: none"> <li>• Any safe hygiene protocols distributed by national/state sporting body or local association that will be adopted by club.</li> <li>• Guidelines for sanitisation and cleaning, including requirements for sanitisation stations].</li> </ul>  | <ul style="list-style-type: none"> <li>• Hygiene and cleaning measures to continue from Level B].</li> </ul>  |
| <b>Communications</b>  | <ul style="list-style-type: none"> <li>• All players and staff are sent communication of our policy for hygiene and social distancing.</li> <li>• AMAC has endorsement of government COVIDSafe app and encouragement to players, coaches, members, volunteers and families to download and use app.</li> <li>• AMAC will promote good personal hygiene practices in and around training sessions and in Club facilities (e.g. posters in bathrooms).</li> </ul>  | <ul style="list-style-type: none"> <li>• AMAC will brief players, coaches, members, volunteers and families on Level C protocols including hygiene protocols (e.g. letter, email, text/WhatsApp message, Facebook post) and reinforcement of hand washing and general hygiene etiquette.</li> <li>• Continued endorsement of government COVIDSafe app and encouragement to players, coaches, members, volunteers and families to download and use app.</li> </ul> |

## Part 2 – Facility Operations

| Area                   | Plan Requirements (for activities under AIS Framework Level B)   | Plan Requirements (for activities under AIS Framework Level C)   |
|------------------------|--|--|
| <b>Approvals</b>       | <p>AMAC must obtain the following approvals to allow use of club facilities at Level B:</p> <ul style="list-style-type: none"> <li>• State/Territory Government approval of the resumption of facility operations.</li> <li>• Local government/venue owner approval to use of facility, if required.</li> <li>• AMAC Committee has approved plan for use of club facilities.</li> <li>• Insurance arrangements confirmed to cover facility usage.</li> </ul>   | <p>AMAC must obtain the following approvals to allow use of club facilities at Level C:</p> <ul style="list-style-type: none"> <li>• State/Territory Government approval of the resumption of facility operations.</li> <li>• Local government has given approval to use of facility, if required.</li> <li>• AMAC Committee has approved plan for use of club facilities.</li> <li>• Insurance arrangements confirmed to cover facility usage.</li> </ul>   |
| <b>Facilities</b>      | <ul style="list-style-type: none"> <li>• Parts of facilities that are available during Level B restrictions; limit to toilets and medical facilities and minimise use of communal facilities.</li> <li>• Hygiene and cleaning protocols.</li> <li>• Provision of appropriate health and safety equipment, Personal Protective Equipment (PPE) and personal hygiene cleaning solutions].</li> </ul>   | <ul style="list-style-type: none"> <li>• Return to full use of Club facilities.</li> <li>• Hygiene and cleaning protocols measures as per Level B.</li> <li>• Provision of appropriate health and safety equipment, Personal Protective Equipment (PPE) and personal hygiene cleaning solutions as per Level B].</li> </ul>  |
| <b>Facility access</b> | <ul style="list-style-type: none"> <li>• Restrictions on facility access to limit anyone who has: <ul style="list-style-type: none"> <li>– COVID-19 or has been in direct contact with a known case of COVID-19 in the previous 14 days.</li> <li>– Flu-like symptoms or who is a high health risk (e.g. due to age or pre-existing health conditions).</li> <li>– Travelled internationally in the previous 14 days.</li> </ul> </li> <li>• only essential participants should attend to minimise numbers; not more than one parent/carer to attend with children; gathering numbers should not exceed government allowances (COVIDSafe Roadmap maximum gatherings: Step 1 (10 people), Step 2 (20 people), Step 3 (100 people))</li> <li>• Any spectators should observe physical distancing requirements (&gt;1.5 metres). One spectator ticket per athlete and details recorded</li> </ul> | <ul style="list-style-type: none"> <li>• Continue Level B protocols as appropriate.</li> <li>• Gathering numbers should not exceed government allowances (COVIDSafe Roadmap maximum gatherings: Step 1 (10 people), Step 2 (20 people), Step 3 (100 people)).</li> <li>• Any spectators should observe physical distancing requirements (&gt;1.5 metres) and density requirements (one person per 4 square metres).</li> <li>• Managed access including separate entry/exit points, managed traffic flows, stagger arrival/departure times.</li> <li>• Non-essential personnel to be discouraged from entering change rooms.</li> <li>• Physical distancing protocols including use of zones in clubrooms, change rooms including by use of physical zone indicators.</li> </ul> |



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|  | <ul style="list-style-type: none"> <li>Detailed attendance register to be kept].</li> </ul>  | <ul style="list-style-type: none"> <li>General advice on physical distancing in club facilities including discouraging face to face meetings where possible, restricting site visitors, deferring or splitting up large meetings.</li> <li>Detailed attendance register to be kept].</li> </ul> |
| <b>Hygiene</b>                           | <ul style="list-style-type: none"> <li>Safe hygiene protocols distributed by national body or local association that will be adopted by club including:             <ul style="list-style-type: none"> <li>Availability of hand sanitiser at entry/exit points to venue and elsewhere.</li> <li>Protocols for sanitising stations, sanitising shared equipment, uniforms.</li> <li>Cleaning standards – increase regular cleans and frequent wiping of high touch surfaces.</li> <li>Avoiding shared use of equipment.</li> <li>Provide suitable rubbish bins with regular waste disposal.</li> <li>Guidelines for sanitisation and cleaning of Club facilities].</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>Continue hygiene and cleaning measures as per Level B].</li> </ul>   |
| <b>Management of unwell participants</b> | <ul style="list-style-type: none"> <li>Isolation/medical requirements for all players, members, volunteers and their families at the onset of any symptoms including club facilities that can be used to manage symptomatic participants.</li> <li>Training of volunteers/club management on treatment of symptomatic participants and disinfecting of facilities used by such participants.</li> <li>Notification protocols for notifying public health authorities and other attendees of symptomatic participants].</li> </ul>  | <ul style="list-style-type: none"> <li>Measures as per Level B].</li> </ul>   |
| <b>Club responsibilities</b>             | <p>AMAC will oversee:</p> <ul style="list-style-type: none"> <li>Provision and conduct of hygiene protocols as per the Plan.</li> <li>The capture of a record of attendance at all training and club activities and maintaining an up-to-date log of attendance.</li> <li>Coordination of Level B field and training operations.</li> <li>Operation of AMAC's facilities in support of all Level B training activities in accordance with this Plan.</li> </ul>  | <p>As per Level B.</p>  |

## **Additional Notes on events Traffic Management and Officials' Procedures (CovidSafe)**

1. Door Entry management
  - a. All athletes and ticket holders (spectators) are to line up with social distancing (1.5 metres) to enter the venue
  - b. All athletes and spectators must have registered online and have online ticket present to be allowed access
  - c. Only 1 spectator allowed with each athlete
  - d. No access without a prior registered ticket
  - e. Junior only athletes (sub 17 years) will be allowed in the venue (with accompanying adult) between 8.00am – 11.30am
  - f. Adult only athletes (17 years and above) will be allowed to enter the venue from 11.30am only, not prior to this time allocation
  - g. Once each athlete has completed their own division(s), they will be requested to leave the venue with their accompanying adult ticket holder
    - i. This will allow for AMAC to strictly control the capacity of the venue throughout the day and adhere to Covid Safe requirements
  - h. Every athlete will receive a program (via email 2 days prior to the competition date) of when (times) their division(s) is scheduled for the day. Athletes are requested to enter the venue approximately 1 hour prior to their division scheduled times, but not more than 1 hour.
    - i. This will allow for AMAC to strictly control the capacity of the venue throughout the day and adhere to Covid Safe requirements
2. Door Registration management
  - a. Door Staff
    - i. Wear Gloves and Masks
    - ii. Separated by 1.5m from each other and patrons
    - iii. Contactless tickets pre-purchased – no cash handling
3. Floor management
  - a. Floor Staff – judges, referees, table officials and runners
    - i. Table officials and runners to wear gloves and face mask optional (non-contact with the public)
    - ii. Judges and referees wear gloves and no use of whistles (minimise any droplets being discharged)
    - iii. Judges and referees will be stationary whilst judging and will move only from outside the matted area – to practice social distancing with athletes and with each other
4. Athlete requirements and management
  - a. Only competing athletes on the matted area
  - b. The next athlete to compete to be ready on the side of the matted area
  - c. All other athletes to sit away from the matted area and 1.5m from each other (social distancing requirements to be observed)
  - d. No sharing of equipment allowed
  - e. No requirement of 'Kiai' (martial arts shout or heavy breathing) during competition to minimise any droplets being discharged
  - f. No requirement of handshakes, hugs or huddles (social distancing requirements to be observed)
  - g. Once the athlete has completed all their divisions in the competition they will be asked to leave the venue along with their accompanying spectator
  - h. All athletes are asked not to use change rooms and come changed for competition and leave in their competition attire
5. Toilets and changerooms
  - a. All attendees inside the venue are asked not to use changerooms and facilities and come prepared for their day and leave as they are.

- b. For toilets – all will be asked to observe social distancing and practice hygiene
- 6. All floors staff – bump in and bump out will be require the same hygiene and distancing requirements to be observed as with all other parties within the event
- 7. Any breeches will be reported to venue management
- 8. Any CovidSafe notifications of possible and actual infections will be reported to the State Health authorities and venue management within 24 hrs being made of aware of the said infection or reported infection.
- 9. Any change to this Covid Safety Plan will be submitted for approval and notation to the relevant venue management and health authorities required.