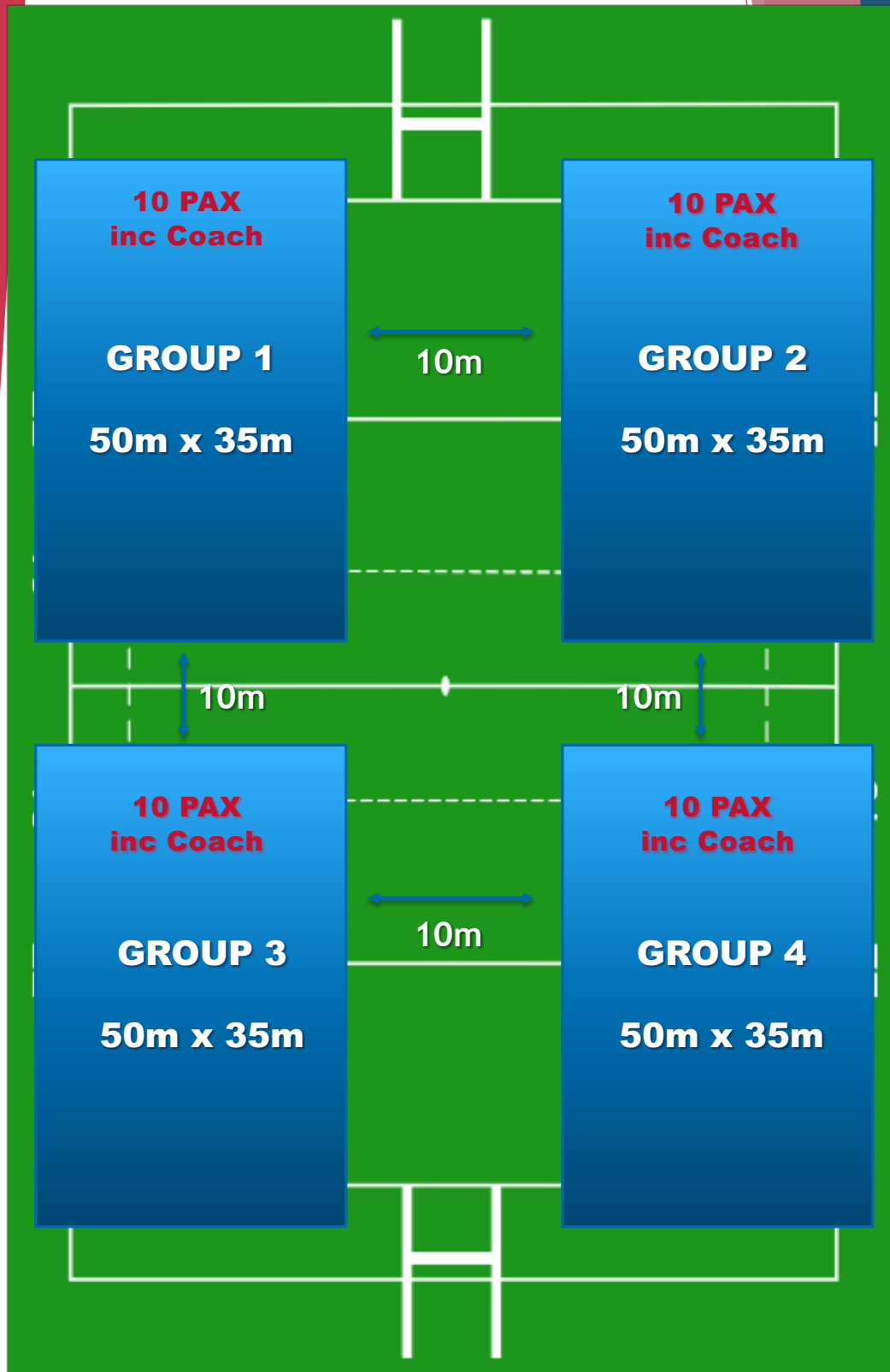




2020 COVID-19 TRAINING PROTOCOLS

FIELD MAPPING – SOCIAL DISTANCING



Physio/strapper plus
max. 2 Managers

**Social distancing must
apply**

FRAMEWORK

- ▶ Preparation for resumption includes education of the athletes and other personnel, assessment of the sport environment and agreement on training scheduling to accommodate social distancing.
- ▶ The approach to training should focus on 'get in, train, get out', minimising unnecessary contact in change rooms, bathrooms and communal areas. Prior to resumption, sporting organisations should have agreed protocols in place for management of illness in athletes and other personnel.
- ▶ Clubs and individuals should apply a graded return to mitigate injury risk, understanding that sudden increase in training load will predispose to injury.
- ▶ The timing of progression between levels may be influenced by any evidence of transmission issues within the local community or sporting cohort.
- ▶ Individuals should not return to sport 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) should be considered a potential case and must immediately self-isolate, have COVID-19 excluded and be medically cleared by a doctor to return to the training environment.
- ▶ Athletes returning to sport after COVID-19 infection require 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 training load predispose to injury and a graded return should be considered.
- ▶ Resumption of sporting activity may not be linear. Increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases. Sporting organisations need to be flexible to accommodate and respond to changes in community transmission rates and the associated changes in advice from Public Health Authorities.

GUIDELINES

- ▶ Practice good hygiene (washing hands, etc) – Players and staff issued with best practice information
- ▶ No sharing water bottles and/or towels (Club will not provide)
- ▶ No sharing of mats, or equipment (balls, weights, etc) without appropriate cleaning protocol between sessions
- ▶ **Get in, train and get out**
- ▶ Social distancing **MUST** be maintained before, during and after session – 1 person per 4m square
- ▶ Group distancing as per mapping (10m between groups) must be maintained
- ▶ Non-contact drills only (accidental contact may occur but no deliberate body contact drills) – no scrums, lineouts, rucks, mauls, tackling, wrestling or binding
- ▶ Hand sanitizer will be in place for use pre, post and during training
- ▶ Team Managers/off-field staff responsible for ensuring all items/surfaces are sanitized appropriately
- ▶ All participants **MUST** not attend if feeling unwell or sent home if suspected of being unwell – even mild symptoms must be addressed (cough, sore throat, fever, shortness of breath) and be referred to Club Doctor
- ▶ Spitting and clearing of nasal/respiratory secretions on ovals or other areas must be strongly discouraged

GET IN, TRAIN AND GET OUT PROTOCOLS

Strategies to minimize person-to-person contact on site and limit time to be implemented:

- ▶ Arrive dressed and ready to train
- ▶ Changerooms off limits to players and limited to one Coach/Manager at a time
- ▶ Public bathrooms to be used with Club providing hand sanitizer
- ▶ Hand sanitizer and disinfectant with each group on field
- ▶ No showering at training venue
- ▶ All players and Coaches to eat off-site
- ▶ Social distancing to remain as much as possible during drills and mandatory pre and post drills
- ▶ No on-site team meetings (must be online) or recovery sessions
- ▶ Players are to remain in the one group with no switching during the session and the Coaches move between groups (if needed) to minimize movements
- ▶ Coaches/Managers to encourage players to leave training venue immediately and prevent cross-over contact with next player groupings
- ▶ There must be a minimum 3-minute cross-over period between group movements to allow disinfecting and/or changeover of equipment by Coaches/Manager
- ▶ Physiotherapy service limited to strapping for training or assessment of injuries during session – all treatment or return to play management must be conducted off-site
- ▶ Appointed Club member will monitor all training venues for compliance

REVIEW AND COMPLIANCE

- ▶ The appointed Club member will attend all venues randomly across all sessions to monitor compliance and behaviour
- ▶ All training protocols are subject to change with any changes to Federal and State government advice and policies
- ▶ Training venue availability is subject to Local government policy and restrictions
- ▶ Initial consideration for venues and timing will be given to the 1st and 2nd Grade squad followed by Lower Grades and Women
- ▶ The Club's financial considerations and changes to the 2020 budget due to COVID-19 may impose some restrictions on all programs for the remainder of 2020 – these will be advised by the Club Committee