

COVID Safe Workplace Guidelines

SPORT AND RECREATION INDUSTRY



Purpose

The COVID Safe Workplace Guidelines set out what employers should do as they continue, or seek to resume, business operations. By following these guidelines you will be able to show how you will comply with minimum standards determined by Public Health, and with the requirements of the Work Health and Safety Act. This will help keep your workers and others safe from COVID-19. Workplaces that do not show compliance with the standards may be subject to enforcement actions.

About the sport and recreation industry

The sport and recreation industry (sector) in Tasmania comprises sport at all levels from grassroots to elite, outdoor recreation, fitness and community recreation. It includes state, regional and community-based clubs and associations that offer sport and/or recreation activities, the owners, managers and operators (councils, businesses, not-for-profit community organisations) of sport and recreation facilities, including indoor sports centres, halls, grounds and playing surfaces, outdoor spaces, pools, commercially operating gymnasiums and fitness centres.

The sector relies heavily on volunteers and encompasses participants (grassroots to elite, amateur to professional), volunteers and paid employees, officials and spectators.

Further definitions of employers, employees and workplaces as they apply to this guideline can be found at the [WorkSafe website](#).

How to comply with the new standards

Businesses must implement measures to achieve the minimum standards and must also document these measures.

You will need to do a risk assessment to decide which control measures are most suited to your industry and business. You will need to take into account the level of risk of the virus spreading that exists at the time. On the following pages are **examples** of control measures that will help you meet each new standard.

- ▶ [Template and example COVID-19 risk register](#) (Safe Work Australia): a template for doing a risk assessment.

Managing other risks

You must manage other risks associated with COVID-19. These include:

- ▶ the risks to health and safety of workers doing unfamiliar tasks. Consult with these workers about their skills, training needs and workloads before they start new work

- ▶ the risks to mental health of workers due to the pandemic. Offer information and support, including counselling through an employee assistance program, a supportive workplace culture, or external service providers such as [Lifeline](#) or [Beyond Blue](#).

Checklists and templates

A COVID-19 Safety Plan is a great way for businesses to document measures and show how they are keeping their customers, their workers and the community safe.

These templates and checklist will help you develop a COVID-19 Safety Plan.

- ▶ [COVID-19 Workplace Checklist](#): Use this checklist to keep your workers and others safe at the workplace and limit the spread of COVID-19. It covers working from home, physical distancing, handwashing/hygiene, cleaning and more. Update it on a regular basis.
- ▶ [COVID-19 Safety Plan small business template](#)
- ▶ [COVID-19 Safety Plan medium business template](#): Use these templates to show how you are planning to manage any risks arising from restarting your small or medium business.

Other resources that may assist you in completing your COVID-19 Safety Plan include:

- ▶ Safe Work Australia COVID-19 information for:
 - [sport and recreation](#)
 - [gyms and fitness centres](#)
- ▶ [COVIDSafe Planning tool](#) (National COVID-19 Coordination Commission): online planning tool to help you keep your workers, customers and the community safe.
- ▶ [Pandemic Plan Advice](#) (WorkSafe Tasmania): includes planning, communication and consultation, risk management, and general control measures.
- ▶ [How to clean and disinfect your workplace](#) (Safe Work Australia): explains products to use and how to clean items.
- ▶ [Safe Work Australia COVID-19 Resource Kit](#): includes checklists for:
 - Cleaning
 - Physical distancing
 - Health, hygiene and facilities
 - Printable signage.
- ▶ [Tasmanian Government Advice on gatherings](#)
Check this site regularly, as the numbers permitted to attend gatherings are subject to change.
When you undertake your business activities they must be consistent with the Public Health directives at that time.

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- ▶ [Australian Institute of Sport Framework for Rebooting Sport](#): underpins the National Principles for the Resumption of Sport and Recreation Activities, which provides the pathway for a safe return to sport.
- ▶ [Sport Australia Return to Sport Toolkit](#) includes resources to help sporting organisations get ready to recommence training, competitions and programs in a safe, responsible and low risk manner
- ▶ [Framework for operations for fitness facilities](#): (Fitness Australia)
- ▶ Relevant State Sporting Organisation/National Body Return to Play Plan/COVID Safe Workplace Plan.
- ▶ [COVID Safe information sheet: cleaning, hygiene and managing mixing of members at gyms](#): (WorkSafe Tasmania)

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Title	Standard	Actions to control the risks associated with COVID-19 may include, but not limited to:
<p>1. Managing risks to health and safety</p>	<p>An employer must manage the risk of a person contracting or spreading COVID-19 disease:</p> <ol style="list-style-type: none"> in the workplace; or in connection with the conduct of the business or undertaking. <p>The employer must identify and manage the risks that may contribute to a person contracting or spreading COVID-19</p> <p>In managing the risks, the employer must take into account information that is published and accessible by the employer about:</p> <ul style="list-style-type: none"> a duty or obligation imposed under the WHS Act, the Public Health Act or Emergency Management Act relevant information, recommendations or guidance materials published or specified by a public authority, an equivalent Commonwealth authority, or a relevant industry body, in relation to COVID-19 the nature of the work being performed the nature of the industry in which the work is being performed the environmental conditions of the workplace, such as design, layout or systems of work, which may increase a person's exposure to COVID-19. <p>The above information needs to be considered when:</p> <ol style="list-style-type: none"> implementing the controls, and reviewing and adjusting the controls: 	<p>In managing risks, you must seek to eliminate the risk first, as far as is reasonably practicable. If you can't eliminate it, you must minimise the risk as far as is reasonably practicable.</p> <p>Apply the hierarchy of controls using the highest level of control that is reasonably practicable. You may need a combination of controls.</p> <p>Eliminating the risk is the best option, followed by substitution, then isolation and engineering controls. If the above can't be achieved, then reduce the risk through administrative controls. Reducing the risk by using personal protective equipment (PPE) is the lowest level of control.</p> <p>Maintain your control measures and review them regularly to ensure the highest level of effective control is being used.</p> <p>Risk identification and assessment undertaken by sport and recreation organisations, sport facility owners and users must be done in consultation with all relevant parties, including workers, participants and volunteers, and/or their health and safety representatives (HSRs).</p> <p>The first step is to undertake a risk assessment. This can help you:</p> <ul style="list-style-type: none"> ▶ identify who is at risk of exposure ▶ determine what sources and processes are causing the risk ▶ identify what kind of control measures should be put in place, and ▶ check the effectiveness of existing control measures. <p>Complete and review your risk assessment regularly to ensure your control measures are still working; or if risk levels change.</p> <p>Key things to consider:</p> <ul style="list-style-type: none"> ▶ What are the current legal requirements for sport and recreation (e.g. public health orders) and how do they apply to the workplace, club/organisation, user or facility? ▶ Are there workers, participants or volunteers that fall within a vulnerable category? ▶ What effect could the COVID-19 controls you implement have on other hazard management controls you already have in place? ▶ Does my workplace have facilities for hand washing and/or hand sanitising? ▶ What communication methods are in place between relevant users to understand roles and responsibilities for managing risks (e.g. facility owners with sporting organisations/users and vice versa)? ▶ What are my current cleaning and disinfecting arrangements? ▶ How prepared is my workplace, club/organisation or facility if there is a case of COVID-19? ▶ Do I have a plan to review my control measures to ensure they are effective?

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<p>2. Cleaning and hygiene</p>	<p>Cleaning</p> <p>The employer must prepare, implement and maintain a schedule for cleaning, and where appropriate disinfecting, that ensures the workplace is routinely cleaned. This must include furniture, equipment and other items</p> <p>The cleaning schedule should be in writing so that all workers are aware of the requirements. The schedule should take into account the level of risk of exposure to, contracting or spreading COVID-19 within the workplace. This schedule is to set out both the frequency and manner in which cleaning and disinfecting is to be done.</p> <p>Hygiene</p> <p>The employer is to put a hygiene procedure in place to ensure all persons at the workplace are observing appropriate hygiene measures to minimise the risk of exposure to, contracting or spreading COVID-19 within the workplace.</p> <p>This procedure is to address the cleaning of hands by workers and other persons in the workplace using soap and water or the use of hand sanitiser, as appropriate for the circumstances.</p> <p>Supplies and Equipment</p> <p>The employer must provide all the supplies and equipment necessary to ensure that the cleaning schedule and hygiene procedure implemented for the workplace is able to be complied with.</p>	<p>Cleaning</p> <ul style="list-style-type: none"> ▶ Facility owners and operators should arrange for extra cleaning of frequently used areas and equipment and document this in cleaning schedules. Frequently used areas and equipment could include: <ul style="list-style-type: none"> - handrails, doors, door handles and light switches - seating, benches and score board panels - equipment such as weights and treadmills - food preparation areas - amenities, including toilets, showers, taps and sinks. ▶ Ensure the cleaning of less frequently used surfaces at least daily ▶ Any surfaces that are visibly dirty, or have a spill, should be cleaned as soon as this is noticed, regardless of when they were last cleaned ▶ Using detergent and water is appropriate for cleaning. ▶ Cleaning should start with the cleanest surface first, progressively moving towards the dirtiest surface ▶ When surfaces are clean they should be as dry as possible, to prevent slips/falls and the spread of viruses and bacteria through droplets ▶ Disinfecting means using chemicals to kill germs on surfaces. These can be in the form of liquids/sprays or wipes, and are labelled as “disinfectant” on their packaging ▶ Disinfectants are usually only necessary if a surface is contaminated with potentially infectious material, or if your workplace has many customers or others entering each day ▶ It is important to clean before disinfecting ▶ Consult with staff responsible for cleaning, or your cleaning contractor. Ensure they can maintain the increased cleaning schedule. Discuss any supplies or equipment needed ▶ Sporting organisations that are employers should enact the above cleaning practices within their workplace ▶ Users such as sports clubs should ensure all equipment such as balls, markers and bibs are cleaned thoroughly after each use ▶ Display your cleaning schedule in the workplace. Ensure staff sign them off each time they clean the area/items. <p>Hygiene</p> <ul style="list-style-type: none"> ▶ All organisations should direct their workers, participants, spectators and other users to practice good hygiene, including avoiding touching their face, eyes, nose or mouth. ▶ Workers, participants, spectators and other users should thoroughly wash their hands for at least 20 seconds and dry with clean paper towel or use alcohol-based sanitiser if unable to wash hands. This should occur: <ul style="list-style-type: none"> - before and after eating - after coughing or sneezing (into elbow/tissue) - after going to the toilet - before and after smoking cigarettes - before and after using any communal equipment or facilities ▶ Facility owners/operators/employers/users should ensure there are signs on current hand washing available in toilets, change rooms and other shared spaces ▶ Users should ensure higher risk items such as whistles, drink bottles etc are not shared between users. <p>Supplies and Equipment</p> <ul style="list-style-type: none"> ▶ Ensure cleaning products are available. Instruct workers in their safe use and make sure Safety Data Sheets are available ▶ Establish/document procedures for the safe disposal of contaminated waste ▶ Select and use appropriate cleaning and disinfecting products. Refer to the guidance from Safe Work Australia and Public Health ▶ Wear gloves and eye protection when handling and preparing disinfecting solutions.

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Title	Standard	Actions to control the risks associated with COVID-19 may include, but not limited to:
Cleaning and hygiene (cont.)		<p>Gyms</p> <p>Cleaning and hygiene is a shared responsibility between you, your staff and your members. Having sound cleaning and hygiene procedures in place and supplies available is a critical factor in gyms being able to operate without supervision.</p> <ul style="list-style-type: none"> ▶ Put in place a cleaning schedule that ensures your gym, including the equipment, is thoroughly cleaned following each peak period ▶ Undertake a 'deep clean' each day, preferably before the gym opens to members and preferably by a professional cleaner ▶ In 24 hour gyms, a 'deep clean' should be conducted before the first peak period in the day ▶ Provide alcohol-based hand sanitiser in appropriate locations and disinfectant wipes for members to wipe down where they have touched equipment before and after use ▶ Provide sufficient supplies of cleaning products ▶ Provide instruction and supervision so members understand how to properly clean equipment ▶ Remind members to clean down their equipment with signs around the gym and by staff announcements before and after classes, and during peak periods in free exercise areas ▶ Allow sufficient time between classes and personal training sessions so all equipment can be properly cleaned after use ▶ You may wish to introduce policies such as 'no towel, no train' ▶ Encourage members to: <ul style="list-style-type: none"> - use contactless payment or sign-in - bring a clean towel each time they attend the gym - wash gym clothes and towels after each session - bring their own equipment where possible (eg yoga mats, boxing gloves) - bring their own filled water bottles; close/remove water dispensers/bubblers - not to touch or share others' personal items or equipment unless necessary.

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<p>3. Restrictions on entry to the workplace</p>	<p>The employer must take all reasonable steps to ensure that a worker does not enter or attend the workplace if the worker is required to isolate, or quarantine, under a direction by:</p> <ul style="list-style-type: none"> • the Director of Public health, under the <i>Public Health Act 1997</i>, or • the State Controller under the <i>Emergency Management Act 2006</i> <p>A worker must not enter a workplace if the worker is required to isolate, or quarantine, under a direction made by:</p> <ul style="list-style-type: none"> • the Director of Public Health, under the <i>Public Health Act 1997</i>, or • the State Controller under the <i>Emergency Management Act 2006</i> <p>However, a worker is able to be at a workplace for the following reasons:</p> <ol style="list-style-type: none"> 1. to obtain medical treatment or testing in relation to COVID-19, and the workplace is the appropriate place to receive such treatment or testing, or 2. the worker is required or permitted, under a direction made in relation to COVID-19, to enter or be at the workplace, and does so in accordance with that direction, or 3. there is an emergency and the worker is entering or at the workplace to protect: <ul style="list-style-type: none"> - the safety of the worker, or - the safety of another person, or - the worker's property or the property of another person. 	<ul style="list-style-type: none"> ▶ Display signs at the front of your workplace or facility telling people not to enter if they have COVID-19 symptoms, cold/flu symptoms or have been in close contact with confirmed cases ▶ Ask people to leave your workplace or facility if they display symptoms associated with COVID-19 ▶ Ensure all players, spectators, volunteers and other users confirm they are not experiencing any COVID-19 symptoms when attending work or a sport and recreation activity ▶ Update your induction procedures to ensure all contractors/ volunteers are aware of your COVID-19 controls <p>To assist with contact tracing:</p> <ul style="list-style-type: none"> ▶ Sport and recreation organisations/clubs/users should implement a method to enable workers, participants, volunteers and spectators to sign in and out for each sport or recreation activity/session ▶ Where applicable, appointment, booking or reservation contact details should be kept by facility owners and managers and sporting organisations or users ▶ You must keep these records for a minimum of 21 days.

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<p>4. Physical distancing at the workplace</p>	<p>An employer must take all reasonable steps to ensure that as far as is reasonably practicable that the current physical distancing requirements are complied with. The current requirements are detailed on the WorkSafe Tasmania website.</p> <p>If it is not reasonably practicable to comply with the physical distancing requirements described above, then the employer should ensure that control measures are implemented in keeping with the requirements to manage the risks to health and safety relevant to COVID-19 as described in the “Managing Risks to Health and Safety” section of this document.</p> <p>A person at, entering or leaving a workplace must ensure that s/he complies with physical distancing requirements of that workplace, if it is reasonable to do so.</p> <p><i>Note: some premises may be exempt from the maximum density limits under the current Public Health Directions. Please refer to coronavirus.tas.gov.au for the latest advice and Directions.</i></p>	<ul style="list-style-type: none"> ▶ Work out the capacity of your facility or workplace so you can apply the appropriate density and physical distancing requirements. This may include measuring the area of a room/space and calculating its capacity against the current physical distancing requirements. This will ensure you know the maximum capacity of your gathering spaces. ▶ Limit the number of people into your premises at any one time to meet these requirements ▶ Display signs at entrance of premises/venue and inside advising of these requirements ▶ Use floor markings to keep workers, participants, coaches, volunteers and spectators at least 1.5m apart from each other. This includes outside your facility or workplace if people are queuing for entry ▶ Know the capacity of gathering spaces before scheduling sport and recreation activities ▶ Practice physical distancing at all events ▶ Stagger match, playing and training times to reduce the number of people crossing over upon entry and exit ▶ Vary operating hours to limit the number of people in the premises ▶ Hold meetings, training or competitions outside where appropriate (still following physical distancing) ▶ Where you can't achieve this physical distancing, identify appropriate alternative controls. These may include: <ul style="list-style-type: none"> - use contactless and mobile payment options - modify processes in food preparation areas - limit or prohibit social gatherings or shared meals ▶ Practice physical distancing at all staff briefings ▶ Change processes to reduce the movement of people and allow physical distancing. This might include: <ul style="list-style-type: none"> - use contactless and mobile payment to allow customers to pay from their seat - modifying processes behind the counter (including in the kitchen) to limit workers having to be in close contact, as much as possible. <p>Gyms</p> <ul style="list-style-type: none"> ▶ Restrict the number of members allowed in specified areas ▶ Require members to register (ideally online) for specific sessions/timeslots ▶ Restrict the number of people allowed in each class ▶ Ensure one-way flow of movement if possible ▶ Stagger class session times so there is no overlap between members and entry/exit to the class is managed to keep groups separated ▶ Offer online classes where possible ▶ Restrict the use of change rooms. Ask members to arrive ready to train and leave the premises once their workout is complete ▶ Increase the spacing between equipment or disabling access to pieces of equipment ▶ Where available, relocate easily moved equipment to an available outdoor space (where weather permits and it is safe to do so) ▶ Place signs and floor markings around the gym, in group exercise rooms and in change rooms to identify the required distancing ▶ Remove or cordon off common areas such as lounges or chairs where members and staff may otherwise congregate ▶ Where personal trainers provide one-on-one training with an individual, they should maintain a distance of 1.5 metres where practicable.

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Title	Standard	Actions to control the risks associated with COVID-19 may include, but not limited to:
<p>5. Providing instruction, training and supervision in respect to COVID-19</p>	<p>The employer must provide each worker at the workplace (including contractors and volunteers) with information, training and instruction on:</p> <ul style="list-style-type: none"> • the risks in relation to COVID-19, and • the control measures implemented in the workplace to mitigate those risks, in relation to COVID-19. <p>The employer must provide adequate supervision to ensure that the control measures are implemented in the workplace in relation to COVID-19.</p> <p>The employer must also ensure that information and instruction is provided to other persons entering the workplace about the control measures in place to mitigate the risks of COVID-19 and the requirements of those persons to apply the control measures.</p> <p>The information and instructions are to be in a format that is reasonable to the circumstances.</p> <p>A worker or other person, at the workplace or entering or leaving the workplace, must comply, so far as the person is reasonably able, with any reasonable instruction that is given by the employer to allow the employer to manage the risks to health and safety within the workplace.</p>	<ul style="list-style-type: none"> ▶ Ensure all workers, members, volunteers, spectators and other users are aware of their responsibility to protect themselves and others from COVID-19. Parents and coaches must take reasonable care of children ▶ Provide workers, members and volunteers with written advice on how to manage COVID-19 risks ▶ Display signs around the workplace/facility advising of risk control requirements. For example, covering coughs, maximum number of people in a room, not to enter workplace/facility if unwell ▶ Ensure workers and users know to alert their employer or facility owner in writing if a workplace or facility becomes infected with COVID-19 ▶ Allocate senior coaches and instructors with responsibility for ensuring COVID-19 controls are always applied/enforced ▶ Document/record COVID-19 procedures; provide training to staff, coaches, players and volunteers on their use ▶ Players must also comply with any reasonable work health and safety instructions given by their sport and recreation organisation, coach or facility owner/manager ▶ Spectators and visitors at must comply with any rules set by a sport and recreation provider or facility owner/manager and any reasonable direction given to them about COVID-19 controls. <p>Gyms</p> <ul style="list-style-type: none"> ▶ Provide instruction and supervision so members understand how to properly clean equipment ▶ As well as having staff on the floor supervising members when the gym is staffed, you could consider watching back video footage to ensure members are cleaning all equipment used (including weight plates) and using towels on equipment.

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<p>6. Responding to an incident of COVID-19 in the workplace</p>	<p>The employer at a workplace must ensure that an emergency plan is prepared for the workplace that provides for emergency procedures, testing of the procedures and the provision of information, training and instruction to relevant workers in implementing the emergency procedures.</p>	<p>An emergency plan is a document that sets out instructions for workers and others in the case of an emergency.</p> <p>A COVID-19 emergency response plan should detail:</p> <ul style="list-style-type: none"> ▶ How the workplace/facility will respond in the event of contamination by a worker, member, volunteer, spectator or other user ▶ Who has responsibilities in this event. <p>Immediately notify Public Health by phoning 1800 671 738 and follow their advice to:</p> <ul style="list-style-type: none"> ▶ Help the affected person receive medical treatment ▶ Identify who has been in close contact with the ill person ▶ Isolate the affected areas: keep workers, members, volunteers, spectators and others away. You may need to close the facility until advised it is safe to reopen. <p>Organise cleaning of the area as directed by Public Health.</p> <p>For cleaning:</p> <ul style="list-style-type: none"> ▶ Review the Safe Work Australia guidance on cleaning and disinfecting workplaces ▶ Wear PPE: face mask, protective eyewear and gloves ▶ Remove soiled or contaminated items and dispose of them in a safe way ▶ Clean and disinfect all surfaces or items that may have been in contact with the ill person. <p>In some cases, you must notify WorkSafe Tasmania. Check the WorkSafe Tasmania website for requirements.</p> <p>You may need to include in your plan:</p> <ul style="list-style-type: none"> ▶ Contact details for people who have specific roles or responsibilities under the emergency plan. For example, facility owners, security, cleaners, or first aid officers ▶ Contact details for COVID-19 notification to Public Health ▶ A description of the method to alert people to an emergency or possible emergency – this may be affected by remote working ▶ Any changes to evacuation procedures or assembly points ▶ The post-incident follow-up process, including who must be notified. (This may include the process for notifying the business if a worker experiences an emergency while working from home.) ▶ If you share facilities, include a process for advising other businesses about a diagnosis of COVID-19 ▶ Procedures for testing the emergency plan, including the frequency of testing must be included ▶ Arrange training to ensure all workers, members, volunteers, spectators and other users are aware of, and understand the plan.

Acknowledgement

Information based on material from Safe Work Australia and WorkSafe New Zealand

Disclaimer

To ensure this information is easy to understand, we refer to 'employers' and their responsibilities. However, under the work health and safety laws, duties apply to a 'person conducting a business or undertaking' (PCBU) which includes employers and also others who engage workers. See [information about PCBUs](#) for more detail.