



COVID-safe Guidelines for Marist College Canberra Sports Clubs For Stage 3.1 restrictions

<p>Permitted Activities</p>	<ul style="list-style-type: none"> • All regular training practices can resume. • Continued emphasis on physical distancing (1.5m rule), personal and respiratory hygiene. • Physical contact, sharing of equipment and use of communal facilities is discouraged. • Participate in competitions from midday on Monday 10th August. • <i>Outdoor community sporting events (Venue) limited to groups of no more than 100 spectators, this excludes staff and participants. A venue is classified as a field with each field separated from each other. One sideline will be allocated for spectators for viewing for each venue.</i> <p><i>(No more than 2 parents/carers per participant necessary for College to comply with this restriction).</i></p>
<p>Training Protocols</p>	<ul style="list-style-type: none"> • Clubs should adhere to the code specific skill and conditioning frameworks published by their Sporting Association. • Clubs should follow the training and grounds set-up protocols published by their Sporting Association. For example, using cones to divide fields into the training area sizes suggested by their codes. • Communication protocols should be confirmed around training cancellations if a coach is unwell.
<p>Training Logistics</p>	<p>Prior to commencing training, clubs should consider and plan for the following:</p> <ul style="list-style-type: none"> • Ensuring an adequate number of volunteer coaches are available to support the training structure proposed. • Ensuring all volunteers have valid WWVP credentials and applicable coaching qualifications in place. • Ensure structured training programs are provided to all coaches prior to each session to support the modified formats and restrictions in place. • Allocate training areas to teams and communicate this clearly to coaches in advance. <p><i>All clubs are required to submit this information in advance to the College Head of Sport, Mr Paul Mead who will confirm Marist oval allocations.</i></p>
<p>Attendance</p>	<ul style="list-style-type: none"> • Students, coaches or any volunteer involved in training are not to participate if they: <ul style="list-style-type: none"> ○ Feel unwell or have any cold or flu-like symptoms; ○ Have been exposed to a person with COVID-19 in the preceding 14 days; or ○ Are awaiting, or have a family member/close contact awaiting a COVID-19 test result.

	<ul style="list-style-type: none"> • Clubs should encourage anyone in a vulnerable category in relation to COVID-19 to seek medical advice prior to their participation. • Anyone who becomes unwell during training should be isolated and arrangements made for them to be collected immediately. • An attendance list should be maintained for all trainings and matches. • Contact tracing registers will be set-up for all attending the venue on the day. Clubs are encourage to utilise an electronic qR code scanner to record attendance information.
Hygiene and Equipment Cleaning Measures	<ul style="list-style-type: none"> • College expectations in relation to hand and personal hygiene measures apply. This includes discouraging physical greetings (e.g. handshakes). • All participants should wash/sanitise their hands prior to commencing training/matches, after toilet breaks and at the end of training/matches. • Sanitisation stations are in place for use for teams training onsite at the college. • Clubs should provide hand sanitiser for individual training groups/teams and cleaning supplies for equipment. Clubs should encourage participants to bring their own hand sanitiser. • All equipment should be cleaned/disinfected before, during and after training/matches. Where possible, the sharing of equipment should be kept to a minimum. • Participants are required to bring their own drink bottles. College bubblers have been closed and re-purposed as bottle refill stations. • Sharing of food and drink bottles is not permitted. • Bins are available across college grounds for the safe disposal of rubbish.
Social Distancing on College Grounds	<ul style="list-style-type: none"> • Attendees are encouraged to have downloaded the COVID 19 app. Those who have not may be required to record their name and contact number on arrival. • Clubs and COVID-safety officers should take a proactive approach by ensuring adequate social distancing signage is visible on grounds and encourage attendees of the social distancing requirements. • There will be no portable stands placed around the College to be used for viewing. This is to discourage large group gatherings and assist with social distancing requirements.
Change Rooms	<ul style="list-style-type: none"> • Use of change rooms at the College is permitted, however clubs should encourage limited use and continue to ask players to arrive dressed to play. • Gear should not be left in change rooms and players and spectators should not return to change rooms following conclusion of matches.
Canteen	<p>The College supports the operation of canteens onsite, with the following guidelines:</p> <ul style="list-style-type: none"> • Maximum occupancy in the canteens in compliance with 4m2 rule is 5 adults. • Volunteers and customers will need to maintain social distancing during service. • In addition to existing food safety requirements, ensure good hand hygiene and environmental cleaning (particularly of high-touch points such as counters and fridge doors). • Gloves should be worn at all times.

	<ul style="list-style-type: none"> • Cashless transactions are recommended.
Meetings	<ul style="list-style-type: none"> • Clubs can resume face to face gatherings such as committee meetings and coach/manager briefing sessions, but should consider having online video conference facilities also available as needed.
Parents and Spectators - Training	<ul style="list-style-type: none"> • Only 1 parent/carer should be in attendance at training and for drop-off/pick-up purposes where possible. • Parent/carers should be encouraged to remain in their vehicles, with their sons meeting them at their vehicle. • Clubs should discourage non-essential persons from attending training.
Parents and Spectators - Competitions	<ul style="list-style-type: none"> • Only 2 parents/carers should be in attendance at matches where possible. • Clubs should discourage non-essential persons from attending as spectators.
<i>Key Principle Remains – Get in, play, and get out.</i>	