



OUTDOOR COUNCIL OF AUSTRALIA (OCA) FRAMEWORK FOR REBOOTING OUTDOOR ACTIVITIES IN A COVID-19 ENVIRONMENT

Contents

Disclaimer.....	3
Introduction.....	4
National Principles for Resumption of Outdoor Activities.....	7
‘The Framework’	8
Education.....	9
Appendix A.....	11
Overview.....	12
Recommended level A, B, C activities for Outdoor Activities for education, recreation & adventure pursuits.....	13
List of specific activities as per Australian AAS.....	19
Helpful Resources from other sources.....	23



**AUSTRALIAN
CAMPS ASSOCIATION**
More people outdoors more often



QORF



Disclaimer and acknowledgment

This document, "Outdoor Council of Australia (OCA) Framework for Rebooting Outdoor Activities in a COVID-19 Environment" (The Framework) is a broad framework that has been compiled for the benefit of the outdoor sector represented nationally by the Outdoor Council of Australia (OCA). The document has been compiled in very tight timeframes through the sustained efforts by volunteers of Outdoors SA with contributions from Australian Camps Association and Christian Venues Association, Outdoors NSW & ACT, Outdoors Victoria, Outdoors WA, Queensland Outdoor Recreation Federation (QORF), Scouts Australia, Bushwalking Australia, Mountain Bike Australia and Paddle Australia..

This document has been endorsed by the Outdoor Council of Australia (OCA) Board to be sent to the appropriate Government authorities on a State and Federal level.

This document is primarily intended to provide industry advice to guide the public health and other statutory authorities in decisions regarding the appropriate manner in which to resume outdoor activities.

The OCA accepts that this Framework may also be used by organisations and people who participate in and deliver outdoor education, recreation and outdoor activities to all ages in Australian communities. This Framework is to be read in parallel with the recently released AIS framework for rebooting sport in Australia.

While all care has been taken in the preparation of this Framework, OCA does not accept responsibility or liability for the results of specific action taken on the basis of the document, nor for any errors or omissions.

The document is deliberately broad and general so that it can be easily understood and implemented at all levels. If there is any information lacking, it is expected that the respective state activity peak bodies will contribute to the missing details and help activate the outdoors sector for each demographic.

This document will be subject to change from time to time – please check the version and date stamp before use.

All actions taken by tourism providers, youth groups, recreation clubs, schools, education centres,, individuals, camp facilities, outdoor activity providers and other users remain the responsibility of that person or organisation.

It should be acknowledged that this document has been created with no supporting funding or budget. Future funding support will assist significantly in maintaining and updating this document and supporting the government to have quicker and more effective outdoor sector to liaise with in the future. The Board of the OCA would like to thank Outdoors South Australia and its team who have worked tirelessly preparing and updating the Framework with resources.

This document titled, "OCA Framework for Rebooting Outdoor Activities in a COVID-19 Environment" will be referred to as 'The Framework' in the rest of this document.

INTRODUCTION

Although there appears to have been an increase in individual participation in outdoor activities in Australia since March 2020 in local urban areas, there has been a dramatic and disruptive shut-down of group outdoor activities provided by organisations.

Many people participate in outdoor activities that are delivered in many situations other than individual participation. This includes adventure therapy, tourism, community group recreation, school and other education settings. Each of these forums plays an equally important role in contributing to the physical, psychological and emotional wellbeing of Australians. The benefits of led outdoor experiences and of being in nature are extremely well documented. Research shows that participation in outdoor experiences with others and the connection with nature decreases a person's anxiety and increases social connection. In particular with the significant increase and reliance on screen time and home schooling outdoor activities provide an ideal way of socially reintegrating children, increasing the connection to education, and addressing the stresses and strains that have come from social isolation. **It is also important to point out that it is relatively easy to maintain the current physical distancing norms while undertaking most outdoor activities.**

Australia is blessed with an incredible expanse of the outdoors that is both appealing and accessible to the general public throughout the year. Creating safe access to these expanses for everyone is going to be important in this rebuilding phase while we grapple with the devastating effects of the COVID-19 pandemic. Many outdoor experiences are conducted in natural environments, including National Parks and other public/private land, which, based on currently available information, are considered safer environments regarding potential transmission of COVID-19.

The Outdoor Council of Australia and its constituent bodies are the creators and custodians of the nationally recognised Australian Adventure Activity Standards. The Framework is intended to guide resumption in a COVID-19 environment of activities covered by an Australian Adventure Activity Standard and in addition, contains surfing, sailing, orienteering, and snow activities:

- Angling
- Bushwalking
- Canyoning
- Caving
- Challenge Ropes Courses
- Climbing, abseiling, bouldering (non-competitive)
- Cycling and Mountain Biking
- Horse Trail Riding
- Non-competitive paddle sports
- Orienteering - Rogaine
- Sailing (non-competitive)
- Snorkelling
- Snow activities
- Surfing (non-competitive)
- Zip lines

As well as guide the resumption of school and community participation in:

- Residential camping activities
- Centre based school camp activities
- Tent camping

Due to the tight time constraints involved in preparation of this Framework, not all outdoor activities have been specifically dealt with in this document (for example, skateboarding, slacklining, parkour, trail bike riding, four wheel driving, powered recreational watercraft). However, it is intended that the principles outlined in this Framework can be applied to all outdoor activities with appropriate adjustment for differing operating environments for various activities.

While the Australian Institute of Sport (AIS) has alluded to outdoor recreation activities in the "AIS Framework for Rebooting Sport in a COVID-19 Environment" to restart activities, they have understandably focused mainly on sport.

OCA has used the AIS "National Principles for the Resumption of Sport and Recreation Activities", to create a framework for outdoor recreation and outdoor activities specifically for rebooting outdoor education, recreation, therapy and adventure tourism activities in Australia for the following:

- 1) Children in the following settings for camp and day sessions-excursions
 - a. Incursions, excursions & camps in education settings
 - b. Youth group / scouts / guides excursions
 - c. Commercial provider day tours with children
- 2) Adults and families in the following settings:
 - a. Personal capacity / with households and / or friends
 - b. Community groups (walking / biking / activity groups)
 - c. Commercial providers tours for households and/or adults

The original AIS framework document for rebooting sport contains more background information on the evolution of the COVID-19 pandemic and detailed medical data from various credible medical sources. It can be found here: https://ais.gov.au/data/assets/pdf_file/0008/730376/35845_AIS-Framework-for-rebooting-sport_FA.pdf

NATIONAL PRINCIPLES FOR THE REBOOTING OF OUTDOOR ACTIVITIES

1. Rebooting of outdoor activities can contribute to health, economic, social and cultural benefits of Australian society emerging from the COVID-19 environment.
2. Rebooting of people delivering and participating in outdoor activities should not compromise the health of workers, volunteers, participants or the community.
3. Rebooting of outdoor activities will be based on objective health information to ensure they are conducted safely and do not risk increased COVID-19 local transmission rates.
4. All decisions about rebooting of outdoor activities must take place with careful reference to these National Principles following close consultation with Federal, State/Territory and/or Local Public Health and other statutory Authorities, as relevant.
5. The Framework provides a guide for the rebooting of outdoor activities. The Framework incorporates consideration of the differences between children and adults undertaking incursions, excursion, overnight or multi day experiences such as camp run by schools, community groups, community recreation clubs and commercial providers. Whilst the three levels A, B and C of the Framework provide a general guide, individual jurisdictions may provide guidance on the timing of introduction of various levels of activity participation with regard to local epidemiology, risk mitigation strategies and public health capacity, through consultation with the relevant authorities, such as Police Commissioner and Health Department.
6. Activities functioning at Level A and Level B should be undertaken with a higher level of risk controls in place compared to when functioning at Level C. This should be done to consciously lower the “probability of incidents with higher consequences”, that could put a higher load on our medical support services while also making it significantly harder to maintain any social distancing measures in place.
7. International evidence to date is suggestive that outdoor activities are a lower risk setting for COVID-19 transmission. As there are no good data on risks of activities conducted indoors, at this time, the risk is assumed to be greater indoors than for outdoor activities
8. All individuals who participate in, and contribute to outdoor activities will be considered in rebooting plans, including individuals acting in their personal capacity as solo participants or taking part in activities with their family and / or friends or arranged by a structured organisation
9. Rebooting of outdoor activity should take place in a staged fashion with an initial phase of small group (<10) activities, prior to moving on to a subsequent phase of large group (>10) activities as per norms before the pandemic. Individual jurisdictions will determine progression through these phases, taking account of local epidemiology, risk mitigation strategies and public health capability.
 - a. This includes the rebooting of incursions, day programs and overnight camps for children, with strict physical distancing and hygiene measures for outdoor leaders and supervisory staff.
 - b. This also includes the rebooting of outdoor activities for adults with strict physical distancing and hygiene measures for everyone taking part in the activity.
10. While a higher risk awareness and additional health consideration must be applied to all indoor activities associated with outdoor activities (e.g. club rooms, training facilities, gymnasias, climbing gyms and the like), the associated indoor activities have been included with outdoor activities for the purposes of this Framework.
11. At all times, organisations conducting outdoor activities must respond to the directives of Public Health and other statutory Authorities. Localised outbreaks may require organisations to again restrict activity and those organisations must be ready to respond accordingly. The detection of a positive COVID-19 case among anyone involved in the activities will result in a standard public health response, which could include quarantine of a whole team or large group, and close contacts, for the required period.
12. The risks associated with community groups conducting outdoor activities should be minimised by limiting those present to the minimum required to support the participants (e.g. one parent or one carer per child if necessary).

13. The activity environment (both indoors and outdoors) should be thoroughly risk assessed to ensure precautions are taken to minimise risk to those participating in the scheduled activities.

14. Participants and leaders will assess the impact the outdoor activity will have on local communities, health and emergency services in planning the activity.

OCA FRAMEWORK FOR REBOOTING OUTDOOR ACTIVITIES IN A COVID-19 ENVIRONMENT

The resumption of outdoor activities requires careful planning and consideration and may be a complex process, depending on the activity. The aim of this framework is to ensure the safety of participants and the wider community along with facilitating ease of implementation for the different constituents who are experts in the particular field.

Preparation for resumption of outdoor activities includes education of participants, teachers, volunteers, outdoor leaders and any organisational supervisors, assessment of the activity environment and agreement to prevailing physical distancing and hygiene norms as per level of activity. Prior to resumption, all parties need to have agreed protocols in place for management of illness in participants and other personnel, or have clear access to currently agreed protocols for taking part in activity, either in their individual capacity as general public or as part of a group. Special consideration needs to be made for anyone with medical conditions, as they may be more vulnerable to COVID-19 infection.

The Framework also encourages people to consider the use of Safe Work Australia Guidelines for all organisations intending to implement activities for others, reminding people that a volunteer-based organisation would also need to consider the impact on appointed leaders.

For the purpose of resuming outdoor activities, the framework table has high-level descriptors of three levels (Levels A, B, C) for activities and associated measures for hygiene, transport, food, accommodation and access to medical facilities, as recommended. More detailed descriptors for specific outdoor activities at each level are outlined in Appendix A.

The timing of progression between levels may be influenced by any evidence of transmission issues within the local community or those taking part in the outdoor activity. Decisions regarding progression between levels will be made by health authorities, and outdoor activity providers will comply with those decisions.

Individuals must not return to any outdoor activities if in the last 14 days they have been unwell or had contact with a known or suspected case of COVID-19. Any individual with respiratory symptoms (even if mild) needs to be considered a potential case, and must immediately self-isolate, and be medically cleared by a doctor to return to any outdoor activity. Organisations delivering led outdoor activities (either education, commercially or voluntarily) will gather information from clients/participants/students prior to commencement via a system to check and record the COVID-19 exposure and current health status.

OCA supports the use of the Australian Government's COVIDSafe app, and advises outdoor operators to encourage participants to download

the COVIDSafe app and register.

Anyone returning to physical activity following confirmed COVID-19 infection requires special consideration prior to resumption of high intensity physical activity. While there is increasing research on the multi-organ nature of COVID-19 in the acute phase, there is currently limited research on medium to long-term complications. Long-term decreased exercise capacity has been noted following previous related coronavirus infections (SARS and MERS). Sudden increase in activity load may predispose to injury, and a graded return should be considered.

The reboot of outdoor activities may not be linear. Increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases. Outdoor organisations need to be flexible to accommodate and respond to changes in community transmission rates and the associated changes in advice from public health and other statutory authorities.

Education

Education regarding COVID-19 risk mitigation strategies will help to promote and set expectations for the required behaviours prior to recommencing activities. Listed below are some useful online resources from Government, public health and other statutory authorities on education materials and options available.

- [Safe Work Australia COVID-19 Resource Kit](#)
- [Good hygiene for coronavirus \(COVID-19\)](#)
- [Hand washing guidance](#)
- [Keep that cough under cover](#)
- [Self-isolation \(self-quarantine\) for coronavirus \(COVID-19\)](#)
- [Advice for people at risk of coronavirus \(COVID-19\)](#)
- [Coronavirus \(COVID-19\) resources](#)

(these links will need to be monitored for currency)

Additional material that could be printed and displayed at appropriate locations from the Australian Government and WHO:

- [Good hygiene practices poster for businesses](#)
- [Good hygiene is in your hands](#)
- [Hand washing guidance](#)
- [Keep that cough under cover](#)

It is also highly recommend that all mobile phones being used should have the [Australian Government COVID-19 contact tracing app \(COVIDSafe\)](#).



APPENDIX A

RECOMMENDED LEVEL A, B, C PROTOCOLS FOR OUTDOOR ACTIVITIES

May 2020

OVERVIEW

This table consists of advisory recommendations made in conjunction with outdoor industry experts. Conduct of any outdoor activity is subject to regulations of Federal, State and Local Public Health and other Statutory Authorities. Public health policy and Federal, State/Territory Government directives, will govern any resumption of outdoor activities. It is worth noting that different States/Territories may permit the resumption of some activities at different times, dependent on local COVID-19 transmission, resources and other variables influencing local policy. Even within a State/Territory there could be geographical variability. Outbreaks or clusters may result in a local shutdown (e.g. ring fence). Resumption of outdoor activity may not be linear. Relaxing/increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases and or behaviour of those participating..

Three recommended levels (Levels A, B, and C) of outdoor activities are outlined in the context of a COVID-19 environment. For each level of activities there are associated measures for hygiene, transport, food, accommodation and access to medical facilities, as the minimum baseline of standards required to be met by all parties before resumption of activities. Any evidence of transmission issues within the local community will influence the timing of progression between levels.

Finally, all concerned parties must maintain awareness of the evolving COVID-19 environment and align practices with informed decisions for the safety of all activity participants, activity leaders and accompanying supervising staff including volunteers.

Recommended Level A, B, C Protocols for Outdoor Activities

Particulars	Level A	Level B (Activity Level A, Plus;)	Level C (Activity Level B, Plus;)
General Precautions and Guidelines	Activity that can be conducted by solo participant or pairs maintaining at least 1.5m distance between each other.	Activity that can be conducted indoors/outdoors in small groups (not more than 10 participants including group leaders and supervisors) while everyone maintains adequate spacing (not more than 1 person per 4m ²). EXCEPTION for children: <i>While school children need not maintain physical distancing within their closed group, education staff and outdoor leaders will be required to maintain adequate spacing (not more than 1 person per 4m²).</i>	Activity that can be conducted indoors/outdoors in large groups like before the pandemic with the preference of the groups splitting into smaller groups as per Group B if possible.
Day sessions – Excursions	Activity that can be conducted by a solo outdoor adventure seeker or in pairs by strictly following physical distancing and hygiene norms.	Children: Children can go on controlled day programs conducted by education, youth group or commercial provider in their closed groups without following physical distancing to locations that have been <i>thoroughly risk-assessed</i> , while activity leaders and school staff will maintain adequate spacing at all times. Physical contact between participants will be kept to a minimum. Adults: Adults can go on excursions with community groups or commercial providers where everyone has to strictly follow physical distancing and hygiene norms at all times.	Activity can be conducted for all user groups without restrictions while following Level B hygiene measures.
Day sessions – Incursions	NA	Children: Incursions within education settings can be undertaken by community groups or commercial	Activity can be conducted for all user groups without restrictions while following Level B hygiene measures.

Particulars	Level A	Level B (Activity Level A, Plus;)	Level C (Activity Level B, Plus;)
		<p>providers after presenting a <i>thorough risk-assessment to the school</i> for activity leaders coming to proposed activity location using equipment required to conduct activity.</p> <p>All chosen activities will have minimal to no physical contact required between participants.</p> <p>All activity leaders and education staff will maintain adequate spacing at all times.</p> <p>Adults:</p> <p>Adults can go on excursions with community groups or commercial providers where everyone has to strictly follow physical distancing and hygiene norms at all times.</p>	
Overnight camps with urban access	OCA supports and encourages participation in outdoor activity including camping at home	<p>Children:</p> <p>Children can go on camps conducted by education, youth group or commercial provider in their closed groups without following physical distancing to locations that have been <i>strictly risk-assessed for accessing regional areas</i>, while activity leaders and school staff will maintain adequate spacing at all times.</p> <p>Physical contact between participants will be kept to a minimum.</p> <p>Adults:</p> <p>Adults can go on camps with community groups or commercial providers where everyone has to strictly follow physical distancing and hygiene norms at all times.</p>	Activity can be conducted for all user groups without restrictions while following Level B hygiene measures.
Overnight camps to regional areas	NA	<p>Children:</p> <p>Children can go on camps conducted by education, youth group or commercial provider in their closed groups without following social</p>	Activity can be conducted for all user groups without restrictions while following Level B hygiene measures.

Particulars	Level A	Level B (Activity Level A, Plus;)	Level C (Activity Level B, Plus;)
		<p>distancing to locations that have been <i>strictly risk-assessed for accessing regional areas</i>, while activity leaders and school staff will maintain adequate spacing at all times.</p> <p>All chosen activities will have minimal to no physical contact required between participants.</p> <p>Adults:</p> <p>Adults can go on camps with community groups or commercial providers where everyone has to strictly follow social distancing and hygiene norms at all times.</p>	
Hygiene	<p>No sharing of personal gear and equipment.</p> <p>No sharing of communal facilities.</p> <p>Strict maintenance of hand hygiene using hand sanitiser before, during (where appropriate) and after activity.</p>	<p>No sharing of personal gear.</p> <p>Select sharing of group equipment allowed as per activity.</p> <p>Ready availability of disinfection material and PPE like gloves and masks at activity site and on each transport vehicle.</p> <p>Strict maintenance of hand hygiene using hand sanitiser before, where appropriate and after activity.</p> <p>Have clearly defined disinfecting routine in place to disinfect relevant contact surfaces before, after and at pre-set intervals as defined in activity risk assessment (<i>this would include the area in an around the activity site and all transport taken to and from the activity site</i>).</p> <p>Communal facilities can be used after an activity-specific risk assessment and additional COVID-19 control measures are put in place.</p> <p>Link to a useful checklist from Safe Work Australia for good hygiene in a workplace: https://www.safeworkaustralia.gov.au/doc/health-</p>	<p>Strong preference to continue using hygiene measure from Level B</p>

Particulars	Level A	Level B (Activity Level A, Plus;)	Level C (Activity Level B, Plus;)
		<p>hygiene-facilities-checklist-covid-19</p> <p>Link to a useful checklist from Safe Work Australia to clean and disinfect a workplace: https://www.safeworkaustralia.gov.au/doc/health-hygiene-facilities-checklist-covid-19</p>	
Transport	No transport, or strictly limited to having to use personal transport to get to activity area	<p>Children:</p> <p>Children can travel to camps conducted by education, youth group or commercial provider in their closed groups on vehicles that have been risk-assessed, while activity leaders and school staff will maintain adequate spacing at all times.</p> <p>Adults:</p> <p>Strictly following physical distancing norms e.g. 1 participant per alternate seat.</p> <p>Relying on fresh air circulation where possible in all transport.</p> <p>Control measures to include regular disinfection of vehicle contact surfaces before, after and at designated intervals, as per risk assessment.</p> <p>Vehicle refuelling to be done by staff preferably without participants before or after excursions. If that cannot be avoided, then no one should be allowed to get off the vehicle except for the driver who should follow heightened hand hygiene and disinfection of all contact surfaces at the refuelling station.</p> <p>For overnight camps, communal facilities like toilets can be used after specifically risk assessing the facility and ensuring COVID-19 disinfection measures are put in place.</p>	Back to using transport as per pre-pandemic days while following Level B hygiene measures.

Particulars	Level A	Level B (Activity Level A, Plus;)	Level C (Activity Level B, Plus;)
Meals	No outside meals	<p>For day programs, all meals preferably brought from home, or to be cooked by a designated cook following Level B hygiene measures if meals are provided.</p> <p>For overnight programs, meals may either be cooked in supervised small cooking circles by participants or be cooked by a designated cook following Level B hygiene measures if meals are provided. Dedicated equipment assigned to small groups for entire activity.</p> <p>No sharing of any food.</p>	Preferably following Level B measures if possible.
Accommodation – rooms / dorms	No outside accommodation.	<p><u>Children:</u> Can follow pre-pandemic norms while following strict disinfection routine and hygiene norms as per guidelines.</p> <p><u>Adults:</u> For adults in dorms, either increase space between each bed or have every alternate bed unoccupied. For adults in rooms, every adult should either have their own room or have adequate space between each beds</p>	Follow guidelines as per pre-pandemic days while following Level B hygiene measures.
Accommodation – tents	No outside accommodation.	<p><u>Children:</u> Can follow pre-pandemic single gender norms of 2-3 children in one tent, while following strict disinfection routine and hygiene norms as per guidelines.</p> <p><u>Adults:</u> Only one person in each tent for the duration of the program.</p>	Follow guidelines as per pre-pandemic days while following Level B hygiene measures.

Particulars	Level A	Level B (Activity Level A, Plus;)	Level C (Activity Level B, Plus;)
Access to medical facilities	Participants and leaders will assess the impact the outdoor activity will have on local communities, health and emergency services in planning then activity.	<p>To ensure that the availability of medical facilities in regional communities is understood by the provider, a risk assessment will be conducted.</p> <p>All activity leaders will have adequate training in first aid and COVID-19 response protocols.</p> <p>Every activity leader should have a fully stocked personal first aid kit along with a group First Aid Kit.</p>	Follow guidelines as per pre-pandemic.

LIST OF SPECIFIC ACTIVITIES AS PER AUSTRALIAN AAS (ADVENTURE ACTIVITY STANDARDS)

Activities	Level A	Level B	Level C
Bushwalking	Solo walker or in pairs on well defined trails close to home while following physical distancing and hygiene norms.	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 (eg. hiking poles) Small groups to ensure not crossing over with other groups, using stand back - give way method.	Back to normal operations with Level B hygiene measures.
Caving	Only if it is permitted for solo/ pairs and easily accessible.	Only if permitted and while maintaining at least 3 meters distancing. No sharing of harnesses and helmets and caving equipment. Disinfect and clean equipment at end of each session.	Back to normal operations with Level B hygiene measures.
Climbing in gyms	NA	Allowed in groups of 2-3 as per gym norms, while maintaining physical distancing and hygiene norms. No sharing of harnesses and helmets.	Back to normal operations with Level B hygiene measures.
Climbing & Abseiling – Artificial surfaces	Pairs climbing (if allowed) while following physical distancing and hygiene norms.	Allowed in groups of 3-4 per rope, while maintaining physical distancing and hygiene norms. No sharing of harnesses and helmets. Disinfect and clean equipment at end of each session.	Back to normal operations with Level B hygiene measures.
Climbing & Abseiling – Natural surfaces	Pairs climbing (if allowed) while following social distancing and hygiene norms.	Allowed in groups of 3-4 per rope, while maintaining social distancing and hygiene norms. No sharing of harnesses and helmets. Disinfect and clean equipment at end of each session	Back to normal operations with Level B hygiene measures.
Challenge Ropes Courses	Only allowed for solo participants where they are self or auto belayed.	Allowed in groups of 3-4 per rope, while maintaining social distancing and hygiene norms. No sharing of harnesses and helmets. Disinfect and clean equipment at end of each session	Back to normal operations with Level B hygiene measures.

Activities	Level A	Level B	Level C
Cycling	Solo or pairs riding on roads, bike paths and trails, while following social distancing and hygiene norms.	<p>Allowed in closed groups with no bike coming within 10m of other when riding in single file.</p> <p>Not more than 2 bikes besides each other where safe to do so with at least 2 meters beside each bike.</p> <p>Each participant should get a dedicated bike, helmet, and any other riding-related gear for the session which should be disinfected or washed before being used by anyone else.</p>	Back to normal operations with Level B hygiene measures.
Horse trail riding	Solo or pairs riding on permitted horse riding trails while following social distancing and hygiene norms.	<p>Groups allowed on permitted horse riding trails while allowing social distancing and hygiene norms. Disinfect and clean equipment at end of each session</p>	Back to normal operations with Level B hygiene measures.
Paddlecraft	Solo kayaker or in pairs on waters close to home while following social distancing and hygiene norms.	<p>Paddling in groups with dedicated craft, PFD, paddle and dry bags when applicable per person for the duration of the activity.</p> <p>No sharing of activity specific equipment.</p> <p>Cleaning and disinfection of all craft and equipment after each session / program</p>	Back to normal operations with Level B hygiene measures.
Mountain Biking	Solo or pairs riding on permitted mountain bike trails, while following social distancing and hygiene norms.	<p>Groups allowed on permitted mountain bike trails with every bike strictly maintaining at least 3-4 bike lengths behind each bike when riding on single trails.</p> <p>Every rider needs also to maintain at least 1.5 meters beside each bike when riding side by side on wider trails.</p> <p>Each participant should use a dedicated bike and dedicated personal protective equipment (e.g. Helmet, 'Hi-Viz' vest and riding gloves) for the session, which should be disinfected or washed before being used by anyone else.</p>	Back to normal operations with Level B hygiene measures.

Activities	Level A	Level B	Level C
Angling	Solo or pairs angling at designated sites while following social distancing and hygiene norms.	Groups angling at designated sites while following physical distancing and hygiene norms. Each participant should get dedicated fishing rod for the duration of the activity following which it should be disinfected before being put away or being used by someone else.	Back to normal operations with Level B hygiene measures.
Rafting and other inland water craft	Solo rafter or in pairs while following social distancing and hygiene norms.	Paddling in groups on waters where it would be possible to easily maintain physical distancing. Dedicated Personal Flotation Device (PFD), helmet and paddle to each participant. Dedicated craft for small groups for entire activity. Active disinfection of all possible contact surfaces on rafts before, after and at pre-decided intervals during each session.	Back to normal operations with Level B hygiene measures.
Sailing	Solo Sailor or in pairs while following social distancing and hygiene norms.	Sailing in groups on waters where it would be possible to easily maintain physical distancing. Dedicated PFD and helmets to each participant. Dedicated craft for the duration of the activity. Active disinfection of all possible contact surfaces on all sailboats before, after and at pre-decided intervals during each session.	Back to normal operations with Level B hygiene measures.
Snorkelling	Solo or pairs snorkelling at designated snorkelling sites while following social distancing and hygiene norms.	Groups snorkelling at designated sites while following social distancing and hygiene norms. Dedicated snorkel gear to each participant. All snorkel gear to be thoroughly disinfected by hospital-grade disinfectant and rinsed before next use.	Back to normal operations with Level B hygiene measures.
Canyoning	Canyoning in pairs allowed while following physical distancing and hygiene norms.	Allowed in groups as per safety norms while maintaining physical distancing and hygiene norms. No sharing of helmets and harnesses. Active Disinfection of all equipment before next	

Activities	Level A	Level B	Level C
		use.	
Surfing	Solo or pairs surfing at designated sites while following social distancing and hygiene norms.	Groups surfing at designated sites while following social distancing and hygiene norms. Each participant should get a dedicated surfboard for the duration of the activity. All surfboards should be disinfected by hospital-grade disinfectant before next use.	Back to normal operations with Level B hygiene measures.
Zip Lines	Solo or in pairs as allowed while following social distancing and hygiene norms.	Allowed in groups as per safety norms while maintaining social distancing and hygiene norms. No sharing of harnesses or helmets.	Back to normal operations with Level B hygiene measures.
Orienteering	Solo or in pairs as allowed while following social distancing and hygiene norms.	Allowed in groups as per safety norms while maintaining social distancing and hygiene norms.	Back to normal operations with Level B hygiene measures
Snow activities	Solo or in pairs as allowed while following social distancing and hygiene norms.	Allowed in groups as per safety norms while maintaining social distancing and hygiene norms. Resort skiers can maintain physical distancing while skiing and physical distancing will also occur on ski lifts, with reduced passengers per lift journey. No sharing of helmets, clothing. All skis, snowboards, poles and ski boots should be disinfected by hospital-grade disinfectant before next use. For snow camping, refer to overnight camping guidelines	Back to normal operations with Level B hygiene measures, minus cleaning of equipment.

Helpful Resources from other sources

From the Australian Camps Association (ACA) COVID-19 document for camps:

Messaging for Stakeholders at Camp

1. For parents of children attending camp - if your child is sick, they must not come to camp. You must keep them at home and away from others.
2. For children on camp - tell your teacher or a camp staff member if you are feeling sick.
3. For all adults (guests and staff) - the greatest risk of transmission in the camp environment is between adults. It is of utmost importance that camp staff, accompanying teachers and other adults maintain physical distancing between themselves and each other at camp.

Maintaining Personal Hygiene

Ensure that you:

- Teach and reinforce washing hands https://www.who.int/gpsc/5may/How_To_HandWash_Poster.pdf?ua=1
- Teach and reinforce covering coughs and sneezes among participants and staff.
- Have adequate supplies to support healthy hygiene behaviours, including soap, hand sanitizer with at least 60 percent alcohol (for staff and older children who can safely use hand sanitizer), and tissues.
- Provide hand sanitiser at high traffic areas of the site (bathrooms, dining rooms, meeting areas, foyers, etc.). Communicate with staff about hand sanitiser locations and encourage regular use. https://www.who.int/gpsc/5may/How_To_HandRub_Poster.pdf
- Display hygiene information in prominent locations (kitchens, dining rooms, bathrooms, sleeping areas, camp entrances). For a sample sign, see: <https://www.health.gov.au/sites/default/files/documents/2020/03/coronavirus-COVID-19-print-ads-simple-steps-to-stop-the-spread-coronavirus-COVID-19-print-ads-simple-steps-to-stop-the-spread.pdf>
- Provide hand washing facilities (whether permanent or temporary), such as a wash basin, clean running water, soap and paper towels, placed in strategic locations to ensure employees and participants can access them in a timely manner.
- Ensure that rubbish bins have touch-free lids (e.g. foot pedal bins).

- Implement an appropriate waste management system.
 - Ensure all employees and participants follow good hygiene practices, including washing hands frequently with soap and water for at least 20 seconds, covering coughs and sneezes, or coughing into their elbow or shoulder and avoiding touching eyes, nose or mouth.
- For detailed cleaning advice, see: <https://www.health.gov.au/sites/default/files/documents/2020/03/coronavirus-COVID-19-environmental-cleaning-and-disinfection-principles-for-health-and-residential-care-facilities.pdf>

Cleaning and Disinfection

The aim is thorough and regular sanitation.

Thorough and regular cleaning needs to be undertaken of all transit areas, communal and meal break areas, shared facilities (eg bathrooms and kitchens) and shared equipment.

1. Clean, sanitise and disinfect frequently touched surfaces (for example, playground equipment, door handles, sink handles, drinking fountains) multiple times per day and shared objects between use.
2. Avoid use of items that are not easily cleaned, sanitised, or disinfected.
3. Ensure safe and correct application of disinfectants and keep products away from unauthorised people.
4. Ensure that ventilation systems operate properly and increase circulation of outdoor air as much as possible by opening windows and doors, using fans, and other methods. Do not open windows and doors if doing so poses a safety or health risk (for example, allowing pollens in or exacerbating asthma symptoms) to children using the facility.
5. Take steps to ensure that all water systems and features (for example, drinking fountains) are safe to use after a prolonged facility shutdown to minimize the risk of any disease or illness associated with water

A modified version extracted from: CORONAVIRUS (COVID-19) GUIDELINES FOR THE BUILDING AND CONSTRUCTION INDUSTRY VICTORIA (REVISION 3) 20 APRIL 2020

Screening:

Screening club leaders, outdoor leaders, support workers, teachers, students and/or participants coming to outdoor activity venues and locations:

To minimise the risk of transmission of coronavirus (COVID-19) on site, employers, schools, community groups must implement a two-phase screening process; phase one being an initial declaration and phase two on going daily screening if relevant.

1. Initial declaration is to be conducted by all workers, volunteers, teachers, students (guardian) and/or participants (this includes any person who attends site). Each worker, volunteer, teacher, students (guardian) and/or participants must provide a declaration that they to the best of their knowledge:
 - have not been diagnosed with coronavirus (COVID-19) in the last 14 days, or
 - are not in a period of 14-day quarantine as directed by a health professional, or
 - have not been overseas in the last 14 days, or
 - have not been in contact with anyone who has coronavirus (COVID-19), or
 - have not been in contact with anyone who is currently being tested for coronavirus (COVID-19), or
 - do not have anyone in their household who has symptoms consistent with COVID-19.

2. Once the initial declaration has been made by the person an, ongoing screening (phase 2) should be conducted for every person involved in the activity prior to the start of their shift commencement of activity, asking to the best of their knowledge:
 - have they been overseas in the last 14 days, or
 - have they been in contact with anyone who has coronavirus (COVID-19), or
 - have they been in contact with anyone who is currently being tested for coronavirus (COVID-19), or
 - do they have anyone in their household who has symptoms consistent with COVID-19.

If any person involved in the activity declares any of the above, they may be required to self-isolate.

In the event of an employee or volunteer being confirmed as having COVID-19, those who are potentially affected need to be quickly identified.

Employers should implement processes to record the schedule and work locations for workers that enables tracing of those who have come into contact with the confirmed case.

The record should include:

- day and time work was undertaken
- members of teams that worked together

- specific work area on the construction site
- any breaks taken, including time and location

Hygiene:

Good hygiene practices and general cleaning helps with minimising the spread of coronavirus (COVID-19). Employers should review general hygiene requirements and the cleaning regimes in place.

Employers should display health information in prominent locations such as tea rooms, offices, toilets, foyers, and site entrances.

Every effort must be made by employers to upgrade personal hygiene and minimise worker and participant contact and all workers and participants must co-operate in all necessary measures to achieve these objectives.

These measures need to include:

- Promote regular hand washing with soap for at least 20 seconds. Employers must facilitate regular hand washing by providing ease of access/additional facilities where possible. Communicate to all workers where hand sanitisers are located and encourage their regular use.
- Promote good cough etiquette by covering your cough and sneeze, or cough into your elbow or shoulder.
- Avoid touching your nose, eyes or mouth.
- Provide hand sanitiser and/or hand washing facilities with soap in all site entrances and exits amenities and areas/levels of the site.