



Covid-19 Policy/Procedure and Safety Plan

(including Cleaning, Handwash and Hygiene Procedures)

What are coronaviruses?

Coronaviruses are a large family of viruses. Some coronaviruses cause illness in humans and others cause illness in animals, such as bats, camels, and civets. Human coronaviruses generally cause mild illness, such as the common cold.

Rarely, animal coronaviruses can evolve to infect and spread among humans, causing severe diseases such as Severe Acute Respiratory Syndrome (SARS) which emerged in 2002, and Middle East Respiratory Syndrome (MERS) which emerged in 2012.

Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is a new strain of coronavirus that is causing disease in humans and spreading from person-to-person. The name of the disease is COVID-19.

What we know about COVID-19?

The current Covid-19 situation is changing rapidly. We are still learning about how this new virus spreads and the disease it causes. We know:

- the virus causes respiratory disease that can spread from person to person
- most people experience mild flu-like symptoms, including fever, cough, sore throat and shortness of breath
- some people experience severe illness and, sadly, a small proportion die
- older people and people with underlying medical conditions seem to be more at risk of severe illness
- there is no treatment for COVID-19, but medical care can treat most of the symptoms – antibiotics do not work on viruses.

How does the virus spread?

The virus most likely spreads through:

- close contact with an infectious person
- contact with droplets from an infected person's cough or sneeze (if you are within 1.5 metres or two large steps of an infected person)
- touching objects or surfaces (like doorknobs, sink taps and tables) that have cough or sneeze droplets from an infected person, and then touching your mouth, nose, or eyes.

What are the symptoms?

Symptoms of COVID-19 can range from mild illness to pneumonia. Some people will recover easily, and others may get very sick very quickly.

People with coronavirus may experience:

- fever
- symptoms such as coughing, a sore throat and fatigue
- shortness of breath

People with severe illness may have difficulty breathing, which is a sign of pneumonia and requires immediate medical attention.

It can take up to 14 days for symptoms to show after a person has been infected.

For more information go to [Testing for COVID-19](#).

If you think you might have COVID-19 because you feel unwell with a fever OR cough, sore throat or shortness of breath OR had contact with a confirmed case, phone your GP or the Tasmanian Public Health Hotline on 1800 671 738 straight away and tell them about your symptoms.

Eastside Squash Information and Risk Mitigations

Here is some information and instructions Eastside Squash Centre will be implementing to assist players' understanding and obligations to mitigate the risks to COVID-19 entering and spreading in the centre.

Monitor symptoms

- Signs about the symptoms of COVID19 will be displayed in the centre and on entry doors.
- Patrons and volunteers advised to stay home if they are sick, and if they are displaying symptoms of COVID19 to call the Tasmanian Public Health Hotline (1800 671 738).
- Players or visitors to instruct Eastside Management if they are displaying symptoms of COVID19, have been in close contact with a person who has COVID19 or have been tested for COVID19.
- No person must enter Eastside Squash Centre or be in contact with other people associated with Eastside Squash Centre if required to isolate or quarantine.
- Any person that has been instructed to self-quarantine or is a confirmed case, must present a Statutory Declaration or notification from a medical professional stating they are symptom free and well enough before entering Eastside Squash Centre following the quarantine period.

Physical distancing – protect yourself and others.

- How to limit the spread of germs
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs.pdf>
- Please limit touching items and surfaces.
- Please keep at least 1.5 metres distance between people and make sure physical distancing requirements are met by all those attending Eastside Squash Centre.
- Be aware of all rooms, common areas, hallways, change-rooms to ensure the maximum safe capacity is not exceeded. Respect the signage that will be displayed disclosing capacity limits.

Physical contact activities

Physical distancing decreases the risk of transmission by reducing incidence of contact with other persons through shaking hands, hugging or tackling. Participants and visitors must take reasonable steps to maintain 1.5m distance from all other people.

Personal Health and Participation

- No one permitted to enter facility if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). (Advice is to contact the relevant health authorities, stay home and self-isolate for 14 days).
- Participants and visitors are to check-in behind court 8 on the desk. A sign-in agreement system is in place so there is a record of whom was at the courts at any one time – date, time, name, mobile and reason (player or spectator).
- No shaking hands, etc; no wiping hands on walls, no sharing of equipment.
- Washing of hands prior to, during and after activity using personal or provided hand sanitiser.
- Avoid physical greetings (i.e. hand shaking, high fives etc.).
- Avoid coughing, clearing nose, spitting etc.
- Players are to launder their own training uniform and wash personal equipment.
- Sanitiser and disinfectant wipes are provided for all players to wipe down touch surfaces, such as the door handle, ball before, after and during rest periods.
- Hiring of racquets, balls and goggles will be managed by a designated member allowing for post-use sanitising and sharing of hired equipment will be discouraged
- All payments and purchases made at Eastside Squash Centre are to be encouraged to be contactless made using credit card via pay wave where possible. Where cash is handled, use of sanitiser and gloves is recommended.

Notes:

- Players must be aware that players' health and safety is a shared responsibility.
- Players concerned about COVID infection are strongly encouraged to bring their own sanitizer and wipes for personal use. Eastside cannot guarantee, for example, provided sanitiser bottles do not retain virus on surface.

Hygiene in Facility

- Hand sanitiser and disinfectant wipes or disinfectant spray and paper towels so players can take their own safety precautions.
- Disposal bins are lined with a plastic bag for easy disposal of rubbish.
- Emptying of bins will occur on a regular basis
- Hand sanitisers are made available throughout facility as well as disinfectant wipes for public use and for players to wipe ball, racket and court door ways. Players also encouraged to sanitise their hands before and after playing.
- Courts to be cleaned on a regular basis.
- Toilets cleaned regularly.
- Volunteers/Staff to be provided with gloves and masks for use as required.
- Frequent wiping of high touch surfaces.
- Display posters outlining relevant personal hygiene guidance.

Communications:

- Information on return to squash and reinforcement of hand washing and general hygiene / etiquette protocols provided to staff and to players, coaches and volunteers using email, website, Facebook, etc.
- Endorse government COVID-Safe app and encourage players, coaches, members, volunteers and families to download and use app.
- Appropriate posters highlighting procedures and practices are positioned at entry, exit points, and around the centre.

Notes:

- Provide regular updates and monitor any need to change or reinforce messaging.

Management of Unwell Participants

- Any person within the centre displaying any symptoms must leave the centre immediately.
- Staff will clean down any high touch surfaces or particular surfaces or equipment which the person may have been in contact with.
- Should a public health authority contact the centre, the centre will respond and assist accordingly.

Notes:

- Provide regular updates and monitor any need to change or reinforce messaging.

Cleaning Procedure

Eastside Squash Centre have implemented appropriate disinfecting that ensures the centre is routinely cleaned.

- Training or instruction on appropriate cleaning
<https://www.safeworkaustralia.gov.au/covid-19-information-workplaces/cleaning-prevent-spread-covid-19>
- All staff/volunteers must wear gloves when cleaning. Washing hands thoroughly with soap or use an alcohol-based hand sanitiser before and after wearing gloves.
- Ensure any areas frequented by players and visitors are cleaned and disinfected on a regular basis with appropriate products.
- Cleaning will occur on a regular basis. Regular spot cleaning of handrails, taps, doorknobs, and sinks will be done (following the appropriate protective and cleaning protocols).

Entrance/Exit and Signage

Hand sanitiser will be on the entrance/exit doors together with the display of appropriate signage and conditions of entry.

Stay Informed:

Keep up to date with www.coronavirus.tas.gov.au and <https://www.health.gov.au/> for advice on controls to prevent the spread of COVID-19, including any restrictions.