

# Coaches, Sports Trainers, Referees & Volunteers

The advice of your relevant State and Local authority must be considered when implementing this guide.

Any person displaying respiratory symptoms (no matter how mild) such as cough, sore throat, shortness of breath, runny nose etc or fever or gastrointestinal symptoms (eg diarrhea or vomiting) or loss of smell and/or taste or flu like symptoms such as muscle aches or fatigue or other possible signs of COVID 19, who has travelled internationally or been in direct contact with a known case in the last 14 days must not attend clubs or training and should seek medical advice

## GENERAL:

- ☒ Recommended all players and team staff receive the Fluvax (influenza vaccination).
- ☒ Pre-return screening of any members that have had COVID-19 by their doctor using a multidisciplinary specialist assessment approach.
- ☒ **Vulnerable group caution:** Athletes/other personnel with concurrent medical conditions including; respiratory or cardiac disease, hypertension, diabetes, obesity and immunosuppression due to disease or medication may be at increased risk. Other groups that require special consideration include; individuals over 70 years of age, carers for or a household contact of a vulnerable person, athletes with suboptimal access to medical care (e.g. remote) and Aboriginal and Torres Strait Islander communities
- ☒ Cover mouth and nose when coughing or sneezing (into your elbow, not your hands).
- ☒ Consider rubber gloves, protective glasses and face masks if treating injured

players (Single use – one per player and change immediately after contact with player is finished, then wash/sanitise hands before applying new gloves).

- ☑ Regularly wash hands with soap or sanitiser.
- ☑ Consideration should be given to training activities to allow for adequate preparation for contact training to take place, particularly in age groups who are not subject to the Safe Play Code
- ☑ Make sanitiser available or request each player brings their own for ongoing use throughout the session.
- ☑ Each player to provide their own water bottle and towel.
- ☑ Avoid touching of eyes, nose and mouth if hands haven't been cleaned.
- ☑ No spitting.
- ☑ No high fives, handshakes or similar physical contact.
- ☑ Wipe down all surfaces and objects with disinfectant/anti-bacterial wipe, especially high touch areas/surfaces.
- ☑ Do not share drink-bottles.
- ☑ Be sure to adhere to social distancing requirements as associated to the respective level in place in your jurisdiction.
- ☑ Ensure you are registered and allocated to your team in the MySideline platform.

### **PRE-TRAINING:**

- ☑ Only essential personnel are to attend training – players, team officials, essential volunteers.
- ☑ Consider appropriate training nights to ensure field availability to minimise crowding and account for group sizings.
- ☑ Avoid Dressing Rooms wherever possible.

- ☑ Soap and/or hand sanitiser should be available.
  - ☑ Avoid general social activities both pre and post-training
  - ☑ Surfaces and equipment (including balls) to be wiped down at least after each session with anti-bacterial/disinfectant.
  - ☑ Promote education around handwashing guidance to all players.
  - ☑ Instruct players to arrive dressed and ready to train.
  - ☑ Adopt a 'Get in, train and get out' approach.
  - ☑ Maintain an attendance list at all training sessions.
  - ☑ All players and staff to confirm NO respiratory symptoms (no matter how mild) such as cough, sore throat, shortness of breath, runny nose etc or fever or gastrointestinal symptoms (eg diarrhea or vomiting) or loss of smell and/or taste or flu like symptoms such as muscle aches or fatigue or other possible signs of COVID 19 prior to engaging in training session.
- Only one parent/caregiver to attend training and if staying, where feasible, remain in the vehicle.
- ☑ Players to bring their own water bottles already filled to training.

### THE SESSION:

- ☑ Adopt a 'Get in, train and get out' approach.
- ☑ Avoid in-door activities, e.g. video sessions (Consider video-link session e.g. Zoom).
- ☑ Where in-door activities are required, ensure social distancing between athletes is adequate (1.5 m) and consistent with local regulations as to maximum numbers etc.

- ☑ Consider splitting the training space to account for maximum group numbers.
- ☑ During Level B work in groups of ten, e.g. 9 x players 1 x coach.
- ☑ No person to person contact training drills to be conducted during Phase B, e.g. tackling, wrestling.
- ☑ Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings must be strongly discouraged.
- ☑ Skills and drills using a ball, kicking and passing allowed. Abide by local authorities group limitations.
- ☑ Plan for regular breaks using a group by group staged approach to allow for hydration and hand sanitiser use.
- ☑ No sharing of head-gear, guards or any other personal protective equipment  
If utilising wearable training equipment, e.g. bibs, allocate each player an individual bib to be taken home and washed by the player.
- ☑ Plan to complete session using a staged approach to minimise larger group gatherings.

### **POST TRAINING:**

- ☑ No social gatherings after training.
- ☑ Where applicable de-brief with the coaching staff to review the effectiveness of training sessions concerning the level of restrictions being applied.
- ☑ Develop a plan for cleaning of the equipment used during the training session.

### **TRAINING EQUIPMENT:**

- ☑ When moving to Level C, do you have a deep clean and hygiene plan for the equipment used for each team:

- Markers or corner posts
- Tackle bags or pads
- Footballs
- Agility equipment

### GAME DAY

- ☒ Player/Staff arrival 60 minutes maximum prior to kick-off
- ☒ Provide hand sanitiser for use on arrival
- ☒ Provide an Attendance Sheet that includes questions relating to respiratory symptoms (no matter how mild) such as cough, sore throat, shortness of breath, runny nose etc or fever or gastrointestinal symptoms (eg diarrhea or vomiting) or loss of smell and/or taste or flu like symptoms such as muscle aches or fatigue or other possible signs of COVID 19
  - Anyone unable to acknowledge they are free of signs and symptoms are directed to go home immediately and seek medical advice before returning to the team environment
- ☒ Advise players to do as much preparation as practicable at home
- ☒ Avoid the use of dressings sheds wherever possible
- ☒ If dressing sheds must be used abide by the relevant social distancing rules and admit only small groups to ensure 4m<sup>2</sup> per person is available per person
- ☒ No sharing of DH/FR bibs during games. Multiple pairs of bibs will be required
- ☒ Half-time briefing to take place outdoors
- ☒ No sharing of towels or wipes (Players to provide their own)
- ☒ No sharing of fruit or food during half-time breaks
- ☒ Post-game de-brief to take place out-doors

- ☒ Players encouraged to shower at home

**PLAYING APPAREL:**

- ☒ When moving to Level C do you have a deep clean and hygiene plan for the equipment used for each team:
- Jerseys
  - Shorts
  - Socks
  - Bibs

**Note:** This can be normal cleaning / washing in a separate washing load (used training and match clothing used to be taken home in a plastic bag (bag thrown away) or cloth bag (washed with clothes).

- Wear PPE such as gloves when washing clothes and perform appropriate hand hygiene afterwards
- Ensure personal clothing does not contact the used clothing