



St Kilda Sharks Football Club

COVID-19 Guidelines for Returning to Training

Version 1.1 - Last Updated 27.05.2020

Under no circumstance should anyone feeling ill attend training. Anyone who presents to training and is ill, or the club believes to be ill, will be sent home immediately.

The St Kilda Sharks Women's Football club will arrange training in accordance with both AFL Vic and Local Council requirements.

1. Hygiene

- Players, coaches and support staff must practice safe hygiene at all times, including sanitising hands before, during and after training sessions
- Hand Sanitiser will be provided by the club at the entrance, group areas and toilet
- In the interests of safe hygiene water taps will not be available
- Players are to bring their own drink bottles to training. These will not be provided by the club. Drink bottles need to be clearly labelled with their own name – only these will be allowed at training
- All footballs will be wiped down with sanitiser wipes pre and post training

2. Physical Contact Activities

- All those attending Sharks training are to remain 1.5m apart at all times
- All drills and football related activities will ensure all remain 1.5m apart at all times
- Under no circumstance will there be contact – high fives, tackling etc.

3. Arrival and departure of participants, officials, parents or carers

- Upon arrival to training all players and coaches are to check in to the COVID Safe officer who will document attendance in accordance with AFL Vic requirements
- Once a player or coach has checked in, they will then immediately move to their allocated training Zone
 - See entrance to training in Figure 1.2
 - See Check in Location in Figure 1.2
- Players are to arrive ready to train – there will be no access to rooms. Toilets will be available upon request through the COVID Safe Officer only.
- Players will be allocated training times, group and zone and they are to strictly adhere to these
- Once attendees enter and check into the COVID Safe officer they must leave their possessions (other than water) in the locations designated for their zone.
 - See Figure 1.3 Allocation of locations for each Zone
- Upon the conclusion of your designated training session, you are to immediately leave the area
- Any player or coach that presents to training and is believed to have any flu like symptoms will be immediately asked to leave

- Any player or coach who has flu like symptoms will be banned from attending training for a minimum of 2 weeks
4. Spectators/Gatherings
- Strictly no spectators, friends or family are to attend training sessions
5. Sharing equipment
- Players are to bring their own drink bottles to training. These will not be provided by the club. Drink bottles need to be clearly labelled with their own name – only these will be allowed at training
 - Each group will have their own set of balls to ensure no cross contamination at training
 - Footballs will be allocated to training groups and not be switched
 - Only footballs and cones will be used for each training session
 - Cones will be set out prior to training splitting the ground into each Zone – no player is to touch any cone both pre, during a post training. Only coaches are to touch the cones

5.1 Medical staff

- The Club will not have any player massages or taping available – if players require this they are to complete themselves prior to arriving at training
- Extra care should be taken by any members required to administer first aid to another member
- First aid requires you to come within the 1.5m area recommended distance for social distancing and therefore extra precautions should be taken while administering first aid

6. Group/team activity

- Individual training groups will be restricted to ten (10) athletes + coach.
- The oval will be divided into two areas
 - Zone A – pictured in Fig 1.1
 - Zone B – pictured in Fig 1.1
- The warm up area will be divided into two areas
 - Zone C – pictured in Fig 1.1
 - Zone D – pictures in Fig 1.1
- Under no circumstance are players to move between groups during training
- A training group can only enter the oval or warm up zone once the previous group has fully departed the zone
- Upon the conclusion of your designated training session, you are to immediately leave the area
- Players will be allocated training times, group and zone and they are to strictly adhere to these

7. Indoor facilities

- Players are to arrive ready to train – there will be no access to rooms. Toilets will be available only upon request through the COVID Safe Officer.

8. Travel

- All players attending training are to ensure they can travel to and from training within a day ensuring local travel only

9. High Risk Activity

- Normal safety protocols will continue during this time.

10. Protocols

- Whilst Covid-19 restrictions still apply, attendance at training is not compulsory
- Only players who are currently registered to the Sharks for the 2020 season are eligible to attend training
- Player's availability for training will be requested before training to allow for allocating and group planning. If you indicate you plan to attend training and this changes you must immediately contact the allocation coordinator
- Any player or coach that presents to training and is believed to have any flu like symptoms will be immediately asked to leave
- Any player or coach who has flu like symptoms will be barred from attending training for a minimum of 2 weeks
- Any player that is unwell is to notify a COVID Safe Officer immediately

11. Communication

- The St Kilda Sharks local level return to training protocols will be published to players, coaches and the public via social media and our club website
- To be available for training, all players must have read this document and confirmed that they understand and commit to adhering to these guidelines whilst training with the Sharks
- Any updates to protocols will be published via social media and our website

11.1 Protocols for players/coaches feeling unwell

- Protocols for players / coaches feeling unwell are set out in item 10 of this document

11.2 Protocols for players/coaches non-compliance

- All players and coaches must sign confirming they have read and understand the Sharks return to training protocols
- Any player or coach seen to be non-compliant will be removed from training immediately

COVID Safe Certificate Holders:

Tasma Ritchie – COVID Safe Officer

Lana King – COVID Safe Officer

Harriet Cooper – COVID Safe Officer

Keryn Ralph

Emily Fox

Eliza King

Hayley Maxwell

Leesa Catto

Contact Details:

President: Tasma Ritchie

Contact Email Address: Stksharks@gmail.com

Address: St Kilda Sharks, PO 1386 St Kilda 3182, VIC

ABN: 439 547 974 10

Figure 1.1



Figure 1.2



Figure 1.3

