



Australian Underwater Federation

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Covid 19 Update #3

Currently some states are easing general restrictions regarding the lockdown procedures that have been in force. AusSport has set out guidelines (attached) for the resumption of sport. Most sports are currently running at category A, A few sports are moving to Category B.

Our pool sports would need category C to resume competition, as category B only allows a maximum of 10 people total, to participate in either practice or competition. Obviously training or playing would involve a greater number than what is currently allowed.

Notwithstanding the above, some of our sports are contact sports and therefore cannot maintain the social distancing guidelines. Therefore, at this stage we will not be allowing training or competition of Underwater Rugby and Hockey in a game setting.

Finswimming and spearfishing must follow the guidelines as set out for category B sports. Further to this individual training for rugby and hockey can take place. To do this, the swimming guidelines in the attached document must be used, one person per lane up to a group number of 10 training at any time together. Social distancing guidelines must be maintained in the pool area and changerooms. It is fine to use a puck or ball in your lane.

We are currently monitoring the situation and in discussion with AusSport for any possible changes or exemptions.

Yours in Underwater Sports,

Graham Henderson



THE AUSTRALIAN INSTITUTE
OF SPORT (AIS) FRAMEWORK
FOR REBOOTING SPORT IN A
COVID-19 ENVIRONMENT

EXECUTIVE SUMMARY

May 2020

INTRODUCTION

Sport makes an important contribution to the physical, psychological and emotional well-being of Australians. The economic contribution of sport is equivalent to 2–3% of Gross Domestic Product (GDP). The COVID-19 pandemic has had devastating effects on communities globally, leading to significant restrictions on all sectors of society, including sport. Resumption of sport can significantly contribute to the re-establishment of normality in Australian society.

The Australian Institute of Sport (AIS), in consultation with sport partners (National Institute Network (NIN) Directors, NIN Chief Medical Officers (CMOs), National Sporting Organisation (NSO) Presidents, NSO Performance Directors and NSO CMOs), has developed a framework to inform the resumption of sport. National Principles for Resumption of Sport were used as a guide in the development of 'the AIS Framework for Rebooting Sport in a COVID-19 Environment' (the AIS Framework); and based on current best evidence, and guidelines from the Australian Federal Government, extrapolated into the sporting context by specialists in sport and exercise medicine, infectious diseases and public health.

The principles outlined in this document apply equally to high performance/professional level, community competitive and individual passive (non-contact) sport. The AIS Framework is a timely tool for **'how'** reintroduction of sport activity will occur in a cautious and methodical manner, to optimise athlete and community safety. Decisions regarding the timing of resumption of sporting activity (the **'when'**) *must* be made in close consultation with Federal, State/Territory and/or Local Public Health Authorities. The priority at all times must be to preserve public health, minimising the risk of community transmission.

FRAMEWORK FOR THE RESUMPTION OF SPORT AND RECREATION ACTIVITIES

The resumption of sport and recreation activities will be a complex process. A careful stepwise process needs to be implemented to ensure the safety of athletes and other personnel and the wider community.

High level descriptors of three levels (Levels A, B, C) of activities and associated hygiene measures are recommended. Detailed descriptions of recommended sport specific activities at each level are outlined in Appendices A and B.

Preparation for resumption includes education of the athletes and other personnel, assessment of the sport environment and agreement on training scheduling to accommodate social distancing. The approach to training should focus on **'get in, train, get out'**, minimising unnecessary contact in change rooms, bathrooms and communal areas. Prior to resumption, sporting organisations should have agreed protocols in place for management of illness in athletes and other personnel. Special consideration should be made for para-athletes and others with medical conditions as they may be more vulnerable to COVID-19 infection. Clubs and individuals should apply a graded return to mitigate injury risk, understanding that sudden increase in training load will predispose to injury.

The timing of progression between levels may be influenced by any evidence of transmission issues within the local community or sporting cohort.

Individuals should not return to sport if in the last 14 days they have been unwell or had contact with a known or suspected case of COVID-19. Any individual with respiratory symptoms (even if mild) should be considered a potential case and must immediately self-isolate, have COVID-19 excluded and be medically cleared by a doctor to return to the training environment.

Athletes returning to sport after COVID-19 infection require special consideration prior to resumption of high intensity physical activity. While there is increasing research on the multi-organ nature of COVID-19 in the acute phase, there is currently limited research on medium to long-term complications. Long-term decreased exercise capacity has been noted following previous related coronavirus infections [Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS)]. Sudden increase in training load predispose to injury and a graded return should be considered.

Resumption of sporting activity may not be linear. Increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases. Sporting organisations need to be flexible to accommodate and respond to changes in community transmission rates and the associated changes in advice from Public Health Authorities.

NATIONAL PRINCIPLES FOR THE RESUMPTION OF SPORT AND RECREATION ACTIVITIES

1. Resumption of sport and recreation activities can contribute many health, economic, social and cultural benefits to Australian society emerging from the COVID-19 environment.
2. Resumption of sport and recreation activities should not compromise the health of individuals or the community.
3. Resumption of sport and recreation activities will be based on objective health information to ensure they are conducted safely and do not risk increased COVID-19 local transmission rates.
4. All decisions about resumption of sport and recreation activities must take place with careful reference to these National Principles following close consultation with Federal, State/Territory and/or Local Public Health Authorities, as relevant.
5. The AIS 'Framework for Rebooting Sport in a COVID-19 Environment' provides a guide for the reintroduction of sport and recreation in Australia, including high performance sport. The AIS Framework incorporates consideration of the differences between contact and non-contact sport and indoor and outdoor activity. Whilst the three phases A, B and C of the AIS Framework provide a general guide, individual jurisdictions may provide guidance on the timing of introduction of various levels of sport participation with regard to local epidemiology, risk mitigation strategies and public health capacity.
6. International evidence to date is suggestive that outdoor activities are a lower risk setting for COVID-19 transmission. There is no good data on risks of indoor sporting activity but, at this time, the risk is assumed to be greater than for outdoor sporting activity, even with similar mitigation steps taken.
7. All individuals who participate in, and contribute to, sport and recreation will be considered in resumption plans, including those at the high performance/professional level, those at the community competitive level, and those who wish to enjoy passive (non-contact) individual sports and recreation.
8. Resumption of community sport and recreation activity should take place in a staged fashion with an initial phase of small group (<10) activities in a non-contact fashion, prior to moving on to a subsequent phase of large group (>10) activities including full contact training/competition in sport. Individual jurisdictions will determine progression through these phases, taking account of local epidemiology, risk mitigation strategies and public health capability.
 - a. This includes the resumption of children's outdoor sport with strict physical distancing measures for non-sporting attendees such as parents.
 - b. This includes the resumption of outdoor recreational activities including (but not limited to) outdoor-based personal training and boot camps, golf, fishing, bush-walking, swimming, etc.
9. Significantly enhanced risk mitigation (including avoidance and physical distancing) must be applied to all indoor activities associated with outdoor sporting codes (e.g. club rooms, training facilities, gymnasias and the like).
10. For high performance and professional sporting organisations, the regime underpinned in the AIS Framework is considered a minimum baseline standard required to be met before the resumption of training and match play, noting most sports and participants are currently operating at level A of the AIS Framework.
11. If sporting organisations are seeking specific exemptions in order to recommence activity, particularly with regard to competitions, they are required to engage with, and where necessary seek approvals from, the respective State/Territory and/or Local Public Health Authorities regarding additional measures to reduce the risk of COVID-19 spread.
12. At all times sport and recreation organisations must respond to the directives of Public Health Authorities. Localised outbreaks may require sporting organisations to again restrict activity and those organisations must be ready to respond accordingly. The detection of a positive COVID-19 case in a sporting or recreation club or organisation will result in a standard public health response, which could include quarantine of a whole team or large group, and close contacts, for the required period.
13. The risks associated with large gatherings are such that, for the foreseeable future, elite sports, if recommenced, should do so in a spectator-free environment with the minimum support staff available to support the competition. Community sport and recreation activities should limit those present to the minimum required to support the participants (e.g. one parent or carer per child if necessary).
14. The sporting environment (training and competition venues) should be assessed to ensure precautions are taken to minimise risk to those participating in sport and those attending sporting events as spectators (where and when permissible).
15. The safety and well-being of the Australian community will be the priority in any further and specific decisions about the resumption of sport, which will be considered by the COVID-19 Sports and Health Committee.



APPENDIX A

RECOMMENDED LEVEL A, B, C ACTIVITIES FOR COMMUNITY AND INDIVIDUAL SPORT

May 2020

OVERVIEW

This table consists of advisory recommendations made in conjunction with sport-specific experts. Conduct of any sporting activity in a COVID-19 environment is subject to regulations of Federal, State/Territory and/or Local Public Health Authorities. All sports must maintain awareness of the evolving COVID-19 environment and align current practices with informed decisions for athlete and other community sport member safety. Refer to main document "AIS Framework for Rebooting Sport in a COVID-19 Environment" for more details.

Please note that it has not been possible to include every sport in this table. For sports that are not listed in the table, please base your sport activities on the recommendations made for a similar sport.

Recommended Level A, B, C activities for community and individual sport

	Level A	Level B	Level C
General description	<p>Activity that can be conducted by a solo athlete or by pairs where at least 1.5m can always be maintained between participants. No contact between athletes and/or other personnel. Examples for all sports — general fitness aerobic and anaerobic (e.g. running, cycling sprints, hills).</p> <p>Strength and sport-specific training permitted if no equipment required, or have access to own equipment (e.g. ergometer, weights).</p> <p>Online coaching and resources (e.g. videos, play books).</p>	<p>As per Level A plus:</p> <p>Indoor/outdoor activity that can be conducted in small groups (not more than 10 athletes and/or other personnel in total) and with adequate spacing (1 person per 4m²).</p> <p>Some sharing of sporting equipment permitted such as kicking a football, hitting a tennis ball, use of a skipping rope, weights, mats.</p> <p>Non-contact skills training. Accidental contact may occur but no deliberate body contact drills. No wrestling, holding, tackling or binding.</p> <p>Commercial gyms, bootcamps, yoga, Pilates, dance classes (e.g. barre, ballet, hip hop, not partnered), cycling 'spin' classes permitted if other measures (above) are met.</p>	<p>As per Level B plus:</p> <p>Full sporting activity that can be conducted in groups of any size including full contact (competition, tournaments, matches). Wrestling, holding, tackling and/or binding (e.g. rugby scrums) permitted.</p> <p>For larger team sports, consider maintaining some small group separation at training.</p> <p>For some athletes full training will be restricted by commercial operation of facilities.</p>
General hygiene measures	<p>No sharing of exercise equipment or communal facilities.</p> <p>Apply personal hygiene measures even when training away from group facilities — hand hygiene regularly during training (hand sanitisers) plus strictly pre and post training. Do not share drink bottles or towels. Do not attend training if unwell (contact doctor).</p> <p>Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings must be strongly discouraged.</p>	<p>Communal facilities can be used after a sport-specific structured risk assessment and mitigation process is undertaken.</p> <p>'Get in, train and get out' — be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms). Minimise use of communal facilities (e.g. gym, court) with limited numbers (not more than 10 athletes/staff in total). Have cleaning protocols in place for equipment and facilities.</p> <p>Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap before and after training (preferably at home). Where possible maintain distance of at least 1.5m while training.</p> <p>No socialising or group meals.</p>	<p>Return to full use of sporting facilities. Continue hygiene and cleaning measures as per Level B.</p> <p>If any massage beds are being used, hygiene practices should include no bed linen except single use towels. Cleaning of treatment beds and key surfaces should occur before and after each athlete treatment. Appropriate hand hygiene before and after each treatment.</p> <p>Limit unnecessary social gatherings.</p>
Spectators, additional personnel	<p>No spectators unless required (e.g. parent or carer).</p>	<p>Separate spectators from athletes. Spectators should maintain social distancing of at least 1.5m.</p>	<p>Minimum contact of non-essential surfaces to occur and hands on treatment should be kept to essential only.</p> <p>Non-essential personnel should be discouraged from entering change rooms.</p>

Community/ Individual Sports	Level A	Level B	Level C
American Football	Running, resistance training (solo), skills training (solo).	Passing, kicking, catching drills. No tackling or grappling. Small groups (not more than 10 athletes/staff in total).	Full training and competition.
Archery	Outdoor range and solo only.	Full training indoor or outdoor range, with limited numbers/appropriate distancing between athletes.	Full training and competition.
Artistic Swimming	Solo training drills only — land based, in own pool or open-water. General fitness, strength work.	Swimming (own lane). In pool solo technical drills or group technical drills without physical contact. No lifting, holding.	Full training and competition.
Athletics	Outdoor training sessions on own, with coach, or with 1 training partner and no sharing of equipment (e.g. javelin, discus, high-jump mats, pole vault, shot put, hammer, starting blocks).	Full training. Avoid running in slipstream of others.	Full training and competition. Competition — Multi Event rooms remain a risk and time spent here should be minimised with adequate space/separation. Similarly, call rooms pre event will need to be restructured.
Australian Rules Football	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, handballing, ball handling skills (e.g. handball against wall, bouncing, ball recovery work).	Controlled kicking, marking and handball drills. No tackling/wrestling, contact, body on body drills. Small groups (not more than 10 athletes/staff in total) for both education and training.	Full training and competition. Consider maintaining some small group separation (e.g. mids, forwards and backs).
Badminton	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Full training on court, singles or doubles.	Full training and competition.
Baseball	Running/aerobic training (solo), resistance training (solo), skills training (solo).	Full training with small numbers (not more than 10 athletes/staff in total).	Full training and competition.
Basketball	Running/aerobic/agility training (solo), resistance training (solo), skills training and shooting drills (solo) at home or outdoor (no indoor sporting facility access allowed). No ball handling drills with others.	Non-contact skills using basketball — passing, shooting, defending, screens and team structure (offence and defence). Small groups (not more than 10 athletes/staff in total).	Full training and competition.
Boccia	Essential for all athletes to have clearance by their individual Specialist medical team prior to any return to training, acknowledging increased vulnerability in many athletes. Specific attention to increased cleaning of equipment, social distancing (where possible) and consideration of delay of return to sport.		
Boxing	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo). Bag work if access to own equipment, without anyone else present.	Shadow sparring allowed. Non-contact technical work with coach, including using bag, speedball, pads, paddles, shields. No contact or sparring.	Full training and competition.

Community/ Individual Sports	Level A	Level B	Level C
Canoeing	Running/aerobic training (solo), resistance training (solo), on-water training (solo).	No contact. No team boat training. One person per boat.	Full training and competition.
Cricket	Running/aerobic training (solo), resistance training (solo), skills training (solo).	Nets — batters facing bowlers. Limit bowlers per net. Fielding sessions — unrestricted. No warm up drills involving unnecessary person-person contact. No shining cricket ball with sweat/saliva during training.	Full training and competition. No ball shining with sweat/saliva.
Cycling	Solo outdoor cycling or trainer, resistance training (solo).	Avoid cycling in slipstream of others — maintain 10m from cyclist in front. Avoid packs of greater than 2 (including motorcycle derny).	Full training and competition.
Diving	On-land training only (solo).	Full training, with 1 athlete per board/platform (or 2 if synchro training).	Full training and competition.
Equestrian	Solo/pairs training only.	Full training.	Full training and competition.
Fencing	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo). No bouts with others. Solo footwork practice (steps, lunges, fleshes). Pointwork — using cushion/board to practice fine motor skills of point work with sword.	Full training and competition. Ensure no shared masks. No shaking hands post bout.	Full training and competition.
Field Hockey	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) if access to appropriate surface available.	Non-contact skills training drills in small groups (not more than 10 athletes/staff in total).	Full training and competition.
Football (soccer)	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo).	Non-contact skill training drills — passing, shooting, headers. Small groups (not more than 10 athletes/staff in total).	Full training and competition.
Goalball	Essential for all athletes to have clearance by their individual Specialist medical team prior to any return to training, acknowledging increased vulnerability in many athletes. Specific attention to increased cleaning of equipment, social distancing (where possible) and consideration of delay of return to sport.		
Golf	Solo or pairs only (if permitted by local Government). Maintain at least 1.5m between players.	Full training. Maintain at least 1.5m between players.	Full training and competition. Maintain at least 1.5m between players where possible.

Community/ Individual Sports	Level A	Level B	Level C
Gymnastics	Resistance training, skills training solo and outside of gym only. Rhythmic — skills at home. Trampoline — off apparatus skills, drills at home only.	Small groups only — 1 gymnast per apparatus (including rhythmic and trampoline). Disinfecting high touch surfaces as per the manufacturer's guidelines.	Full training and competition.
Handball	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Skill drills — passing, shooting, defending. No contact drills. Small groups (not more than 10 athletes/staff in total).	Full training and competition.
Judo	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo) — e.g. mirror work.	No contact/bouts. Non-contact shadow training. Non-contact technical work with coach.	Full training and competition.
Karate	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo) — e.g. mirror work.	No contact/bouts. Shadow sparring. Non-contact technical work with coach, including using pads, paddles.	Full training and competition.
Lawn bowls	A maximum of 2 people are allowed per green at any one time. All players are to use separate mats and jacks (or ensure that the same player on each rink places mats or places/rolls jacks). Other bowls equipment cannot be shared between players (e.g. bowls, cloths, measures). Coaching should be limited to no more than a coach and 1 other person at the time and all practicing physical distancing of 1.5m during the coaching session. No barefoot bowls activity.	A maximum of 10 persons is allowed per green at any one time. Maintain at least 1.5m between players on green. Bowling Clubs may need to have a booking system in place to facilitate (Levels A and B). Bowling Clubs with more than one green need to ensure that compliance is achieved in respect to social gathering restrictions.	Coaching is permitted. Resume normal activities (including competition) and player numbers but maintain at least 1.5m between players on green. Barefoot bowls permitted.

Community/ Individual Sports	Level A	Level B	Level C
Modern Pentathlon	<p>Running/aerobic training (solo), resistance training (solo), skills training (solo).</p> <p>In-water training — open water or own pool only.</p> <p>Solo Laser shooting practice at home or shooting technique.</p> <p>Solo Laser Run practise using at home range with run conducted on property/hearby streets.</p> <p>Horse riding, if horse on own property.</p> <p>Participate in 'virtual' laser shooting and laser run competitions.</p>	<p>Swimming — use of communal pool with limited numbers, 1 athlete per lane.</p> <p>Laser Run practice in small groups, respecting distance on shooting bench.</p>	Full training and competition.
Motor Sports	Running/aerobic training (solo), resistance training (solo), simulation work at home if available.	Full training.	Full training and competition.
Netball	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo), including shooting (outdoor or own ring only) or ball skills (e.g. against a wall to self).	<p>Skills using netball passing, shooting, defending.</p> <p>Small group training (not more than 10 athletes/staff in total) based on skills with set drill, but no close contact/defending/attacking/match play drills.</p>	Full training and competition.
Para-Athletes Sports (General)	<p>Para-athletes require individualised consideration and assessment through all Levels (A, B, C) of a return to sport. Some para-athletes will have medical conditions that will require detailed planning and consultation with their regular treating medical team prior to a return to formal training/competition, or progression through Levels A, B, C. Specific para-athlete equipment (e.g. wheelchairs, prostheses) will require regular cleaning (for all levels).</p> <p>For more information, refer to the 'AIS Framework for Rebooting Sport in a COVID-19 Environment' document.</p> <p>For more sport specific guidelines for Levels A, B, C, refer to the relevant sport heading in this document.</p>		
Rowing	<p>Ergometer if access to own at home.</p> <p>Cycling (solo), running (solo), resistance training (solo).</p> <p>On-water single.</p>	Group resistance training sessions and outdoor group ergometer training placed >1.5m apart (not more than 10 athletes/staff in total). Groups of single sculls.	Full training and competition.
Rugby League	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, passing, ball skills (e.g. against wall to self).	<p>Skill drills using a ball, kicking and passing.</p> <p>No tackling/wrestling.</p> <p>Small group (not more than 10 athletes/staff in total) sessions.</p>	Full training and competition.
Rugby Sevens	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, passing, ball skills (e.g. against wall to self).	<p>Non-contact skill drills using a ball, kicking and passing.</p> <p>No rucks, mauls, lineouts or scrums, no tackling/wrestling.</p> <p>Small groups (not more than 10 athletes/staff in total) only.</p>	Full training and competition.

Community/ Individual Sports	Level A	Level B	Level C
Rugby Union	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, passing, ball skills (e.g. against wall) to self.	Skill drills using a ball, kicking and passing. No rucks, mauls, lineouts or scrums, no tackling/wrestling. Small group (not more than 10 athletes/staff in total) sessions.	Full training and competition.
Sailing	Solo or double handlers (if allowed by State/Territory regulations) only.	Full training.	Full training and competition.
Shooting	Training on an outdoor field of play and an indoor firing line for up to two people, while observing appropriate social distancing practices.	Training and competition on an outdoor field of play and an indoor firing line for up to 10 people, while observing appropriate social distancing practices.	Full training and competition.
Skateboarding	Outdoor and solo only, or indoor only if have own facilities.	Full training with appropriate distancing between athletes.	Full training and competition.
Softball	Running/aerobic training (solo), resistance training (solo), skills training (solo).	Small group (not more than 10 athletes/staff in total) skills training.	Full training and competition.
Sport Climbing	Restricted training. Aerobic and resistance training (solo). Climbing on home wall and equipment. Outdoor climbing (if allowed by local government).	Full training. Use of hand sanitiser prior and after the use of each climb/belay station. Use of liquid chalk only. Daily cleaning of floor equipment including bouldering mats.	Full training and competition.
Squash	Solo training drills only — running/aerobic/agility training, resistance training, skills training at home, outdoor or closed courts (not open to others).	Full training on court — singles only. Limited number of players in centre (2 per court).	Full training (with doubles) and competition.
Surfing	Solo or with 1 training partner only.	Full training.	Full training and competition.
Swimming	In-water training (solo) in own pool or open-water.	Use of communal pool with limited numbers maintaining social distancing requirements.	Full training and competition.
Table Tennis	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Full training on court, singles or doubles.	Full training and competition.

Community/ Individual Sports	Level A	Level B	Level C
Taekwondo	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo).	Non-contact technical work with coach, including using pads, paddles, shields. No physical contact or grappling. No kicking of chest guards.	Full training and competition.
Tennis	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) — e.g. serving only, hitting with ball machine.	Full training on court, singles or doubles.	Full training and competition.
Touch football	Running/aerobic/agility training/resistance training on own, with coach, or with 1 training partner (no sharing of equipment). Skills training (solo) including ball handling skills — e.g. roll ball, scooping, passing (e.g. against wall, to self).	Small group training (not more than 10 athletes/coaches/parents in total) based on skills with no contact/defending/attacking/match play drills. No social gatherings and maintain social distancing where possible.	Full training (with doubles) and competition.
Triathlon	Solo or in pairs only. Consider remote programming. In pool water training if access to own pool (consider using swim tether) or open-water only. Consider use of wind trainer and treadmill for those in quarantine (who are medically well).	Avoid cycling in slipstream of others — maintain 10m from cyclist in front. Avoid packs of greater than 2. Avoid packs of greater than 2 running. Maintain social distancing while running. Use of communal pool with limited numbers, 1 athlete per lane, consider 1 lane between athletes.	Full training and competition.
Volleyball	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Small group (not more than 10 athletes/staff in total) skill sessions only. No matches.	Full training and competition.
Water Polo	In-water training (solo) if access to own pool only, or open-water.	Use of communal pool with limited numbers and distance maintained. Swimming, throwing (passing/shooting) drills. No full contact/defending drills, wrestling.	Full training and competition.
Weightlifting	Resistance training, technical work at home (no indoor sporting facility/gym access allowed).	Full training with limited numbers to avoid congestion.	Full training and competition.
Wheelchair Basketball	Aerobic training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Non-contact shooting, dribbling drills. Other non-contact technical/skill drills. Small groups (not more than 10 athletes/staff in total).	Full training and competition.

Community/ Individual Sports	Level A	Level B	Level C
Wheelchair Rugby	Aerobic training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Non-contact passing drills on court. Other non-contact technical /skill drills. Small groups (not more than 10 athletes/staff in total).	Full training and competition.
Winter Sports	Running/aerobic/agility training (solo), resistance training (solo), balance training (solo).	Use of institute gym facilities and indoor ice surfaces in small groups (not more than 10 total athletes/support staff). Use of acrobatic facilities such as trampoline, bungee and water ramp in small groups with 1 athlete at a time and at least 1.5m distancing to support staff. Limited on snow training dependent on travel restrictions. Small groups widely spaced, no communal living.	Full training and competition dependent on commercial operation of mountain facilities.
Wrestling	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo).	Non-contact skills training. Resistance training in gym, solo mat-based drills (e.g. weighted bags).	Full training and competition.



APPENDIX B

MINIMUM BASELINE OF STANDARDS
FOR LEVEL A, B, C ACTIVITIES FOR HIGH
PERFORMANCE/PROFESSIONAL SPORT

May 2020

OVERVIEW

Level A, B, C activities described below are developed in conjunction with sport-specific experts as a minimum baseline of standards required to be met by high performance/professional sport before the resumption of training and competition. Conduct of any sporting activity in a COVID-19 environment is subject to regulations of Federal, State/Territory and/or Local Public Health Authorities. If sporting organisations are seeking special exemption to recommence activity, they are required to demonstrate to the respective State/Territory and/or Local Public Health Authorities that they meet the AIS Framework requirements and are also taking additional measures to prevent the spread of COVID-19. All sports must maintain awareness of the evolving COVID-19 environment and align current practices with informed decisions for athlete/other personnel safety. These recommendations do not address the presence of spectators at public sporting events. All regulations related to spectators will be determined by Government. Refer to main document "AIS Framework for Rebooting Sport in a COVID-19 Environment" for more details.

Please note that it has not been possible to include every sport in this table. For sports that are not listed in the table, please base your sport activities on the recommendations made for a similar sport.

Minimum baseline of standards for Level A, B, C activities for high performance/professional sport

	Level A	Level B	Level C
General description	<p>Activity that can be conducted by a solo athlete or by pairs where at least 1.5m can always be maintained between participants. No contact between athletes and/or other personnel. Examples for all sports — general fitness aerobic and anaerobic (e.g. running, cycling sprints, hills).</p> <p>Strength and sport-specific training permitted if no equipment required, or have access to own equipment (e.g. ergometer, weights).</p> <p>Online coaching and resources (e.g. videos, play books).</p>	<p>As per Level A plus:</p> <p>Indoor/outdoor activity that can be conducted in small groups (not more than 10 athletes and/or other personnel in total) and with adequate spacing (1 person per 4m²).</p> <p>Some sharing of sporting equipment permitted such as kicking a football, hitting a tennis ball, use of a skipping rope, weights, mats. Non-contact skills training. Accidental contact may occur but no deliberate body-contact drills. No wrestling, holding, tackling or binding.</p>	<p>As per Level B plus:</p> <p>Full sporting activity that can be conducted in groups of any size including full contact (competition, tournaments, matches). Wrestling, holding, tackling and/or binding (e.g. rugby scrums) permitted.</p> <p>For larger team sports, consider maintaining some small group separation at training.</p> <p>For some athletes full training will be restricted by commercial operation of facilities and access to international travel.</p>
General hygiene measures	<p>No sharing of exercise equipment or communal facilities.</p> <p>Apply personal hygiene measures even when training away from group facilities — hand hygiene regularly during training (hand sanitisers) plus strictly pre and post training. Do not share drink bottles or towels. Do not attend training if unwell (contact doctor).</p> <p>Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings must be strongly discouraged.</p>	<p>Communal facilities can be used after a sport-specific structured risk assessment and mitigation process is undertaken.</p> <p>'Get in, train and get out' — be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms). Minimise use of communal facilities (e.g. gym, court) with limited numbers (not more than 10 athletes and other personnel in total). Have cleaning protocols in place for equipment and facilities.</p> <p>Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap before and after training (preferably at home). Where possible maintain distance of at least 1.5m while training.</p> <p>No socialising or group meals.</p>	<p>Return to full use of training facilities. Continue hygiene and cleaning measures as per Level B.</p> <p>Limit unnecessary social gatherings.</p>
Medical Servicing	<p>All consultations undertaken via telehealth unless face to face is considered urgent. Avoid all routine and non-essential manual therapy.</p> <p>Five Moments for Hand Hygiene must be used to minimise the risk of transmission between health professionals and patients.</p> <p>Hygiene practises to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each athlete. Minimum contact of non-essential surfaces to occur and hands on treatment should be kept to essential only.</p>	<p>History taking, or full consultations should be conducted via telehealth if practical. Face to face consults should be conducted from at least 1.5m apart when possible, and hands on treatment should be for essential conditions only. A single source therapist is recommended.</p> <p>During any essential manual therapy, it is recommended that the athlete and practitioner wear a face mask.</p> <p>All non-essential athletes and other personnel should avoid the treatment area, and the number of people in treatment areas should be kept to a minimum, following social distancing guidelines.</p>	<p>Full manual therapy services can be conducted.</p> <p>Non-essential athletes and other personnel should continue to avoid treatment areas.</p> <p>Enhanced hygiene measures and social distancing should be maintained.</p>

High Performance Sports	Level A	Level B	Level C
Archery	Outdoor range and solo only.	Full training indoor or outdoor range, with limited numbers/appropriate distancing between athletes.	Full training and competition.
Artistic Swimming	Solo training drills only — land based, in own pool or open-water. General fitness, strength work.	Swimming (own lane). In pool solo technical drills or group technical drills without physical contact. No lifting, holding.	Full training and competition.
Athletics	Outdoor training sessions on own, with coach, or with 1 training partner (no sharing of equipment e.g. javelin, discus, high-jump mats, pole vault, shot put, hammer, starting blocks).	Full training. Avoid running in slipstream of others.	Full training and competition. Competition — Multi Event rooms remain a risk and time spent here should be minimised with adequate space/separation. Similarly, call rooms pre event will need to be restructured.
Badminton	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Full training on court, singles or doubles.	Full training and competition.
Basketball	Running/aerobic/agility training (solo), resistance training (solo), skills training and shooting drills (solo) at home or outdoor (no indoor sporting facility access allowed). No ball handling drills with others.	Non-contact skills using basketball — passing, shooting, defending, screens and team structure (offence and defence). Small groups (not more than 10 athletes/staff in total).	Full training and competition.
Boccia	Essential for all athletes to have clearance by their individual Specialist medical team prior to any return to training, acknowledging increased vulnerability in many athletes. Specific attention to increased cleaning of equipment, social distancing (where possible) and consideration of delay of return to sport.		
Boxing	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo). Bag work if access to own equipment, without anyone else present.	Shadow sparring allowed. Non-contact technical work with coach, including using bag, speedball, pads, paddles, shields. No contact or sparring.	Full training and competition.
Canoeing	Running/aerobic training (solo), resistance training (solo), on-water training (solo).	No contact. No team boat training. 1 person per boat.	Full training and competition.
Cycling	Solo outdoor cycling or trainer, resistance training (solo).	Avoid cycling in slipstream of others — maintain 10m from cyclist in front. Avoid packs of greater than 2 (including otorcycle derny).	Full training and competition.
Diving	On-land training only (solo).	Full training, with 1 athlete per board/platform (or 2 if synchro training).	Full training and competition.

High Performance Sports	Level A	Level B	Level C
Equestrian	Solo/pairs training only.	Full training.	Full training and competition.
Fencing	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo). No bouts with others. Solo footwork practice (steps, lunges, fleshes). Pointwork — using cushion/board to practice fine motor skills of point work with sword.	Full training. Ensure no shared masks. No shaking hands post bout.	Full training and competition.
Field Hockey	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) if access to appropriate surface available.	Non-contact skills training drills in small groups (not more than 10 athletes/staff in total).	Full training and competition.
Football (soccer)	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo).	Non-contact skill training drills — passing, shooting, headers. Small groups (not more than 10 athletes/staff in total).	Full training and competition.
Goalball	Essential for all athletes to have clearance by their individual Specialist medical team prior to any return to training, acknowledging increased vulnerability in many athletes. Specific attention to increased cleaning of equipment, social distancing (where possible) and consideration of delay of return to sport.		
Golf	Solo or pairs only (if permitted by local Government). Maintain at least 1.5m between players.	Full training. Maintain at least 1.5m between players.	Full training and competition. Maintain at least 1.5m between players where possible.
Gymnastics	Resistance training, skills training solo and outside of gym only. Rhythmic — skills at home. Trampoline — off apparatus skills, drills at home only.	Small groups only — 1 gymnast per apparatus (including rhythmic and trampoline). Disinfecting high touch surfaces as per the manufacturer's guidelines.	Full training and competition.
Handball	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Skill drills — passing, shooting, defending. No contact drills. Small groups (not more than 10 athletes/staff in total).	Full training and competition.
Judo	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo) — e.g. mirror work.	No contact/bouts. Non-contact shadow training. Non-contact technical work with coach.	Full training and competition.
Karate	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo) — e.g. mirror work.	No contact/bouts. Shadow sparring. Non-contact technical work with coach, including using pads, paddles.	Full training and competition.

High Performance Sports	Level A	Level B	Level C
Lawn bowls	<p>A maximum of 2 people are allowed per green at any one time.</p> <p>All players are to use separate mats and jacks (or ensure that the same player on each rink places mats or places/rolls jacks).</p> <p>Other bowls equipment cannot be shared between players (e.g. bowls, cloths, measures).</p> <p>Coaching should be limited to no more than a coach and 1 other person at the time and all practicing physical distancing of 1.5m during the coaching session.</p> <p>No barefoot bowls activity.</p>	<p>A maximum of 10 persons is allowed per green at any one time. Maintain at least 1.5m between players on green.</p> <p>Bowling Clubs may need to have a booking system in place to facilitate (Levels A and B). Bowling Clubs with more than 1 green need to ensure that compliance is achieved in respect to social gathering restrictions.</p>	<p>Coaching is permitted.</p> <p>Resume normal activities and player numbers (including competition) but maintain at least 1.5m between players on green.</p> <p>Barefoot bowls permitted.</p>
Modern Pentathlon	<p>Running/aerobic training (solo), resistance training (solo), skills training (solo).</p> <p>In-water training — open water or own pool only.</p> <p>Solo Laser shooting practice at home or shooting technique.</p> <p>Solo Laser Run practise using at home range with run conducted on property/nearby streets.</p> <p>Horse riding, if horse on own property.</p> <p>Participate in 'virtual' laser shooting and laser run competitions.</p>	<p>Swimming — use of communal pool with limited numbers, 1 athlete per lane.</p> <p>Laser Run practice in small groups, respecting distance on shooting bench.</p>	<p>Full training and competition.</p>
Para-Athletes Sports (General)	<p>Para-athletes require individualised consideration and assessment through all Levels (A, B, C) of a return to sport. Some para-athletes will have medical conditions that will require detailed planning and consultation with their regular treating medical team prior to a return to formal training, or progression through Levels A, B, C.</p> <p>Specific para-athlete equipment (e.g. wheelchairs, prostheses) will require regular cleaning (for all levels).</p> <p>For more information, refer to the 'AIS Framework for Rebooting Sport in a COVID-19 Environment' document.</p> <p>For more sport specific guidelines for Levels A, B, C, refer to the relevant sport heading in this document.</p>		
Rowing	<p>Ergometer if access to own at home.</p> <p>Cycling (solo), running (solo), resistance training (solo).</p> <p>On-water single.</p>	<p>Group resistance training sessions and outdoor group ergometer training placed at least 1.5m apart (not more than 10 athletes/staff in total). Groups of single sculls.</p>	<p>Full training and competition.</p>
Rugby Sevens	<p>Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, passing, ball skills [e.g. against wall] to self.</p>	<p>Non-contact skill drills using a ball, kicking and passing.</p> <p>No rucks, mauls, lineouts or scrums, no tackling/wrestling.</p> <p>Small groups (not more than 10 athletes/staff in total) only."</p>	<p>Full training and competition.</p>

High Performance Sports	Level A	Level B	Level C
Sailing	Solo or double handlers (if allowed by State/Territory regulations) only.	Full training.	Full training and competition.
Shooting	Aerobic/resistance training (solo), technical skills (solo) — e.g. standing/holding and dry firing. Mental skills training — e.g. concentration/reaction time, visualisation, arousal control. Live fire on home ranges only (no club range access).	Continuation of athlete-led preparation at home. Coach-led training including live fire in small groups at authorised venues (i.e. clubs/ranges).	Full training and competition.
Skateboarding	Outdoor and solo only, or indoor only if have own facilities.	Full training with appropriate distancing between athletes.	Full training and competition.
Softball	Running/aerobic training (solo), resistance training (solo), skills training (solo).	Small group (not more than 10 athletes/staff in total) skills training.	Full training and competition.
Sport Climbing	Restricted training. Aerobic and resistance training (solo). Climbing on home wall and equipment. Outdoor climbing (if allowed by local government).	Full training. Use of hand sanitiser prior and after the use of each climb/belay station. Use of liquid chalk only. Daily cleaning of floor equipment including bouldering mats.	Full training and competition.
Squash	Solo training drills only — running/aerobic/agility training, resistance training, skills training at home, outdoor or closed courts (not open to others).	Full training on court — singles only. Limited number of players in centre (2 per court).	Full training (with doubles) and competition.
Surfing	Solo or with 1 training partner only.	Full training.	Full training and competition.
Swimming	In-water training (solo) in own pool or open-water.	Use of communal pool with limited numbers maintaining social distancing requirements.	Full training and competition.
Table Tennis	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Full training on court, singles or doubles.	Full training and competition.
Taekwondo	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo).	Non-contact technical work with coach, including using pads, paddles, shields. No physical contact or grappling. No kicking of chest guards.	Full training and competition.
Tennis	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) — e.g. serving only, hitting with ball machine.	Full training on court, singles or doubles.	Full training and competition.

High Performance Sports	Level A	Level B	Level C
Triathlon	Solo or in pairs only. Consider remote programming. In pool water training if access to own pool (consider using swim tether) or open-water only. Consider use of wind trainer and treadmill for those in quarantine (who are medically well).	Avoid cycling in slipstream of others — maintain 10m from cyclist in front Avoid packs of greater than 2. Avoid packs of greater than 2 running. Maintain social distancing while running. Use of communal pool with limited numbers, 1 athlete per lane, consider 1 lane between athletes.	Full training and competition.
Volleyball	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Small group (not more than 10 athletes/staff in total) skill sessions only. No matches.	Full training and competition.
Water Polo	In-water training (solo) if access to own pool only, or open-water.	Use of communal pool with limited numbers and distance maintained. Swimming, throwing (passing/shooting) drills. No full contact/defending drills, wrestling.	Full training and competition.
Weightlifting	Resistance training, technical work at home (no indoor sporting facility/gym access allowed).	Full training with limited numbers to avoid congestion.	Full training and competition.
Wheelchair Basketball	Aerobic training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Non-contact shooting, dribbling drills. Other non-contact technical/skill drills. Small groups (not more than 10 athletes/staff in total).	Full training and competition.
Wheelchair Rugby	Aerobic training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Non-contact passing drills on court. Other non-contact technical /skill drills. Small groups (not more than 10 athletes/staff in total).	Full training and competition.
Winter Sports	Running/aerobic/agility training (solo), resistance training (solo), balance training (solo).	Use of institute gym facilities and indoor ice surfaces in small groups (not more than 10 total athletes/support staff). Use of acrobatic facilities such as trampoline, bungee and water ramp in small groups with 1 athlete at a time and at least 1.5m distancing to support staff. Limited on snow training dependent on travel restrictions. Small groups widely spaced, no communal living.	Full training and competition dependent on commercial operation of mountain facilities and access to international travel.
Wrestling	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo).	Non-contact skills training. Resistance training in gym, solo mat-based drills (e.g. weighted bags).	Full training and competition.

Professional Sports (unless exemptions granted by relevant Public Health Authorities)	Level A	Level B	Level C
American Football	Running, resistance training (solo), skills training (solo).	Passing, kicking, catching drills. No tackling or grappling. Small groups (not more than 10 athletes/staff in total).	Full training and competition.
Australian Rules Football	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, handballing, ball handling skills (e.g. handball against wall, bouncing, ball recovery work).	Controlled kicking, marking and handball drills. No tackling/wresting, contact, body on body drills. Small groups (not more than 10 athletes/staff in total) for both education and training.	Full training and competition. Consider maintaining some small group separation (e.g. mids, forwards and backs).
Baseball	Running/aerobic training (solo), resistance training (solo), skills training (solo).	Full training with small numbers (not more than 10 athletes/staff in total).	Full training and competition.
Cricket	Running/aerobic training (solo), resistance training (solo), skills training (solo).	Nets — batters facing bowlers. Limit bowlers per net. Fielding sessions — unrestricted. No warm up drills involving unnecessary person-person contact. No shining cricket ball with sweat/saliva during training.	Full training and competition. No ball shining with sweat/saliva.
Motor Sports	Running/aerobic training (solo), resistance training (solo), simulation work at home if available.	Full training.	Full training and competition.
Netball	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo), including shooting (outdoor or own ring only) or ball skills (e.g. against a wall to self).	Skills using netball passing, shooting, defending. Small group training (not more than 10 athletes/staff in total) based on skills with set drill, but no close contact/defending/attacking/match play drills.	Full training and competition.
Rugby League	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, passing, ball skills (e.g. against wall to self).	Skill drills using a ball, kicking and passing. No tackling/wresting. Small group (not more than 10 athletes/staff in total) sessions.	Full training and competition.
Rugby Union	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, passing, ball skills (e.g. against wall to self).	Skill drills using a ball, kicking and passing. no rucks, mauls, lineouts or scrums, no tackling/wresting. Small group (not more than 10 athletes/staff in total) sessions.	Full training and competition.



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