



# **SIRENS CHEERLEADERS**

## **COVID-19 SAFETY PLAN**

<b>Club Name</b>	Sirens Cheerleaders Including Canberra Scholastic Cheerleading
<b>Facility Location</b>	1/19 Dacre St Mitchell ACT
<b>Director/ Owner</b>	Belinda Dawson
<b>Contact Email</b>	Sirens.belinda@gmail.com
<b>Contact Mobile Number</b>	0410 561 579
<b>Version</b>	1
<b>Belinda Dawson is responsible for this document</b>	

# 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 Sirens Cheerleaders to support and its members and participants in the staged resumption of organised sport.

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 Sirens Cheerleaders any facilities it controls, the playing/training behaviour of all members and participants and the monitoring and reporting of the health of attendees at Sirens Cheerleaders facilities. (19 Dacre St, Mitchell ACT)

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

The Plan 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 Sirens Cheerleaders 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 Sirens Cheerleaders must consider and apply all applicable State and Territory Government and local restrictions and regulations. Sirens Cheerleaders needs to be prepared for any localised outbreak at our facilities, within our competitions or in the local community.

### 3. Responsibilities under this Plan

Sirens Cheerleaders retains the overall responsibility for the effective management and implementation of the return to sport activities and operations outlined in this Plan.

The Director of Sirens Cheerleaders 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.

Sirens Cheerleaders has appointed the following person as the Sirens Cheerleaders 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:

<b>Name</b>	Belinda Dawson
<b>Contact Email</b>	Sirens.belinda@gmail.com
<b>Contact Number</b>	0410 561 579

Sirens Cheerleaders expects all members, participants, coaches, officials, administrative staff 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 Sirens Cheerleaders
- 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, 29 October 2021. The Plan outlines specific sport requirements that Sirens Cheerleaders will implement for this ACT Pathway Forward Framework from this date of reopening.

Sirens Cheerleaders have been closed for operation in the facility from 12 August 2021 – 29<sup>th</sup> October 2021. Outside classes were resumed on 17 October within the guidelines as per the ACT Pathway structure (separate, Outdoor training Covid plan in place).

Sirens is scheduled to return to operation in the Dacre street facility from Friday 29<sup>th</sup> October. This plan will outline phase 1 – 29<sup>th</sup> October-25<sup>th</sup> November

Phase 2 – From 26 November onwards

Sirens Cheerleaders will comply with the ACT government's Pathway Forward which places limits on the type of activity that can be conducted and the number of people who can gather at facilities

OPERATION	PHASE 1 - 29 Oct-25 Nov 2021	PHASE 2 - from 26 Nov 2021
<b>Approvals</b>	<p>The club must obtain the following approvals to allow a return to training/competition Relaxation of public gathering restrictions to enable training to occur.</p> <ul style="list-style-type: none"> <li>Local government/venue owner approval to training/competition at venue, if required.</li> <li>National/state sporting body/local association approval to return to training/competition for organised sport.</li> <li>Insurance arrangements confirmed to cover competition.</li> </ul> <p>Numbers in facility to be in line with ACT Government Rules for pathway forward.</p>	<p>The club must obtain the following approvals to allow a return to training/competition</p> <ul style="list-style-type: none"> <li>Relaxation of public gathering restrictions to enable training to occur.</li> <li>Local government/venue owner approval to training/competition at venue, if required.</li> <li>National/state sporting body/local association approval to return to training/competition for organised sport.</li> <li>Insurance arrangements confirmed to cover competition.</li> </ul> <p>Numbers in facility to be in line with ACT Government Rules for Pathway Forward</p>
<b>Operating capacity limits</b>	<p>Indoor Sporting activity</p> <p>Sirens venue allowed to operate with 1 person per 4sqm up to 100 people excluding staff - <b>sirens maximum 100 people</b> (excl staff)</p>	<p>Full sporting activity</p> <p>Sirens venue allowed to operate with 1 person per 2sqm up to 1000 people excluding staff. – <b>sirens maximum 500 people</b> (excl staff)</p>
<b>Check-in Canberra App</b>	<p>Check In Canberra app in place at all entry points for all athletes, staff and visitors aged 16 and up</p>	<p>Check In Canberra app in place at all entry points for all athletes, staff and visitors aged 16 and up</p>
<b>Hygiene</b>	<p>Sirens Cheerleaders will practice good hygiene protocols highlighted but not limited to:</p> <p>Clean the facility and equipment regularly</p> <p>Clean equipment, bathrooms and busy areas between classes and at the end of each session</p> <p>Hand sanitiser stations will be used throughout the facility</p> <p>Hand washing signs in bathrooms and other areas.</p>	<p>Sirens Cheerleaders will practice good hygiene protocols highlighted but not limited to:</p> <p>Clean the facility and equipment regularly</p> <p>Clean equipment, bathrooms and busy areas between classes and at the end of each session</p> <p>Hand sanitiser stations will be used throughout the facility</p> <p>Hand washing signs in bathrooms and other areas.</p>

<b>Training Processes</b>	<ul style="list-style-type: none"> <li>• Athletes arrive “ready to train” please do not bring bags and unnecessary items into the gym just cheer shoes, labeled drink bottle and Hand towel.</li> <li>• Teams will have designated training spaces to maintain physical distance</li> <li>• full sporting activity (subject to COVIDSafe venue capacity limits) including full contact.</li> <li>• In some cases where applicable maintain some small group separation at training.eg stunt groups</li> <li>• Limit unnecessary social gatherings.</li> <li>• Sanitising requirements continue</li> <li>• Hand washing before training and sanitise before and after stunting</li> <li>• A training register for each team will be applied</li> <li>• The use of the foyer as a separate and enclosed floor to ceiling room for some overflow if necessary.</li> <li>• The gym will be cleaned regularly and also in between sessions in high traffic areas such as door handles and bench tops and bathrooms.</li> <li>• No sharing of personal equipment.</li> <li>• Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing).</li> <li>• Parents to drop children off and escort them to the door on time or only a few minutes early to training. No extra people or spectators to wait in the foyer, athletes only. When picking up athletes, a coach or designated person staff member will escort them to the foyer to be picked up. Parents please wait outside and make every endeavour not to be late to pick children up..</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Athletes arrive “ready to train” please do not bring bags and unnecessary items into the gym just cheer shoes, labeled drink bottle and Hand towel.</li> <li>• Teams will have designated training spaces to maintain physical distance</li> <li>• Full sporting activity (subject to COVIDSafe venue capacity limits) including full contact.</li> <li>• In some cases where applicable maintain some small group separation at training.eg stunt groups</li> <li>• Sanitising requirements continue</li> <li>• Hand washing before training and sanitise before and after stunting</li> <li>• A training register for each team will be applied</li> <li>• The use of the foyer as a separate and enclosed floor to ceiling room for some overflow if necessary.</li> <li>• The gym will be cleaned regularly and also in between sessions in high traffic areas such as door handles and bench tops and bathrooms.</li> <li>• No sharing of personal equipment.</li> <li>• Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing).</li> <li>• Drop off and pick up encouraged, no parents/ spectators encouraged, foyer use to be minimal and adhere to capacity limits</li> </ul>
<b>Personal Health</b>	<p>Sirens Cheerleaders health recommendations:</p> <ul style="list-style-type: none"> <li>• Coaches will conduct a graded return to full level of sport to ensure the safety of our athletes and reduce the risk of injury.</li> <li>• Any individual with respiratory symptoms (cough, sore throat, fever, or shortness of breath), even if mild, should be considered a possible case</li> </ul>	<p>Sirens Cheerleaders health recommendations:</p> <ul style="list-style-type: none"> <li>• Coaches will conduct a graded return to full level of sport to ensure the safety of our athletes and reduce the risk of injury.</li> <li>• Any individual with respiratory symptoms (cough, sore throat, fever, or shortness of breath), even if mild, should be considered a possible case of COVID-19 and should not enter the gym.</li> <li>• Anyone who is unwell should be referred to a doctor in accordance with local Public</li> </ul>

	<p>of COVID-19 and should not enter the gym.</p> <ul style="list-style-type: none"> <li>• Anyone who is unwell should be referred to a doctor in accordance with local Public Health Authority guidelines and not return to training until a medical professional clears them.</li> <li>• An athlete with a possible case of COVID-19 should refrain from training (even at home) until they have been cleared to do so by a doctor.</li> <li>• Athletes returning to sport after COVID-19 infection require medical clearance and special consideration prior to resumption of high intensity physical activity.</li> <li>• Washing of hands prior to, during and after training and use of hand sanitiser where available.</li> <li>• Avoid physical greetings (i.e. hand shaking, high fives etc.).</li> <li>• Avoid coughing, clearing nose, spitting etc.</li> </ul>	<p>Health Authority guidelines and not return to training until a medical professional clears them.</p> <ul style="list-style-type: none"> <li>• An athlete with a possible case of COVID-19 should refrain from training (even at home) until they have been cleared to do so by a doctor.</li> <li>• Athletes returning to sport after COVID-19 infection require medical clearance and special consideration prior to resumption of high intensity physical activity.</li> <li>• Washing of hands prior to, during and after training and use of hand sanitiser where available.</li> <li>• Avoid physical greetings (i.e. hand shaking, high fives etc.).</li> <li>• Avoid coughing, clearing nose, spitting etc.</li> </ul>
<b>Communications</b>	<p>Sirens Cheerleaders will communicate protocols to athletes and families and members:</p> <ul style="list-style-type: none"> <li>• via Email and all social media platforms used by the club.</li> <li>• Posters for hygiene and safe practices will be displayed in and around the facility</li> </ul> <p>Continued endorsement of government COVIDSafe app and encouragement to players, coaches, members, volunteers and families to download and use app</p>	<p>Sirens Cheerleaders will communicate protocols to athletes and families and members:</p> <ul style="list-style-type: none"> <li>• via Email and all social media platforms used by the club.</li> <li>• Posters for hygiene and safe practices will be displayed in and around the facility</li> </ul> <p>Continued endorsement of government COVIDSafe app and encouragement to players, coaches, members, volunteers and families to download and use app</p>
<b>Facilities</b>	<p>Sirens Cheerleaders facilities :</p> <ul style="list-style-type: none"> <li>• Return to full use of Club facilities.</li> <li>• Hygiene and cleaning protocols measures as per above</li> <li>• Provision of adequate cleaning equipment and hand sanitiser. .</li> </ul>	<p>Sirens Cheerleaders facilities :</p> <ul style="list-style-type: none"> <li>• Return to full use of Club facilities.</li> <li>• Hygiene and cleaning protocols measures as per above</li> <li>• Provision of adequate cleaning equipment and hand sanitiser. .</li> </ul>
<b>Facility access</b>	<ul style="list-style-type: none"> <li>• Any spectators should observe physical distancing requirements (&gt;1.5 metres) and density requirements (one person per 4 square metres).</li> <li>• Employ the use of front and back entrance and staggered starting times to allow for ease of cross over times between classes.</li> </ul>	<ul style="list-style-type: none"> <li>• Any spectators should observe physical distancing requirements (&gt;1.5 metres) and density requirements (one person per 4 square metres).</li> <li>• Employ the use of front and back entrance and staggered starting times to allow for ease of cross over times between classes.</li> </ul>

	<ul style="list-style-type: none"> <li>Physical distancing protocols in communal areas and waiting room.</li> <li>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. Via information posters</li> </ul>	<ul style="list-style-type: none"> <li>Physical distancing protocols in communal areas and waiting room.</li> <li>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. Via information posters</li> </ul>
<b>Masks</b>	Masks are to be worn by all aged 12yrs and over indoors.(except under extreme physical exertion where it is deemed unsafe)	Masks are to be worn by all aged 12yrs and indoors in high risk settings
<b>Vaccination</b>	Sirens coaches are encouraged to be vaccinated. (currently all coaches are voluntarily either double or single vaccinated)	Sirens coaches are encouraged to be vaccinated. (currently all coaches are voluntarily either double or single vaccinated)

## 5. Recovery

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

