

COVID-19 Advice for Athletes, Spectators, Volunteers and Others at a Little Athletics NSW centre.

All individuals at Little Athletics NSW will be asked to follow the guidelines below at every centre. All centres have a COVID-19 Safety Plan and COVID Safety Officer to implement and monitor these guidelines throughout the season.

To be at this facility, I acknowledge:

- I have not in the last 14 days travelled from overseas or a COVID-19 hotspot (as defined by NSW Health)
- I have not been in close contact with a person who is positive for COVID-19.
- I am not an active COVID-19 case.
- I am not currently, or have recently experienced cough, fever, sore throat, fatigue or shortness of breath. If I develop symptoms, I will immediately leave the facility and seek medical advice.

Physical distancing, I will:

- Keep 1.5 metres away from others whilst off the field of play
- Avoid physical greetings such as handshaking, hugs and kisses
- Practice good hygiene (below)
- Stay at home if I have any cold or flu symptoms (If you have these symptoms, seek medical advice and if advised get tested for COVID-19)

Good hygiene, please:

- Wash your hands often with soap and water including before and after eating and after going to the bathroom.
- Use alcohol-based hand sanitisers when you can't use soap and water. Little Athletics NSW has provided centres with hand sanitiser that will be available for all participants.
- Avoid touching eyes, nose and mouth.

All Little Athletics NSW centres must have a COVID Safety plan as approved by Little Athletics NSW. This falls in line with NSW Government regulations to keep all athletes, spectators, volunteers, and others who may attend the facility safe. All participants of Little Athletics (including spectators and volunteers) must abide by these rules and comply with any directions given and signage in place.

Please note: For Little Athletics competitions, the "field of play" includes the track & field, athlete marshalling areas (call rooms) and operational areas for officiating (recording, announcing, photo finish) required to conduct the competition whereby physical distancing is not required. Physical distancing is required off the field of play.