BMX Return to Sport Quick Guide

Introduction

BMX Australia welcomes and supports the Sport Australia Return to Sport Toolkit [<u>CLICK HERE</u>] released in late May. As a follow up to the AIS Rebooting Sport Framework [<u>CLICK HERE</u>], it provides checklists and templates to get ready to recommence training, competitions and programs in a safe, responsible and low risk manner.

It manages the Return to Sport across the four elements below.
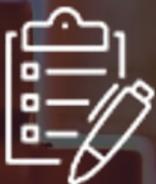
Plan

Implementing plans, processes and systems to meet government and health requirements, and provide safe sport environments.

Respond

Being prepared for management of a COVID-19 outbreak, noting things can change quickly in your local area.

Prepare

Ensuring safe facility and participant practices, like hygiene practices, attendance registers at training and limiting shared equipment as much as possible.

Recover

Consideration of protocols to optimise good public and participant health into the future.

As an extension of the Rebooting BMX within the AIS Rebooting Sport Framework [<u>CLICK HERE</u>], BMXA have produced the following Quick Guide to help Clubs and Athletes/Parents/Coaches safely get back to BMX.

Considerations for Clubs

It is important to note that State government regulations will determine your return to BMX, however the following practical steps, as well as easy to use templates, will help to ensure your return is managed safely, and all aspects have been considered and actioned. BMXA suggests that Clubs action the following (please also note your State Associations may have their own requirements under State Law):

☐ Read the Simplified Checklist for return to sport available HERE. The checklist provides guidance on various topics across seven broad themes:

1) **Organisational structure** - who is responsible for what elements for return to sport

2) **Approvals** - Do you have the necessary approvals in place to return to sport

3) **Return to Training** - Are you aware of the AIS Framework Level A, B, C and are you ready to educate and communicate with members around return

4) **Facility** - Consider how your facility will operate (in conjunction with necessary council or venue owner, including which facilities will be opened and how people on site will be managed

5) **Hygiene** - Are you ready to ensure appropriate hygiene can be maintained on venue.

6) **Management of Illness** - How will you manage illness if it presents on venue

7) **Employees and Volunteers** - How will you provide a safe environment for your volunteers

☐ Development of a COVID-19 Safety Plan for your club, which ensures you have considered all elements of your return to BMX. A template is available HERE

☐ Appoint a COVID-19 Safety Coordinator to be the point of contact and to assist with the management of the Safety Plan. Further information on the duties are available HERE

☐ Where possible, take a register of all people on site to assist if contact tracing is required. A template is available HERE

☐ Read the Rebooting BMX within the AIS Rebooting Sport Framework to further inform your thinking. It is available HERE

☐ Ensure you are across the appropriate hygiene requirements. Useful Information that can be communicated to members and advertised on venue are available HERE

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For Athletes/Parents/Coaches

Returning to the track is exciting, however we each have a responsibility to ensure we stop the spread of COVID-19. As guidance, please consider the following as you return to BMX:

- ☐ Practice good personnel hygiene including washing your hands regularly, using hand sanitizer and coughing into your elbow, as well as showering with soap and water before and after attendance at training
- ☐ DO NOT ATTEND if in the last 14 days you have
    1) experienced the following symptoms - cough, sore through, fever, shortness of breath or fatigue
    2) been in close contact with a confirmed or possible case of COVID-19
- ☐ Do not share items such as water bottles, towels, gloves or helmets
- ☐ Minimize time on venue, arriving ready to train (having completed as much of a warm-up as possible prior to arrival at the venue), completing your session quickly, and not congregate on arrival or departure

- ☐ Avoid unnecessary body contact, such as high fives

- ☐ Consider your return to training and consider a gradual return to avoid injury

- ☐ Adhere to group number restrictions in your State/Territory, including limiting the number of parent/caregivers on venue to adhere with government regulations and only those that must be on site as determined by Government/State/Club regulations

- ☐ Download and use the Australian Government CovidSafe APP

Further resources are available on the COVID-19 Information and Resources page on the BMX Australia website - HERE

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