

# Darwin Triathlon Club - COVID-19 Management Plan

<b>Your name or the name of your organisation</b>	Darwin Triathlon Club	
<b>Key contact</b>	Club President Patch Clapp <a href="mailto:darwintriclub.president@gmail.com">darwintriclub.president@gmail.com</a> 0400232576	Tony Cox Sanctioning/Permit Officer Tc@clouston.com.au
<b>Club contact email address</b>	darwintriclub@gmail.com	
<b>Club Background</b>	<p>Darwin Triathlon Club is a community based organisation which runs triathlon races for junior and seniors across Darwin and Lake Bennett. The club is run by a committee, whom follow all requirements outlined by Triathlon NT and Triathlon Australia. Races are sanctioned by Triathlon Australia. Permits are obtained from the City of Darwin in order to race at Council owned and managed facilities such as East Point, which is the location of our club shed.</p> <p>Current membership is currently is approximately 300 persons, and Day memberships are provided to allow non-members a chance to come and tri our events.</p>	

<p><b>Covid 19 Key Information</b></p> <p>*Sourced Triathlon Australia</p>	<p><b>Transmission</b></p> <p>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. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces (fomites), then touching their eyes, nose or mouth. 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.</p> <p><b>Prevention</b></p> <p>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, <b>if</b> a contact occurs. Education of the public and enhanced medical resources have also been shown to reduce transmission.</p>
<p><b>Communication of plan</b></p>	<p>DTC will communicate to members recommendations and requirements in the Covid Management Plan via email, social media, registration waiver, race brief and race instruction</p>
<p><b>Plan Review</b></p>	<p>Prior to each race, Monthly committee meetings and as requested especially from peak body</p>
<p><b>Date Reviewed</b></p>	<p>29/10/20</p>

### Key Legislative (Northern Territory Government) and Peak Body Requirements

The club has complied with all requirements as outlined in the Road Map and Chief Health Officer (CHO) Directions.

The club has submitted a Covid-19 Safety Plan and has been provided a Statement of Commitment – Inspected on 26<sup>th</sup> May 2020.

The Northern Territory entered into stage 3 of re-opening of Business on the 5 June. The CHO Directions now require organisations including the Darwin Triathlon Club to complete the following;

- make available/provide hand sanitiser to customers unless handwashing facilities are available
- display signage stating that a person should consider the following:

- keeping 1.5m away from a person who is not a member of the person’s family, a friend or an acquaintance (a person not known to them);
- if it isn’t possible to keep 1.5m away from a person not known to them - keeping close contact to less than 15 minutes;
- practising hand hygiene by washing hands or using hand sanitiser;
- staying home if feeling unwell ;
- downloading the COVIDSafe app;
- Avoiding sharing of any equipment or food, drinks, utensils etc;

The Darwin Triathlon club will comply with these requirements, guidelines and the commitment entered into prior to reopening, as per the new normal. The club will also meet the requirements outlined in the Triathlon Australia Guidelines – Smart Racing – Covid 19 (updated to version 3). DTC welcomes further advice and discussions with Triathlon NT and Triathlon Australia

Mass gatherings

Requirements in the Northern Territory for gatherings above 500 need to have an approved Covid Management Plan. The DTC will not have an event in excess of these numbers. Average participation is between 50 - 180

**Hygiene requirements**

**Facilities**

Hands wash facilities with signage are made available near transition with soap and paper towel. Hand sanitiser will also be made available at transition and registration. Rubbish bins are located next to hands wash stations.

Participants are asked to wash hands using soap prior to assisting with the set up or pack down.

Showers and ablution facilities are located within walking distance to transition. Participants are asked to provide their own hygiene products should you wish to use these shower and toilet facilities which are council owned and maintained.

**Cleaning and Sanitising**

DTC has purchased disinfectant to be available to all persons to wipe down any high touch surface area. This includes tables, drinks cooler, hand wash flick lever and bins. This cleaning equipment will be made readily available

**Health of participants, volunteers and family and friends**

**Health directions and monitoring of sick persons**

The DTC is asking any person attending club training or events to not attend if feeling unwell, especially if experiencing any Covid 19 symptoms.

The following requests are made by the club;

Please remain at home and seek medical assistance. Should you become unwell at an event please ensure you inform the Race Director (RD), committee member or another participant or medical staff attending the event, whilst maintaining physical distancing at all times. Following notification the RD or committee member will request any participant or volunteer feeling unwell to isolate, while making appropriate arrangements for transport to home or medical assistance. The club will ensure a face mask is located in the first aid kit for any person requested to isolate onsite.

Transport of person with symptoms to be completed by ambulance or medical transporter. Alternatives include use of designated taxi companies which have Covid plans and procedures to transport suspected cases. If the potential case is transported using a person associated with the club, both the potential case and driver need to wear a mask. Please note this transport option is absolutely last resort. The potential case is to be located in back left hand seat. Following transport vehicle needs to be cleaned in line with NT Government requirements, which is essentially disinfecting all high touch surface areas.

Should a case be identified through testing and have been found to have attended training or racing, the DTC has the ability to provide a list of close contacts on request to NT Department of Health.

Any alternative advice from onsite medical – St Johns will be applied.

All persons attending required to minimise spitting and clearing of nasal passages.

### **Personal Protective Equipment PPE**

Masks are not a requirement or encouraged by the NT Government at this point in time, but should it be, DTC would adopt any requirements immediately. Any request for PPE by volunteers will be accommodated or an alternative role found. Masks and Gloves are located at registration.

Any volunteer at aid station or food stations must be wearing gloves. Participants are to get their own drinks from the table.

Technical officials are also required to wear gloves whilst performing duties.

### **Vulnerable Populations**

The Northern Territory is fortunate to have no active Covid 19, due to measures taken by Territory Government including the requirements for quarantine. However without a vaccine the risk of spread remains, therefore vulnerable population will be encouraged to consider whether it's in the best interest to attend club training or an event until a vaccine is implemented into the population.

### **Drinks and Food**

Minimal support will be provided by the club with on course aid stations and post-race basic food, iced water and soft drink/sports drink. The basic food is related to food which will prevent cross contamination and not encourage persons to congregate.

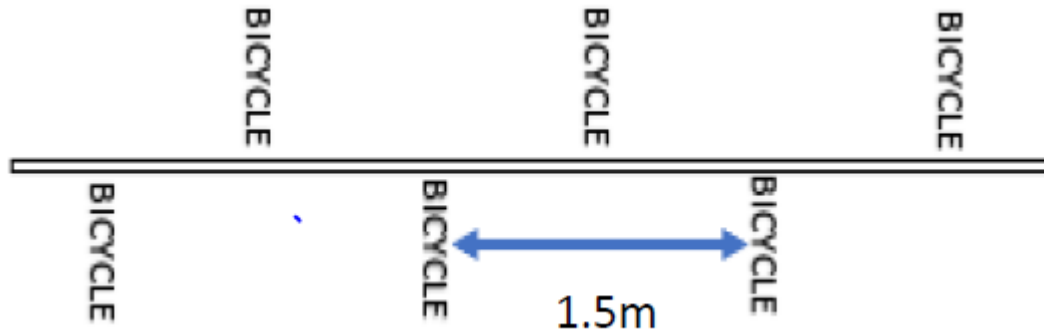
Rubbish bins will be provided to dispose of any other waste created.

## Race Operations

Darwin Triathlon Club is committed to the following;

### Transition

- Setup and pack down by persons who have hands washed or used hand sanitiser
- All racks to be set up to allow 1.5m spacing between bikes.



- Participants asked to move away from transition once they have completed their setup.
- The two lines of racks are well spread apart to create wider transition
- No one is to touch race equipment other than their own
- Visual checks of equipment only

### Starting Area

- Wave starts or rolling individual starts
- Distancing required whilst awaiting start

### Swim

- Waves or rolling starts where possible

### Bike

- Participants advised of Minimum 10m draft zone required
- Courses are designed free flowing with no bottle necks

### Run

- Advise participants to avoid running close behind another runner
- Consider loop courses where possible, otherwise advise participants to stay as far left on paths as possible to create distancing from oncoming runners.

### Mix relay exchange

- Participants known to each other, which means they are partners, family or live in the same household may exchange chips.
- Participants 'not known' to each other will not exchange chips. They are to enter transition pass the team mate, who may then begin their leg of the triathlon.

**Aid Stations**

- Not provided for short events
- For medium and longer events single use cups to be used. Volunteers to wear gloves and have sanitiser available.
- Any surface area to be cleaned and sanitised

**Penalty Box**

- For qualifying races – box is large allowing for distancing
- Technical officials to remain well away from competitors
- Technical officials to wear gloves

**Finish Area**

- Food currently to remain simple to avoid cross-contamination and to reduce people gathering. Good food options include bananas, muesli/protein bars and any other food which prevents cross-contamination
- Signage available
- Participants encouraged to be self-sustainable with nutrition
- Participants refilling bottled water must ensure their bottle doesn't touch the dispenser to prevent cross-contamination
- Medal presentation are minimal and don't occur after each event.
  - If medals are presented they will be provided into participants hand
- Timing chips to be collected away from finish line to prevent congregating.
- Volunteer is not to handle chips. They will be dropped into an identified bucket. The bucket will be left for a week without handling.

**Race Briefing and Instruction**

Race briefs for Come and Tri events or events where participation numbers are expected to be high, will be emailed out to participants in advance of the event.

A race instruction is briefly provided onsite to encourage Covid principles and to give brief instructions for race. Social distancing to be observed during race instruction (approx. 5-10 min)

**Infection Control Training**

Members, participants, volunteers are encouraged to complete 'Infection Control Training - COVID 19' provided online by the Australian Government – [www.covid-19training.gov.au](http://www.covid-19training.gov.au)

**Junior Triathlon**

To ensure facilities for the washing and sanitising of hands is made available. Encourage children and

teenagers to the benefit of hands washing through education.

Ensure food and drinks provided are simple and prevent cross confirmation.

Parents are asked not to attend when child is unwell. Organisers will be required to ask any child or parent unwell to leave the event immediately.