



RETURN TO PLAY PROTOCOL

Sydney Uni Muay Thai Club

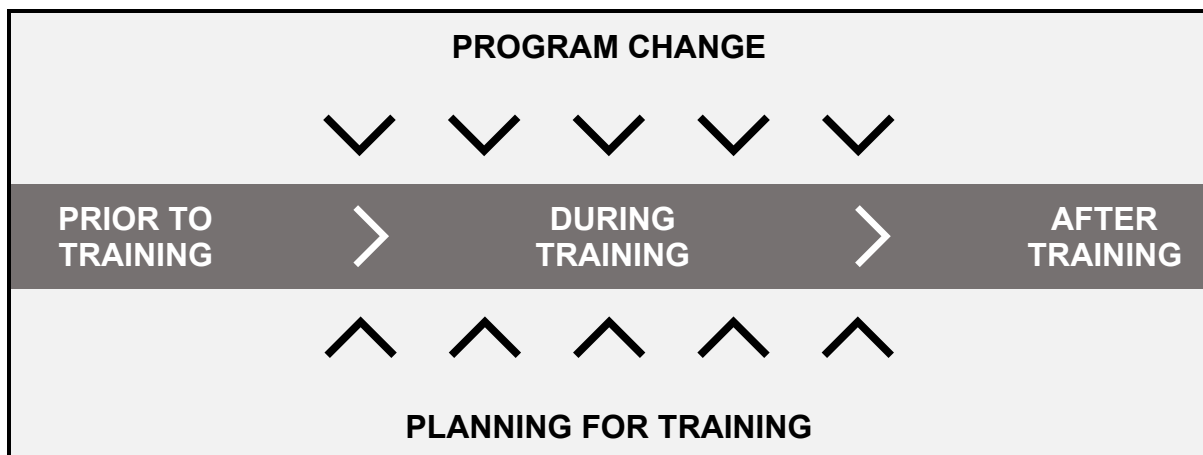
June 2020

SUMMARY

The Sydney Uni Muay Thai (SUMT) Club seeks to resume its structured training sessions from 22 June 2020. To minimise risk to its members and other SUSF patrons during the COVID-19 pandemic, the Club is enacting a Return to Play protocol which will modify training such that it minimises exposure and unnecessary exposure.

PROTOCOL FRAMEWORK

The protocol comprises core changes to the program and planning, which will influence the three stages of each training session.



The SUMT Return to Play protocol will be in effect indefinitely until such time it is determined that SUSF clubs can train safely without the protocol.

REFERENCE FRAMEWORKS AND RESOURCES

The SUMT Return to Play protocol is informed by the following frameworks and resources.

1. The Australian Institute of Sport (AIS) Framework for Rebooting Sport.
 - a. Levels A and B recommendations for *Boxing* (see *Appendix A*), a combat sport with training parallels to Muay Thai.
2. Terms and conditions of returning to Sport at Sydney Uni Sport & Fitness (See *Appendix B*) during the COVID-19 Pandemic.

GUIDING PRINCIPLES

The SUMT Return to Play protocol is underpinned by principles outlined in the AIS Framework for Rebooting Sport (See *Appendix C*).

- 'Get in, train and get out'.
- Wherever possible, keep your social distancing of at least 1.5m.
- Keep numbers small during training.
- Follow good hand hygiene.

PROGRAM CHANGES

The Club will appoint a COVID-19 Safety Coordinator from the Club Executive. The COVID-19 Safety Coordinator role will be in effect for the duration of the Return to Play protocol.
Partner-based training will be limited to exercises that preserves a minimum distance of 1.5 metres.
The club equipment selection will be revised to preserve a minimum distance of 1.5 metres and minimise equipment handling.
Clinch training will be excluded from training.
All variations of sparring will be excluded from training.
No club training equipment will be loaned to members.
For every session, 10 minutes will be allocated to cleaning before and after training.
All attending Club members must download the COVIDSafe app.
The President and COVID-19 Safety Coordinator will cease training immediately if the Return to Play protocol cannot be upheld, and only resume training when it is determined that SUMT can consistently observe protocol.

PLANNING FOR TRAINING

The Club will be informed of the terms and conditions of training, and must accept all terms before registering for training sessions.
Club members must register online in advance for upcoming training sessions (<i>see Appendix E</i>), so that training groups do not exceed size limits for any given session.
Club members experiencing any symptoms of illness or respiratory ailments will not be permitted to train until two weeks after symptoms cease and they test negative for COVID-19.

PRIOR TO TRAINING

The training group can only enter Brydens Boxing Gym after the previous group has completely vacated the premises.

The coach/instructor will validate registered attendees and record attendance. Attendees who have not registered will not be permitted to participate in training.

Club members must shower prior to training, and not conduct other intense physical activity in between these two events.

Club members must maintain 1.5 metres distance when waiting outside Brydens Boxing Gym.

Club members must store their belongings across the gym in specially marked locations.

Club members must bring their own water bottles for safe rehydration.

Club members must bring their own training equipment (boxing gloves, hand wraps).

DURING TRAINING

Training groups cannot exceed 10 Club members and one coach/instructor.

All Club members must maintain a minimum distance of 1.5m from each other. The coach/instructor will be responsible for zone designation, and shift between training arrangements (see *Appendix F*) as required by the training agenda.

Only non-contact training is permitted.

Coach instruction intermissions will be coordinated with distancing requirements observed; Club members will be instructed not to congregate but remain in position.

Club members must clean training fixtures and wash their hands between drills.

Club members who deliberately and repeatedly breach protocol will be removed from training.

Any identified risks to distancing and hygiene requirements must be recorded in a facility safety checklist (see *Appendix D*).

AFTER TRAINING

At the conclusion of training, all Club members will be instructed to clean down Brydens Boxing Gym. The coach/instructor will verify that the premises has been sufficiently cleaned.

Following training, members will be instructed wash their hands, pack their belongings, and vacate the premises immediately.

Members will not be permitted to socialise outside Brydens Boxing Gym.

Attending Club members experiencing symptoms following training must notify the coach/instructor and undergo COVID-19 testing. The coach/instructor must notify the COVID-19 Safety Coordinator immediately.

Attending Club members who undergo COVID-19 testing must immediately notify the coach/instructor of the test outcome (positive or negative), who will then notify SUSF.

Club members undergoing COVID-19 testing will not be permitted to train until they have notified the Club of a negative result.

The coach/instructor must debrief with the COVID-19 Safety Coordinator following each session, using the facility risk checklist and raising any incidents.


APPENDIX A: RECOMMENDED LEVEL A, B, C ACTIVITIES FOR COMMUNITY AND INDIVIDUAL SPORT

Appendix A – Recommended Level A, B, C activities for community and individual sport

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Community/ Individual Sports	Level A	Level B	Level C
Boxing	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo). Bag work if access to own equipment, without anyone else present.	Shadow sparring allowed. Non-contact technical work with coach, including using bag, speedball, pads, paddles, shields. No contact or sparring.	Full training and competition.
Canoing	Running/aerobic training (solo), resistance training (solo), on-water training (solo).	No contact. No team boat training. One person per boat.	Full training and competition.
Cricket	Running/aerobic training (solo), resistance training (solo), skills training (solo).	Nets – batters facing bowlers. Limit bowlers per net. Fielding sessions – unrestricted. No warm up drills involving unnecessary person-person contact. No shining cricket ball with sweat/saliva during training.	Full training and competition. No ball shining with sweat/saliva.
Cycling	Solo outdoor cycling or trainer, resistance training (solo).	Avoid cycling in slipstream of others – maintain 10m from cyclist in front. Avoid packs of greater than 2 (including motorcycle dery).	Full training and competition.
Diving	On-land training only (solo).	Full training, with 1 athlete per board/platform (or 2 if synchro training).	Full training and competition.
Equestrian	Solo/pairs training only.	Full training.	Full training and competition.
Fencing	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo). No bouts with others. Solo footwork practice (steps, lunges, fleshes). Pointwork – using cushion/board to practice fine motor skills of point work with sword.	Full training and competition. Ensure no shared masks. No shaking hands post bout.	Full training and competition.
Field Hockey	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) if access to appropriate surface available.	Non-contact skills training drills in small groups (not more than 10 athletes/staff in total).	Full training and competition.
Football (soccer)	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo).	Non-contact skill training drills – passing, shooting, headers. Small groups (not more than 10 athletes/staff in total).	Full training and competition.

APPENDIX B: TERMS AND CONDITIONS OF RETURNING TO SPORT AT SYDNEY UNI SPORT & FITNESS



Sydney Uni
SPORT & FITNESS
ABN 45 634 542 644

**Terms & Conditions of returning to Sport at Sydney Uni Sport & Fitness
during the COVID-19 Pandemic**

As a participant in any training session of SUSF Members, SUSF Clubs, or a group fitness, training session or BootCamp taken by any SUSF employee ('**Training Session**'), you must agree to the following terms and conditions.

By attending and participating in these Training Sessions you hereby acknowledge and accept:

- To your knowledge, you have not been in contact with someone with COVID-19 in the last 14 days.
- You do not have flu-like symptoms.
- You acknowledge the risk of attending training on the University of Sydney Campus.
- If you have not downloaded the COVID-safe App, you agree to leave your name and number with your coach, and you agree your name and contact details may be used for the purpose of contact tracing should SUSF discover a positive test for COVID-19.
- That the maximum number of participants in each session will be 10, including the coach or trainer.
- You will inform SUSF as soon as possible (via your coach or via legal@sport.usyd.edu.au) should you test positive for COVID-19.
- That SUSF indoor facilities (including bathrooms and showers) are not available at this time.
- Adhere to your allocated Training Sessions, and understand that you will not be able to train or be present at the Training Session at any other time (eg staying to watch other Training Sessions).
- That equipment is not to be shared and must be cleaned after every Training Session.
- That your coach or trainer has set up the stations appropriately separated and you must adhere to this distance.
- If requested by your coach or trainer, you agree to have your temperature tested.
- That Training Sessions for every participant will include 5 minute clean/wipe down of equipment at the start and end of each Training Session. If you arrive late, or leave early you must still complete this.

You are further advised to:

- Wash/sterilise your hands before and after you train
- Avoid touching your face during Training Sessions.
- Not to share water bottles and bring your own full bottle.
- Keep your distance (1.5m) from other people training and on campus.
- Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings is strongly discouraged.

APPENDIX C: PRINCIPLES – SAFE REBOOT OF SPORT

SAFE REBOOT OF SPORT

ANY DECISIONS ON TIMING OF RETURN TO TRAINING AND/OR COMPETITION MUST BE GUIDED BY YOUR STATE OR TERRITORY PUBLIC HEALTH REGULATIONS



'Get in, train and get out'



If you can do it at home, do so



Wherever possible, keep your social distancing of at least 1.5m



Keep numbers small during training



Keep change rooms clean or change at home



No high-5s, dance it out instead



Spectators should spread out and maintain social distance



Follow good hand hygiene



SportAus.gov.au



AIS.gov.au



@theAIS #theAIS



APPENDIX D: SUMT FACILITY SAFETY CHECKLIST (PAGE 1)



Sydney Uni Muay Thai Club

FACILITY RISK CHECKLIST

 1. General information

1.1	Coach / Instructor	Chin-Liang Behl
1.2	Training venue	Brydens Boxing Gym
1.3	Date	Refer to filename

 2. Training venue

2.1	Training floor surface is free of obstacles, debris and hazards.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
2.2	Equipment is appropriately stowed, and training fixtures are safely positioned away from entry/exit points.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
2.3	Space is appropriate for training and the present training cohort.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
2.4	Lighting and temperature control is sufficient.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No

 3. Boxing ring

3.1	Ropes, rope ties and turnbuckles are in good condition. Ropes are securely fastened.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
3.2	Underlay is in good condition and of sufficient thickness.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
3.3	Canvas is fastened, and smooth across the surface with no rips or tears.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
3.4	Lighting and temperature control is sufficient.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No

 4. Club equipment

4.1	Club training equipment is in good condition, stored appropriately, and safely retrievable.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
4.2	Current inventory is sufficient for Club training. <i>Note: training capacity is 40 members (20 pairs)</i>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
4.3	Heavy bags are sufficiently packed. Leather, strap rings, swivels and chains are in good repair.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
4.4	Club equipment storage is in good condition.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
4.5	Shelves and other designated storage are vacated for Club members.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No

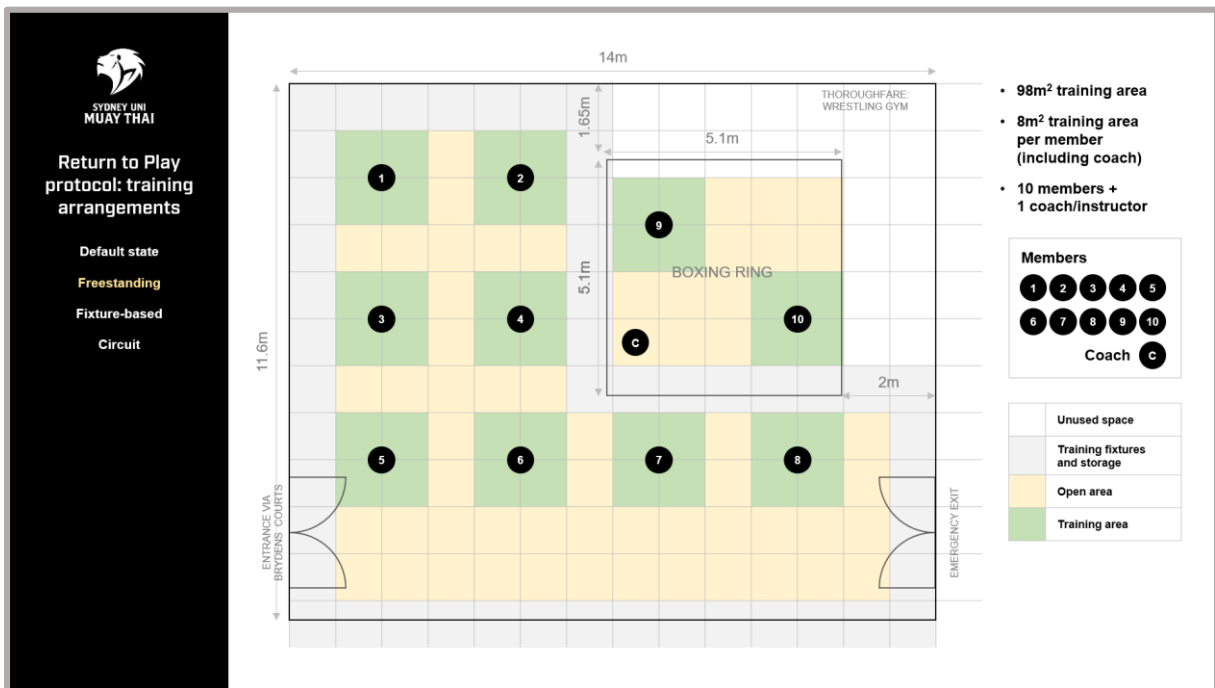
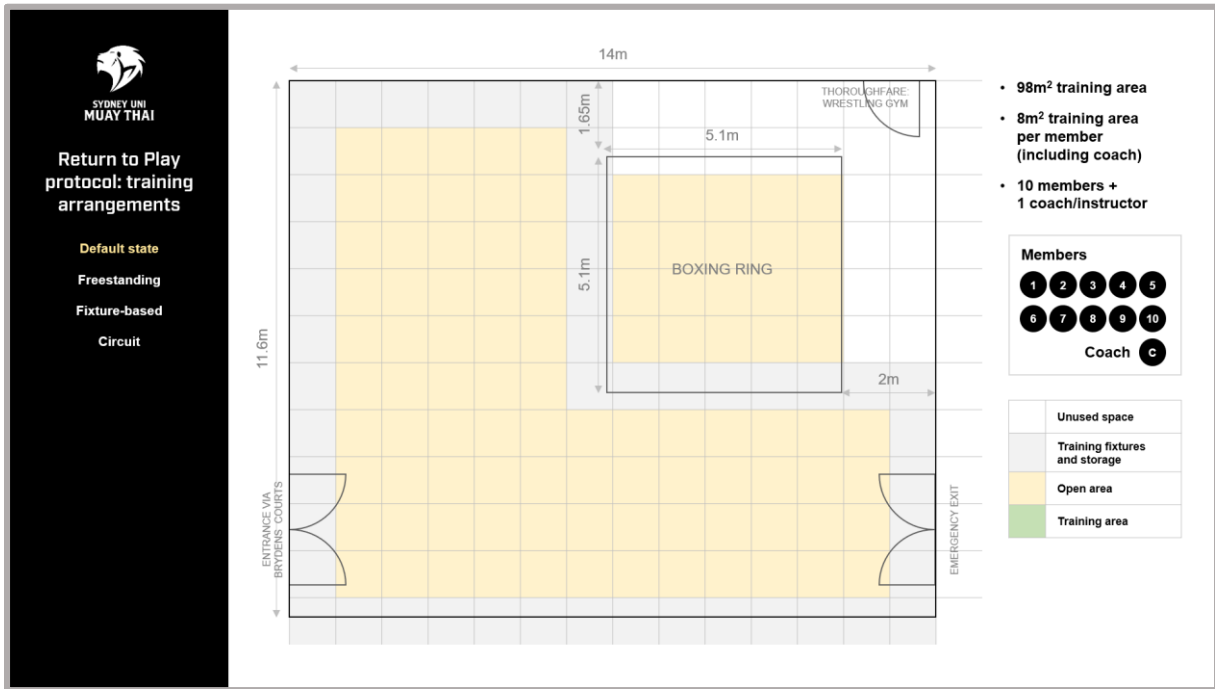
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APPENDIX E: TRAINING REGISTRATION PAGE

The screenshot shows a web browser window with the following details:

- Browser Tab:** Calendly - Sydney Uni Muay Thai
- URL:** calendly.com/sumt/training?fbclid=IwAR0PgZTeciBNme_KAZsK9auxfvQH3LJZ1IG9KrLjfH2_aBqFq0UUeSW1g7Q...
- Event Title:** Sydney Uni Muay Thai Training Sessions
- Duration:** 1 hr 30 min
- Location:** Brydens Boxing Gym
- Calendar:** A calendar for June 2020 with dates 16, 18, 20, 23, 25, 27, and 30 highlighted in blue circles.
- Time Zone:** Sydney, Melbourne Time (2:34pm)
- Logo:** A 'powered by Calendly' logo in the top right corner of the event card.

APPENDIX F: TRAINING FORMATIONS AND FLOOR PLAN



Return to Play protocol: Sydney Uni Muay Thai Club

