



Return to Training

Return to training guidelines for athletics in NSW

Guidelines for Athletics with 10 person restrictions

Limited outdoor activity can now be conducted in small groups (not more than 10 people) and with appropriate social distancing of 1.5m (not more than 1 person per 4 square metres).

Key Points

- Ensure that people are practicing physical distancing at 1.5m and maintaining the 1 person per 4 square metre ruling.
- Groups should be providing appropriate hand sanitising options for pre, during and post training.
- Limit shared use of all training equipment and ensure that all equipment is sanitised both pre and post training.
- All shared equipment should be wiped clean following use.
- Change rooms should remain closed, with toilets being made available, where possible.
- Groups should not gather either prior to training or post training.



Get in, train, get out.

Try to keep time spent at public venues to a minimum.

Physical distancing at 1.5m

Ensure that you are always complying by the physical distancing requirements of 1.5m.

No mixing of groups

Groups training at the same venue must not mix. Stick to your group of 10.

Spectators and guardians

Spectators and people providing transport must either remain in the vehicle or leave the venue.

Coaches

Remember, coaches count towards the maximum allowed number of 10 gathering at any one place.

1

FEEL SICK?

Do not attend training if you are unwell and experiencing COVID-19 symptoms.

2

CONTACT WITH?

Do not attend training if you've had contact with a known or suspected case of COVID-19.

3

SEE A DOCTOR

Anyone who is unwell should see a doctor in accordance with NSW Public Health guideline.

- There may be more than one group of 10 people at the same time at the same outdoor venue providing that they are clearly divided into separate areas of the venue.
- Everyone is counted in the permitted 10 people, that's coaches, parents, friends, spectators and anyone else associated with the group.
- Limit the amount of time that you are at training. It's important to implement the 'Get in, train and get out' philosophy.
- Bring your own drink bottle, towel and other personal items. Personal items should not be shared with others in the training group.
- Avoid all unnecessary contact, like shaking hands and high fives. This also involves avoiding exercises that initiates contact between group members.
- People should avoid running in the slipstream of others where possible. Training should be adapted to utilise lanes when conducting training reps.
- Everyone should be monitoring training activities and inform any groups not abiding by the government regulations.
- Those people who are not following the government guidelines may not be covered under the Athletics Australia insurance policy. This includes both athletes and coaches.



FURTHER INFORMATION

Athletics NSW has developed these guidelines in conjunction with the NSW Office of Sport 'Return to Sport' guidelines, NSW Public Health Authority guidelines and the AIS Framework for Rebooting Sport. We will be in continued dialog with all government agencies in order to bring you updated and current information pertaining to these guidelines. As the government continues to expand the number of people for an outdoor gathering, we will provide you with a revised set of guidelines. Please ensure that you are following the information above at all times.

