

High Performance/ Professional Sports	Level A	Level B	Level C
General description	<p>Activity that can be conducted by a solo athlete or by pairs where at least 1.5m can always be maintained between participants. No contact between athletes and/or other personnel. Examples for all sports - general fitness aerobic and anaerobic (e.g. running, cycling sprints, hills).</p> <p>Strength and sport-specific training permitted if no equipment required, or have access to own equipment (e.g. ergometer, weights).</p> <p>Online coaching and resources (e.g. videos, play books).</p>	<p>As per Level A plus:</p> <p>Indoor/outdoor activity that can be conducted in small groups (not more than 10 athletes and/or other personnel in total) and with adequate spacing (not more than 1 person per 4m²).</p> <p>Some sharing of sporting equipment permitted such as kicking a football, hitting a tennis ball, use of a skipping rope, weights, mats. Non-contact skills training. Accidental contact may occur but no deliberate body-contact drills. No wrestling, holding, tackling or binding.</p>	<p>As per Level B plus:</p> <p>Full sporting activity that can be conducted in groups of any size including full contact (competition, tournaments, matches). Wrestling, holding, tackling and/or binding (e.g. rugby scrums) permitted.</p> <p>For larger team sports, consider maintaining some small group separation at training.</p> <p>For some athletes full training will be restricted by commercial operation of facilities and access to international travel.</p>
General hygiene measures	<p>No sharing of exercise equipment or communal facilities.</p> <p>Apply personal hygiene measures even when training away from group facilities - hand hygiene regularly during training (hand sanitisers) plus strictly pre and post training. Do not share drink bottles or towels. Do not attend training if unwell (contact doctor).</p> <p>Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings must be strongly discouraged.</p>	<p>Communal facilities can be used after a sport-specific structured risk assessment and mitigation process is undertaken.</p> <p>'Get in, train and get out' - be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms).</p> <p>Minimise use of communal facilities (e.g. gym, court) with limited numbers (not more than 10 athletes and other personnel in total). Have cleaning protocols in place for equipment and facilities.</p> <p>Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap before and after training (preferably at home). Where possible maintain distance of at least 1.5m while training.</p>	<p>Return to full use of training facilities. Continue hygiene and cleaning measures as per Level B.</p> <p>Limit unnecessary social gatherings.</p>

		No socialising or group meals.	
Medical Servicing	<p>All consultations undertaken via telehealth unless face to face is considered urgent Avoid all routine and non-essential manual therapy. Five Moments for Hand Hygiene must be used to minimise the risk of transmission between health professionals and patients</p> <p>Hygiene practises to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each athlete. Minimum contact of non-essential surfaces to occur and hands on treatment should be kept to essential only.</p>	<p>History taking, or full consultations should be conducted via telehealth if practical. Face to face consults should be conducted from at least 1.5m apart when possible, and hands on treatment should be for essential conditions only. A single source therapist is recommended.</p> <p>During any essential manual therapy, it is recommended that the athlete and practitioner wear a face mask. All non-essential athletes and other personnel should avoid the treatment area, and the number of people in treatment areas should be kept to a minimum, following social distancing guidelines.</p>	<p>Full manual therapy services can be conducted. Non-essential athletes and other personnel should continue to avoid treatment areas. Enhanced hygiene measures and social distancing should be maintained.</p>
Squash	Solo training drills only - Running/aerobic/agility training, resistance training, skills training at home, outdoor or closed courts (not open to others).	Full training on court – singles only. Limited number of players in centre (two per court).	Full training (with doubles) and competition.

Community/Individual Sports	Level A	Level B	Level C
<p>General description</p>	<p>Activity that can be conducted by a solo athlete or by pairs where at least 1.5m can always be maintained between participants. No contact between athletes and/or other personnel. Examples for all sports - general fitness aerobic and anaerobic (e.g. running, cycling sprints, hills).</p> <p>Strength and sport-specific training permitted if no equipment required, or have access to own equipment (e.g. ergometer, weights).</p> <p>Online coaching and resources (e.g. videos, play books).</p>	<p>As per Level A plus:</p> <p>Indoor/outdoor activity that can be conducted in small groups (not more than 10 athletes and/or other personnel in total) and with adequate spacing (not more than 1 person per 4m²).</p> <p>Some sharing of sporting equipment permitted such as kicking a football, hitting a tennis ball, use of a skipping rope, weights, mats. Non-contact skills training. Accidental contact may occur but no deliberate body contact drills. No wrestling, holding, tackling or binding.</p> <p>Commercial gyms, bootcamps, yoga, Pilates, dance classes (e.g. barre, ballet, hip hop, not partnered), cycling 'spin' classes permitted if other measures (above) are met.</p>	<p>As per Level B plus:</p> <p>Full sporting activity that can be conducted in groups of any size including full contact (competition, tournaments, matches). Wrestling, holding, tackling and/or binding (e.g. rugby scrums) permitted.</p> <p>For larger team sports, consider maintaining some small group separation at training.</p> <p>For some athletes full training will be restricted by commercial operation of facilities.</p>
<p>General hygiene measures</p>	<p>No sharing of exercise equipment or communal facilities.</p> <p>Apply personal hygiene measures even when training away from group facilities - hand hygiene regularly during training (hand sanitisers) plus strictly pre and post training. Do not share drink bottles or towels. Do not attend training if unwell (contact doctor).</p> <p>Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings must be strongly discouraged.</p>	<p>Communal facilities can be used after a sport-specific structured risk assessment and mitigation process is undertaken.</p> <p>'Get in, train and get out' - be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms).</p> <p>Minimise use of communal facilities (e.g. gym, court) with limited numbers (not more than 10 athletes/staff in total). Have cleaning protocols in place for equipment and facilities.</p> <p>Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap</p>	<p>Return to full use of sporting facilities. Continue hygiene and cleaning measures as per Level B.</p> <p>If any massage beds being used, hygiene practises to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each athlete and hand hygiene.</p> <p>Limit unnecessary social gatherings.</p>

		before and after training (preferably at home). Where possible maintain distance of at least 1.5m while training. No socialising or group meals.	
Spectators, additional personnel	No spectators unless required (e.g. parent or carer).	Separate spectators from athletes. Spectators should maintain social distancing of at least 1.5m.	Minimum contact of non-essential surfaces to occur and hands on treatment should be kept to essential only. Non-essential personnel should be discouraged from entering change rooms.
Squash	Solo training drills only - running/aerobic/agility training, resistance training, skills training at home or outdoor (no indoor sporting facility access allowed).	Full training on court – singles only. Limited number of players in centre (two per court).	Full training (with doubles) and competition.