

# COVID-19 (Coronavirus) Bulletin

## Information for Outdoor Recreation Clubs

*[Updated 25 March 2020]*

The Australian Government has issued **COVID-19 Community Sport Guidelines to National Sporting Organisations**. Outdoor Recreation Clubs are asked to make themselves familiar with these guidelines. This note has been written to be consistent with them and is based on advice developed by Paddling WA.

Clubs need to take into account the different and unique circumstances in which they operate.

Further updates will be provided as new advice on the control of the spread of COVID-19 becomes available.

### **General**

Clubs should always act in accordance with the general advice available from the Department of Health and any [Federal](#) or [State](#) recommendations or requirements that are applicable.

This following guidance is provided for the general outdoor recreation community. Clubs are also advised to refer to advice on the dedicated pages of their National and/or State Sporting Association/s for additional and more tailored guidance. Links are provided on our [website](#).

Exercise and participation in outdoor recreation is an important part of maintaining physical and mental health. With the current uncertainty, GSCORE seeks to ensure that the very real benefits of outdoor recreation can continue to be enjoyed, albeit in a more limited way than normal. This will require everyone to assume an even greater level of personal responsibility than usual.

GSCORE offers the following information and advice:

### **Outdoor Recreation Activities:**

‘Social distancing’ should be a consideration whenever you are outdoors.

Many outdoor recreation activities generally meet the requirements of ‘social distancing’, with individuals normally more than the required 1.5 metres apart. However, club activities generally involve groups meeting together regularly and consideration should be given to ensuring that distances between club members and volunteers are maintained.

Use of team equipment, for example boats or kayaks, should not take place.

The training of new participants and of juniors is an important activity for many Clubs. However, clubs should consider the need to undertake training activities at this time.

## **Gatherings**

The Australian Government has advised that organised, non-essential gatherings outside (and indoors) should not take place.

Club briefings and meetings should therefore be avoided, with information provided in writing or online.

## **Health Issues**

Individuals who are unwell, symptomatic, who have returned to Australia within the last 14 days, or who have been exposed to anyone that has COVID-19 within the last 14 days should not attend club premises and should seek medical advice.

Where a club has changing facilities, these can often become crowded, again making 'social distancing' difficult. During this period, individuals should be encouraged to make other arrangements if practical and to take showers at home. Clubs should consider more frequent cleaning of all common areas, and especially toilets and changing rooms. Where practical, changing rooms should be closed.

Clubs should print and place signage throughout their venue or activities to remind people of the recommended infection control practices. These resources can be found [here](#)

## **Hygiene Practices**

Hand hygiene remains the single best action individuals can take to reduce their risk of acquiring or spreading any respiratory or gastrointestinal tract infection. Hands should be washed frequently with soap and water.

- Hand sanitisers should be freely accessible at your venue. Strategic placement may include at the entry/exit, and other high traffic areas.
- Those coughing and sneezing should do so away from other people and into a tissue, or their elbow. Tissues should be disposed of immediately and hands washed thoroughly.
- Avoid touching your face and hair unless you have just washed/sanitised your hands.
- Drink bottles should not be shared. Individuals should label their drink bottle and clean it in soap and water after each session.
- All communal or shared sporting equipment should be thoroughly cleaned with disinfectant after each use.

## **COVID-19 Cases at Your Club**

If a case of COVID-19 has been confirmed in a member of your Club or a confirmed case has attended your activity or event, please contact your state health authority immediately to get further advice on what steps need to be followed. Clubs can assist the state public health authorities to provide prompt advice by:

- Keeping a record of who has attended an activity or an event and what day and time the activity or the event took place; and
- Providing the contact details of those who have attended the event or activity.

## **Insurance and Event Entry Waiver**

- Personal Accident insurance – CHECK WITH YOUR STATE OR NATIONAL SPORTING ASSOCIATION.
- Public Liability – CHECK WITH YOUR INSURER.
- Directors and Officers – CHECK WITH YOUR INSURER.

In the current context Club officials will need to be aware of government requirements, such as the recent declaration of a state of emergency and the prohibition of certain activities. Clubs will not be covered for actions which are illegal or contravene these Government Orders.

## **For Information**

If you need clarification on any of the advice above, please let us know via email at [info@gscore.com.au](mailto:info@gscore.com.au). Whilst social media is helpful in getting information out there, we can't monitor all posts.

We won't have thought of everything in this guidance note. We are keen to ensure that 'best practice' is shared so if you see or hear of something being done well, please let us know. We will provide more information as and when we can. Again, please check regularly for updates on the COVID-19 Clubs and Community Groups page.

These are unprecedented times. We are encountering issues we have not seen or had to deal with before. Now, more than ever, be supportive and check up on your fellow paddlers. If you feel at any time that you are not coping, ask for help.

**Stay Healthy, Remain Positive, and Get Outdoors – Safely.**

Issued on 25 March 2020

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