



## RETURN TO TRAINING

# PROTOCOLS

AS AT 18TH MAY 2020

### Club checklist for return to training

This guide has been established to support City of Vincent based teams returning to training under the current State Government COVID-19 restrictions. Clubs and teams have an obligation to strictly adhere to these protocols at every training session.

- SMALL TRAINING GROUPS OF NO MORE THAN 20** – Clubs can undertake training in groups no larger than 20 people. This includes both players & coaches.
- STRICTLY NO CONTACT** – The club has advised its participants, coaches, volunteers and parents that all training must be strictly **non contact**
- 1.5M SOCIAL DISTANCING** – The club has advised its participants, coaches, volunteers and parents that all training must strictly observe social distancing requirements of 1.5m, and adhere to the requirement of no more than 1 participant per 4sqm.
- NO ACCESS TO CHANGEROOMS** – The club is aware that all changerooms and wet areas are NOT to be used
- BALLS, TENNIS RACQUETS AND HOCKEY STICKS ALLOWED, BUT NO OTHER EQUIPMENT** – The Club is aware that balls, tennis racquets and hockey sticks can be used for small group training, however no additional equipment is permitted and also understands the restrictions in place for small group training.
- CLUBS & TEAMS UNDERSTAND THE RETURN TO TRAINING PROTOCOLS** – The club and all teams have read, understood and agree to adhere to the Guidelines and Protocols for Return to Training in Western Australia document provided by the City of Vincent.
- HYGIENE PROTOCOLS ARE IN PLACE** – The club has implemented the hygiene protocols as outlined in the guidelines for a Return to Training in Western Australia document.
- A REGISTER OF PARTICIPANTS** – The club has implemented a log, or register, to keep a track of which participants are in attendance at all training sessions, and this is available upon request by the City of Vincent and Health authorities.
- COVIDSafe App** – The club has encouraged all players, volunteers and families to download the COVIDSafe app to help in tracing the spread of COVID-19.
- LOCAL GOVERNMENT APPROVAL** – The club has received approval from the City of Vincent to access the oval for training.
- FOLLOW DIRECTIONS** – The club and training groups understand that they must follow the direction and advice of Police, Rangers and Local Government at all times.



CITY OF VINCENT

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## Training can resume if the following protocols are in place:

1. Clubs / teams strictly adhere to the maximum of 20 participants (inclusive of coaches), as per the current State Government restrictions.
2. Strictly no physical contact between players can occur.
3. Social distancing of 1.5m must be maintained at all times, along with ensuring only 1 person per 4sqm.
4. No access to changerooms or wet areas can occur.
5. Clubrooms are permitted to open subject to a maximum of 20 people and 4sqm per person. If the clubrooms are not 80sqm, numbers will need to be reduced accordingly. Advice can be obtained from the City of Vincent in relation to clubroom sizes.
6. Balls, rackets and hockey sticks can be used for small group training, however no additional equipment can be used during training.
7. A log, or register, of all participants in attendance at each training session MUST be maintained and available upon request by either the City of Vincent or Health authorities. Participants must remain in the same group, and not switch groups.
8. The Return to Training hygiene practices outlined in this document are to be strictly adhered to.
9. All clubs using a sportground or a leased area must complete a COVID-19 Safety Plan prior to commencement as directed by the State Government

## Hygiene factors for a return to training

### Hygiene Protocols for a Return to Training

- Alcohol based hand sanitisers must be available for all teams training sessions, with players encouraged to use prior, during and following training.
- There is strictly to be no sharing of water bottles or towels, and it is important to clean and disinfect these items following each training session. Disinfect mouth guards after each session.
- Players and coaches should avoid spitting or clearing nasal passages at training.
- Avoid high fives, hand shakes or other physical contact.
- Changerooms, Club Rooms and wet areas are not to be utilised for training i.e. players arrive at venue in ready to train.
- Club providing balls must be wiped with antibacterial wipes or alcohol-based sanitiser prior to and after training sessions.
- Players are responsible for their own strapping if required. No player massages.
- If you, or people you have been in contact with are sick, please DO NOT attend training and advise the football coach.

### General Hygiene Practices

- Wash your hands often with soap and water for at least 20 seconds – If soap and water are not available, use an alcohol – based hand sanitiser
- Avoid touching your eyes, nose and mouth
- Avoid close contact with people who are sick
- Stay home and seek medical treatment when you are sick
- Cover your mouth to cough or sneeze

**CLUBS MUST ENSURE THAT THESE HYGIENE PROTOCOLS ARE IN PLACE FOR ALL TEAMS THAT ARE TRAINING. IF THESE PROTOCOLS CANNOT BE ACHIEVED THEN TRAINING SHOULD NOT PROCEED.**