

## Phase 2 | Western Australia Easing of Restrictions

### Fitness Classes, 20 people per session

#### Preface

The following document is presented to minimise risk and the spread of COVID-19 as easing of restrictions are applied and businesses reopen with a return to sport. The following safety action plan has been developed under the guidelines from the World Health Organisation (WHO), Australian Institute of Sport (AIS) and Sports Climbing Australia (SCA) in conjunction with current medical advice from State and National Government.

#### Objective

The following considerations are to enable a safe return to sport for rock climbing. The approach taken is to minimise risk, exposure and spread of COVID-19 while allowing a return to sport under the easing of restrictions by the West Australian Government. The approach taken is in line with the AIS return to sport framework and SCA guidelines, a holistic approach has been applied.

WA is the first state to allow a return to operation and as such we will be setting the standard of play. It was agreed at the SCA meeting that a uniformed, consistent approach to a return should be followed where possible. It is our intention to minimise risk to community, staff and the industry as a whole. A consistent approach to operation is advantageous as it will present a unified front to any authority reviewing COVID-19 Safety Plans at all climbing centres.

## Hygiene and Protective Protocols

Any staff member or customer that is unwell is required not to attend the facility in order to protect others from risk of exposure.

### Phase 2 Restrictions

- Fitness courses/classes only
- Minimal shared equipment
- No general use of gym floor
- Structured learning/training environment
- Returning customers only; no new climbers
- 20 people per course if adhering to social distancing guidelines of 4m<sup>2</sup> per person
- 2 hour courses with half hour clean down block per session
  - Two hours courses is an approach to minimise exposure in static environments where high levels of exertion are occurring
- COVID-19 Hospitality and Tourism Hygiene Training Program
  - "A mandatory AHA Hospitality and Tourism COVID-19 hygiene training program has been launched to prepare the hospitality industry for a return to business. This specialised training course will need to be successfully completed by every staff member employed at a hospitality venue — with businesses strictly only able to reopen when the requirements are met."
  - Not specific to all centres but to those handling food and beverages including coffee machines
- COVID-19 Safety Agreement Form
  - Agreement by customer to adhere to safety plan protocols
  - Permission to share information with government, health authorities or police
  - Opportunity to update contact information for the purposes of contact tracking
- New COVID induction for all returning climbers
- Equipment such as water bottles and phones that will be kept with climber during session must be sanitised on entry to facility
- Maintain the same pairs of climbers throughout the session to minimise contact
- All climbers are encouraged to bring their own equipment where possible maintaining its use only within that pair
- No showers
- No street footwear permitted on climbing walls, climbing shoes only
- No shared water dispenser
- Not enforcing the use of face masks; this is in line with state and federal approach to the use of masks as well as adhering to a holistic approach to hygiene and risk mitigation
- No Hire equipment unless clear demonstration of minimisation of shared equipment i.e. one use per day only following cleaning procedures and disinfection. This is in line with guidelines laid out by SCA as at 8<sup>th</sup> of May 2020
- No loose chalk; liquid chalk only
  - Liquid chalk has a high alcohol content and a current study is underway by The North American based Climbing Wall Association to investigate the effect of liquid chalk and loose chalk
    - The use of liquid chalk will minimise particle droplets while acting as a disinfectant

- Minimisation of shared equipment:
  - Exercise equipment must be used under supervision of staff member, where equipment will be put aside and sanitised prior to next user
  - No sharing of ropes other than within the same pair
- The provision of hand sanitisation
  - Hand sanitiser to be used on every new climb
- New buddy check protocols that require self-checking under the supervision/approval of a buddy
- Consideration to change room and toilet facilities should account for 4m<sup>2</sup> people at any time. This will be unique to each facility
- Wash down period
  - Commercial grade sanitising products only
  - Cleaning and disinfection of any used surface during the session this includes but is not limited to:
    - Belay devices and carabiners in accordance with manufacturer's warranty
    - Cleaning of top rope ropes focusing on first and last three meters of rope
    - Reception desks and payment terminals
    - Handrails
    - High traffic areas
    - Any shared training/climbing equipment
    - Door handles
    - Checkin terminals
    - Climbing Floor and safety matting systems to be cleaned daily
  - Consideration needs to be made to a cleaning process for the climbing walls and holds
    - The AIS Framework has identified that climbing walls are part of infrastructure and not equipment, however consideration to a cleaning process needs to be considered per facility

“If all other risk-minimizing measures (including compensation measures) are observed and all scientific findings on the transmission paths are taken into account, regular disinfection of climbing holds should be avoidable. Climbing holds also have a rough and dry surface which is not a hospitable environment for the virus.

In general, human coronaviruses are not particularly stable on dry surfaces. The Federal Institute for Risk Assessment (BfR) in Germany, is not aware of any infections with SARS-CoV-2 through contact with surfaces. In principle, corona viruses can get onto surfaces through direct sneezing or coughing of an infected person and survive only briefly. A smear infection of another person appears possible if the virus is transmitted shortly afterwards via the hands to the mucous membranes of the mouth and throat or the eyes. To protect yourself from virus transmission via contaminated surfaces, it is important to observe the general rules of everyday hygiene, such as washing your hands regularly and keeping your hands away from your face.”

Source: Strategy Outline for COVID-19 Risk Mitigation in Climbing Gyms, Vertical life.



## Occupancy Flow and Capacity Management

Limitation of 20 people per course if adhering to social distancing requirements of 4m<sup>2</sup> per person. No crossover of customers

- Booking system to control traffic flow, time and attendance by customers
  - Provides a date and time of attendance in case of a positive test being linked to a facility
  - Designated arrival time to minimise unsupervised congregations
- No spectators unless special needs requirements of climber
  - Drop off and pick up plan to minimise traffic
- Social distancing:
  - Traffic flow management plan for new arrivals
  - Payment terminal marking points on floor with additional queuing spaces at 1.5m intervals
  - Toprope only every alternative station to be used at any time if current gym layout creates a spacing of 1.5m between climbers (this approach should create additional spacing if anything)
  - Lead climbing – create clear “sections” the wall through the use of bright tape; climbers may use every alternate section only
  - Bouldering – create clear sections of the wall through the use of bright tape, leave a gap in setting of approximately 1 m to encourage social distancing
    - Clearly mark seating sections that encourage social distancing
    - Only one climber per section
  - Route setting plan should allow for social distancing measures to be followed; minimise wandering routes where possible

## FAQ's

- Will you be taking additional measures to keep the facility clean at this time?  
Yes - In line with WHO, AIS, SCA and Government guidelines we will be carrying out regular cleaning and disinfection protocols throughout the facility, this includes a dedicated time between all classes to allow for cleaning.
- Do I need to wear a face mask?  
No – under WA health guidelines there is no requirement to wear a face mask in public. You may wear one if you wish.
- Do I need to wear gloves?  
No - under WA health guidelines there is no requirement to wear gloves and there is little evidence that wearing gloves will have a positive effect in preventing spread.
- Do I need to make a booking?  
Yes - as part of the Phase 2 restriction easing outlined by the WA Government Roadmap, we are only allowed to operate Instructor lead fitness classes with a maximum occupancy of 20 people. To meet these requirements classes must be booked online ahead of time.
- I have a membership already, can I come in and climb as usual?  
No - all memberships are currently frozen until we can resume something closer to regular trading, to climb you must book in for a class. We are working on ways to thank our members for supporting us in this time.
- Can I come in to watch if I'm not climbing?  
No – no spectators are permitted unless supervising a climber with special needs.
- Can I wear my street shoes on the climbing wall or hire climbing shoes?  
No – a dedicated pair of gym shoes is permitted if disinfected prior to use. Personalised climbing equipment is encouraged. It is preferred bare feet on the climbing floor, have a pair of slip on shoes between climbs.
- Can I hire a harness?  
No – harness hire is only available for Youth Climbing programs in Phase 2. Harnesses will have a single use per day, sanitised and taken out of circulation for 24hrs

