



QUEENSLAND SEA KAYAK CLUB Inc

COVID-19 SAFETY PLAN

Queensland Sea Kayak Club Inc.

[Association/Club]	Queensland Sea Kayak Club Inc.
[Ground Location]	N/A
[Club Facility Location]	N/A
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QSKC Executive Committee is responsible for this document	

Table of Contents

Template Instructions	Error! Bookmark not defined.
1. Introduction	3
2. Key Principles	3
3. Responsibilities under this Plan	4
4. Return to Sport Arrangements	4
4.1 AIS Framework Arrangements	4
4.2 Roadmap to a COVIDSafe Australia	5
5. Recovery	5
Appendix: Outline of Return to Sport Arrangements	6
Part 1 – Sport Operations	6
Part 2 – Facility Operations	9

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 Queensland Sea Kayak Club (QSKC) Inc to support QSKC 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 QSKC, the playing/training behaviour of all members and participants and the monitoring and reporting of the health of attendees at QSKC events.

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

- a. staged training and social activities.

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, instructors, trip leaders, administrators/volunteers, visitors, families and the broader community is the number one priority;
- Members, participants, instructors, guides, administrators/volunteers, families and the broader community need to be engaged and briefed on QSKC's return to activity plans;
- Training cannot resume until the arrangements for activity operations are finalised and approved, if necessary; and
- At every stage of the return to sport process QSKC must consider and apply all applicable State and Territory Government and local restrictions and regulations. QSKC needs to be prepared for any localised outbreak at our events or in the local community.

3. Responsibilities under this Plan

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

The Committee of QSKC 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 Committee has appointed the following person as the QSKC 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:

Name	Howard Rogers
Contact Email	president@qskc.asn.au covid@qskc.asn.au
Contact Number	

QSKC expects all members, participants, instructors, trip leaders, 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 QSKC;
- 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

QSKC will transition to the training activity are operating at 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

QSKC 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).

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

5. Recovery

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

At this time the Committee of QSKC 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

The following protocols will be implemented in order to comply with Queensland State Government requirements and the AIS Framework.

Part 1 – Sport Operations

Area	Plan Requirements (for activities under AIS Framework Level B)	Plan Requirements (for activities under AIS Framework Level C)
Approvals	<p>The club must obtain the following approvals to allow a return to training at Level B:</p> <ul style="list-style-type: none"> • State/Territory Government approval of the resumption of community sport. • Relaxation of public gathering restrictions to enable training to occur. • Local government/venue owner approval to training at venue, if required. • National/state sporting body/local association approval of return to training for community sport. • Club committee has approved return to training for club. • Insurance arrangements confirmed to cover training. 	<p>The club must obtain the following approvals to allow a return to training/competition at Level C:</p> <ul style="list-style-type: none"> • Relaxation of public gathering restrictions to enable training to occur. • Local government/venue owner approval to training/competition at venue, if required. • National/state sporting body/local association approval to return to training/competition for community sport. • Club committee has approved return to competition for club. • Insurance arrangements confirmed to cover competition.
Training Processes	<p>QSKC specifies that Training activities/processes will:</p> <ul style="list-style-type: none"> • Emphasise AIS Framework principle of “Get in, train, get out” – arrive ready to train. • Length and scheduling of training sessions to reduce overlap and maintain restrictions on numbers of participants. • Clearly outline nature of training permitted (e.g. small groups to train and for team meetings, equipment/skill drills able to be used (using Social distancing rescue techniques), certain sport activities not permitted during Level B training (non-social distancing rescue techniques), no contact including high fives/hand shaking, no socialising or group meals). 	<ul style="list-style-type: none"> • AIS Framework principles – full sporting activity that can be conducted in groups of any size (subject to COVIDSafe Roadmap) including full contact. • Limit group size to reduce transmission risk. Encourage people to self-assess and those who are immune-compromised or caring for immune-compromised individuals to refrain from participation. • Limit unnecessary social gatherings. • Clearly outline nature of training permitted (e.g. Social Distance rescues).

	<ul style="list-style-type: none"> • Defined outdoors training areas for each training group, maintaining base density requirement of 4 square metres per person and physical distancing (>1.5 metres). • Utilisation of personal sanitizers as part of outdoor activities. • Equipment will not be shared (except for emergency circumstance while life and limb are at risk). Paddlers are to provide their own equipment. • No sharing of personal equipment. • Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing). • Participants not be sick when attending events. Persons who are sick will be sent away. • Members are not encouraged to carpool unless they live within the same house • Activity/Event attendance registers will be kept by trip leaders and will be loaded into the club google drive. • Where possible Social distancing technology (Zoom) will be utilised to facilitate off water training. Specifically this will cover Trip Planning, Navigation. 	<ul style="list-style-type: none"> • Access to treatment from support staff in case of life-threatening situations and have distance from shore reduced to reduce close contact during Basic Skills training and rescue practice. • Sanitising requirements continue from Level B. • Treatment of shared equipment continues from Level B. • Personal hygiene encouraged (e.g. wash hands prior to training, no spitting), personal hand sanitizer. • Alternate sign on where possible such as Go-membership or photo of participants. • Avoid coughing where possible and if so conduct in a discrete manner • Training/trip attendance register kept.
Personal health	<ul style="list-style-type: none"> • The club will comply with Australian and Queensland Social distancing requirements and implement a graded return to activities based on this advice. • If a member of the club is feeling unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness) then they must not come to club activities. If you are registered for an event, please advise the trip leader so that we know you have not been injured while driving etc. • Washing of hands prior to, during and after events and use of hand sanitiser where available. • Avoid physical greetings (i.e. hand shaking, high fives etc.). • Avoid coughing, clearing nose, spitting etc. • Do not borrow equipment, wash/laundry your own equipment. 	<ul style="list-style-type: none"> • Remind Members no attendance if sick or exposure to suspected or confirmed cases. Note state restrictions e.g. Border closures etc. • Requirements continue from Level B. • Trip Leaders reserve the right to not allow participation if members appear sick.
Hygiene	<ul style="list-style-type: none"> • Members who have been overseas in the past 14 days or to a COVID-19 hotspot are not to participate until they have completed self-isolation; 	<ul style="list-style-type: none"> • Hygiene and cleaning measures to continue from Level B.

	<ul style="list-style-type: none"> • Members who are sick are not to participate; • Members who have tested positive are not to participate and are to follow their States quarantine requirements; • Members to provide their own equipment and should not loan equipment from others; • Any safe hygiene protocols distributed by national/state sporting body or local association that will be adopted by club. • Guidelines for sanitisation and cleaning, including requirements for sanitisation stations followed as per Queensland Health. • Encourage members to have their own Sanitizer, masks and other personal hygiene equipment to reduce risk associated with close proximity around stations. • Trip leaders to have Sanitizer available for wider usage as a backup. 	<ul style="list-style-type: none"> • Trip Leaders reserve the right to not allow participation if members appear sick. •
Communications	<ul style="list-style-type: none"> • Committee to review and endorse plan. • Club to distribute Plan to all members. • Trip Leaders to be advised of requirements and report breaches. • If a member breaches and continues to breach requirements then expulsion from the club is to be considered. • Adopt above protocols into activities. • Endorsement of government COVIDSafe app and encouragement to players, coaches, members, volunteers and families to download and use app. • Further information can be found at Queensland Health, counselling if required can be accessed through lifeline and other services if members are feeling isolated / vulnerable. • In order to ensure everyone can participate safely in Club group events, Trip Leaders have the responsibility to assess <ul style="list-style-type: none"> – Peoples health capacity to undertake the trip safely – Peoples ability to undertake the trip as part of a group – Peoples capacity to follow Trip Leaders direction as part of the Group 	<ul style="list-style-type: none"> • Committee to review and endorse plan. • Club to distribute Plan to all members. • Trip Leaders to be advised of requirements and report breaches. • If a member breaches and continues to breach requirements then expulsion from the club is to be considered. • Adopt above protocols into activities. • Endorsement of government COVIDSafe app and encouragement to players, coaches, members, volunteers and families to download and use app. • Further information can be found at Queensland Health, counselling if required can be accessed through lifeline and other services if members are feeling isolated / vulnerable. • In order to ensure everyone can participate safely in Club group events, Trip Leaders have the responsibility to assess <ul style="list-style-type: none"> – Peoples health capacity to undertake the trip safely – Peoples ability to undertake the trip as part of a group – Peoples capacity to follow Trip Leaders direction as part of the Group

	<ul style="list-style-type: none">• The Trip Leaders directions and decision for safety of participation in the individual group event, is final. The committee will be happy to discuss individual concerns, in order to continue to improve the policy.	The Trip Leaders directions and decision for safety of participation in the individual group event, is final. The committee will be happy to discuss individual concerns, in order to continue to improve the policy.
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Part 2 – Facility Operations

QSKC does not operate facilities and do not intend using facilities until Level C status under the AIS Framework is reached. QSKC will organise activities outdoors, where a need to meet exists the usage of technology such as Zoom will be utilised in the interim.