



# Australian Biathlon Return to Biathlon Toolkit

UPDATED: 22 June 2020

## How to Use the Return to Biathlon Guidelines

**This document is designed to cover the Hotham Biathlon Arena activities and off-mountain training activities covered by Victorian legislation and restrictions and takes into account the Declaration of the State of Emergency extended until 19 July 2020**

**For those living in other States/Territories, they should familiarise themselves with their State/Territory of residence's specific requirements**

The Australian Biathlon Association runs the unique sport of biathlon in Australia, which involves cross country skiing combined with small bore shooting, practised exclusively at the Hotham Biathlon Arena.

When not at the Hotham Biathlon Arena, our members practise target rifle shooting, rollerskiing, strength and fitness training and other forms of cross training, close to/at home.

Our sport needs to meet the safety criteria and restrictions for shooting, as well as take heed of restrictions for cross country skiing; when rollerskiing/running off-snow, biathletes need to take heed of restrictions for that activity/the nearest approximation in sport.

The Return to Biathlon Guidelines are designed to support anyone involved in delivering or participating in biathlon to do so within current Federal and State/Territory COVID-19 Restrictions. We hope these guidelines, read in conjunction with our Return to Play Checklist and other resources, will help you get back to enjoying biathlon as safely as possible if you choose to.

This is an evolving situation, check our website for our latest news and for the Victorian State Government website [click here](#)

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## Restrictions at 23 June 2020, current until 17 July 2020:

### **Shooting at the Hotham Biathlon Arena**

- depending on numbers, access may be staggered
- bring your own hand sanitiser and water bottle/snacks
- keep your distance (at least 1.5 metres apart) except for safety
- no competitions (no racing of any kind, no “fun” races, no “tagging” games)
- no sharing of mats
- no sharing of other equipment unless unavoidable
- no handshakes, high fives, hugging, etc
- no more than eight shooters will be permitted to shoot at any one time
- those aged under 18 are considered a
- no more than ten persons allowed on the range, plus those essential to running the session
- range hut will not be available for shelter
- the drop toilet should only be used if unavoidable, hand sanitiser to be used before and after
- mats to be cleaned before and after use

### **Skiing/running etc**

- bring your own hand sanitiser and water bottle/snacks
- keep your distance (at least 1.5 metres apart)
- no competitions (no racing of any kind, no “fun” races, no “tagging” games)
- no sharing of equipment
- no handshake, high fives, hugging, etc
- no more than 20 in a group, non-contact
- the drop toilet should only be used if unavoidable, hand sanitiser to be used before and after

## Return to Biathlon Guidelines

To keep the biathlon and wider community safe, we must all take responsibility to minimise the effect of COVID-19. The person organising the event will be the designated COVID-19 officer, responsible for a record of attenders of that event and ensuring that social distancing, cleaning and other requirements are met. As at 4 June, no racing or competitive activity of any kind is permitted; racing includes “fun” races and “tagging” games.

### *Before you play*

Please stay at home if you have been exposed to someone with COVID-19 in the last 14 days or have even mild flu-like symptoms. If you are in a [high risk health category](#) (including aged 65 years or over and have a chronic medical condition eg coronary heart disease, suffer from severe asthma, taking certain medications), please consider whether you should be administering or taking part in biathlon at any time during this period, please do not take unnecessary risks.

### *Attending biathlon activities*

- Only people core to playing or coaching should be at the venue
- This includes at parents of younger children
- All of these people must be able to observe social distancing at all times (see section below)
- Everyone, regardless of their role, must arrive and leave as close as possible to when they need to at the venue

### *Social distancing*

- Keep 1.5 metres away from other people and no more than 1 person per 4m<sup>2</sup> while attending / taking part in a biathlon activity
- Remember no handshakes or High Fives

### *Behaviours*

To protect against infection, you should:

- Wash/sterilise your hands before and after you play
- Avoid touching your face while playing
- Not share water bottles and bring your own bottle, already full
- Bring your own hand sanitiser
- Cover your coughs and sneezes with your elbow
- Be aware of what surfaces you touch and ensure you clean them after play

### *Biathlon activities*

- Outdoor biathlon activity that can be conducted in small groups of no more than 10 on the range including eight shooters, and 20 off the range, while social distancing of 1.5 metres apart
- Stagger programs and booking times to create a buffer between sessions for people to enter and leave the venue
- Cleaning of mats before and after events
- Leave all except essential gear in the car; what you need, leave outside the range hut
- There should be no social gatherings. Get in, play and get out.

### *Coaching*

- Ensure coaching activity can be conducted in small groups (not more than 10 people on the range including eight shooters, plus enough supporters for safety) and with adequate spacing (not more than 1 person per 4m<sup>2</sup>).
- Do not let the student handle any coaching equipment
- Where sharing of rifles is required, ensure scrupulous attention to cleaning in between users

### *Clean environment*

Providing a clean environment in which to participate in biathlon is critical at this time. Display signage about handwashing and hygiene techniques at strategic points like range entry area

- Clean all communal equipment ie. Mats, rifle racks if used
- Ensure toilet facilities are clean

### *Venues*

- The dome tent will not be in use this winter, the HBA hut is to remain closed, except for emergency use, all personal items should be stored in vehicles or outside the HBA hut
- The drop toilet may be used as long as hands are cleaned before and after
- Have cleaning protocols in place for equipment and facilities
- No socialising or group meals

At all times, sport and recreation organisations must respond to the directives of Public Health Authorities. Localised outbreaks may require sporting organisations to again restrict activity and those organisations must be ready to respond accordingly. The detection of a positive COVID-19 case in a sporting or recreation club or organisation will result in a standard public health response, which could include quarantine of an individual or large group, and close contacts, for the required period.

## Annex A: Victorian Government COVID-19 Three Permitted Categories of Return to Play

From 22 June until 17 July 2020, the Victorian Government has tightened some restrictions on social activities

- no more than ten persons (practising 1.5 m social distancing) may be in “outdoor gatherings”, which includes groups at the Hotham Biathlon Arena or other training venue, ref: <https://www.dhhs.vic.gov.au/victorias-restriction-levels-covid-19>

People aged 18 and under are allowed to resume activities earlier than those aged over 18

as children and adolescents are less likely to spread coronavirus (COVID-19), less likely to contract the virus, and if they get sick, their symptoms are often mild.

List of Victorian Government Return to Play restrictions\*

From: <https://sport.vic.gov.au/our-work/return-to-play/resumption-of-sport-and-recreation-activities>

These are the three permitted categories of Return To Play Sport activity prescribed by the Victorian Government\*\*:

- Category 1: Resumption of sport and recreation activities
- Category 2: Return to play for community sport and active recreation (which includes any form of competition including “fun” or “informal” competition)
- Category 3: Return to play for high performance and professional sport (ie our National Selection Races in which an athlete is required to participate, to be considered for overseas selection, ie Open, Junior (U22) and U19)

\* For activities outside of Victoria, the relevant State/Territory regulations should be sought

\*\* It is potentially possible for Category 3 to be permitted, *without* either levels 1 or 2 being permitted; this may require an exemption to be sought from the Victorian Government. This could occur if there is an outbreak of COVID-19 and the State Government places tighter restrictions on sport and recreation activities

### Category 1: Resumption of sport and recreation activities (not competitive)

As at 22 June

General restrictions on sport and exercise have been eased – noting that different rules apply for aged those 18 and younger, as opposed to those aged over 18 - and include:

- Indoor sports centres and venues (for example, gyms) can open. No more than 20 participants are allowed per separate space, subject to the four square metre rule, with up to 10 people per group activity or class.
- For **adults**, indoor and outdoor sport and exercise activities are allowed if participants can keep 1.5 metres between them and there are no more than 20 people participating, or no more than 10 participants in a class.

- Organised non-contact competitions are allowed for all age groups if participants can keep 1.5 metres between them and there are no more than 20 participants in the competition.
- For people aged 18 years and under, full-contact training and competition may resume. There are no limits on the number of people per group activity or class if all participants are 18 years old or younger.
- Spectators for training and competitions must abide by public gathering restrictions– spectators should be in groups of no more than 10 people in open, outdoor venues and spread out around the ground or venue.
- If indoors, no spectators are allowed – just those necessary for the competition or training and to support the participants (e.g. supervising parents).
- Communal facilities, such as change rooms, can now open for indoor and outdoor sport venues.
- Large indoor venues will be able to allocate separate spaces and have up to 20 people in each space and 10 people per group/activity for people over 18. For example a large indoor court could be separated into two spaces with different groups at each end.

### **Specific to Shooting Sports from 1 June:**

- Continuation of athlete-led preparation at home;
- Coach-led training including live fire in small groups at authorised outdoor venues (i.e. clubs/ranges);
- Outdoor activity only;
- No more than 10 people (Hotham Biathlon Arena no more than 8 shooters).

### **Specific to Winter Sports (snow skiing/snowboarding) as at 22 June:**

- Use of share sporting equipment should be minimised and there should be no sharing of equipment that touches the face or head (eg helmets, goggles or masks)
- Use of acrobatic facilities such as trampoline, bungee and water ramp in small groups with 1 athlete at a time and at least 1.5 metre distancing to support staff;
- Groups of up to 20 people, excluding coaches and managers outdoors
- Maintain physical distancing

### **Category 2: Return to play for community sport and active recreation**

As at **22 June**, restrictions on sport and exercise have been further eased, noting that different rules apply for aged those 18 and younger, as opposed to those aged over 18, and include:

- Indoor sports centres and venues (for example, gyms, health clubs, class-based fitness studios, dance studios) can open. No more than 20 participants are allowed per separate space, subject to the four square metre rule, with up to 10 people per group activity or class.
- For adults, indoor and outdoor sport and exercise activities are allowed if participants can keep 1.5 metres between them and there are no more than 20 people participating, or no more than 10 participants in a class.
- Organised non-contact competitions are allowed for all age groups if participants can keep 1.5 metres between them and there are no more than 20 participants in the competition.
- For people aged 18 years and under, full-contact training and competition may resume. There are no limits on the number of people per group activity or class if all participants are 18 years old or younger.

- Spectators for training and competitions must abide by public gathering restrictions– spectators should be in groups of no more than 10 people in open, outdoor venues and spread out around the ground or venue.
- If indoors, no spectators are allowed – just those necessary for the competition or training and to support the participants (e.g. supervising parents).
- Communal facilities, such as change rooms, can now open for indoor and outdoor sport venues.
- Large indoor venues will be able to allocate separate spaces and have up to 20 people in each space and 10 people per group/activity for people over 18. For example a large indoor court could be separated into two spaces with different groups at each end.

### **Specific to Bushwalking (similar to cross country skiing, ie on trails with no towing machines used):**

- Walking in groups on trails where physical distancing and hygiene norms can be maintained
- All outdoor leaders to possess appropriate first aid training as per level of remoteness
- No sharing of personal items
- Groups of up to 20 people.

### **Specific to cycling (similar to rollerskiing):**

- Maintain physical distancing

### **Specific to Shooting Sports:**

- Continuation of athlete-led preparation at home;
- Coach-led training including live fire in small groups at authorised outdoor venues (i.e. clubs/ranges);
- Outdoor activity only;
- No more than 10 people (at the HBA, no more than eight persons will be able to shoot at the one time)

### **Specific to Winter Sports (snow skiing/snowboarding):**

- Winter-season commencement to be determined by the Chief Health Officer (22 June 2020)
- Outdoor training only;
- Use of acrobatic facilities such as trampoline, bungee and water ramp in small groups with 1 athlete at a time and at least 1.5 metre distancing to support staff;
- Small groups widely spaced, no more than 10 people, no communal living.

### Category 3: Return to play for high performance and professional sport

#### **The only category of activity where any form of racing/competition may be permitted for those aged over 18**

The ABA has applied for categorisation of its Australian Championships 15/16 August events under the High Performance Category as permissible. High performance events include only those classes eligible for Selection for Overseas events, namely the Under 19, Under 22 and Open events in Men and Women. Most of the eligible participants will be aged over 18.

Many of the rules in this category apply to full-time professional sports not applicable to biathlon, however, all athletes are to do daily health monitoring, including taking temperature, self-monitoring for any symptoms of coronavirus (COVID-19) and immediate exclusion and testing of anyone symptomatic.

Sports are required to manage high performance activities with social distancing, which means there will be no relay or mass start events. It is likely that, to reduce the health risks to a minimum by reducing the potential of two athletes crossing paths, two short Individual races may be run on consecutive days, which avoids the use of the penalty loops which are used in Sprint and other events.

The current Guidance Note: Return-To-Play may be found at: <https://sport.vic.gov.au/our-work/return-to-play/return-to-play-for-high-performance-and-professional-sport>

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## Annex B: Return to Training (no racing) Record of Attendance for all persons attending

**Australian Biathlon  
Return to Training (no racing)  
Record of Attendance for all persons attending, including participants, coaches, officials, volunteers**  
All training must be conducted in accordance with the ABA Return to Training Category 1 and/or 2  
No form of racing or competition, including "fun" racing or any "tagging" is permitted under Category 1 or 2 by the Victorian State Government

**Name and date of event:**

**Person organising event:  
Attendees:**

First name	Last name	Mobile tel	Arrival time	Departure time	Day trip? y/n	If staying overnight, address	Travelling with (if applic)	Comments
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## Annex C: Australian Biathlon COVID-19 Return to Play Facility and Participant Audit Checklist

This checklist is to be completed by the ABA member in charge of an ABA activity, as part of the Australian Biathlon Association's COVID-19 risk mitigation strategy, to keep as a record.

### ABA activity:

#### Date of activity:

(a sheet needs to be completed for each day of the activity)

#### Place of activity:

#### Before activity:

Range and/or area of activity	Yes	No
Is personal protective equipment, eg disposable gloves, available?		
Have mats been cleaned? (no sharing permitted)		
Have a maximum of eight mats, with a lane gap in between set up?		
Has ABA equipment been cleaned (eg rifles)		
Have rifle racks (if used) been cleaned? (no sharing permitted)		
Has Daylight Dave (nightlight at HBA) been cleaned/checked for operability?		
Have signs been put up advising that the Hotham Biathlon Arena hut is closed?		
Has hand sanitiser been allocated to the long drop and other areas at the Hotham Biathlon Arena?		
Have COVID-19 signs been posted, where practical?		
Has one person only been allocated to putting up target papers?		

#### Upon arrival of participants:

Range and/or area of activity	Yes	No
Have participants, including athletes, officials, etc completed a COVID-19 questionnaire?		
Have participants been temperature tested (if occurring)?		
Have participants who are required to be in isolation/quarantine or are experiencing symptoms on the ABA COVID-19 Questionnaire been advised what they need to do?		
Have participants been reminded of need for 1.5 metres social distancing and no hugging, handshakes or high fives?		
Have participants been reminded there are to be no more than eight shooters on the range?		
Have participants been reminded there is to be no racing or any form of competition, including no "fun" racing and no "tagging" games?		
Have participants been reminded of no sharing of mats, equipment, including rifle racks, HBA hut is out of bounds except for emergencies?		

#### After activity:

Range and/or area of activity	Yes	No
Has one person only been allocated to paint targets?		
Have mats been cleaned? (no sharing permitted)		
Has ABA equipment been cleaned (eg rifles)		
Have rifle racks (if used) been cleaned? (no sharing permitted)		
Has Daylight Dave (nightlight at HBA) been cleaned?		
Has hand sanitiser been replenished, if required, to the long drop and other areas at the Hotham Biathlon Arena?		

## Annex D: Australian Biathlon COVID-19 Health Questionnaire 2020

This questionnaire is to be completed for anyone wishing to attend an Australian Biathlon Association (ABA) activity, be they athlete, coach, official or other supporter, as part of the ABA's COVID-19 risk mitigation strategy. Please complete and give to the ABA member in charge of the ABA training session (or their delegate) to keep as a record.

Additionally, a person wishing to be permitted entry to the Mt Hotham Resort (in which the Hotham Biathlon Arena is situated), will be required by Mt Hotham Resort Management to answer their questions, as part of their COVID-19 requirements.

Your name:

Mobile:

Date:

Time of arrival:

If staying at a place tonight that is not your home, please give the address:

(eg, XYZ Cottage, High Street, Omeo VIC)

Are you currently required to be in isolation because you have been diagnosed with coronavirus (COVID-19)	<input type="checkbox"/> YES <input type="checkbox"/> NO
Have you been directed to a period of 14-day quarantine by the Department of Health and Human Services* as a result of being a close contact of someone with coronavirus (COVID-19)	<input type="checkbox"/> YES <input type="checkbox"/> NO

If you have answered YES to either of the above questions, you may not attend ABA activities until advised by the Department of Health and Human Services that you are released from isolation or until your 14-day quarantine period is complete.

If you have answered NO to the above questions, proceed to the symptom checklist below.

**Are you experiencing these symptoms?**

Fever (if you have a thermometer, take your own temperature. You are considered to have a fever if above 37.5 degrees C)	<input type="checkbox"/> YES <input type="checkbox"/> NO
Chills	<input type="checkbox"/> YES <input type="checkbox"/> NO
Cough	<input type="checkbox"/> YES <input type="checkbox"/> NO
Sore throat	<input type="checkbox"/> YES <input type="checkbox"/> NO
Shortness of breath	<input type="checkbox"/> YES <input type="checkbox"/> NO
Runny nose	<input type="checkbox"/> YES <input type="checkbox"/> NO
Loss of sense of smell	<input type="checkbox"/> YES <input type="checkbox"/> NO

If you answered YES to any of the questions you may not participate in ABA activity. Tell the ABA member in charge of the activity, go home and get tested for coronavirus (COVID-19).

If you answered NO to all the above questions, you can participate in the ABA activity.

If you develop symptoms, stay at home and seek further advice from the 24-hour coronavirus hotline 1800 675 398 or your general practitioner.

\* or relevant State/Territory authority, if not in Victoria

You are encouraged to download the COVIDSafe App to assist contact tracing. For more information about Coronavirus (COVID-19) please visit [vic.gov.au/coronavirus](https://vic.gov.au/coronavirus)

## Annex E: High Performance Competition – the Australian Biathlon Championships - 15 and 16 August 2020

This document is the plan for running the planned Australian Biathlon Championship events on Saturday 15 and Sunday 16 August 2020 at the Hotham Biathlon Arena (HBA).

Those likely to attend should read the earlier Annexes in conjunction with this Annex, including the general requirements to socially distance, avoid sharing mats, bring own water and snacks, etc.

Any changes to our high performance activities are made within the context of the Chief Health Officer Directions currently in force, which are subject to change at any time.

Members are encouraged to install the COVIDSafe App on their smartphone. Mt Hotham also has an app which may be downloaded, which includes regular weather and other updates..

The safety and wellbeing of participants and the greater community are the absolute priority of the ABA.

### General

All competition will be outdoors

No training and competition activities should compromise the health of players, participants (and their families), ABA support persons or the community

Those considered high performance are those adults participating in a National Selection Race, ie U19, U22 or Open. Subject to Government Directions, those athletes who are aged who are aged at least 16 may be considered for inclusion in the U19 age class, due to the special nature of biathlon, where the ABA may consider those aged 16 and 17 for participation in International Biathlon Union events in the Junior IBU Cup events.

### **Prevention of coronavirus includes:**

a. accommodation and travel:

- where possible, same day travel is preferred – minimise overnight stays
- essential participants only at the HBA
- travel in private vehicles with household members only is recommended
- all athletes, coaches and officials, and those required to be at the venue to support their athletes (eg parents carrying firearms and/or ammunition) are to stay in the vehicle at the HBA and ring the COVID-19 Officer to record arrival at the venue and be temperature-checked, before being permitted to attend the HBA (note: specialist temperature checking equipment is not affected by car heaters)
- as well as being temperature-checked, each athlete, coach, official or support person must compete and give to the COVID-19 officer a completed questionnaire (Annex D to this Toolkit)
- should any person present with symptoms consistent with COVID-19 (such as cough, sore throat and shortness of breath), they are required to not attend the ABA activity, tell the ABA member in charge, go home and get tested for coronavirus (COVID-19)
- in the case of non-compliance, the COVID-19 officer will advise the ABA Executive Officer and may report the situation to Victoria Police on 131 444 or online at [police.vic.gov.au/contact-us](https://www.police.vic.gov.au/contact-us) ; non-compliance may result in disciplinary and/or legal action

b. pre-event training, racing, as well as the COVID-19 requirements in Annexes B, C and D:

- preference for “Get in, train/race and get out”, noting no change facilities will be available at the HBA in 2020
- 1.5 metre social distancing by all persons throughout the race event except “on the course” where this is unavoidable
- no “corralling” prior to the race start
- longer gaps between athlete start times will be considered by the Race Committee to minimise opportunity for athletes to “meet” on the track
- no sharing of mats
- no more than eight athletes in any one race start
- no sharing of medical equipment by medical personnel
- staggered starts of races may be required to allow cleaning in between classes of participants
- no spectators, only coaches, officials and essential safety personnel

## **Information update**

This information is subject to change at any time, including as a result of changes in Chief Health Officer Directions and Mt Hotham Resort Management protocols

Information will be updated as soon as possible on the ABA’s website [www.biathlon.asn.au](http://www.biathlon.asn.au) and may also be emailed to members. The ABA’s social media outlets (Facebook, Twitter and Instagram) may also be used to advertise updates.

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