

# **COVID-19 SAFETY PLAN**

## TABLE TENNIS NSW INC

Table Tennis NSW Inc.		
Sports Halls – Sydney Olympic Park		
Affiliates – All venues in NSW		
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Version eleven – January 2023		
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#### 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 Table Tennis NSW Inc. at the Sports Halls Sydney Olympic Park and member affiliates and their venues to support Table Tennis Australia LTD 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 Table Tennis NSW Inc. , any facilities it controls, the playing/training behaviour of all members and participants and the monitoring and reporting of the health of attendees at all Table Tennis facilities.

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

- a. staged training and competition activities (sport operations); and
- a. facility management and supporting operations (facility operations).

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 <u>Framework for Rebooting Sport in a COVID-19 Environment</u> (AIS Framework) and the <u>National Principles for the Resumption of Sport and Recreation Activities</u> (National Principles).

The Plan also accepts as key principles that:

- The health and safety of members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community is the number one priority;
- Members, participants, coaches, officials, administrators/volunteers, families and the broader community need to be engaged and briefed on Table Tennis NSW Inc. and it's affiliate's return to sport plans;
- Facilities are assessed and appropriate plans are developed to accommodate upgraded hygiene protocols, physical distancing and other measures to mitigate the risk of transmission of COVID-19;
- Training cannot resume until the arrangements for sport operations and facility operations are finalised and approved, if necessary; and
- At every stage of the return to sport process Table Tennis NSW Inc. and its affiliates must consider and apply all applicable State and Territory Government and local restrictions and regulations. Table Tennis NSW Inc. and its affiliates need to be prepared for any localised outbreak at our facilities, within our competitions or in the local community.

#### 3. Responsibilities under this Plan

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

The Board & Council of Table Tennis NSW Inc. 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 Board & Council has appointed the following person as the Table Tennis NSW Inc. 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	Leonie Whiteford
Contact Email	mail@ttnsw.org.au
Contact Number	02 87361266

Table Tennis NSW Inc. expects all members, participants, coaches, officials, 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 Table Tennis NSW Inc.;
- · 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

As at the date of the 1st June 2020 of this Plan, participants are training at Level A of the AIS Framework. The Plan outlines specific sport requirements that Table Tennis NSW Inc. will implement for Level B and Level C of the AIS Framework.

Table Tennis NSW Inc. will transition to the training activity and facility use as outlined in 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.

As at the date of 18<sup>th</sup> October 2021 return to Sport is only for the fully vaccinated – exceptions – children U12 not yet vaccinated are permitted if accompanied by a fully vaccinated member of their own household or those who have an authorised exemption from the NSW Chief Health Officer.

As of 24 January 2022, return to Sport will remain only for the fully vaccinated at Sydney Olympic Park – Sports Halls – this includes all participants – players, officials, coaches, spectators and parents. Those with approved exemptions will be required to: Agree to a Rapid Antigen Test (RAT) and provide a negative result – each day of entry.

As of January 2023, there is no requirement for participants to be fully vaccinated. It is, however, highly recommended that all participants are up to date with their vaccination status.

Mask wearing will be dependent on the current Public Heath Orders and venue requirements of the day. Where compulsory for indoor venues: the following will apply "All people over 12 MUST wear a mask whilst indoors — unless participating in strenuous physical activity (ie: on the table playing) "

All tournament entry forms will require vaccination status to be answered.

All Tournament entries will be on-line – all draws will be timed and all payments and draws only available on-line.

As of 1<sup>st</sup> May 2022 – QR codes are no longer required. Masks are mandatory but are highly recommended. Players are encouraged to be vaccinated BUT this is not compulsory. Players maybe required to submit to a RAT test if they are a close

contact or show any symptoms. Social distancing and hygiene protocols will still prevail. The number of <u>training tables</u> may be increased within the social distancing guidelines (maximum 25 per zone). Tournament and Pennant matches of 18 tables (per zone) providing that social distancing prevails.

For ALL National Championships ALL Participants MUST abide by Table Tennis Australia's National Tournament conditions.

Must also comply with any venue restrictions

#### 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

Table Tennis NSW Inc. will also comply with the Australian government's <u>Roadmap to a COVIDSafe Australia</u>, 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 4m²).	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 Include Health Notice of 16 <sup>th</sup> July Until further Notice participants from Victoria are excluded 14 days prior as well as any local participants from NSW HOTSPOTS

## 5. Recovery

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

At this time the Board & Council of Table Tennis NSW Inc. will consult with key stakeholders to review the delivery of its return to sport arrangements and use feedback to improve organisational plans and systems.

#### 6. Relevant contact websites:

Check official information sources including:

- a) Australian Government Department of Health: <a href="https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert">https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert</a>;
- b) World Health Organisation: <a href="https://www.who.int/">https://www.who.int/</a>;
- b. Australian Institute of Sport: <a href="https://ais.gov.au/health-wellbeing/covid-19">https://ais.gov.au/health-wellbeing/covid-19</a>;
- c. Sport Australia: <a href="https://www.sportaus.gov.au/">https://www.sportaus.gov.au/</a>;
   Relevant State/Territory/local government websites;
- e) NSW Office of Sport https://sport.nsw.gov.au/novel-coronavirus-covid-19
- f) NSW Government https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules/changes
- g) NSW Health Chief Health Office & Secretary  $\underline{\text{https://www.nsw.gov.au/covid-19/latest-news-and-updates}} \; .$

## **Appendix: Outline of Return to Sport Arrangements**

Note — examples provided in this Appendix relate to Club operations. Adjustments may be made for the return to sport arrangements of Associations. Each Affiliate Association & Club and are to complete this appendix in relation to their own venues. Table Tennis NSW Inc. is responsible and will complete the appendix in relation to Sports Halls at Sydney Olympic Park. Also note: each Association or Club will need to appoint an individual COVID 19 Safety Coordinator responsible for completing the return to Sport check lists and maintaining: points of transmission; transmission controls; hygiene & behaviour requirements; physical & fitness preparations, before a restart and education & communications to relevant personnel in their own venues. It is recommended that each association or club have their COVID 19 Safety Coordinator and they complete the St John's Ambulance Workplace Infection Control course — available on-line the cost is \$25

## Part 1 – Sport Operations

Area	Plan Requirements (for activities under AIS Framework Level B)  Table Tennis NSW Inc. Sports Halls  Sydney Olympic Park	Plan Requirements (for activities under AIS Framework Level C) Table Tennis NSW Inc. Sports Halls Sydney Olympic Park
Approvals	<ul> <li>The club must obtain the following approvals to allow a return to training at Level B:</li> <li>State/Territory Government approval of the resumption of community sport.</li> <li>Relaxation of public gathering restrictions to enable training to occur.</li> <li>Local government/venue owner approval to training at venue, if required.</li> <li>National/state sporting body/local association approval of return to training for community sport.</li> <li>Club committee has approved return to training for club.</li> <li>Insurance arrangements confirmed to cover training.</li> </ul>	<ul> <li>The club must obtain the following approvals to allow a return to training/competition at Level C:</li> <li>Relaxation of public gathering restrictions to enable training to occur.</li> <li>Local government/venue owner approval to training/competition at venue, if required.</li> <li>National/state sporting body/local association approval to return to training/competition for community sport.</li> <li>Club committee has approved return to competition for club.</li> <li>Insurance arrangements confirmed to cover competition.</li> </ul>
Training Processes	<ul> <li>Junior Team Training and each individual club to detail specifics of training processes.</li> <li>Should cover:         <ul> <li>Emphasise AIS Framework principle of "Get in, train, get out" – arrive ready to train.</li> <li>Length and scheduling of training sessions to be reduced so no overlap.</li> <li>Usual team trainings are 8 hours –these are reduced to 4 x 2 hour sessions by age group ie: U11's, U13's, U15's &amp; U18's also maintaining social distancing.</li> <li>Clearly outline nature of training permitted (e.g. small groups to train and for team meetings, equipment/skill drills</li> </ul> </li> </ul>	<ul> <li>Table Tennis NSW Inc. details specifics of training/competition processes. Should cover:</li> <li>AIS Framework principles – full sporting activity that can be conducted in groups of any size (subject to COVIDSafe Roadmap) including full contact.</li> <li>For larger team sports, consider maintaining some small group separation at training</li> <li>Split training sessions for Juniors ie: extended to 2 x 3 hour sessions . For Competition ie Tournaments and Veterans Pennant – maximum 25 tables for training and 18 x tables for pennant matches and tournaments and only tournaments are still</li> </ul>

- able to be used, certain sport activities not permitted during Level B training, no contact including high fives/hand shaking, and no socialising or group meals).
- Defined training areas for each training group, maintaining base density requirement of 4 square metres per person and physical distancing (>1.5 metres).
- Sanitising requirements, including use of sanitising stations. Hand sanitiser will be available on each umpires table as well as in the aisle ways.
- Treatment of shared equipment (e.g., sanitise equipment before, during, after sessions) and use of such equipment to be limited.
- Personalised Scorer an individual may be issued a sanitised scorer which is only for their use for the day. Use of score counters may be permitted by the wearing of gloves where your hands are sanitised prior to use and the gloves are also sanitised after each use. Failing to comply may be liable to disqualification.
- No sharing of personal equipment.
- Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing).
- Guidance for travel arrangements (e.g. physical distancing on public transport, limit car pool/taxi/Uber use).
- Training attendance register will be kept including any parents or coaches.

- over two days
- Tournaments Veterans and Juniors separated by age group over 2 days' All timed draws for Tournaments
- Veterans Pennant separated by division one day using badminton courts for 3 courts.
- Limit unnecessary social gatherings. LIMIT
   of one parent only and no grandparents for
   Juniors. For Open & Veterans NO
   spectators this to maintain social
   distancing and venue limits on the number
   of people. .
- Clearly outline nature of training permitted.
- Access to treatment from support staff.
- Sanitising requirements continue from Level B. Hand Sanitiser will be available on each umpires table as well as in the aisle ways.
- Treatment of shared equipment continues from Level B.
- Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing).
- Training/playing attendance register no longer required for the Service NSW QR code including any additional people in the venue.

#### **Personal health**

Table Tennis NSW Inc. details specifics of personal health protocols. covers:

- Graded return to sport to avoid injury.
- Advice to players, coaches, volunteers to not attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness).
- Washing of hands prior to, during and after training and use of hand sanitiser will be available on each umpies table as well as in the aisle ways.
- Avoid physical greetings (i.e. hand shaking, high fives etc.).
- Avoid coughing, clearing nose, spitting etc.
- Launder own training uniform and wash personal equipment].

Table Tennis NSW Inc. details specifics of personal health protocols. covers:

- Requirements continue from Level B.
   Proper warm ups required before
   competing or training. No one is attend if
   feeling unwell including symptoms of cold
   or flu and certainly not if self-isolating or in
   contact with someone in isolation or if you
   have returned from overseas in the last 14
   days. No handshakes and NO wiping of
   hands on the table under any
   circumstances.
- Avoid coughing or sneezing, clearing of nose, NO spitting
- No Towels in the playing area or being draped over barriers; All BAGS must be closed and contain ALL your personal belongings NO items to be left on the floor
- Changing or showering at the venue is now

		permitted.
Hygiene	<ul> <li>Table Tennis NSW Inc. details specifics of hygiene protocols to support training and covers:</li> <li>Any safe hygiene protocols distributed by national/state sporting body or local association that will be adopted by Table Tennis NSW Inc.</li> <li>Guidelines for sanitisation and cleaning, including requirements for sanitisation stations. Tables will be wiped before and after play as well as between each session break.</li> </ul>	<ul> <li>Table Tennis NSW Inc. details specifics of hygiene protocols to support training/playing.</li> <li>This covers:         <ul> <li>Hygiene and cleaning measures to continue from Level B and any protocols adopted by Table Tennis Australia LTD or the Australian Sports Commission. Tables will be wiped down on a regular basis.</li> </ul> </li> </ul>
Communications	<ul> <li>Table Tennis NSW Inc. to detail specifics of communications plan to be adopted in communicating to players, coaches, members, parents, families and volunteers and covers:</li> <li>How Table Tennis NSW Inc. will brief players, coaches and volunteers on return to training protocols including hygiene protocols (e.g. letter, email, text/WhatsApp message, Facebook post) and reinforcement of hand washing and general hygiene etiquette.</li> <li>Endorsement of government COVIDSafe app and encouragement to players, coaches, members, volunteers, parents and families to download and use app.</li> <li>How Table Tennis NSW Inc. will promote good personal hygiene practices in and around training sessions and in Club facilities (e.g. posters in bathrooms).</li> <li>How individuals can access mental health and wellbeing counselling services.</li> </ul>	<ul> <li>Table Tennis NSW Inc. to detail specifics of communications plan to be adopted by the Club. Should cover:</li> <li>How Table Tennis NSW Inc. will brief players, coaches, members, volunteers and parents on Level C protocols including hygiene protocols (e.g. letter, email, text/WhatsApp message, Facebook post) and reinforcement of hand washing and general hygiene etiquette.</li> <li>Continued endorsement of government COVIDSafe app and encouragement to players, coaches, members, volunteers and parents to download and use app.</li> <li>How individuals can access mental health and wellbeing counselling services.</li> </ul>

# Part 2 – Facility Operations

Area	Plan Requirements (for activities under AIS Framework Level B)	Plan Requirements (for activities under AIS Framework Level C)	
Approvals	The club must obtain the following approvals to allow use of club facilities at Level B:	The club must obtain the following approvals to allow use of club facilities at Level C:	
	State/Territory Government approval of the resumption of facility operations.	State/Territory Government approval of the resumption of facility operations.	

- Local government/venue owner approval to use of facility, if required.
- Club committee has approved plan for use of club facilities.
- Insurance arrangements confirmed to cover facility usage.
- Local government has given approval to use of facility, if required.
- Club committee has approved plan for use of club facilities.
- Insurance arrangements confirmed to cover facility usage.

#### **Facilities**

Table Tennis NSW Inc. in conjunction with Sydney Olympic Park Authority will detail specifics of how facilities should operate after a sport-specific structured risk assessment is undertaken. Should cover:

- Parts of facilities that are available during Level B restrictions; limit to toilets and medical facilities and minimise use of communal facilities.
- Hygiene and cleaning protocols.
- Provision of appropriate health and safety equipment, Personal Protective Equipment (PPE) and personal hygiene cleaning solutions.

Table Tennis NSW Inc. in conjunction with Sydney Olympic Park Authority will detail specifics of how facilities should operate. Should cover:

- Return to full use of the Sports Halls facilities.
- Hygiene and cleaning protocols measures as per Level B.
- Provision of appropriate health and safety equipment, Personal Protective Equipment (PPE) and personal hygiene cleaning solutions as per Level B.
- Sydney Olympic Park Authority will provide appropriate – Posters and floor stickers pointing to safe distancing ie: 2 sq metres in the chair aisle as shown on the updated floor plan
- Sydney Olympic Park Authority will also provide a designated Table Tennis only access point - barriered off from the Badminton courts

#### **Facility access**

Sydney Olympic Park Authority to detail specifics of facility access protocols. Should cover:

- Details of any health screening measures (e.g. temperature checks etc.) prior to entry to any facilities and any privacy measures club will take to protect sensitive health information.
- Restrictions on facility access to limit anyone who has:
  - COVID-19 or has been in direct contact with a known case of COVID-19 in the previous 14 days.
  - Flu-like symptoms or who is a high health risk (e.g. due to age or preexisting health conditions).
  - Travelled internationally in the previous 14 days.
- Who may attend the club facilities: only essential participants should attend to minimise numbers; not more than one parent/carer to attend with children; gathering numbers should not exceed government allowances (COVIDSafe

Sydney Olympic Park Authority to detail specifics of facility access protocols. Should cover:

- Continue Level B protocols as appropriate.
- Who may attend the club facilities: gathering numbers should not exceed government allowances (COVIDSafe Roadmap maximum gatherings: Step 1 (10 people), Step 2 (20 people), Step 3 (100 people).
- Any spectators should observe physical distancing requirements (>1.5 metres) and density requirements (one person per 2 square metres).
- Managed access including separate entry/exit points, managed traffic flows, stagger arrival/departure times.
- Non-essential personnel to be discouraged from entering change rooms.
- Physical distancing protocols including use of zones in clubrooms, change rooms, bar/canteen including by use of physical zone indicators.
- Bar/canteen operations to include food

- Roadmap maximum gatherings: Step 1 (10 people), Step 2 (20 people), Step 3 (100 people))
- Any spectators should observe physical distancing requirements (>1.5 metres).
- Detailed attendance register to be kept.
- and cash handling protocols, hygiene and cleaning measures and established zones.
- General advice on physical distancing in club facilities including discouraging face to face meetings where possible, restricting site visitors, deferring or splitting up large meetings.
- Detailed attendances register no longer required to be kept:the Service NSW QR Scan code...

#### Hygiene

Table Tennis NSW Inc. details specifics of hygiene protocols to ensure regular sanitisation and cleaning of club facilities. Should cover:

- Any safe hygiene protocols distributed by national/state sporting body or local association that will be adopted by club including:
  - Availability of hand sanitiser at entry/exit points to venue and elsewhere.
  - Protocols for sanitising stations, sanitising shared equipment, uniforms.
  - Cleaning standards increase regular cleans and frequent wiping of high touch surfaces. Tables will be wiped before during and after play including during any session breaks.
  - Displaying posters outlining relevant personal hygiene guidance.
  - Avoiding shared use of equipment.
  - Provide suitable rubbish bins with regular waste disposal. An additional 2 x bins will be required and regular empting at least twice during the session.
  - Guidelines for sanitisation and cleaning of venue facilities. Floor area required to be sanitised before and after booking.

Table Tennis NSW Inc. details specifics of hygiene protocols to support use of club facilities. Should cover:

- Continue hygiene and cleaning measures as per Level B. Hand Sanitizer will be available on each umpire's table as well as in the aisle ways. For Tournaments 3 x selections of balls will be available after the completion of each event. The balls returned and cleaned on a regular basis.
  - Cleaning standards increase regular cleans and frequent wiping of high touch surfaces. Tables will be wiped on a regular basis.
  - Displaying posters outlining relevant personal hygiene guidance. Sydney Olympic Park Authority to provide.
  - Avoiding shared use of equipment.
  - Provide suitable rubbish bins with regular waste disposal. Any additional 2 x bins will be required and regular emptying at least twice during the session.
- Guidelines for sanitisation and cleaning of venue facilities. Floor area required to be sanitised before and after booking.

# Management of unwell participants

Table Tennis NSW Inc. and Sydney Olympic Park Authority to detail specifics of protocols to manage unwell participants at a club activity. This should cover:

- Isolation/medical requirements for all players, members, volunteers and their families at the onset of any symptoms including club facilities that can be used to manage symptomatic participants.
- Training of volunteers/club management on treatment of symptomatic participants and disinfecting of facilities used by such

Table Tennis NSW Inc. and Sydney Olympic Park Authority to detail specifics of protocols to manage unwell participants at a club activity. This should cover:

- Isolation/medical requirements for all players, members, volunteers and their families at the onset of any symptoms including club facilities that can be used to manage symptomatic participants.
- Designated isolation room for any cases will be provided

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 Notification protocols for notifying public health authorities and other attendees of symptomatic participants.

- Training of volunteers/club management on treatment of symptomatic participants and disinfecting of facilities used by such participants.
- Notification protocols for notifying public health authorities and other attendees of symptomatic participants.
- More Specific protocols for community transmission: Possible infection for either external or internal symptoms:
- 1) Possible case reported and precautionary testing ie: all contacts at that venue or building will be recontacted immediately and ask to self-isolate until results are known
- 2) If the result is negative recommend self isolating for a few more days
- 3) if the test is POSITIVE all contacts site

   day time <u>MUST</u> immediately get tested,
   self isolate and follow NSW Dept. Health
   instructions. No longer required
- 4) At any Table Tennis venues the owner of the venue MUST be immediately be contacted and notified both MUST produce their daily register and inform all participants of the procedure then arrange for the deep clean/fumigation
- 5) similarly if players develop symptoms during the course of the day – one above applies
- NB: Symptoms include fever ( high Temperature over 38 degrees , coughing, sneezing, loss of taste or smell

# Club responsibilities

#### The club will oversee:

- Provision and conduct of hygiene protocols as per the Plan.
- The capture of a record of attendance at all training and club activities and maintaining an up-to-date log of attendance.
- Coordination of Level B field and training operations.
- Operation of the club's facilities in support of all Level B training activities in accordance with this Plan.

#### As per Level B.

- Provision and conduct of hygiene protocols as per the Plan.
- The capture of a record of attendance at all training and club activities and maintaining an up-to-date log of attendance.: using the Service NSW QR code scan no longer required
- Coordination of Level C field and training operations.
- The Facility requires everyone entering to sign the entry register and use the hand sanitiser
- Table Tennis NSW requires everyone entering to confirm their details at the registration point may be required to a temperature test and complete the Service NSW QR Code scan - anyone over 38 degrees will be denied entry, but will be able to be re-tested after 30 minutes If the

2<sup>nd</sup> temperature test is also failed you will not be admitted and will be required to have a COVID 19 test and provide the record of the test and that you are cleared before entry at the next event – no longer required.

Operation of the club's facilities in support of all Level C training activities in accordance with this Plan. Included are the restrictions from the NSW Health notice dated  $16^{th}$  July – including  $\underline{\textbf{NO}}$  doubling up of pennant matches ie: you may only play on ONE table – no longer required – have moved to living and managing COVID.