



St Marys Football - Return to Training

# Club Preparations



## PREPARING THE CLUB ENVIRONMENT – SECTION COORDINATORS

- Sanitizing & hand washing signs to be displayed in the toilet facility and at hand sanitizing areas.
- No changerooms to be open, disabled toilets open for use.
- Soap and paper towel to be checked and available.
- Basins, taps, door handles and toilet cistern to be wiped with disinfectant prior / after training.
- Pump action hand sanitizing to be set up adjacent to training areas for players to use prior and after training. On arrival the Team Manager / nominated volunteer should attend this station, fill out the training log as players arrive and ask each player if they are feeling well.
- During training hand sanitizing to be at the entrance of the toilet for use on entering and leaving.

# Coaches/Assistant/Team Managers



## HYGIENE / SAFE EQUIPMENT / SOCIAL DISTANCING – COACHES

- Coaches to complete Covid training via link below, advise Age coordinator and forward certificate <https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>
- Identify groups of strictly 20 players and keep this consistent – no group swapping, or intermingling.
- Training time/location scheduled with staggered start & finish times must be adhered to. Note: Netball will be keeping sessions to under an hour and with only 10 per court in line with Netball Vic recommendations.
- Limit 2 groups of 20 players per oval. 1 coach per group or the minimum number of support staff.
- Strictly no physical contact between players – no tackling, bumping, ball contests.
- Social distancing of at least 1.5m must be adhered to at all times.
- Coaches to ask any player who appears unwell to go home, and get tested if they have any COVID19 symptoms.

# Coaches/Assistant/Team Managers

## HYGIENE / SAFE EQUIPMENT / SOCIAL DISTANCING – COACHES continued



- Vulnerable players with underlying health issues to be encouraged to see their GP before resuming training. Players with vulnerable family members to be welcomed to opt out of training.
- Limit the number of balls in use and wash / wipe with alcohol wipes thoroughly prior to and at the completion of training.
- Use witches' hats to define appropriate distances for all drills, warm ups and waiting lines.
- Collect / move witches hats yourself (not players) and do not use any other equipment.
- Ensure all players sanitize hands before entering the training area and before leaving.
- Players needing to use the toilet to go one at a time, sanitize hands prior to entering and on leaving.
- All Team Managers to keep a log as players arrive and ask each player if they are feeling well. Form will be provided.

# Parents and Players



## **PRIOR TO COMING TO TRAINING - PARENTS AND PLAYERS**

### **\*\*DO THE WELLNESS TEST\*\***

Parents and players are asked NOT to come to training if any of the following relates to them:

- You, your child or any member of your household is experiencing any of the following symptoms, even if mild – runny nose, sore throat, cough, muscle soreness, or fever.
- You, your child or any member of your household has been in contact with a person with COVID-19 or has received a CoVidSafe App alert in the last 14 days.
- Any member of your family, or a person you have been in contact with has tested positive to COVID-19 in last 14 days.
- You, your child or any member of your household has been recently tested and is awaiting results.
- Any member of your family, or a person you have been in contact with has returned from overseas in the last 14 days.

# Parents and Players



## PLAYER HYGIENE

- Players to wash hands thoroughly with soap prior to coming to training.
- Players to arrive at training ready to train – no changeroom facilities are available.
- Players asked not to arrive at training more than 10 minutes before start time and NOT to congregate.
- Players to bring their own drink bottle and towel if needed – no sharing.
- Players to come to training strapped if needed.
- Players not to come to training if feeling unwell. Players to let their coach know if they are unwell.
- Players to cough / sneeze into their elbow and sanitize hands after doing so.

# Drop off and Pick up



## **ON ARRIVAL TRAINING - PARENTS AND PLAYERS**

- Parents to drop players at the designated drop off and leave immediately. No congregating.
- Parents NOT to enter the oval area during training.
- Players and parents to maintain 1.5m distance from all others at all times. No hugs, handshakes, high fives.
- Players to sanitize hands before entering the training area.

## **ON COMPLETION OF TRAINING - PARENTS AND PLAYERS**

- Players to sanitize hands prior to leaving.
- Players to disperse immediately for parent collection / departure at dedicated pick up and parking areas. Please don't congregate.
- Players to shower on home arrival.



# Anthony Costa Oval

Carpark/pickup/drop off for North end groups

Entry/Exit point for groups to North End  
Hand Sanitiser and register before entering ground

Carpark/pickup/drop off for South end groups

Entry/Exit point for groups to South End, Hand Sanitiser and register before entering ground



North End

Groups must remain separate and cannot transition across centre of the ground

South End



# Cricket Ground Oval



Carpark/pickup/drop off for North end groups

Entry/Exit point for groups to North End  
Hand Sanitiser and register before entering ground

Carpark/pickup/drop off for South end groups

North End

Groups must remain separate and cannot transition across centre of the ground

South End

Entry/Exit point for groups to South End, Hand Sanitiser and register before entering ground

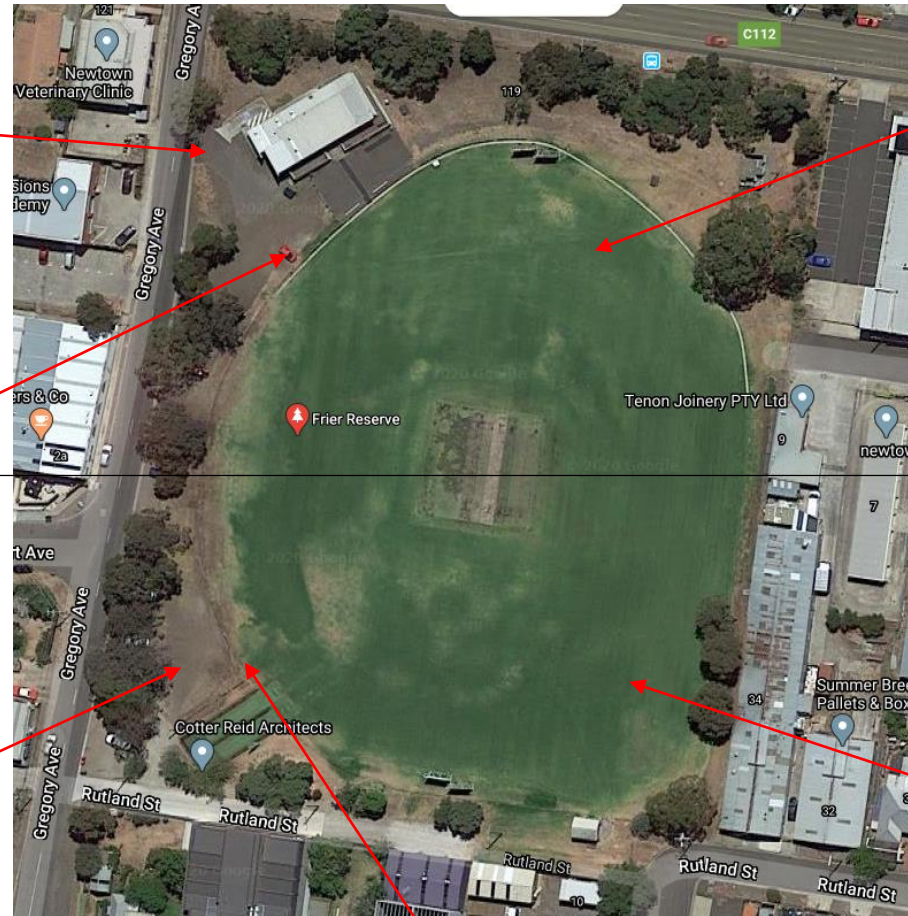
# Friers Reserve



Carpark/pickup/drop off for North end groups

Entry/Exit point for groups to North End  
Hand Sanitiser and register before entering ground

Carpark/pickup/drop off for South end groups



North End

Groups must remain separate and cannot transition across centre of the ground

South End

Entry/Exit point for groups to South End, Hand Sanitiser and register before entering ground

# Parents and Players

## COVID19 HOTLINE

- For Any enquiries / concerns call 1800 675 398
- If experiencing any COVID-19 symptoms – fatigue, fever, sore throat, respiratory difficulty, dry cough, runny nose – please seek a COVID-19 Test via your GP or Barwon Health and

**DO NOT COME TO TRAINING**





Thank You