



COVID Safe Plan Covid Safe Summer

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Business Name	Park Orchards BMX Club
Company details	Address: Stintons Reserve, Commercial Road, Park Orchards, Vic
Specific Critical process/scenario	Pandemic of an infectious disease – COVID-19
Key Stakeholders – Internal	All Members & Volunteers
Key Stakeholders – External	Visitors
Date of plan	06/12/2020 This plan has been reviewed considering the Covid Safe Summer restrictions announced on 6 th December 2020
Plan prepared by	Kristie Paris

Park Orchards BMX will maintain strong communication channels with all affected stakeholders throughout the situation.

1. PREVENTING INFECTION:

What is coronavirus?

Coronaviruses are a large family of viruses which may cause illness in animals or humans. Coronavirus (COVID-19) is the most recently discovered coronavirus.

A coronavirus infection can cause mild to severe respiratory illness.

Symptoms can range from mild illness to pneumonia. Affected people may experience:

- fever
- chills or sweats
- cough
- sore throat
- shortness of breath
- runny nose
- loss of sense of smell

In certain circumstances headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhoea may also be considered. The World Health Organization has confirmed that the main driver of transmission is from symptomatic patients, through coughing or sneezing. Transmission by people without symptoms is possible, but rare. BMX Club have a duty to provide and maintain, so far as is reasonably practicable, a racing environment that is safe and without risks to the health of Members & Volunteers. This includes identifying risks to health or safety associated with potential exposure coronavirus (COVID-19). Park Orchards BMX must identify whether there is a risk to the health of their Members & Volunteers from exposure to coronavirus (COVID-19) at the track.

Identifying the risks associated can include:

- monitoring expert advice as the coronavirus (COVID-19) situation develops (for example, from the Department of Health and Human Services)
- reviewing infection control policies, procedures, and practices, to ensure they are effective and are being followed
- educating and keeping Members & Volunteers up to date on new information, through our Facebook Page.
- considering whether undertaking BMX activities puts other people (such as clients or members of the public) at risk of exposure to coronavirus (COVID-19)
- talking to Members & Volunteers who have:
 - travelled or are planning to travel
 - been in contact with confirmed cases of coronavirus (COVID-19)
 - symptoms of coronavirus (COVID-19)

I am feeling unwell and think I have coronavirus (COVID-19). Can I go to BMX? If you are unwell, no matter how mild the symptoms, you should stay at home.

The symptoms to watch out for are:

- fever
- chills or sweats
- cough
- sore throat
- shortness of breath
- runny nose



- loss of sense of smell

In certain circumstances headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhoea may also be considered. If you have any of the symptoms, however mild, of coronavirus (COVID-19) you should:

- self-isolate immediately, seek medical advice from your GP or the DHHS 24-hour coronavirus (COVID-19) hotline on 1800 675 398, and get tested.
- tell your club as soon as possible, follow the procedures your BMX Club has in place, and update them if your situation changes (for example if you receive a positive coronavirus (COVID-19) diagnosis).

2. NOTIFICATION

2.2 When to notify your BMX Club:

Members, Volunteers and Visitors must notify Park Orchards BMX Club immediately after becoming aware that:

- a member, volunteer or visitor has received a confirmed diagnosis of coronavirus (COVID-19) and
- that member, volunteer or visitor has attended Park Orchards BMX within the relevant infection period.

The Club will be considered to be 'aware' of the incident when they have been notified of the confirmed diagnosis by either the member, volunteer or visitor, or by the Department of Health and Human Services (DHHS).

The infectious period under these regulations, is the period of time between:

- the date, being 14 days prior to the onset of symptoms consistent with coronavirus (COVID-19) or a confirmed coronavirus (COVID-19) diagnosis (whichever comes first), and
- the day on which the person receives a clearance from isolation from DHHS.

A confirmed coronavirus (COVID-19) diagnosis means a person has undergone a diagnostic procedure and has received positive result for coronavirus (COVID-19), also known as 'novel coronavirus 2019'. See the Department of Health and Human Services (DHHS) for the case definition of a confirmed case of coronavirus (COVID-19).

3. CONTROLLING RISKS ON SITE:

To assist with providing and maintaining safe operations during coronavirus (COVID-19) the below measures should be implemented where practical to assist in providing a safe and healthy environment at BMX:

- Physical Distancing for non competitors
- Hygiene – hand sanitisers located at the facility
- Sanitise shared equipment after each use
- Regular Cleaning and Disinfecting. Toilets to be cleaned at least once per day. Door handles, switches and machinery controls to be cleaned at least once per day when the facility is in use.
- Availability of masks where people cannot maintain physical distancing
- Reduce use of cash by encouraging EFT payments
- All bookings for coaching and racing to be via online with online payment, removing the need for people to queue
- Lists for all sessions to be kept for contact tracing purposes
- For larger events everyone that enters the track must scan the QR code and enter their details for contact tracing
- Maintain number limits no greater than 1 person per 2 square metres.
- Ensure no more than 100 people in one group.

3.1. Hygiene

- 3.1.1 Good hygiene practices and general cleaning helps with minimising the spread of coronavirus (COVID-19). Ensure high contact surfaces such as doorways, sinks, taps and toilets are wiped down regularly.
- 3.1.2 Health information to be displayed in prominent locations such as toilets, canteen and site entrances.
- 3.1.3 Promote hand washing with soap. Ensure hand sanitiser is available in multiple locations.



3.2 Shared equipment

3.2.1 Riders should avoid the shared use of tools, plant and equipment wherever possible. Where it is not possible to eliminate shared use:

- Provide cleaning products (e.g. alcohol spray, wipes or solution) where communal tools, plant and equipment are located.
- Keep cleaning products with any equipment
- Ensure all operators thoroughly wash or sanitise their hands before and after every use.
- Ensure all parts of the equipment (e.g. including handles, handrails) are wiped down before and after use.

3.3 Cleaning and Disinfecting

3.3.1 Cleaning and disinfecting of surfaces is to be conducted using cleaning products as per DHHS Cleaning and Disinfection guidelines to reduce coronavirus (COVID-19) Transmission – the specific guidance is available there.

- Cleaning and disinfection of common areas must occur daily
- Routine cleaning of 'Frequently Touched Surfaces', surfaces such as toilets, door handles, stair handrails, light switches, lift buttons, table tops.

3.4 Face Masks

3.4.1 Wearing of face masks can significantly reduce the risk of contracting coronavirus (COVID- 19).

3.4.2 It must be noted that the wearing of masks is an important and additional measure to help reducing the risk of spreading coronavirus (COVID-19).

3.4.3 DHHS directions effective from 11.59pm Sunday 6th December 2020 are that a face mask must be carried with you at all times and used should you not be able to maintain 1.5m physical distancing.