



Message from the Deputy Secretary

Welcome to the April edition of *Actively in Touch!*

In this edition we feature stories relating to the COVID-19 pandemic and the impact on our way of life. We offer articles on what we need to do to be active at home and how to stay in touch during isolation and social distancing.

We find out how Swimming Tasmania and Giant Steps have been working together to create a swimming program for people with a disability.

This edition also features the Tasmanian Deadly Choice Program, a Good Sports story from the Brighton District Cricket Club, and 16 year old Max Giuliani breaking the state's 100m freestyle swimming record. We also welcome two new staff to our Sport and Recreation branch.



I look forward to your continued support throughout 2020. Please remember to share your stories for inclusion in the next issue of *Actively in Touch* to sportrec@communities.tas.gov.au.

Kate Kent
Deputy Secretary, Communities, Sport and Recreation

It's still OK to PLAY - OUTSIDE

Prime Minister Scott Morrison announced recently that indoor and outdoor play centres have joined the growing list of businesses throughout the country that are



closed. Gatherings of more than two people (who do not live with each other) are restricted. Communities need to take seriously the practice of physical distancing, and not to take children to outdoor (and indoor) playgrounds at this time.

Play Australia is sharing the message that whilst playgrounds are closed, it's still okay to PLAY OUTSIDE! In fact, when we go outside, [we are more physically active, we reduce our screen time, we sleep better and our immune system becomes more robust and it increases our defence against COVID-19.](#)

Play Australia says that for children's health and wellbeing, it is crucial for children to get outside for physical and mental health, building resilience and independence. In these stressful times, now more than ever, kids need to play outside to let off steam and to gain the much needed health benefits of being outside.

Kieran Brophy, Assistant Director at Play Australia commented, "as a parent, I'm trying to act in the best interest of my children and keep them safe during these uncertain times. I also want to keep our broader family, community members, neighbours and those most vulnerable in the community safe, healthy and active - especially those who are at a greater risk."

"Whilst children love their local playgrounds, we are now making time to play outside every day in our backyard and in our public open spaces - whilst supporting our new physical distancing protocols."

The goal of all restrictions and social distancing is to protect everyone in the community.

More information from Play Australia can be found on their website [here](#).

Inclusive Swimming Tasmania

The Inclusive Swimming Tasmania program supports learn to swim centres, clubs and aquatic centres to deliver swimming programs specifically designed for people with a disability.

Swimming Tasmania identified the need for people with a disability to participate in a structured program with qualified instructors who understand how to support them to their full capabilities.

The program has been a great success so far with schools reporting a positive change in classroom attentiveness and behaviour.

The low-cost program was delivered across six to eight weeks in small groups of five. A parent, teacher or support worker also attended and assisted in the pool.



Giant Steps Tasmania has been involved with the program for over six months and Swimming Tasmania has been working with them to upskill teachers to become instructors to ensure long-term sustainability.

The program has three streams, each with its own focus and goals.

Level 1: Water Confidence, water safety and learn to swim.

Level 2: Learning strokes and active swimming. Getting to this level will give the participants the opportunity to participate in "Special Olympics Events" at Swimming Tasmania events. This will involve events such as noodle races, kickboard races, shorter stroke events and mixed participant relays.

Level 3: Stroke correction and getting ready for competition. This level will develop swimmers in the club environment to be ready for multiclass events at Swimming Tasmania Events.

Swimming Tasmania planned to hold tournaments for participants, to show off their new skills in a semi-competitive environment and to link participants with Special Olympic Australia events.

Swimming Tasmania aims to expand (once circumstances allow as swimming pools/centres are closed) the program across the state to multiple centres to increase the number of Tasmanian's with a disability learning to swim and having fun safely in the water.

For more information, contact thomas.hancock@swimming.org.au

Advice for Tasmanian Sporting Teams, Clubs and Organisations - COVID-19

Communities, Sport and Recreation is regularly communicating with and providing advice to the sport and recreation sector on its activities to support the efforts to slow the spread of COVID-19. The health, wellbeing and safety of Tasmanians is the Government's highest priority.



Sport and recreation organisations are being directed to a single source of health advice from the [Australian Health Protection Principal Committee](#) (AHPPC).

The Australian Government has announced national restrictions on all non-essential public gatherings. Tasmanians are advised not to attend non-essential gatherings of more than two people both indoors and outdoors. These restrictions help prevent the spread of COVID-19.

Tasmanian sporting teams, clubs and organisations should seek advice on their sport from the latest local, national and international advice on COVID-19, including advice from the Australian and Tasmanian Departments of Health, and the relevant National and State Sporting Organisations.

For the latest information on COVID-19, please visit the following websites:

- [Coronavirus \(COVID-19\)](#)
- [Australian Government Department of Health](#)

- [Tasmanian Department of Health](#)
- [Australian Institute of Sport \(AIS\)](#)

Being involved in sport, recreation and physical activities provides health benefits and provides a way for people to engage with others, helping to create a healthy and happy community. We will continue to support the sport and recreation sector while we face the current and future challenges.

Tasmanian sporting teams, clubs and organisations are encouraged to stay connected with their teammates and members during this period. Tasmanians are encouraged to be physically active while adhering to COVID-19 precautions and restrictions.

This is an unprecedented time of uncertainty for all Tasmanians; however, Communities, Sport and Recreation is committed to supporting our community through these challenges.

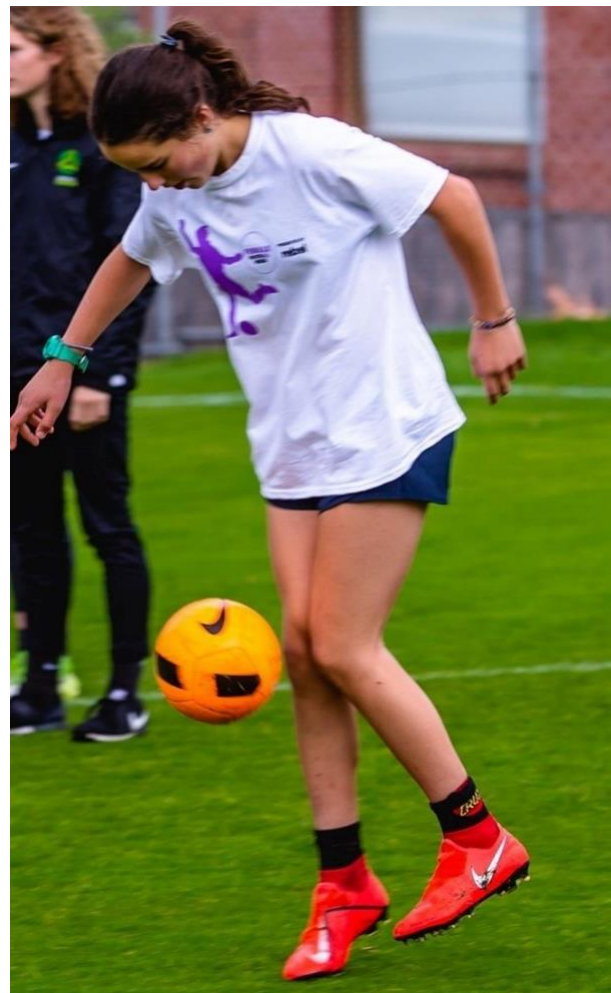
Play at Home Soccer Challenge

Matches around Australia may have been postponed but you can keep football in your life with the #PlayAtHomeChallenge. While it is important to practice social distancing during this time of uncertainty, it has never been more important to be active, connect with each other and keep your skills sharp!

So, if you are missing your weekend football fix out on the parks and pitches of Australia, Football Federation Australia wants you to take your ball and show your best moves. Whether it's in your own backyard, or in a safe place at home, you can join the #PlayAtHomeChallenge.

It works like this:

- Every week a new skill for you to master will be announced on the www.playfootball.com.au website
- Record yourself showing your best efforts
- Challenge three of your friends to match your moves
- Post your video on social media - and be sure to tag your three friends and include #PlayAtHomeChallenge and #StayAtHomeChallenge



The first skill challenge to master is keep-ups. Flick the ball up with your feet and juggle the ball 10 times, without allowing the ball to hit the ground. The record for the longest keepie-uppie is held

by Englishman Dan Magness, who once juggled the ball for 26 hours using his feet, legs, shoulders and head.

For further information and a video introduction to the challenge, go to the Football Federation Australia [website](#).

Photo courtesy of Solistice Photography

Clubs Tasmania - Support for Tasmanian Sporting Clubs

Clubs Tasmania, as part of the Tasmanian Hospitality Association (THA), is offering free sessions with Collins SBA, to provide financial advice to work through the impact of COVID-19 on sporting clubs and organisations. Sessions are designed to help clubs to develop a plan to survive, and then thrive when circumstances allow.



Sessions with Collins SBA may include:

- Assessment of your club's individual situation to understand support required
- Assistance navigating State and Federal Government funding available
- Assistance preparing a cashflow budget for the next 12 months
- Planning for success in the post the Covid-19 environment, including repayment plans for loans taken during the pandemic

You may be able to book a session through your State Sporting Organisation.

For more information, contact Clubs Tasmania Project Manager, Andrew Moore at andrew@tha.asn.au or on 1300 125 827.

Self-isolating? Quarantined? Working from home? Here are our tips for staying active

The COVID-19 pandemic is disrupting every aspect of Australian's lives, including our physical activity routines - like going to the gym, playing teams sports or even walking with a group of friends," says Heart Foundation Director of Active Living, Adjunct Professor Trevor Shilton.

"If you're home for long periods, there might be a temptation to spend more time on the couch, but we would encourage Aussies in this situation to find ways to stay fit, active and healthy."



Physical inactivity is a key risk factor for heart disease, which continues to be the single most leading cause of death in Australia.

The Heart Foundation has some tips and tricks for staying active:

- Any physical activity is better than none,
- Avoid sitting for long periods - break up your day,
- Try to move in as many ways as you can throughout the day - build up to 30 minutes
- The goal is to build up to 150 minutes a week of moderate intensity level - a brisk walk to make you puff a little but still be able to conduct a conversation,
- moving about while at home.

Ideas may also include;

- Gardening,
- Exercise bike,
- Develop your own physical routine,
- Youtube exercise programs,
- Declutter a room or shed,
- Paint or restore furniture items,
- Indoor bowls,
- Yoga,
- Aim for 10,000 steps per day, and
- Resistance training exercise programs (HIIT).

We need to limit our sedentary recreational screen time to no more than two hours per day. Break up the TV or movie time with some fun activities with our children and most importantly, keep them out of their bedrooms and off their devices and be active together," said Professor Shilton.

For more ideas and information, have a look on the Heart Foundation website at www.heartfoundation.org.au

Photo: Being active at home

Healthier Futures for Aboriginal Youth

The Tasmanian Deadly Choices team have been working with sports to educate Aboriginal youth about making healthier changes to their lifestyle.

Deadly Choice is a health promotion initiative developed by the Urban Indigenous Health. It aims to empower Aboriginal and Torres Strait Islander peoples to make healthy choices for themselves and their family - to stop smoking, to eat good food and to exercise daily. "Deadly" is a slang term used in Aboriginal communities meaning 'cool, great or the best'. The initiative is educating Aboriginal peoples to make the best choice for their health.



The Deadly Choices team has been working with cricket Tasmania to deliver its Healthy Lifestyles Program within high schools. The eight-week program was available to all Aboriginal and Torres Strait Islander students in grades 7-12 and covered topics ranging from healthy relationships through to chronic disease. Each session also included sports drills and a game to encourage students to be physically active.

The Deadly Choices team are always looking to provide students with an opportunity to try different sports and physical activities and will seek expressions of interests from sports. According to Deadly Choices Project Officer Hollie French "Students have expressed a keen interest in many sports so it would be great to have as many different sports onboard as we can."

If your sport or activity would be interested in being involved with the Deadly Choices Healthy Lifestyles Program in the future, contact Hollie French on 0476 012 865 or email hfrench@karadi.org.au, or Leroy Hart on 0409 444 530 or email lhart@karadi.org.au.

New Recruits to Sport and Recreation

Rani Cavaretta

Rani grew up in Tasmania with a playing and coaching background in football, including spending four years in the Tasmanian Institute of Sport's football program as a teenager. After completing her Bachelor of Business (Sports Management) and a Bachelor of Exercise & Sports Science, Rani stepped a development role with Football Tasmania, aimed at increasing female participation and pathways across the state.



Following this and a period in Victoria, Rani relocated to North Sydney, where she continued in the sport and recreation sector as a Development Officer, Competitions Coordinator and Community Coach Educator, while also playing top level football in NSW.

Rani has worked closely with National and State sporting organisations, clubs and associations to engage and retain participants within sport as well as building capability through strategic planning, good governance, elite pathways and sustainable programs.

Rani spent several years in Human Resources and Recruitment, working with businesses across Tasmania on staffing solutions, workplace health and safety, risk and events management. Having worked on the front line in sport and recreation, Rani is extremely passionate about continuing to build a safe, fair and inclusive sector in Tasmania.

Rachael Siely

Rachael has recently commenced working for Communities, Sport and Recreation as a Project Coordinator after working for the Tasmanian Government for the past 10 years.

Rachael transferred to a role in Sport and Recreation as a Grants Coordinator about eight months ago. Since then, Rachael has gained a thorough understanding of the role the Tasmanian Government plays in assisting many community organisations across Tasmania.

In her spare time, Rachael likes to live an active lifestyle through regular exercise at the gym, getting outdoors and participating in sport. Rachael previously played in netball's State League and Southern Premiers League competition, before transitioning to Australian Rules in 2014. Through her involvement in football, Rachael has gained a great insight into how much the sport has grown and the pathways that are now available for women and girls to play at the highest levels possible.

Rachael is looking forward to working closely with organisations within the sport and recreation sector.

Photo: Rani Cavaretta and Rachael Siely

Brighton District Cricket Club goes above and beyond

Brighton District Cricket Club has been praised for its strong commitment to building a healthy, family-friendly club environment, through the Good Sports program.

Having reached the highest level of the Good Sports program, the Brighton District Cricket Club has implemented policies around alcohol management, tobacco, safe transport, mental health and healthy eating. Above and beyond the Good Sports program, Brighton District Cricket Club prides itself on its efforts in encouraging female participation.



"The club is extremely proud of its achievements regarding female participation. The 2019/20 season saw our female players represented in Cricket Tasmania's Premier League (CTPL) 1st grade competition, along with representation in the CTPL Development League. Thanks to all the girls who have helped create a pathway for our current and future stars," said Club President, Scott Arnold.

Brighton District Cricket Club has acknowledged Good Sports for its support in making the club inclusive and healthy place it is today.

"Good Sports has provided us with the tools to help ensure that our members are in an environment they enjoy, feel safe and feel welcome," Mr Arnold said.

Managed by the Alcohol and Drug Foundation (ADF) Good Sports is Australia's largest preventative health initiative in community sport with nearly 20,000 clubs nation-wide. The program offers free tools, resources and practical support to implement policies around alcohol management, tobacco and safe transport.

ADF's Tasmanian State Manager Daniel Vautin, applauded the efforts of the Brighton District Cricket Club calling them a community champion. "The club is a fantastic role model in community sport and should feel incredibly proud of its strong commitment to building a healthier and more inclusive club," Mr Vautin said.

Good Sports is proven to reduce risky drinking at participating clubs by 37 percent and has seen a reduction of alcohol-related accidents among Good Sports club members and supporters by 42 percent. Studies have also found that Good Sports has contributed to supporting positive and inclusive community sporting environments.

"Good Sports is building a healthier and more inclusive sporting nation by encouraging systemic changes in club culture to promote long-term positive healthy outcomes. Community sporting clubs across Australia have the opportunity to join Good Sports. Our staff are committed to guiding clubs through the free program, making it easier for already busy volunteers to implement," Mr Vautin added.

More information about Good Sports is available at www.goodsports.com.au

Photo: Members of the girls' Junior Brighton District Cricket Club.

Max Giuliani's record-breaking swim in Hobart

At just 16 years of age, Max Giuliani is officially now the fastest ever Tasmanian freestyle swimmer in the pool over 100 m and the first to break the 51 second barrier. His record-breaking swim of 50.49 seconds came at the Hobart Aquatic Centre on the weekend of the 14-15 March 2020.



At 193 cm tall and with a size 16 feet, Max is of a similar build to Ian Thorpe. He has already qualified for this year's Junior Pan-Pacific Championships and he was also aiming to win double gold in both the 100 m and 200 m at the Australian Championships in Perth in April. He is currently the reigning national 200 m freestyle champion and holds a raft of state records and championships.

With no history of swimmers in the family, Max is a self-starter who rises at 4.30am each day for training. He started at the age of 10 and hasn't stopped achieving since then. His current goal is to make the Australian team at the World Championships and the Olympics without having to move interstate, and says that if he can accomplish this, he would be extremely proud.

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Photo: Max Giuliani after breaking the 51 second barrier for the 100 Metres (source: The Mercury Tasmania newspaper)

'Keep on Moving' Community Awareness Campaign Launched

As we continue to navigate the challenging and rapidly changing environment, the fitness industry is playing an important role in ensuring people remain physically active.



Recently Fitness Australia commenced their **Keep on Moving** community awareness campaign to highlight the importance of keeping active and continuing a regular exercise routine during the COVID-19 social distancing and restrictions period. The vital role fitness and regular moderate activity has in our mental health and overall wellbeing cannot be underestimated. Continuing to be active during these times can help with isolation, stress, anxiety and help support an individual's health and wellbeing.

Fitness Australia's message is simple - it has never been more important to stay active to help keep our mental health in check.

The campaign is about encouraging people to keep exercising while maintaining social distancing.

This campaign is also about fitness industry professionals. As an industry, keeping active ensures you still have clients to train, motivate, inspire and together achieve great results.

Fitness Australia has raised much needed funds to spearhead this campaign and get it up and running as soon as possible. However, the more people can do on their own, the bigger impact it has on people's lives during the COVID-19 pandemic.

More information can be found on the Fitness Australia's [website](#).

Photo: Fitness Australia's 'Keep on Moving' Campaign

Tasmanian National Parks and Reserves are Closed

The Tasmanian Government is determined to stop the spread of COVID-19 and keep the community safe, which is why the Tasmanian Parks and Wildlife Service closed all national parks and reserves to public recreational use from midnight on Thursday 26 March 2020.

The closure of parks and reserves was in line with Tasmanian and Federal government measures to discourage the community from undertaking unnecessary travel.



The move follows the closure of campgrounds and other visitor accommodation on Wednesday 25 March 2020.

These restrictions prevent unnecessary travel and social gatherings. No day or overnight walks, fishing, mountain biking or other outdoor activity will be allowed in any Parks and Wildlife Services park or reserve in Tasmania. This extends to all facilities and on-site public services.

Signage will be installed at PWS parks and reserves across the state alerting visitors that the sites are closed to the public until further notice.

We know that many Tasmanians feel a connection to our Parks and natural spaces, but for public safety reasons this is not the time to travel and undertake recreational activities - especially during the upcoming school holidays.

For further up to date information visit the Parks and Wildlife Services website at www.parks.tas.gov.au

COVID-19 Stimulus and Support

The Tasmanian Government has provided a stimulus package to support Tasmanian businesses and industries, households and community as we face the impact of the COVID-19 pandemic.

Information is available at www.coronavirus.tas.gov.au/stimulus-and-support.



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