

18 May 2020

## **Return to Sport in NSW**

There is constant change as COVID-19 restrictions begin to ease.

A return to sport is approaching – whether recreational participation, organised training or competition – and clear guidelines are required. In NSW, these guidelines will come from the State Government.

To minimise the risk of contracting or transmitting COVID-19, at all times:

- Do not attend any sport if you are unwell and experiencing symptoms such as a cough, sore throat, fever, fatigue or shortness of breath;
- Do not attend sport if, in the last 14 days, you have been unwell or had close contact with a known or suspected case of COVID-19;
- Anyone who is unwell should see a doctor in accordance with NSW Public Health Authority guidelines.

In NSW, restrictions from Friday, 15 May 2020 include:

- A total of ten (10) people may gather;
- A maximum of 500 people in any single venue at one time (note: this is the responsibility of the venue owner or council);
- Physical distancing must be maintained at all times (i.e. 1.5m apart);
- Change rooms to remain closed – toilets may be available for use. If a toilet is accessed via a change room, the toilet may be used, the change room may not;
- Outdoor sport only - no indoor sport at any time.

To ensure consistency, sport related guidelines are:

- The basic rule is “arrive, play sport, leave”
- All participants should be strongly encouraged to download the Government’s CovidSafe app;
- Gathering as a group before or after sport is not possible;
- No close contact or tackling is allowed as it is within 1.5m;
- An area of 4m<sup>2</sup> is required per person (i.e. a minimum of 40m<sup>2</sup> for 10 people);

- There may be more than one group of 10 people at the same time at the same outdoor venue providing that clearly defined and separated areas of more than 40m<sup>2</sup> for each group are allocated;
- No 'mixing' of people (including coaches) between separate groups of 10 people;
- Coaches, referees and spectators are included with participants in the total number attending (i.e. a maximum total of 10 people);
- Spectators or people providing transport should remain in their vehicle or leave the venue where possible.

It is strongly suggested that all participants:

- Prepare or dress for sport at home;
- Shower at home before and after sport;
- Bring hand wash or sanitiser to wash / sanitise your hands before and after sport;
- Bring their own drink bottle, towel etc;
- Avoid unnecessary contact (i.e. shaking hands, 'high fives' etc);
- If required, changing or putting on gear before and / or after sport should be done in, or near to, your own vehicle – or elsewhere away from the playing area;
- All equipment (particularly if touched by hands) should be wiped clean afterwards (e.g. balls, temporary goals etc);
- If there is a playing group of less than 10 and spectators are present, 1.5m distancing must be observed by spectators;
- Participants should gradually return to training to reduce the risk of injury.

Insurance cover for participants may be required by some councils / venue owners prior to opening their facilities. In most cases, a return to sanctioned / official training by an SSO / SSOD will trigger insurance coverage for registered participants. In addition, sanctioned training may incur ongoing maintenance costs from the council / venue owner.

Steve Loader  
Chief Executive Officer

For further information and updates, please refer to:

NSW Office of Sport  
<https://sport.nsw.gov.au/novel-coronavirus-covid-19>

NSW Government  
<https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules/changes>