



AUSTRALIAN
POWERLIFTING UNION

COVID-19 SAFETY PLAN

AUSTRALIAN POWERLIFTING UNION

[Association/ Club]	Australian Powerlifting Union Ltd (APU)
[Ground Location]	Brisbane, QLD
[Club Facility Location]	APU NSW, APU ACT, APU QLD, APU VIC, APU WA, APU SA, APU TAS
[Club President/Association CEO]	Sean Muir
Contact Email	sean.muir@powerlifting.org.au
Contact Mobile Number	0422 146 213
Version	004
Australian Powerlifting Union Ltd is responsible for this document	

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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 Australian Powerlifting Union Ltd (**APU**) to support all **APU** sanctioned championship hosting facilities or venues (facilities or venues it controls the championship), its meet directors 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 **APU**, any facilities or venues it controls championships at, the playing/training behaviour of all members and participants and the monitoring and reporting of the health of attendees at **Australian Powerlifting Union Ltd.** sanctioned championships.

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

- a. staged training and competition activities (sport operations); and
- b. 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 [Framework for Rebooting Sport in a COVID-19 Environment](#) (**AIS Framework**) and the [National Principles for the Resumption of Sport and Recreation Activities](#) (**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 Australian Powerlifting Union'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 **Australian Powerlifting Union Ltd.** must consider and apply all applicable State and Territory Government and local restrictions and regulations needs to be prepared for any localised outbreak at our sanctioned championship venues, within our championships or in the local community.

3. Responsibilities under this Plan

Australian Powerlifting Union Ltd. retains the overall responsibility for the effective management and implementation of the return to sport activities and operations outlined in this Plan.

The Board of **Australian Powerlifting Union Ltd.** 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 has appointed the following person as the Association 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	Sean Muir
Contact Email	sean.muir@powerlifting.org.au
Contact Number	0422146213

The APU expects all members, participants, coaches, officials, administrative staff, meet directors 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 APU;
- 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 this Plan, participants are training at Level B Step 2 of the AIS Framework. The Plan outlines specific sport requirements that APU will implement for Level B and Level C of the AIS Framework.

Australian Powerlifting Union Ltd 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.

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

Australian Powerlifting Union Ltd will also comply with the Australian government's [Roadmap to a COVIDSafe Australia](#), 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 4m ²).	Step 3: Venues allowed to operate with up to 100 people with physical distancing. Community sport expansion to be considered consistent with AIS Framework.

5. Recovery

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

At this time the Medical Committee of **the APU** will consult with key stakeholders to review the delivery of its return to sport arrangements and use feedback to improve organisational plans and systems.

Appendix: Outline of Return to Sport Arrangements

[Note – examples provided in this Appendix relate to Australian Powerlifting Union operations. Adjustments may be made for the return to sport arrangements of Associations]

Part 1 – Sport Operations

Area	Plan Requirements (for activities under AIS Framework Level B)	Plan Requirements (for activities under AIS Framework Level C)
Approvals	<p>The APU must obtain the following approvals to allow a return to training at Level B:</p> <ul style="list-style-type: none"> • State/Territory Government approval of the resumption of community sport. • Relaxation of public gathering restrictions to enable training to occur. • Local government/venue owner approval to training at venue, if required. • National/state sporting body/local association approval of return to training for community sport. • Club committee has approved return to training for club. • Insurance arrangements confirmed to cover training. 	<p>The APU must obtain the following approvals to allow a return to training/competition at Level C:</p> <ul style="list-style-type: none"> • Relaxation of public gathering restrictions to enable training to occur. • Local government/venue owner approval to training/competition at venue, if required. • National/state sporting body/local association approval to return to training/competition for community sport. • Club committee has approved return to competition for club. • Insurance arrangements confirmed to cover competition.
Training Processes	<p>Specifics of training processes. Should cover:</p> <ul style="list-style-type: none"> • APU to emphasise AIS Framework principle of “Get in, train, get out” – arrive ready to train. • Length and scheduling of training sessions to reduce overlap. • Clearly outline nature of training permitted (e.g. small groups to train and for team meetings, equipment/skill drills able to be used, certain sport activities not permitted during Level B training, no contact including high fives/hand shaking, 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). 	<p>Specifics of training/competition processes. Should cover:</p> <ul style="list-style-type: none"> • AIS Framework principles – full sporting activity that can be conducted in groups of any size (subject to COVIDSafe Roadmap) including full contact. • For larger team sports, consider maintaining some small group separation at training. • Limit unnecessary social gatherings. • Clearly outline nature of training permitted. • Access to treatment from support staff. • Sanitising requirements continue from Level B. • Treatment of shared equipment continues from Level B.

	<ul style="list-style-type: none"> • Sanitising requirements, including use of sanitising stations. • Treatment of shared equipment (e.g. sanitise equipment before, during, after sessions) and use of such equipment to be limited. • 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 kept. 	<ul style="list-style-type: none"> • Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing). • Training/playing attendance register kept.
Personal health	<p>Specifics of personal health protocols. Should cover:</p> <ul style="list-style-type: none"> • 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 where available. • Avoid physical greetings (i.e. hand shaking, high fives etc.). • Avoid coughing, clearing nose, spitting etc. • Launder own training uniform and wash personal equipment]. 	<p>Specifics of personal health protocols. Should cover:</p> <ul style="list-style-type: none"> • Requirements continue from Level B.
Hygiene	<p>Specifics of hygiene protocols to support training. Should cover:</p> <ul style="list-style-type: none"> • Any safe hygiene protocols distributed by national/state sporting body or local association that will be adopted by club. • Guidelines for sanitisation and cleaning, including requirements for sanitisation stations]. 	<p>Specifics of hygiene protocols to support training/competitions. Should cover:</p> <ul style="list-style-type: none"> • Hygiene and cleaning measures to continue from Level B.
Communications	<p>Specifics of communications plan to be adopted by the APU in communicating to athletes, coaches, members, volunteers and families. Should cover:</p> <ul style="list-style-type: none"> • How APU will brief athletes, 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. 	<p>Specifics of communications plan to be adopted by the APU. Should cover:</p> <ul style="list-style-type: none"> • How APU will brief athletes, coaches, members, volunteers and families 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. • Continued endorsement of government COVIDSafe app and encouragement to athletes, coaches, members, volunteers and families to download and use app.

	<ul style="list-style-type: none"> • Endorsement of government COVIDSafe app and encouragement to athletes, coaches, members, volunteers and families to download and use app. • How APU will promote good personal hygiene practices in and around training sessions and in Club facilities (e.g. posters in bathrooms). • How individuals can access mental health and wellbeing counselling services]. 	<ul style="list-style-type: none"> • How individuals can access mental health and wellbeing counselling services.
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Part 2 – Facility Operations

Area	Plan Requirements (for activities under AIS Framework Level B)	Plan Requirements (for activities under AIS Framework Level C)
Approvals	<p>The APU must obtain the following approvals to allow use of club facilities at Level B:</p> <ul style="list-style-type: none"> • State/Territory Government approval of the resumption of facility operations. • Local government/venue owner approval to use of facility, if required. • Insurance arrangements confirmed to cover facility usage. 	<p>The APU must obtain the following approvals to allow use of club facilities at Level C:</p> <ul style="list-style-type: none"> • State/Territory Government approval of the resumption of facility operations. • Local government has given approval to use of facility, if required. • Insurance arrangements confirmed to cover facility usage.
Facilities	<p>Specifics of how APU facilities should operate after a sport-specific structured risk assessment is undertaken. Should cover:</p> <ul style="list-style-type: none"> • 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]. 	<p>Specifics of how facilities should operate. Should cover:</p> <ul style="list-style-type: none"> • Return to full use of Club 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.
Facility access	<p>Specifics of facility access protocols. Should cover:</p> <ul style="list-style-type: none"> • 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. 	<p>Specifics of facility access protocols. Should cover:</p> <ul style="list-style-type: none"> • Continue Level B protocols as appropriate. • Who may attend the club facilities: gathering numbers should not exceed government allowances (COVIDSafe Roadmap maximum

	<ul style="list-style-type: none"> • Restrictions on facility access to limit anyone who has: <ul style="list-style-type: none"> – 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 pre-existing 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 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. 	<p>gatherings: Step 1 (10 people), Step 2 (20 people), Step 3 (100 people)).</p> <ul style="list-style-type: none"> • Any spectators should observe physical distancing requirements (>1.5 metres) and density requirements (one person per 4 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 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 attendance register to be kept.
Hygiene	<p>Specifics of hygiene protocols to ensure regular sanitisation and cleaning of club facilities. Should cover:</p> <ul style="list-style-type: none"> • Any safe hygiene protocols distributed by national/state sporting body or local association that will be adopted by club including: <ul style="list-style-type: none"> – 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. – Displaying posters outlining relevant personal hygiene guidance. – Avoiding shared use of equipment. – Provide suitable rubbish bins with regular waste disposal. – Guidelines for sanitisation and cleaning of Club facilities. 	<p>Specifics of hygiene protocols to support use of club facilities. Should cover:</p> <ul style="list-style-type: none"> • Continue hygiene and cleaning measures as per Level B.
Management of unwell participants	<p>Specifics of protocols to manage unwell participants at a club activity. Should cover:</p>	<p>Specifics of protocols to manage unwell participants at a club activity. Should cover:</p> <ul style="list-style-type: none"> • Measures as per Level B.

	<ul style="list-style-type: none"> • 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/APU 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. 	
<p>Club responsibilities</p>	<p>The APU will oversee:</p> <ul style="list-style-type: none"> • 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. 	<p>As per Level B.</p>

Part 3 – Attendance Register

Australian Powerlifting Union Register of competition attendees

Activity: _____ Location: _____ Date: _____

Arrival time	Departure time	Full name	Phone	Email address	Club	Role	In the previous 14 days, have you:					
							Temperature (Celcius)	Had any COVID-19 symptoms?	Been in contact with any confirmed/suspected COVID-19 case?	Travelled internationally?	Downloaded and using COVIDSafe app?	

Note: Attendance information is collected in accordance with the Australian Powerlifting Union Privacy Policy.

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