

COVID Safe plan

Business name:..... APSOCAAA
Site location:..... All events and various sites
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APSOC COVID Safe Strategies

1. Only run when well
2. Physical distancing
3. Face coverings
4. Personal hygiene
5. Increased cleaning
6. Outdoor spaces
7. Positive case management

Introduction

The health and safety of the APSOC community is the highest priority. APSOC is committed to protecting the community from the transmission of COVID 19 and has developed a seven-pillar risk control strategy, in line with the government's health directions and advice. The seven strategies work together to protect the competitors and spectators and will be applied to the various locations of APSOC events. The APSOC COVID Safe Plan has been developed by the APSOC executive committee with reference to DHHS guidelines and other similar event COVID safe plans. The plan will be regularly reviewed and updated to reflect the changing stages of the pandemic and health directions.

It is recognised that we will be reducing the time to socialise before and after the events as part of our COVID safe plan. Priority has been placed on the running of the race and the controlling of the COVID risk.

Strategy 1. Only run when well

Vic Gov guidance requirements:

- If experiencing any COVID symptoms, however mild, get tested. Go home straight after your test and isolate while you wait for the results.

APSOC Actions

- *Consistent with the Government's health messaging, APSOC will communicate to all competitors, officials and spectators they should only attend events if they are well.*
- *APSOC will reinforce in all communications, in order to protect the community, it will be essential that all competitors, officials and spectators who are feeling unwell and showing even the mildest symptoms of COVID 19, do not come to events and get tested for COVID 19.*

Strategy 2. Physical distancing

Vic Gov guidance requirements:

- You must ensure people are 1.5m apart as much as possible.

APSOC Actions:

- *APSOC will establish and control the event registration area to ensure competitors and officials maintain 1.5m physical distancing.*
- *Competitors will be directed to course details on the APSOC website prior to the event to allow pre-race briefings to be limited to max 2 minutes.*
- *The start line will be managed to maximize the separation of athletes.*
- *The athletes will be brought to the start line as close to the start time to minimise the time the athletes are at the start together.*
- *Athletes will be asked to order themselves appropriately with faster runners towards the front and the slower runners at the back*
- *Athletes will be asked to make use of available space to minimise the time they are in close proximity eg when passing another athlete*
- *For 'time after go' races the competitors will be marshaled to maintain 1.5m physical distancing in the starting funnel*
- *At the finishing line athletes will be marshaled through to ensure athletes maintained 1.5m physical distancing*

- *COVID safe posters will be placed up at events to remind all competitors, officials and spectators of the COVID safe procedures*
- *Race officials will act as COVID marshals and will monitor compliance with physical distancing requirements at events*
- *A COVID safe induction will be on the APSOC website and all athletes will be required acknowledge the COVID safe requirements during the registration process. It will include instruction on the physical distancing requirements at events.*

Strategy 3. Face coverings

Vic Gov guidance requirements:

- You must ensure all people are carrying a face mask
- You must ensure all people inside or outside are encouraged to wear a mask if physical distancing cannot be maintained

APSOC Actions:

- *Competitors and race officials will be encouraged to wear masks where 1.5 m physical distancing cannot be maintained at the registration area.*
- *Race officials will be encouraged to wear a mask at the start and finish line*
- *At the time of the event, the government guidelines regarding masks will be applied to each individual event. eg the requirement to wear a mask outside by all spectators, officials and athletes (prior to and after the races.)*
- *The COVID safe induction will include the requirements to wear masks.*

Strategy 4. Practice good personal hygiene

Vic Gov guidance requirements:

- You should make soap and hand sanitiser available for all people and encourage regular handwashing.

APSOC Actions:

- *APSOC will deploy hand sanitiser stations at all events*
- *Hand sanitise will be available at the registration area and athletes will be asked to hand sensitise before and after handling the tag folders*
- *Adequate soap and paper towel will be made available in all event bathrooms*
- *Athletes will be asked to follow good hygiene practices including cough and sneeze etiquette and to refrain from spitting on the course.*

Strategy 5. Increased Cleaning

Vic Gov guidance requirements:

- You must frequently and regularly clean and disinfect shared spaces, including high-touch communal items

APSOC Actions:

- *No change room or shower facilities will be offered at the event – only toilet facilities*
- *Cleaning materials and alcohol wipes will be used to wipe down all common area surfaces, including the registration tables, event equipment and athlete tags.*
- *Event bathrooms will be cleaned before and after the events*

Strategy 6. Outdoor spaces

Vic Gov guidance requirements:

- You should reduce the amount of time people are spending in enclosed spaces.

APSOC Actions:

- *All pre and post event activities will be held outside*
- *No morning or afternoon teas will be held either indoors or outdoors. Any food or drinks is to be provided by athletes for individual consumption*
- *Event results will be published on the APSOC website and medals handed out at a later date.*

Strategy 7. Positive case management

APSOC Actions:

Recording attendance

- *Only athletes that have pre-registered online via the APSOC website will be able to compete in races. There will be no ‘on the day’ invitation runners or registrations*
- *All athletes will have their individual RFID tag scanned to register their attendance at the event*
- *All officials and spectators will be asked to QR code into the event to record attendance*
- *Athletes are to ensure all accompanying people register using the QR code for the event*
- *Event attendance records will be made available to DHHS if a positive case is identified*

Communication

- *All athletes, officials and spectators are asked to notify APSOC if they are confirmed a positive COVID case or a close contact of a confirmed COVID case*
- *Under the direction of DHHS, APSOC will communicate to all members the notification of a positive case or close contact that attended an APSOC event.*

Date: 17 March 2021