



COVID 19 Risk Management Plan

Introduction

DBSA is providing this Risk Management Plan (Plan) to the South Australian Member Clubs participants, officials, volunteers and stakeholders. This Plan is designed to provide clear detail on what is required to assist sporting activities to be able to resume as safe as possible as COVID-19 restrictions are eased nationally and locally.

DBSA will oversee the phased approach in line with the AIS Framework for Rebooting Sport document, national and local restrictions and Work, Health and Safety requirements.

https://ais.gov.au/health-wellbeing/covid-19#ais_framework_for_rebooting_sport

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/conditions/infectious+diseases/covid+2019/latest+updates/latest+updates+on+covid-19>

<https://www.safeworkaustralia.gov.au/collection/covid-19-resource-kit>

DBSA highly recommends all participants download and use the COVIDSafe app.

<https://www.health.gov.au/resources/apps-and-tools/covidsafe-app>

We are looking forward to the opportunity to return to training and competitive competition, however, we recognise the importance to proceed cautiously and to not create risks to the health of the sport's participants or the community.

South Australia has been fortunate with controlling (flattening the curve) the spread of COVID-19 through rapidly applied strict control measures.

DBSA is closely monitoring the staged approach to 'relaxing' the restrictions.

https://www.covid-19.sa.gov.au/_data/assets/pdf_file/0012/195879/200059.4-COVID-19-RoadMap-16June-V4.pdf

To ensure current and accurate information is provided to Member Clubs and participants DBSA will refer to SA and Federal Health Departments for advice and information as well as the World Health Organisation.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

We have engaged with our governing body, Australian Dragon Boating Federation (AusDBF) to develop a 'Framework' to return to our sport safely, this framework can be tailored according to our local restrictions.

In order to return to dragon boating as safely as possible, DBSA has provided a summary of the key identified risks related to our sport, and some recommendations for minimising the impact of each risk. These recommendations are in accordance with the AIS Framework's level B and C sporting activity guidelines.

Upon returning to Dragon Boating Participants are encouraged to:

- Consider their own personal circumstances and make their own determination with regards to their attendance at events
- Stay at home if you are feeling unwell
- If you need to cough or sneeze do so into your elbow
- Limit physical contact whilst at the events
- Regularly wash hands with soap and water or hand sanitiser.
- Not share
 - drink bottles
 - snacks
 - sunscreen

It is also important to note that this document is intended to be a risk management plan and is by no means exhaustive. DBSA will ensure we shall comply with AusDBF Return to Sport Framework and protocols and current risk management strategies in place by the SA Government.

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/conditions/infectious+diseases/covid+2019/coronavirus+disease+2019+covid-19>

TRANSMISSION

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. 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.

PREVENTION

Pre-emptive low-cost interventions such as enhanced hygiene and social distancing measures reduce numbers of cases through several mechanisms. Social distancing decreases the risk of transmission by reducing incidence of contact while enhanced hygiene reduces disease transmission, if a contact occurs.

KEY COVID-19 RISKS IDENTIFIED WITH PARTICIPATION IN DRAGON BOATING

1. Close contact with other participants in:
 - Boat/equipment storage facilities
 - Change rooms or bathrooms
 - Indoor meeting facilities
 - Training/competition craft
 - 10s
 - 20s
 - Family boat
2. Participants contact with equipment:
 - Training/competition craft and associated manual handling equipment
 - 10s
 - 20s
 - Single craft
 - Shared ergo equipment
 - Shared paddles
 - Shared life jackets (PFD)
3. Aerosolisation during events
 - Exhalation droplet risk to other participants
 - During physical activity droplets carry and disperse further
 - Particularly to participants behind you during forward motion

Table 1. Description of recommendations for Level B & C activities in community and individual sport as adapted from the AIS Framework for Rebooting Sport.

	Level A	Level B	Level C
General Activity	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.	As per Level A plus: 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 4m ²). Some sharing of sporting equipment.	As per Level B plus: Full sporting activity that can be conducted in groups of any size. For larger team sports consider small group activity during training.
General Hygiene Measures	No sharing of exercise equipment or communal facilities. 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).	Communal facilities can be used after a sport-specific structured risk assessment and mitigation process is undertaken. '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, with limited numbers (not more than 10 athletes/other personnel in total). Have cleaning protocols in place for equipment and facilities. 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. No socialising or group meals.	Return to full use of sporting facilities. Continue hygiene and cleaning measures as per Level B. 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. Limit unnecessary social gatherings
Spectators, additional personnel	No spectators unless required (e.g. parent or carer).	Separate spectators from athletes Spectators should maintain social distancing of at least 1.5m	Minimum contact of non-essential surfaces to occur and hands on treatment should be kept to essential personnel only. Non-essential personnel should be discouraged from entering change rooms.
Rowing	Ergometer if access to own at home. Cycling (solo), running (solo), resistance training (solo). On-water single.	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.

Table 2 is utilised to identify the Risk and control measure applicable for the SA Roadmap for Easing COVID-19 Restrictions Step levels and the AIS Levels.

	SA Step 2 – AIS Level B	SA Step 3 – AIS Level C
Risk	Control measure	Control measure
Social distancing and hand sanitizing for all risks	1.5m apart where possible and 4 Square m per participant Sanitizer provided	1.5m apart where possible and 4 Square m per participant Sanitizer provided
Access to indoor boat storage facilities	Rostering access for Member Clubs/Participants No unnecessary physical contact. No indoor training.	No unnecessary physical contact.
Access to change rooms	Rostering access for Member Clubs/Participants Arrive ready to train No showering allowed	Consider rostering Member Clubs/Participants
Toilets	Access allowed Increased cleaning Rostering access for Member Clubs/Participants Provide own soap/towel	Access allowed Increased cleaning Consider rostering Member Clubs/Participants Provide own soap/towel
Outdoor training	Maximum groups of ten (10) Rostering access for Member Clubs/Participants	Maximum number as per COVID SAFE PLAN Rostering access for Member Clubs/Participants
Boat training/competition	SAPOL has advised that the outdoor sport of dragon boating is permitted, density requirements do not apply to boats, and records of participants must be kept. A maximum of 80 people are able to participate in Dragon Boat activities, but not more than 20 people present within a place (a boat)	As per stage 2. Rostering access for Member Clubs/Participants. Boats (Oar, Drum and Drummers Seat) cleaned (detergent and water then rinse) after each use
DBSA Ergo	Maximum groups of ten (10) Rostering access for Member Clubs/Participants Sanitize before and after each user Usage and cleaning register maintained	Maximum number as per COVID SAFE PLAN Rostering access for Member Clubs/Participants Sanitize after each user Usage and cleaning register maintained
Shared Paddles	No on water access DBSA TK1/Single occupant craft use, Sanitize before and after each user.	Clean with detergent and water then rinse before and after each user.
Life jackets (PFD)	No access to DBSA PFD	Participants encouraged to bring own PFD Personal issue (if available) Clean with soap and water before issue and return.

Member Clubs are required to:

- Nominate a key contact to make sure the club is familiar with State restrictions, DBSA and AusDBF protocols regarding COVID-19
 - Consider 'Deputy Contact' (resilience within club)
- Familiarise all participants with the DBSA Step 3 V2
- Complete COVID-19 Return to paddling declaration V2, scan and email to admin@dragonboatsa.com prior to commencing (hard copy acceptable)
- Clearly communicate risk minimisation measures with participants/visitors
- Ensure participants/visitors acknowledge an understanding of current limitations
- Ensure social distancing of at least 1.5m is maintained by participants/visitors attending events where possible
- Ensure any tasks that can be done remotely, is done remotely (e.g. arrive ready to train, recovery sessions, and online meetings)
- Keep Attendance register of Participants (for each training session), non-club members and visitors to events (per event) to ensure contact tracing can be implemented. The completed register must be retained by the Member Club
- Encourage all participants to download and use the COVIDSafe app
- Ensure participants have access to adequate supplies of hand sanitizer
- Roster training time/access to reduce person-person contact

Vulnerable Groups

Some DBSA members may be at an elevated risk of COVID-19 infection and or more at risk of severe illness if they contract COVID-19. Special consideration will be given for the protection of these participants. Participants, officials, volunteers and stakeholders and other personnel (visitors) with concurrent medical conditions such as respiratory or cardiac disease, hypertension, diabetes, obesity and immunosuppression due to disease or medication may be at an elevated risk. Other groups that require special consideration include individuals over 70 years of age, carers for or a household contact of a vulnerable person and Aboriginal Communities.

Appropriate measures will depend on the individual circumstances.

Individuals who have a medical condition, are on medications or for other reasons may be at increased risk, should consult with their medical practitioners to determine what measures may be appropriate for them. Specifically, they should consider whether it is safest for them to return to club environment until the community COVID-19 risk is further reduced.

Interventions at a Member club level to support vulnerable individuals may include:

- Delaying a return to sport for those Participants
- Training scheduled at designated 'lower risk' times (i.e. with no one else around)
- Exclusion of 'high risk' Participants and other personnel from the training environment until federal/local restriction ease further.

References

AIS Framework

https://ais.gov.au/health-wellbeing/covid-19#ais_framework_for_rebooting_sport

Cleaning protocols

<https://www.health.gov.au/sites/default/files/documents/2020/03/environmental-cleaning-and-disinfection-principles-for-covid-19.pdf>

Sign for hand hygiene

https://www.who.int/gpsc/5may/How_To_HandWash_Poster.pdf?ua=1

Safe work Australia COVID-19 information

<https://www.safeworkaustralia.gov.au/collection/covid-19-resource-kit>

Safe work Australia general COVID-19 signage/posters

<https://www.safeworkaustralia.gov.au/doc/signage-and-posters-covid-19>

Federal health updates

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

<https://www.health.gov.au/>

World Health Organisation Coronavirus disease (COVID-19) pandemic

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>