

# Return to Training in a COVID-Safe Environment

Stage 2 Restrictions commence on 30<sup>th</sup> May.

Stage 3 is planned for 19<sup>th</sup> June.

For more info: [www.phoenixgym.com.au](http://www.phoenixgym.com.au)

This is a live document and grows as the situation changes.

## Introduction

The Corona virus restrictions, while disrupting sport, fun and everything Phoenix, have been successful in minimising the impact of the pandemic on the Australian population. The low rate of new infections has provided Federal and State/Territory Governments with the opportunity to ease restrictions and start the graduated process of return to normalcy.

The restrictions in force are determined by the ACT Government. These are determined based on the local situation following consultation with the National Cabinet, and the latest direction published on its website at [www.covid19.act.gov.au](http://www.covid19.act.gov.au). The ACT has three Stages of restrictions, although the details of each Stage is not published until it is in force.

The ACT Government restrictions applicable to Phoenix are informed by two published references: The National Cabinet's *Roadmap to a COVIDSafe Australia* and the *AIS Framework for Rebooting Sport in a COVID-19 Environment*.

The three steps of the National Cabinet's Roadmap for Sports and Recreation activities are shown in Figure 1 below.

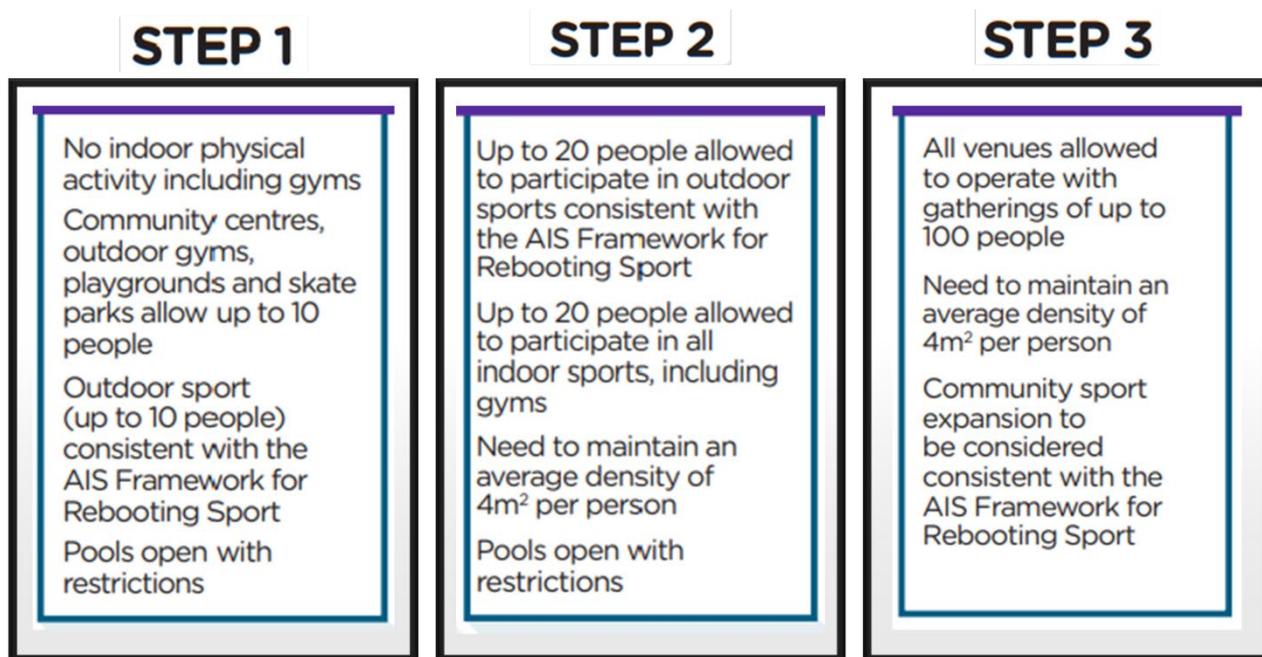


Figure 1: National Cabinet Roadmap for Sports and Recreation Activities

The AIS Framework describes three levels of baseline standards for each sport to apply as each State/Territory eases its restrictions. Table 1 below shows the three levels of baseline standard to be applied for boxing, where Level A is the most restrictive and Level C the most relaxed.

Table 1: AIS Framework for Boxing

| Level A  | Level B   | Level C                       |
|--|---|-------------------------------|
| 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 |

Although this Framework also provides three categories of restrictions, its levels do not necessarily align with the three steps of the National Cabinet’s Roadmap. Similarly, while the ACT Government has split its recovery pathway into three stages, the definition of these stages may differ from the National Cabinet’s Roadmap steps and the AIS Framework levels.

This plan describes our recommended measures to support our members to return to training. These recommendations have been developed to align with the *National Cabinet Roadmap to a COVIDSafe Australia*, the *AIS Framework for Rebooting Sport in a COVID-19 Environment* and ACT Government direction where possible. However, the dynamic nature of the situation has seen Government direction change rapidly and this may result in this plan providing contradictory guidance.

**DO NOT COME TO PHOENIX IF YOU HAVE ANY SYMPTOMS RELATED TO COVID 19 OR SOMEONE IN YOUR HOUSE DOES.**

**Members should keep abreast of the latest ACT Government direction at [www.covid19.act.gov.au](http://www.covid19.act.gov.au) and be aware that the Government direction always takes precedence over this plan and all other sources of information.**

The ACT Government requires all clubs and gyms to develop their own COVID-19 management plans as a condition of re-opening.

The ACT is expected to move to Stage 2 on 30 May 2020 and Stage 3 on 19 June, should the current trend of decreasing virus infection continue. Despite this positive outlook, new outbreaks could see a return to more restrictive stages.

This means we can have 20 people in an enclosed space – the gym, plus a trainer. The Reception area is a separate room and with the 1-4m ratio. We can have 20 people in there; however, we will be limiting numbers to 12, plus staff, at any one time. For training, classes will be limited to 20 people. People must book for class and have completed a new registration form and medical declaration.

Social sport is allowed under the same guidelines and that is what Muaythai and Boxing are. Low physical contact is allowed however NO equipment can be shared. Classes will consist of fitness training, technique work, bag work and stretching. The use of equipment such as skipping ropes etc will be allowed with your own rope. The use of pads/focus mitts/shields will be integrated when permission is given. Even then, this equipment will not be shared and will be cleaned before and after. Focus mitts require cotton inner gloves, people will have

their own shield for the entire class and Thai pads will be individually assigned and not shared.

**Fitness training.** No circuit type training is allowed. However, people can train with equipment if they clean it before and after use. We will be running kettle bell and barbell work and utilise individual plates and workout area/stations for this type of training. The outdoor area will be utilised to spread out, so everyone is to bring appropriate shoes to every class. No individual training is allowed at anytime during stage 2.

**Transitions:** Each day, we will advise on arrival the location of the class and you are requested to wait outside until called. NO mingling. Each class is separate by 15 minutes to allow a complete transition and movement flow without exceeding the restricted numbers. Some classes will enter through the back area, some through reception. There will be a sign at the front advising you. At the completion of class, everyone cleans everything they used and is then asked to move out of the building so a new class can enter. Coaches will direct, in accordance with the timetable.

**Spectators:** No spectators are allowed. Only people training or signing up to train. Parents must drop off and pick up their child. Children are requested to wait at the back entrance until a parent/guardian arrives to escort them to their car.

**Membership:** Everyone is required to re-join, pay for membership, and begin again in the new, post Covid world. Payment can be made over the phone. Every single member requires new registration paperwork. Please do this during reception hours and allow time during the day. Do it 'days' before you train. Do not expect to turn up and sign up 10 minutes before a class, this will not work with restrictions so we would appreciate your help in spreading this out.

Should sparring and contact be permitted in Stage 3, we will seek to resume this level of training once it is in effect and restart the full timetable and activities.

Depending on restrictions we may be required to shift back a gear so please stay in touch with the ACT Government restrictions.

**24hr/own training.** Stage 2 does not allow for any own training or 24hr access. You can not attend the gym to train by yourself at any time.

**Personal Training.** This is allowed within the social distancing restrictions and use of equipment guidelines. We will be doing PT outside of class times only.

**Amenities:** Showers are CLOSED during stage 2. Toilets are available and we ask you to clean them after use. The staff room is CLOSED. Everyone is to bring and use their own water bottles.

**Shop is OPEN.** AS you must own your own gear – get it know.

**Contact.** If a member who attends a class contracts Covid-19, they are to advise Phoenix staff immediately to assist contact Tracing.



## **Virus Transmission**

As stated in the AIS Framework, COVID-19 is highly transmissible from person-to-person and readily spreads to close contacts of infected individuals. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose, or mouth.

People can also catch COVID-19 if they breathe in droplets from a person with COVID-19. The virus can persist in the air for up to three hours and on a variety of surfaces for up to 72 hours

## **General Principles**

Coaches and athletes should always seek to minimise the risk of spreading the virus by applying the following principles:

1. Maximise separation between individuals.
2. Minimise the size of the groups interacting.
3. Minimise the amount of interaction between individuals.
4. Maximise personal hygiene.

These principles need to be balanced against training requirements and commercial considerations while always adhering to the official restrictions currently in force.

## **Group Training**

Individuals participating in group training should minimise exposure by adopting the 'Get in, train and get out' strategy. This means avoiding interaction between participants before and after the session, athletes turning up attired and ready for the session, and avoid socialising before or after training. Individuals should avoid communal change rooms or shower facilities where possible. Class changeovers present heightened risk as larger numbers of individuals may congregate or pass one another within the training area.

We will maintain a record of all individuals attending training sessions to support contact tracing should a participant later be diagnosed as carrying the virus.

Members and staff are encouraged to download the COVIDSAFE application to support contact tracing should a member be diagnosed with the virus. All members of a class are recommended to store their phones within Bluetooth range whilst training to allow registration of contact. This may be supported by co-locating all lockers and personal bag storage within the facility.

Distancing between individuals should be maximised wherever possible during the training session. Floor markings, such as tape, chalk, or mat boundaries will be used to designate individual training spaces.

Where close-in partner work is (when authorised) conducted, athletes should avoid changing partners wherever practical and remain paired for the session. Equipment will be allocated for the duration of the session and not shared. For example, in a Thai pad class, each person will have their own and not swap on change overs. Everyone should also clean the outside of their equipment before and after class.

Good ventilation can avoid airborne virus particles from lingering within training areas. The roller doors will often be open so dress for the cold!

## **Hygiene**

Individuals should always maintain good hygiene. All persons should wash or sanitise their hands immediately before or upon entering Phoenix.

All members **MUST** bring a towel to keep their individual training space clean. Personal towels should be used whenever an athlete is doing stationary floorwork indoors or on exercise benches, such as sit-ups, push-ups, or bench-press to prevent pooling of sweat on shared surfaces.

Any bodily excretion, such as blood, mucous or sweat, should be cleaned by its originator and their hands washed immediately afterwards. Participants are to avoid spitting at all times, whether training indoors or outdoors.

Individuals are not to share any equipment that comes into direct contact with the hands or face. This includes bandages, gloves, focus mitts, skipping ropes, mouthguards, headguards, water bottles and towels. Each athlete should also bring their own disinfectant spray and paper towels for cleaning personal equipment.

Members should thoroughly clean and disinfect external surfaces of personal equipment that may have contacted training partners after each training session. Gloves and headguards should be sprayed with a disinfectant solution, wiped clean and left to dry in a ventilated area, preferably in direct sunlight.

## **Managing Illness**

Anyone demonstrating any cold or flu-like symptoms should avoid training or attending the gym and undergo COVID-19 testing as soon as possible. If a negative result is returned, the individual should avoid returning to the gym or group training until all symptoms have cleared.

If anyone returns a positive COVID-19 test, they are to notify the gym or coach as soon as possible to determine who they may have been in contact with.

Anyone suspected of coming into contact with a COVID-19 positive person, whether through training or elsewhere in the community, must undergo a

COVID-19 test and avoid returning to the gym or group training until a negative COVID-19 test result is achieved.

If a COVID-positive person has visited the gym, we will be immediately closed and not re-open until all surfaces and equipment have been thoroughly cleaned and disinfected. The ACT Government will be informed, and we will reopen when authorised.

## **Sparring and Physical Contact**

Sparring and physical contact between athletes should be limited as much as practical and only be conducted when Government restrictions allow.

Sessions involving physical contact should limit exposure by maintaining the same pairing between partners. Athletes should clean and disinfect the external surfaces of their own gloves and headguards before commencing work with each partner.

No equipment will ever be shared again. Own your own.

## **Conclusion**

This plan provides the recommended measures to limit the risk of COVID infection as Phoenix members return to training and competition. It is essential that all members of Phoenix adhere to the ACT Government's restrictions and apply these measures in a practical manner to help keep the community safe from infection and allow the continued operation of the sport.

Please keep in contact via Facebook, our newsletters, and the web page. We aim to regrow responsibly, back to proper Muaythai and Boxing. NO one wants a step back, so be safe and smart.

Please direct any queries or concerns with the content of this plan to [info@phoenixgym.com.au](mailto:info@phoenixgym.com.au)