



# COVID Safe Plan

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<b>Business Name</b>	Park Orchards BMX Club
<b>Company details</b>	Address: Stintons Reserve, Commercial Road, Park Orchards VIC 3114
<b>Specific Critical process/scenario</b>	Pandemic of an infectious disease – COVID-19
<b>Key Stakeholders – Internal</b>	All Members & Volunteers
<b>Key Stakeholders – External</b>	Visitors
<b>Date of plan</b>	21/10/2021 This plan has been reviewed considering the Reopening Roadmap for Victoria as of October 2021
<b>Plan prepared by</b>	Club President

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. Park Orchards 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.

. If you have any of the symptoms above, 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:

- QR Code Screening BMX riders coming to site and where mandated show vaccination status.
- Physical Distancing
- Mask wearing indoor and/or outdoors where mandated.
- Limiting numbers of riders on the track at one time
- Hygiene – hand sanitisers located at the facility
- Avoid Shared clothing and equipment where practicable
- Regular Cleaning and Disinfecting
- Keep Common Areas closed where possible to the general public
- Being aware of more vulnerable Members
- Keep Visitors on site off the track and away from the Riders

### **3.1 Screening Riders coming to the track**

3.1.1 To minimise the risk of transmission of coronavirus (COVID-19) on site, a two-phase screening process is to be implemented; phase one being an initial declaration and phase two on going screening.

3.1.2 Initial declaration is to be conducted by all Riders when they attend their first practice. Each Rider or relevant parent / guardian must provide a declaration that they to the best of their knowledge:

- have not been diagnosed with coronavirus (COVID-19) in the last 14 days, or
- are not in a period of 14-day quarantine as directed by a health professional, or
- have not been overseas in the last 14 days, or
- have not been in contact with anyone who has coronavirus (COVID-19), or
- have not been in contact with anyone who is currently being tested for coronavirus (COVID-19), or
- do not have anyone in their household who has symptoms consistent with COVID-19.
- That they have check-in to the facility using the QR Code and where mandated screened for vaccination status.



3.1.3 Once the initial declaration has been made by the Rider, ongoing screening (phase 2) should be conducted for every Rider prior to the start of their training or race by advising their Trainer that they are fit and healthy.

3.1.4 If a Member, Visitor or Volunteer is experiencing symptoms consistent with COVID-19 or had close contact with a confirmed case, they must:

- Not attend Park Orchards BMX.
- Contact their Medical Practitioner to get advice if they will need to have the covid -19 test.
- Contact their employer to give them an update.
- Not return to Park Orchards BMX until they have been cleared by a medical practitioner or have a copy of their negative covid-19 results. They must show a copy of their negative result to a Club Committee Rep before returning to BMX.

### **3.2 Physical Distancing**

3.2.1 Physical distancing of at least 1.5 metres should be implemented wherever possible.

- Consider different training times and limit numbers to minimise the number of people onsite (eg: shorter training sessions, less riders but more times)

3.2.2 Where it is not possible to undertake BMX tasks and maintain physical distancing, other control measures need to be implemented. For example:

- Minimise the number of Rider to Rider interactions that need to be completed within 1.5 metres.
- Minimise the number of Riders involved in activities that need to occur within 1.5 metres of each other.
- Ensure visitors, Members and volunteers comply with government regulations of wearing masks when required.

### **3.3 Hygiene**

3.3.1 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.

3.3.2 Health information to be displayed in prominent locations such as canteen, and site entrances.

3.3.3 Every effort will be made to upgrade personal hygiene and minimise Rider to Rider contact and all Riders must co-operate in all necessary measures to achieve these objectives. These measures need to include:

- Promote hand washing with soap for at least 20 seconds before and after each session. Communicate to all Riders where hand sanitisers are located and encourage their regular use.
- Promote good cough etiquette by covering your sneeze, and coughing into your elbow or shoulder.
- Avoid touching your nose, eyes or mouth.
- Provide hand sanitiser and/or hand washing facilities with soap in all site entrances and exits, amenities and areas/levels of the site.

### **3.4 Shared equipment**

3.4.1 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.



### **3.5 Cleaning and Disinfecting**

3.5.1 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 between BMX training groups, if required
- Routine cleaning of 'Frequently Touched Surfaces', surfaces such as toilets, door handles, stair handrails, light switches, table tops.

### **3.6 Face Masks**

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

3.6.2 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).

### **3.7 Common Areas**

3.7.1 Common areas on sites such as the amenities pose risks, and these are reduced by ensuring the following measures are adopted:

- Staggering of Rider groups to achieve maximum personal space and reduce the number of Riders accessing those areas at any one time consistent with the Government requirements (i.e. the total number of people present in the indoor space at the same time must not exceed the number calculated by dividing the total area, measured in square metres, of the indoor space by 4).
- Sanitisation must occur between training times of amenities by different BMX groups.
- Spread out furniture to ensure physical distancing measures in common areas.
- There must be an increased frequency of industrial grade cleaning/additional cleaning with specific emphasis on cleaning after each club activity and between sessions.

### **3.8 Vulnerable BMXers**

We are mindful that we may have vulnerable Members & Volunteers on site. These could include Members & Volunteers over the age of 60, those with medical conditions that are considered high risk (eg: cancer, diabetes, asthma, heart conditions), Members & Volunteers with young children requiring care (home schooling) and Members & Volunteers with close family work in the Health sectors.

### **3.9 Visitors On Site**

Visitors must adhere to the government density and capacity limits.

Visitors must check-in using the QR code at the track.

Where spectators are not allowed due to restrictions, they must not enter the facility.

## **4. REVIEW**

This plan will be reviewed on a regular basis, in line with any adjustments as directed by Government authorities.