



## WILLIAMSTOWN LACROSSE CLUB COVID SAFE PLAN

### The Williamstown Lacrosse Club COVID-19 safety plan will ensure that:

- WLC is doing their best to help slow the spread of COVID-19
- Club Members can be reassured that WLC has undertaken measures to reduce the risk of transmission of COVID-19.

Plan completed by: Brooke Poynton/Carl Radford

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COVID-19 Safety Coordinators: Brooke Poynton/Carl Radford

COVID Safe Marshals: Damian Orr/Darren Gibson

### GENERAL

- If you are feeling unwell or have any symptoms of COVID-19 e.g. fever, headache, sore throat or shortness of breath ([See the official government website for more details](#)) - do not come to training or the Lacrosse Pavillion, stay home. Seek medical advice if needed.
- If you have any of the COVID-19 symptoms you should have a COVID test and self-isolate until you receive the result. If the result is negative you may resume training and enter the Williamstown Lacrosse facilities.
- On entering the Lacrosse Pavillion use soap and water or hand sanitiser to clean your hands, and ensure attendees check-in using the QRCode.
- Always practice appropriate physical distancing
  - Keep at least 1.5m away from others to the extent possible, including in the kitchen, toilets, change rooms and main hall.
  - Avoid physical greetings such as handshaking, hugs and kisses.
  - Ensure there is always greater than 4 sqm of floor space per person in the Lacrosse Pavillion.
  - For indoor fixed seated entertainment Group limit to 10 people. Density quotient of 1 person per 4 sqm applies in non-seated areas.
- Use disinfectant to clean common desk areas as needed.
- Use the following link to find public exposure sites in Victoria  
<https://www.coronavirus.vic.gov.au/exposure-sites>
- Tier 1 exposure sites
  - Anyone who has visited a Tier 1 exposure site during the times listed must immediately isolate, get a COVID-19 test, and quarantine for 14 days from the date of exposure. You should also contact the Department of Health on 1300 651 160
- Tier 2 exposure sites
  - Anyone who has visited a Tier 2 exposure site during times listed should urgently get a COVID-19 test and isolate until they receive a negative result. You should also contact the Department of Health on 1300 651 160.
  - Continue to monitor for symptoms, get tested again if symptoms appear.
- Tier 3 exposure sites
  - Anyone who has visited a Tier 3 exposure site during times listed should monitor for symptoms. If symptoms develop, immediately get a COVID-19 test and isolate until you receive a negative result.

WELLNESS OF WLC MEMBERS AND GUESTS		
Requirements	Actions	Reference
<p><b>Managing Exposure</b></p> <p>Advise all Club Members and guests who are unwell to stay at home and not attend training/games/social events.</p> <p>Encourage members take appropriate action with regards to infection prevention and control.</p> <p>Anyone who has visited exposure sites (TIER 1, 2 and 3) follow health advice</p>	<p><b>Example:</b></p> <p>Remind the importance of not attending Club facilities/training if unwell.</p> <p>Train, play and socialise within the guidelines of all Vic Government restrictions and work in line with the Vic Sport Return to Play regulations</p> <p>Reminders via COVID Safe Signage to stay at home if they display any symptoms, such as fever, cough, sore throat or shortness of breath.</p>	<p><a href="https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/what-you-need-to-know-about-coronavirus-covid-19#symptoms">https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/what-you-need-to-know-about-coronavirus-covid-19#symptoms</a></p> <p>Use the following link to find public exposure sites in <a href="https://www.coronavirus.vic.gov.au/exposure-sites">https://www.coronavirus.vic.gov.au/exposure-sites</a></p>
<p>Display conditions of entry for any Club Members and guests (website, social media, entry points).</p>	<p><b>Example:</b></p> <p>Signs relating to COVID-19 placed throughout the Clubrooms as a reminder to members to refrain from entering if they have symptoms of COVID-19 and to follow all regulations from the Victorian Government surrounding COVID Safe practices.</p>	<p>More details can be found at: <a href="https://www.health.gov.au/resources/publications/coronavirus-covid-19-lets-be-covidsafe-together">https://www.health.gov.au/resources/publications/coronavirus-covid-19-lets-be-covidsafe-together</a></p>
<p><b>Physical Distancing</b></p> <p>Where reasonably practical, ensure all patrons maintain 1.5 metres physical distancing at all times.</p>	<p><b>Example:</b></p> <p>Provide signage throughout Clubrooms as a visual reminder to comply with Physical Distancing protocols.</p>	<p>refer to the <a href="https://www.health.gov.au/resources/publications/coronavirus-covid-19-keep-physical-distancing-and-be-covidsafe">https://www.health.gov.au/resources/publications/coronavirus-covid-19-keep-physical-distancing-and-be-covidsafe</a></p>
<p>Minimise the build-up of people inside clubrooms by adhering to venue density limits.</p>	<p><b>Example:</b></p> <p>WLC displays Max Capacity signage at each entrance to the facility.</p> <p>No more than one person per four square meters for indoor spaces.</p>	
<p>Use telephone or video for essential meetings where practical.</p>	<p><b>Example:</b></p> <p>WLC has implemented the use online meeting platform for all Committee Meetings when required to abide by Vic Govt restrictions.</p>	
<p>Wear a face mask</p>	<p>The WLC ensure all participants, volunteers and organisers entering the venue/facility wear a face mask as per public health advice.</p>	<p>Updated public health advice on masks is available at: <a href="https://www.dhhs.vic.gov.au/face-masks-vic-covid-19">https://www.dhhs.vic.gov.au/face-masks-vic-covid-19</a></p>

HYGIENE AND CLEANING		
Requirements	Actions	Reference
<p>Provide hand sanitiser at multiple locations throughout Clubrooms.</p>	<p><b>Example:</b></p> <p>Reminders of hand hygiene on entering Clubrooms, in bathrooms and in high touch areas.</p> <p>WLC displays posters on the Steps of hand hygiene as a visual reminder to ensure everyone complies with and reduces the risk of transmission.</p>	<p>Dept of Health's Coronavirus Stop the spread, hand hygiene post: <a href="https://www.health.gov.au/resources/collections/coronavirus-covid-19-campaign-resources">https://www.health.gov.au/resources/collections/coronavirus-covid-19-campaign-resources</a></p>

Provide detergent/ disinfectant surface wipes to clean high touch areas and equipment such EFTPOS machines, cash register.	<b>Example:</b> WLC applies regular cleaning practices and schedules. Routine cleaning of the Clubrooms is performed with detergent/disinfectant taking extra care to clean/disinfect surfaces in areas that Club Members have directly been in contact with. Floors are cleaned with a high grade detergent solution.	
Ensure bathrooms are well stocked with hand soap and paper towels, and have posters with instructions on how to wash hands.	<b>Example:</b> WLC ensures member and guests have access to hand washing facilities that are dedicated for the purpose of hand-washing only and has suitable liquid soap and disposable paper towels/automatic hand dryers. Hand washing instruction posters above each hand washing sink to ensure appropriate techniques are followed.	For more information go to the <a href="https://www.who.int/qpsc/5may/How-To_HandWash_Poster.pdf?ua=1">https://www.who.int/qpsc/5may/How-To_HandWash_Poster.pdf?ua=1</a>
Clean frequently used areas often with disinfectant/ antibacterial wipes paying attention to frequently touched areas and surfaces.	<b>Example:</b> The cleanliness of all areas of WLC is maintained at all times in order to reduce the potential risk of the environment acting as a source for infection transmission.	
Maintain disinfectant solutions at an appropriate strength and use in accordance with the manufacturer's instructions.	<b>Example:</b> WLC recognise the importance of maintaining high cleaning practices and supporting a COVID-19 safe environment.	For more information refer to the Dept of Health's COVID-19 Environmental Cleaning and disinfection principles. <a href="https://www.health.gov.au/sites/default/files/documents/2020/03/environmental-cleaning-and-disinfection-principles-for-covid-19.pdf">https://www.health.gov.au/sites/default/files/documents/2020/03/environmental-cleaning-and-disinfection-principles-for-covid-19.pdf</a>
Cleaners are to wear gloves when cleaning and wash hands thoroughly before and after with soap and water.  Kitchen staff maintain all hygiene practices of glove wearing and cleaning of surface areas and utensils before and after service.		
<b>Waste Management</b>  Many types of waste are generated in the delivery of WLC events. In order to protect public safety and to provide a safer environment, it is essential that waste is disposed of correctly.	<b>Example:</b> Maintain safe practices when managing waste disposal and ensure personal hygiene practices are followed on completion to the disposal process.  Signed bins available throughout club to manage waste collection appropriately.	

## RECORD KEEPING

Requirements	Actions	Reference
Electronic record keeping of all members and guests attending the Club, ensuring to keep records even when we are unable to collect records electronically. Records are only used for tracing COVID-19 infections and are stored confidentially within the Victorian Government.	<b>Example:</b> WLC has Vic Govt QR Code signs displayed at all entrances and significant areas encouraging Club Members and guests to register attendance.  A manual sign in register is available for those unable to check in via the Vic QR Code system	

Cooperate with Victorian government health service if contacted in relation to a positive case of COVID-19 at your workplace and notify your appropriate state health body.	<b>Example:</b> Our practice ensures all members are aware of the importance of cooperating with State Health Authorities in response to a positive case.	
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RETURN TO PLAY PROCESSES		
	Actions	Reference
<b>Training and Game Days</b>	<p>Open for all ages, training and competition.</p> <p>Density quotient of 1 person per 4sqm applies. Max 300 per space outdoors. Max group limit of 10 people.</p> <p>COVID Check-in Marshals must ensure attendees check-in.</p> <p>Limited to minimum number of people required to participate in and facilitate the activity (i.e. players, coaches). Spectators not allowed (excludes people necessary for events such as teachers, instructors, trainers, coaches, umpires, carers, parents and guardians).</p> <p>WLC will operate training sessions under <i>Get In, Get Out</i> training protocols from 29 July to 13 August 2021 (unless advised by Victorian Govt otherwise). Members attending training should arrive and depart from designated drop off/pick up locations as communicated via WLC communication platforms</p> <p>Access to changerooms is only limited to players/coaches.</p>	<a href="#">Changes to Restriction 27 July 11.59pm</a>

## Procedure if a Club Member indicates are high COVID-19 exposure risk:

### IF NOT SHOWING SYMPTOMS, BUT MEETING RISK CRITERIA:

The Club Member will be provided with a mask and informed that in line with government protocols they are to self-isolate at home for 14 days from the potential COVID-19 exposure.

Ensure that the Club Member leaves the clubrooms/field as soon as practically possible and that any contamination risks that arise as a result of their visit (surfaces touched etc) are addressed with environmental cleaning methods immediately.

### IF SHOWING RESPIRATORY SYMPTOMS OR FEVER:

Follow the same process as above but additionally inform them to seek medical advice by calling their GP or one the following relevant health advisory line:

- VIC: Dedicated COVID-19 helpline on 1800 675 398
- National Coronavirus Health Information Line: 1800 020 080

If it is confirmed that the Club Member has tested positive for the virus, cooperate fully with health authorities once contacted and adhere to all relevant protocol.