

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 65 years in the making.



HEEL & TOE

December 17th

Legal liability and volunteer COVID-19 Safety Coordinators

Article from “*Play by the Rules*” magazine

As sports administrators are more than well aware, clubs and associations are already finding it difficult to recruit volunteers at the best of times. But in the case of COVID-19 Safety Coordinators, a lot of potential volunteers are not prepared to offer their services because of the complexity of the role and which in turn brings with it perceived potential legal liability issues.

There is no doubt that the duties of COVID-19 Safety Coordinators are both important and onerous. They are the main contact for all matters related to COVID-19 for their club or association including overseeing the development and implementation of the safe return of their club or association to the sporting arena. They have the responsibility of completing the Return to Sport Checklist and Return to Sport Safety Plan and Checklist, and that they meet all the necessary legal requirements.

Can you protect a COVID Safety Coordinator from Liability?

It is understandable that given the role and the responsibilities of a COVID-19 Safety Coordinator that a volunteer would be nervous. The position appears to be full of potential legal pitfalls and that only a lawyer should consider the position. But is that really the case? Is the COVID-19 Safety Coordinator going to be the ‘fall guy’ and exposed to potential legal liability if something goes wrong?

The short answer to the question of legal liability insofar as a COVID-19 Safety Coordinator is concerned is probably ‘no’. It is impossible to say never but the person who takes on the role is a committee member or a volunteer from the general membership, is highly unlikely to attract personal legal liability while carrying out the task of COVID-19 Safety Coordinator. Note the wording though here. The Coordinator may not be personally liable (unless gross negligence can be established) but the club or association may be. Why I hear people say?

Why the type of Structure of the Club or Association is Important

To minimise risk of personal liability depends to some extent on the type of structure of the club or association. Is it an unincorporated or incorporated body? If it is unincorporated, it has no existence apart from its members and is the one with the most risks, particularly for the committee members. In this case, insurance becomes an important consideration and the Coordinator should check whether the club has insurance coverage and ask what it covers. Does it extend to cover the activities of a COVID-19 Safety Coordinator?

If the club or association is an incorporated body under either Associations Incorporation legislation of the relevant state or territory or a company incorporated under the Corporations Act, then it becomes a different ball game to the unincorporated body. Now the club or association is an independent body to its members and it has its own identity or legal personality.

An advantage of incorporation is protection from liabilities. In other words, liabilities are

usually only enforceable against the club and not the members or the committee members personally. If the COVID-19 Safety Coordinator is already a committee member, then assuming that they act with due care and diligence in carrying out their duties as a Coordinator (that is, with the degree of care and diligence that a reasonable person might be expected to show in the role), then they will be protected from litigation. The courts have consistently shown a reluctance to interfere with bona fide decisions.

If it is not possible to find a committee member who wants to take on position of a COVID-19 Safety Coordinator, then the committee is going to have to find a person who is appropriately skilled to take on the role. A committee needs to be careful here to only select a person who can carry out the role or they find themselves with a problem if things go wrong because they did not exercise due care and diligence.

Options for Incorporated Bodies

To allay a volunteer's concerns about exposure to potential litigation should things go wrong (short of gross negligence), and depending on the club or association's constitution, there are at least three options for the committee. First, co-opt the volunteer on to the committee as the COVID-19 Safety Coordinator. They can then take advantage of the protection offered to committee members under relevant incorporation legislation.

The second option is for the Committee to establish a safety sub-Committee and appoint the volunteer to chair that Committee. This gives the Coordinator a little more flexibility in administering the position if the club or association is large and requires the efforts of more than one person.

The third option is to take out insurance. Most clubs and association have insurance and it is then a case of seeing what they cover and extending that coverage if necessary, to include the Safety Coordinator.

In Summary

There are options available to protect the COVID-19 Safety Coordinator from being personally sued. A Committee needs to be familiar with what their Constitution allows them to do and they must act in accordance with that. But it also needs to be remembered that it may still be possible for a Coordinator who acts in bad faith or is grossly negligent to be personally liable (and possibly make committee members liable as well. Hence the reason why care needs to be exercised in the selection of the person who is to be a COVID-19 Safety Officer.

- *This article serves as a reminder to all the fine work our COVID-19 Safety Officers did during the shortened road walk season and underlines the need for all our members to follow all the protocols and directions as set down by our club volunteers.*

Return to Sport Update

Contact Information: Is it really THAT important?

YES! Contact information gained by organisations and businesses is an essential element to help prevent the spread of COVID-19.

When a person is diagnosed with COVID-19, the local public health unit (PHU) commences Contact Tracing to assess the movements of the person with COVID-19 while they were infectious and determine who in community are considered 'close contacts'.

Close contacts will be directed to quarantine and may also be tested for COVID-19. Contact Tracing assists public health officers to contain and respond to the spread of COVID-19 within the community. Without the contact information, the virus will continue to spread throughout the community.

We all want to continue to enjoy sport, active recreation and fitness pursuits, to be outdoors and to spend time with our friends and family, so please follow the COVID Safe guidelines and practices.

Regarding contact information, organisations and businesses must:

- Prominently display your [Conditions of Entry sign](#)
- Actively collect all attendees' contact information
- Ensure your system is efficient, secure, stores the data for 56 days and enhances privacy
- Know how to access the stored data quickly when it is requested by the PHU
- Remember the contact information is only for the purposes of contact tracing.

Participants and patrons:

- Look out for and proactively sign-in
- Provide correct details
- Check out when finished.

RESULTS RESULTS RESULTS

QA Meet Friday December 11th QSAC

There was some fast track race walking at the QA meet last Friday. Clara Smith was back in action

with 23:43.39 in the 5,000 metres to win from 15 year old Jayda Anderson who also broke 24 minutes (23:59.59.)

Gabriella Hill walked a fast 14:01.08 to win the 3,000 metres just a week after winning the NSW All Schools

17 Years 5,000 metres in 24:41.98. Good walks also by Amber Norton (15:25), Milly Sharpe (15:44), Tamika Gee (15:47) and a great 17:13 from 11year old Makenna Clarke. In the boys 3,000 metres there were some smart times by Bailey Housden (14:11.86) and Sam McCure (14:25.20).

Women 3,000 Metre Race Walk

- 1 Hill, Gabriella 17 Gold Coast Victory 14:01.08
- 2 Norton, Amber 14 QA 15:25.16
- 3 Sharpe, Milly 12 GLD 15:44.65
- 4 Gee, Tamika 13 GCA 15:47.89
- 5 Clarke, Makenna 11 Redlands Athletics 17:13.25
- 6 Millard, Summer 15 QA 17:38.43
- 7 Chadwick, Phoebe 14 QA 19:23.89
- 8 McLoughlin, Amber 18 QA 19:42.58
- Williams, Lyla 13 Gold Coast Victory DNF

Women 5,000 Metre Race Walk

- 1 Smith, Clara 22 UNQ 23:43.39
- 2 Anderson, Jayda 15 GCA 23:59.59
- 3 Bergh, Mia 15 Gold Coast Victory 31:24.37

Men 3,000 Metre Race Walk

- 1 Housden, Bailey 13 QA 14:11.86
- 2 McCure, Sam 14 QA 14:25.20
- 3 Bradley, Alex 14 QA 15:03.31
- 4 Bannister, Jack 14 QA 15:57.05
- 5 Wheeley, Noah 11 Redlands Athletics 22:41.31

Men 5,000 Metre Race Walk

- 1 Norton, Kai 15 QA 27:48.73

Queensland Masters Wednesday December 9th QSAC

3,000 Metre Race Walk

Hamann, Charlotte W19 17:00.19 (17:00.20 68.12%)
Kirwin, Roslyn W31 21:41.29 (21:41.30 53.41%)
McKinven, Noela W78 26:03.24 (17:12.06 67.34%)
Guevara, Argenis M52 17:52.65 (15:36.96 67.39%)

Age Graded Times & Percentages in Brackets

NSW All Schools Track and Field Championships

December 3-6th SOPAC, Homebush

Girls 5,000 Metre Race Walk 17 years

1 Hill, Gabriella 17 Lindisfarne 24:41.98
2 Blanch, Emma 17 Caringbah Hi 25:45.77
3 Bolton, Hannah 17 Narara Valle 27:09.49
-- Pitcher, Allanah 17 Terrigal Hig DNF

Girls 3,000 Metre Race Walk 13 years

1 Pitcher, Sienna 13 Terrigal Hig 15:13.55
2 Cassilles, Ciara 13 Westfield Sp 15:27.02
3 Williams, Lyla 13 Lindisfarne 15:29.98
4 Lamb, Chloe 13 Queenwood 15:51.91
5 Diaz, Ava 13 Domremy Cath 16:26.93
6 Woods, Zoe 13 Covenant Chr 16:35.99
7 Sivaraj, Summer 13 Abbotsleigh 17:38.23
8 Sassen, Olivia 13 Mount St Ben 17:43.67
9 Newberry, Brooke 13 O'Connor Cat 17:49.54
10 Kuruc, Valentina 13 Loreto 17:49.88
11 Bektas, Abbey 13 The Hills Sp 18:09.39
12 Bektas, Jessey 13 The Hills Sp 19:04.73
13 Tanner-Black, Macy 13 Mlc Burwood 21:11.45

This Week

There is still time for another track race before Christmas!

This Saturday, December 19th. Qld Masters are at the SAC with an 8.00am start for the 3,000 metre walk. This race is the "Andrew Ludwig" Memorial walk with awards for men & women based on age graded times.

On Sunday December 20th Masters are at Runaway Bay with an 8.00am start for the 3,000 metre walk.

COMING UP – Track Walks

December 19th QMA SAC 8.00am 3,000m "Andrew Ludwig" Memorial walk

December Sunday 20th QMA Runaway Bay 8.00am 3,000m Walk

January 10th QMA Runaway Bay TBA

January 23rd QMA SAC 8.00am 3,000 metre Championship

January 23rd QA Shield Meet QSAC 3/5km Walk

January 24th QMA Runaway Bay TBA

February 7th QMA Runaway Bay TBA

February 10th QA Mid-Week Meet QSAC 3/5km Walk

February 20th QMA SAC 8.00am TBC

February 20th QA Shield Meet QSAC 3/5km Walk

February 21st QMA Runaway Bay TBA

February 24th QMA Wednesday night 10,000 metre Championship

March 1-14th QA State Age & Open Track Championships

Queensland Athletics State T&F Championships 2021

March 11-14th

QA have announced that the Queensland Athletics State Championships, U14 to Open will be held on the 11th to 14th March 2021. The 2021 Queensland Track Classic will be a World

Athletics Silver Permit Meet and will be held on the evening of Saturday the 27th March. The Australian Athletics Championships will be held in Sydney starting on April 12th.

Personality Traits of High-Performing Athletes **What you need to succeed – Part 2**

1. **Self-Confidence**...The belief in yourself, not arrogance. Belief is something that you can develop. Belief can also be developed by doing everything necessary in terms of preparation and planning ahead of an event. With nothing left to chance.
2. **The ability to set realistic and meaningful goals**...Without goals, we have no motivation. Goals need to be personal to you, but which drive you to succeed. They constantly need reviewing and should be developed with your coach.
3. **Self-Discipline**...There are many distractions around us. It is no secret that those that succeed have the self-discipline and focus to shut out distractions and focus on what needs to happen.
4. **Optimism**...Linked to point 1, but part of a process. Being an optimist (a person who tends to be hopeful and confident about the future or the success of something) is part of the process to drive Self-confidence.
5. **A willingness to learn**...You cannot succeed on your own. The ability to take on board new learning and techniques while taking advice and constructive criticism...Similarly a desire and hunger to ask questions.
6. **The ability to manage stress**...Stress can cause a feeling of debilitation, but elite athletes have to deal with this regularly. High-performing athletes have ways to handle stress. To park the worry and deal with the task at hand. We will look at this in our next blog.
7. **A focused mentality** This focus allows the athlete to not be distracted by day to day issues, but to remain focused on the task in hand and the end goal.
8. **Recognise the journey.** Trust the coach and the process, recognising that success is a series of building blocks that will take you to where you plan to get to.
9. **Resilience**...The ability to learn from and bounce back from disappointment e.g. Injury, results bereavement, etc.
10. **Perfection**...This may appear strange because, while perfection is the ultimate holy grail, it is often impossible to achieve. The key though is the constant striving to achieve...Nothing less than your best!
11. **Risk taker**...The confidence to do the unexpected when least expected...To steal a march on rivals.
12. **Smile**...We have to end with this! Smiling releases neuropeptides. Then other neurotransmitters like dopamine, serotonin and endorphins come into play too that makes us feel positive. And it always helps to smile at adversity, and face it head on!

Racewalking Queensland Management Committee **2020/21**

As elected AGM November 21st

Congratulations to the newly elected Management Committee that will take us through until the 2021 AGM scheduled for April.

President: S. Pearson

Secretary: N. McKinven

Vice President: P Bennett

Treasurer: R Hamann

Committee: I. Jimenez, S. Langley, T. Norton, J Stuckey

Patrons: Patrick & Maxine Sela

Registrar: T Norton

Uniforms: J Stuckey

Newsletter Editor: P. Bennett

Club Captains: Jasmine-Rose McRoberts / Ignacio Jimenez

QA Membership Details South Qld 2020/21 Season

Base Membership - \$12 plus club fee

During the pandemic we are offering pay-as-you-go membership:

All Shield meets - \$25 per meet

All State Championships* - \$30 per event

Eligible for in-stadium** state teams & national teams - \$100 fee

Eligible for all out of stadia*** state teams & national teams

**State championships includes 3000m, 5000m & 10000m Championships, Qld Athletics Championships, Qld Combined Event Championships, Qld Cross Country, Qld Race Walking Championships, Qld Road Running Championships*

***In-stadium state teams includes Australian Athletics Championships, Australian Combined Event Championships, Zatopek 10000m, National 5000m Championships*

****Out of stadia events include Australian Cross-Country Championships, Australian Half Marathon, Australian Marathon, Australian Road Running Championships, Australian Walk(s) Championships*

^all athletes nominating for the National T&F Championship incur the \$150 team levy, regardless of membership.

***NB:** if you have unaffiliated base membership (no club) you are limited to only three shield meets, and you are ineligible for national championship. If you wish to take up this casual membership, click [here](#).*

Qrun - \$12 (access to Qld Athletics distance events only (800m up))

Club Coach, Officials & Volunteers - \$0

If you need clarification on any aspect of membership and benefits please email info@qldathletics.org.au

Race Walk Coaching

If you are looking for coach or would like to be part of a training squad there are a number of qualified coaches in the club:

David Smith Walks Level 5

Noela McKinven Walks Level 4

Robyn Wales Walks Level 3

Shane Pearson Walks Level 3

Steve Langley Walks Level 2

To search for a walks coach, see their qualifications, contact details or where & when the coach go to ; <http://icoach.athletics.com.au/at/icoach/Search.aspx>

Racewalking Queensland

(Trading as the Queensland Race Walking Club Inc. ABN 59065512712)

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QRWC Website: www.qrwc.com.au

Queensland Athletics Member Protection Policy

As a member of Athletics Australia, Queensland Athletics, an affiliated club or an individual member everyone is required to comply with the Queensland Athletics Member Protection Policy. We are committed to the health, safety and general well-being of all of our members and will work to ensure that everyone associated with our organisation complies with this policy. We would encourage all who are involved in athletics to familiarise themselves and comply with this policy.

You can read the full policy here

<http://www.qldathletics.org.au/Portals/50/General/QA%20Member%20Protection%20Policy%20-%20July%202015.pdf>

Contact emails:

qrwc1@optusnet.com.au Membership, coaching or general enquiries about the club
racewalkqld@outlook.com Articles for the newsletter, to send in results, to join newsletter mailing list.

QRWC race entries qrwc1955@icloud.com

About us

Racewalking Queensland conducts its own winter road walk programme from April until September. Thank you to all our contributors of results & reports to this newsletter. We value your input.

For news and information on the Australian Federation of Race Walking (Racewalking Australia) and the member clubs go to www.rwa.org.au

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>