

Note: all training activity is subject to Tasmanian public health directions

Stage 1: 18 May	Stage 2: 5 June	Stage 3: 26 June
Outdoor fitness sessions are permitted where physical distancing can be maintained for groups of a maximum of 10 people. No shared equipment.	Indoor training can resume with groups of up to 20 people (plus coaching staff) -Skill sessions only- Note: 20person limit/venue <b>17 June: 80person limit/venue</b>	Full indoor training and competition available, with maximum numbers of 500 (outdoor) and 250 (indoor) or density limit of 2m <sup>2</sup> per person.

### Conduct of Training and Competition: Stage 3

A **designated person** (includes competition managers, coaches and officials) at every session shall be responsible for ensuring that:

- Appropriate change-over process is followed (adhere to venue specific rules)
- Record of attendance is maintained to assist contact tracing [note: clubs may assist in this process and information must be stored for 21 days]
- Hand sanitiser is available for all attendees
- Density limit (2m<sup>2</sup> space per person) is maintained
- Any attendee who exhibits flu-like symptoms leaves the training venue immediately and contacts a COVID screening centre or the Tasmanian Public Health Hotline 1800 671 738
- All shared equipment is cleaned at the start and end of each session with appropriate disinfectant (e.g. posts/covers, balls/carts, platforms, common surfaces such as door handles)
- All attendees are aware of venue specific COVID safety measures and protocols (checklist)
- All attendees understand their responsibilities while participating

### Participant Behaviour: Stage 3

**IMPORTANT:** If you or a member of your household exhibits flu-like symptoms, you **must not** attend the venue and should contact a COVID screening centre.

**All attendees** (athletes, coaches or otherwise) shall:

- Abide by these and Tasmanian public health COVID Safe guidelines
- Limit their time at the venue beyond that required to train, play or officiate
- Maintain appropriate hygiene, including –
  - Bring full water bottle(s) sufficient for each session to reduce use of water fountains etc.
  - Practice hand hygiene, cover coughs and sneezes and remain vigilant for flu-like symptoms
  - Wash/disinfect hands before entering and leaving the venue
  - Not share equipment beyond that required to play/train (e.g. no sharing of water bottles, strapping tape, whistles, therabands, ice packs etc.)
  - Advise your coach, club/administration and contact COVID screening services if you begin to exhibit COVID symptoms
  - Limit use of change rooms including showers to necessity
  - Avoid close physical contact such as hugs, high fives, hand shakes

### References

Tasmanian Public Health corona virus website: [www.coronavirus.tas.gov.au](http://www.coronavirus.tas.gov.au)

Tasmanian Government Road map: [www.coronavirus.tas.gov.au/families-community/roadmap-to-recovery](http://www.coronavirus.tas.gov.au/families-community/roadmap-to-recovery)

Covid-19 Safety Plans: [www.worksafe.tas.gov.au/topics/Health-and-Safety/safety-alerts/coronavirus/covid-safe-workplaces-framework](http://www.worksafe.tas.gov.au/topics/Health-and-Safety/safety-alerts/coronavirus/covid-safe-workplaces-framework)

AIS Return to Sport guidelines: [www.ais.gov.au/health-wellbeing/covid-19#ais\\_framework\\_for\\_rebooting\\_sport](http://www.ais.gov.au/health-wellbeing/covid-19#ais_framework_for_rebooting_sport)



Volleyball Tasmania recommends downloading and running the COVID-Safe App to assist contact tracing.