

Mudgeeraba Little Athletics - COVID Plan

MLA has a COVID Safe Plan for the operation of our weekly competition. The Plan has been based on LAQ's Back on Track Guidelines, which was based on the Queensland Government's Return to Play Guidelines and Outdoor Sports - Industry COVID Safe Plan.

To be at this facility, I acknowledge:

- I have not, in the last 14 days, travelled from overseas or a COVID-19 hotspot
- I have not been in close contact with a person who is positive for COVID-19
- I am not an active COVID-19 case or awaiting results for a COVID-19 test
- I am not experiencing COVID-19 symptoms such as cough, fever, sore throat, fatigue or shortness of breath

Otherwise, I will leave this facility immediately and seek medical advice.

Core Principles:

- **If you, or your child, is unwell - PLEASE STAY HOME**
- **Physical distancing** - please ensure you maintain good physical distancing practices - stay 1.5m away from other parents and spectators and ensure your child practices physical distancing when not on the field of play. Sadly, this also means no high fives - so try a foot tap, or cheer on our athletes.
- **Practice good hygiene** - hand sanitizer will be available throughout the field and at the canteen, please ensure you use it. Additional equipment cleaning practices will also be in place.
- **Contact tracing** - we are legally required to collect attendance data - just like restaurants. Please either fill in the attendance form at the canteen, or scan the QR code displayed onsite and register your details. Scanning the QR is really easy - just open your camera and focus on the QR code. You don't need to take a photo, a weblink should appear on your screen, click on that link and it will take you to our attendance registration form. Please ensure you do this prior to moving to the field. Anyone found not complying with this requirement will be asked to leave. You may also like to download the Australian Government's COVID Safe App.

Equipment cleaning requirements:

- Only one parent should touch the age group folder.
- Each event station will have: hand sanitizer, cleaning wipes, anti-bacterial spray
- On arrival at each event, please ensure: All athletes/parents/spectators sanitise their hands prior to touching any equipment. Athletes should NOT be touching or playing with any equipment while waiting their turn, especially equipment not being used.
- Once finished: All equipment used/touched (including rakes, poles, measuring tapes) must be cleaned and hands should be sanitized.

Drink bottles and cool down tent:

Unfortunately due to health considerations athletes will not be able to place their drink bottles in the age group trolleys, and as we are unable to provide self serve water stations our cool down tent will only be used for shade and won't have the water station. Please ensure your child has their own water bottle and they carry this with them to each event. A public water bubbler is available near the playground.

We are looking forward to a great (COVID safe) season, however, ask all families to be mindful that our committee are volunteers (and parents of athletes at the club) and this is all new for us too. We are doing everything we can to make sure that our weekly competition is as safe as possible, but we need everyone to play their part.

