



COVIDSafe Plan

Information for High Performance Camps

March 2021

INTRODUCTION

This document is intended to assist sports in developing a COVIDSafe Plan in preparation for Tokyo and should be used in conjunction with the Sports COVIDSafe Plan Template. This document contains information on safe practices for conducting high performance camps in preparation for Tokyo Olympic and Paralympic Games, not including the immediate pre-departure period (14 days prior to departure for Tokyo). The document aims to streamline communications to State/Territory Governments to maximise (but not guarantee) the opportunities for ongoing training throughout high performance camps.

COVIDSAFE OFFICER

Sport organisations should appoint a COVIDSafe Officer to oversee and implement sport policies in relation to risk mitigation for COVID-19. Roles and responsibilities of a COVIDSafe officer include:

- > Ensuring that the sport has an appropriate COVIDSafe Plan in place, and that all members of the Team comply with that plan.
- > Staying abreast of the latest health recommendations from relevant State/Territory health authorities.
- > Staying abreast of COVIDSafe requirements in destination countries, if travelling overseas.
- > Educating athletes and support staff regarding COVIDSafe practices.
- > Monitoring compliance with [daily health checks](#), physical distancing, hand hygiene, mask wearing etc.
- > Providing a communication link between their sport and Australian Olympic Committee (AOC)/Paralympics Australia (PA) on COVID-related matters.

COVID-19 VACCINE

The Federal Government has announced a [COVID-19 vaccine national roll-out strategy](#). This prioritises at-risk workers and medically vulnerable individuals in a stepwise fashion. Some members of the Olympic and Paralympic Teams may be prioritised due to their own work or health circumstances. Vaccination of all Olympic and Paralympic Team athletes will depend on the timing of the vaccination roll-out program. It is preferable for the Olympic and Paralympic Teams to be vaccinated prior to the Games if the opportunity for vaccination arises. Vaccination may not be appropriate for some athletes due to underlying health conditions. It is not compulsory for athletes to be vaccinated in order to attend the Olympic or Paralympic Games.

MANDATORY COVIDSAFE REQUIREMENTS

All professional and elite sporting organisations are responsible for development of, and compliance with a COVIDSafe Plan. The COVIDSafe Officer must ensure all persons covered under their COVIDSafe Plan are educated, informed, protected and aware of their responsibilities regarding their safety, and safety of others during the activities of the organisation.

COVIDSafe plans for a particular sport/facility must be submitted to the relevant State/Territory Government public health authority. COVIDSafe Plans must not be amended without the prior approval by the State/Territory Health Authorities. Any amendments should be as a result of significant change within the community whereby the Plan must be updated to ensure to the continued safety of players, staff and officials and the respective State/Territory community.

Public Health Directions will always take precedence over sport COVIDSafe Plans.



RISK MITIGATION PRIOR TO ARRIVAL AT HIGH PERFORMANCE CAMP

Risk mitigation strategies should be clearly articulated prior to arriving at the high performance camp. All athletes and staff should observe [stay-at-home requirements](#) for 2 weeks prior to joining their team or training group.

Ground Transport

- > Masks should be worn on all transfers between accommodation and airport.
- > Avoid all unnecessary contact with surfaces during airport transfers.
- > Wash/sanitise hands immediately after leaving ground transport.
- > Ensure windows remain open to maximise ventilation and (where able) physical distancing is maintained whilst using ground transport.

Airports

Specific guidance is provided for travel through airports, to ensure the safe carriage of sports people at the various stages of the journey.

- > Where possible, complete travel formalities online prior to commencing travel, and for forward journeys, such as online check-in and online pre-flight meal selection.
- > Maintain physical distancing >1.5m, particularly in lines and larger groups.
- > Where possible avoid or limit time spent in crowded areas such as food courts, and departure gates.
- > Wear a mask while in the airport, particularly during boarding, travel, disembarkation, and during transit.
- > Wash or sanitise hands on a regular basis, particularly after contacting high touch surfaces, and using bathroom and toilet facilities.
- > Use the airport toilet facilities immediately prior to boarding the aircraft, to minimise the use of the aircraft toilet during the flight.
- > Maintain a sufficient supply of masks and hand sanitiser (<100ml) in carry-on baggage.
- > Avoid contact including speaking, with other persons outside of the travelling group, unless necessary.
- > Where luggage trolleys are used, sanitise the handle prior to use, with disposable sanitising wipes.

Air travel

Specific guidance is provided for air travel, to ensure the safe carriage of sports people at the various stages of the journey.

- > Maintain physical distancing >1.5m, particularly when boarding, embarking, and disembarking.
- > Where possible avoid or limit time spent in crowded areas such as the departure gate, immediately prior to boarding, and while waiting to use onboard toilet facilities.
- > Wear a mask during flight, carefully removing for food and beverage and replacing immediately thereafter.
- > If wearing a disposable surgical mask, change every 4 hours
- > Immediately after seating, sanitise, using disposable sanitising wipes, high touch points of the seat area, including seat belt buckles, arm rests, window shades, entertainment screens, remotes, and tray tables. Sanitise hands immediately after.
- > Sanitise hands on a regular basis, particularly after contacting high touch surfaces, and using onboard toilet facilities.
- > Minimise the use of the aircraft toilet facilities, and movement around the cabin during the flight.



- > Avoid contact including speaking, with other persons on the flight including flight crew, unless necessary.
- > Maintain a sufficient supply of masks and hand sanitiser (<100ml) in carry-on baggage, for regular use.
- > Stagger the removal of face masks, with seating neighbours, for food and beverage purposes.
- > Remain seated after arrival, until sufficient space is available to stand and disembark the aircraft in a physically distant manner.
- > Report any symptoms to the flight crew.
- > Follow the guidance from flight crew.

Personal protective equipment

Teams should travel with a sufficient supply of face masks and hand sanitiser to ensure that the travelling party practices appropriate risk mitigation. It is difficult to maintain physical distance on air travel. A face mask should be worn for the duration of the flight. All in the touring party will require instruction regarding appropriate use of face masks, including use for airport transfers at destination, and depending on local transmission rates.

RISK MITIGATION DURING HIGH PERFORMANCE CAMP

Daily personal health check

All athletes and staff should perform the following Daily Personal Health Check, using the AMS app, prior to attending training sessions. Any results that are not considered normal or expected as a result of typical activities (such as muscle aches expected from high performance activity) are to be reported immediately to your team leader. Individuals with symptoms should remain isolated until given further advice.

- > Is my body temperature <37.5°C? (temperature is taken using an oral thermometer)
- > Do I have any of the following symptoms, which are not expected?
 - Fever or history of fever/chills
 - Cough
 - Sore throat
 - Fatigue
 - Shortness of breath
 - Headache
 - Myalgia (muscle pain/muscle ache)
 - Loss of smell and/or taste
 - Runny nose
 - Diarrhoea
 - Nausea or vomiting

Outcomes of the Personal Daily Health Check are to be documented on AMS.

Stay-at-home requirements

Athletes and staff must only leave their home or accommodation for one of the following reasons to meet the 'stay-at-home' requirements.

- > For training and exercise that is required as part of your sport.
- > For essential supplies such as groceries or take-away food. Consider grocery home delivery to reduce your potential exposure. Note: Restaurant dining, attending bars/clubs, or other crowded venues are not permitted.
- > Attend work or studies, where this cannot be completed at home. Note- those who work in a high-risk setting may have additional restrictions for coming on site at the AIS.
- > For medical appointments (including with doctors, physiotherapists, and other allied health practitioners)
- > For certain other essential or compassionate reasons. Examples of essential reasons may include but is not limited to:
 - Providing care of welfare support for others
 - Taking a pet to a veterinary clinic
 - For those that are a parent or guardian of a child, transporting the child to/from school, childcare or other essential locations
 - For personal health or welfare reasons, or any other emergency purposes
- > Examples that are NOT included:
 - Purely social outings

Tracking movements of personnel

One of the risks of holding a high performance camp is that a single case of infection could potentially impact the whole group. To mitigate this risk, a system for tracking the movements of personnel involved in the camp would be ideal. This would allow a sport to accurately identify close contacts of an infected person.

QR codes for the training site are easy and free to set up. All athletes and staff should scan the QR code daily on entry into the training facility.

It is strongly recommended that all athletes and staff involved in any Australian-based camp have downloaded and are using the [Australian Federal Governments COVIDSafe App](#).

More sophisticated personal tracking systems exist. While these may be expensive, they provide a more accurate minute-by-minute means of tracking the movements of personnel. The technology required for accurate tracking is complex and sports should take advice from those with expertise in this field. The privacy and consent implications need to be considered prior to deploying personnel tracking systems.



Leisure

All non-essential leisure activities are to be avoided. Reconsider the need to engage in leisure or social activities when in destination or transit countries. However, where participation in leisure activities is essential, the following guidance is provided to ensure the safety of sports people in the destination country.

General measures

- > Scan the QR code on entering any premises.
- > Download and use the Australian Federal Governments COVIDSafe App.
- > Maintain physical distancing >1.5m in all social settings.
- > Wear a mask while away from the accommodation, particularly during travel, and in public places.
- > Maintain a sufficient supply of masks and hand sanitiser during time away from the accommodation.
- > Wash or sanitise hands on a regular basis, particularly after contacting high touch surfaces, consuming food and beverage, and using bathroom and toilet facilities.

In public leisure areas [bars, clubs, cafes, restaurants etc]

- > Make online reservations, order à la carte food and eat outdoors wherever possible.
- > Utilise contactless ordering and payment (e.g. mobile app ordering).
- > Avoid crowded indoor social settings.
- > Avoid busy times at indoor social venues.
- > Minimise the use of public toilet facilities.

Transport

- > Avoid public transport wherever possible.
- > Wear a mask on public transport.
- > Refer to the section on Ground Transport for further guidance.

Greeting others

- > Touch elbows or give a fist pump rather than slapping backs, shaking hands, hugging, or kissing.
- > Safe and reputable ground options should only be used.

Accommodation

Specific guidance is provided for accommodation, to ensure the safe accommodation of sports people at the destination or transit country.

General measures

- > Maintain physical distancing >1.5m, particularly in lines, during check-in, and when using lifts/elevators.
- > Do not use elevators with others outside your touring party.
- > Wear a mask while in public areas of the accommodation, particularly in the lobby.
- > Maintain a sufficient supply of masks and hand sanitiser when travelling outside of the room, for regular use.
- > Wash or sanitise hands on a regular basis, particularly after contacting high touch surfaces, and using bathroom and toilet facilities. Use of provided hand sanitiser at the accommodation is encouraged.
- > Observe person limitations of confined areas such as lifts/elevators, and smaller rooms.

During your stay

- > Where possible, avoid or limit time spent in crowded areas such as the lobby, restaurant, bar, common spaces, and gym areas.
- > Only use in room toilet facilities while in the accommodation.
- > Maximise ventilation in accommodation, meeting rooms, dining rooms etc., to optimise regular air exchange.
- > Avoid contact including speaking, with other persons outside of the travelling group, unless necessary.

Check-in and check-out

- > Where possible, complete check-in formalities online prior to arriving at the accommodation, such as online check-in, and politely decline any in room check in services.
- > Where luggage trolleys are used, sanitise the handle prior to use, with disposable sanitising wipes.
- > As required, be willing to submit to thermal screenings and symptom questioning prior to entry into the accommodation, and at different areas as needed.

Food Safety

Specific guidance is provided for food safety, to ensure the safe consumption of food and beverages for sports people at the destination or transit country. There is no evidence to date to suggest that food is a source or route of transmission of the virus. It is also highly unlikely that a person can contract COVID-19 from food or packaging. There is also no reason to avoid certain foods or specific cuisine as a result of COVID-19.

Good hygiene is important in helping protect yourself against infection and stop the virus from spreading. With regards to preparing food and beverages or purchasing whilst travelling it is important to:

- > Wash or sanitise hands on a regular basis, particularly before consuming food, after contacting high touch surfaces, and using bathroom and toilet facilities
- > Always maintain physical distancing, >1.5m, particularly in lines and larger groups.
- > Refrain from sharing food or utensils with others or eating at buffet style establishments.
- > Where possible avoid or limit time in crowded areas such as food courts. Where practical consume meals in well ventilated areas or preferably outdoors. Where a mask unless consuming food or beverages. This would include waiting in lines, purchasing food in grocery stores and travel to and from food establishments.

Physical distancing

Physical distancing decreases the risk of transmission by reducing incidence of contact. It is strongly recommended that athletes and staff ensure that physical distancing of at least 1.5m is maintained at all times during high performance camps, particularly if they are exposed to a public environment.

Hygiene

It is important that during high performance camps, athletes and staff maintain optimal hygiene practices including, but not limited to:

- > Adequate hand washing technique (see hand washing guidance)
- > Coughing and sneezing into your elbow (see keep that cough under cover)
- > No sharing of drink bottles and towel during training sessions
- > No sharing of mats, or equipment without an appropriate cleaning protocol in between sessions.



Mask wearing

Athletes and staff should wear a mask when in indoor public environments or when using public transport. Requirements to use masks in outdoor environments may change over time, depending on the local transmission environment. Please refer to the [AIS Guidelines for Mask Usage](#) and How to wear a mask video for further information. Disposable masks are to be put on once only and used continuously for up to 4 hours. Do not re-use a disposable mask. If single-use or cloth masks get soiled, replace immediately with a new one.

Athletes and staff are required to stay abreast of the latest State/Territory public health advice in relation to mask wearing.

Surface cleaning

During high performance camps, it is important that appropriate cleaning of surfaces occurs. Cleaning of all sport-specific equipment and treatment beds/areas should be undertaken before and after individual athlete use. Minimal contact with non-essential surfaces (i.e. door handles, lift buttons, public railings) is encouraged, and should be kept to essential contact only.

Suggested Government resources for environmental cleaning and disinfection principles include:

- > In a healthcare setting
- > Routine household cleaning

Training and Competition

Specific guidance is provided for activities at training and competition venues, to ensure the safe performance and participation of sports people at the destination country.

General measures

- > Where training facilities are indoors, it is preferable to have exclusive use of that facility.
- > Where possible, preference outdoor training and competition areas.
- > Maintain physical distancing >1.5m, particularly when entering and exiting training and competition venues.
- > Wear a mask while in all areas of the training and competition venue, except for during training and competition activities, or support activities such as nutrition or gym use.
- > Wash or sanitise hands on a regular basis, particularly before and after training/competition, gym, and nutrition activities, after contacting high touch surfaces, and using bathroom and toilet facilities. Use of provided hand sanitiser at the training/competition venue is encouraged.
- > Maintain a sufficient supply of masks and hand sanitiser when at the training/competition venue, for regular use.
- > As required, be willing to submit to thermal screenings and symptom questions prior to entry into the venue, as needed.

Sports equipment

- > Where possible, handle own sports equipment and other resources used at training and competition venues.
- > Personal use items such as towels, water bottles, and items of sporting equipment should not be shared.

Venue facilities

- > Where possible, avoid or limit time spent in crowded areas such as change rooms, toilets, transport drop off and pickup areas, and areas of media/public interaction.
- > Where possible, limit the use of venue toilets and bathroom facilities, and only do so while wearing a mask. Showering should only be conducted back in the accommodation.



Contact with others

- > Observe person limitations in confined areas such as smaller rooms, and preparation areas.
- > Greetings and celebrations should be conducted in a non-contact physically distant manner. High fives and other contact are not permitted.
- > Avoid contact including speaking, with other persons outside of the travelling group, unless required, including members of the media and public.

Group gatherings

It is strongly recommended that team meetings and gatherings be conducted virtually (via Zoom/Teams etc) to mitigate risk. If this is not feasible, outdoor settings are safer for meetings and gatherings. Appropriate physical distancing measures should be followed for all team meetings and gatherings.

Leaving the training camp for external domestic training/competition opportunities

If athletes and/or staff are required to leave the training camp to travel to an external venue or State/Territory, they are advised to adhere to the travel advice outlined below. Further risk mitigation measures such as additional mask-wearing requirements, will be governed by the local transmission environment at the time of travel. That is, if there are elevated levels of community transmission, a mask may be required both indoors and outdoors, whereas lower levels of community transmission, or no transmission at all, may only require wearing a mask indoors. Athletes and sporting organisations should stay abreast of local State/Territory regulations.

Risk mitigation during the immediate pre-departure period (14 days prior to departure to Tokyo)

Measures to be instituted in the final two weeks prior to departure for Tokyo are yet to be determined by TOCOG and the AOC/PA Team Membership Agreements. This information will be relayed to sports once it is available.

Disclaimer: It is strongly recommended that COVIDSafe plans are submitted to the State and/or Territory public health authorities well in advance of the camp. This will enable time for feedback from the relevant authorities and adjustments to the risk mitigation measures.

[AIS.gov.au](https://ais.gov.au)



Leverrier Street Bruce ACT 2617
PO Box 176 Belconnen ACT 2616
+61 2 6214 1111

