

## COVID-Safe Plan

### Fitability Tandem training 6<sup>th</sup> and 19<sup>th</sup> of September 2020

This Framework details how tandem riding training events will be delivered by Fitability to meet the recommendations of Canberra's Recovery Plan. From 19 June 2020, Stage 2.2 allows for groups of no more than 100 participants. We anticipate no more than 20 at these events. Refer to the ACT Government guidelines at <http://www.covid19.act.gov.au>.

- On the days of the events, the Fitability Committee Members will be responsible for ensuring that participants follow the following guidelines. Where a participant fails to comply, they will be asked to leave the event.
- Names and contacts of all participants will be taken prior to the event and records kept for tracing purposes if required.
- All training, including the theoretical components will be delivered outdoors with 1.5m separation between each participant, or each household grouping.
- Any participant who is feeling unwell should not participate. If a participant experiences symptoms such as fever, cough, headache, sore throat, and tiredness, they should stay at home. Consult a doctor if symptoms persist. Coronavirus (COVID-19) Symptom Checker is available at <https://www.healthdirect.gov.au/symptom-checker/tool/basic-details>.
- Riders with higher risks from Covid19 are advised not to participate:
  - People aged 70 years and over;
  - People aged 65 years and over with chronic medical conditions;
  - People with compromised immune systems; and
  - Aboriginal and Torres Strait Islander people over the age of 50 with one or more chronic medical conditions.
- Fitability Committee Members will maintain 1.5m separation and hygiene standards during event setup, running and shutdown. When handling equipment such as signs and tandem bikes. Organisers and participants are to maintain hygiene by cleaning, wearing gloves and/or regular hand cleaning.
- A committee member with a current first aid certificate will be present.
- With the exception of tandem partners riding together, riders are to maintain a distance of 1.5m from other participants while at the event.
- Hand hygiene is imperative and hand sanitiser will be available at the event.
- Communal refreshments will not be provided. Participants should bring their own.
- Participants are to refrain from shaking hands, pats on the back, but can give physical guidance to disabled riders when necessary.
- If any rider feels unwell in the two weeks following their event, they must advise the Fitability Committee who will follow up with health authorities. Our record of event attendees with their contact details will be made available for contact tracing in the event of a positive Covid test.