

# RETURN TO TRAINING PLAN

Version 1.0 as at 1 June, 2020

## Background & Introduction

The FedUni WestVic Academy of Sport (WVAS) 'Return to Training Plan' has been created to align with the current Stay at Home and Restricted Activity Directions issued by the Victorian State Government and the Victorian Chief Health Officer.

Moreover, on Thursday 28 May, WVAS submitted its 'Return to Training Plan', to the Expert Advisory Panel (the Panel) for review.

The Panel was established to provide a governance model and clear process for following the Chief Health Officer's (CHO) advice for the development and consideration of Return to Play (Train) plans. The Panel has been appointed to support organisations in the resumption of sport and recreation in Victoria whilst maintaining a safe environment for participants, coaches, support staff, volunteers and the community.

On Friday 29 May, WVAS received correspondence from the Return to Play Expert Advisory Panel Chair, confirming that this plan had been approved.

WVAS believes that all staff, coaches, athlete members and families has a role to play in keeping our community safe and help minimise the risk of spreading COVID-19.

Until a new Direction is issued by the CHO, WVAS staff, coaches, athlete members and families are expected to comply with the guidelines outlined in this plan at all times.

Sincerely,

**Corey Saitta**  
**Executive Officer**

## Return to Training Guidelines

### Before Attending Training

Staff, coaches, athletes and parents/carers are advised to stay at home if they have been exposed to someone with COVID-19 in the last 14 days or have even mild flu-like symptoms.

Furthermore, for anyone in a high-risk health category, please consider whether you should be administering or participating at any time during this period, and please do not take unnecessary risks.

### Before, During & After Training

#### Hygiene

The following practices **MUST** be adhered to all by all participants:

- Wash/sterilise your hands before and after training
- Avoid touching your face while training
- Not share water bottles and bring your own bottle, already full (do not drink from public taps or water fountains)
- Bring your own hand sanitiser and apply regularly during breaks in training
- Cover a cough and/or sneeze with your elbow
- Be aware of what surfaces you touch and ensure you clean them after training

#### Facilities & Equipment

- Display signage and send reminders pre-event/training regarding the expectation of cleaning areas staff, coaches, athletes and/or parents have touched
- Display signage and send reminders pre-event/training about the expectation of maintaining personal hygiene as referred to in the 'Hygiene' section (see above)
- Clean all communal spaces including entry/exit points to venues and any shared equipment used for the session
- Any sports medicine equipment that is used for more than one person, must be sterilised between uses

#### Physical contact activities

- No physical contact activities are to occur until government restrictions are eased
- Participants and parents will be reminded when in breach of the 1.5m distance from

other people

- Participants are not to engage with other participants e.g. NO handshakes, high fives etc.

#### **Arrival and departure of participants, officials, parents and/or carers**

- Only people core to playing (training) or coaching are to be at the venue
- Parents/Carers will be encouraged to 'drop off' participants and then leave the venue, however, they can stay if they choose. However, any parent/guardian who does stay at the venue must observe social distancing at all times
- Everyone, regardless of their role, must arrive and leave as close as possible to when they need to at the venue
- Gates and other points of entry are to be kept ajar to reduce the amount of physical contact with the area
- Participants, staff, coaches and any parents attending the session will have their details recorded (First Name, Last Name, DOB, Address and Arrival/Departure time). A register will be retained on the WVAS office file

#### **Spectators**

- NO spectators are to attend WVAS training sessions

#### **Sharing equipment**

- Participants to bring their own drink bottle, filled and not to be shared
- Participants to bring their own towel, not to be shared
- Participants to bring their own equipment, not to be shared
- Coaching equipment will be divided and be uniquely marked so only certain participants are touching certain equipment (e.g. mark tennis balls)

#### **Group/team activity**

- Communications to be sent to participants regarding when training session/s will be held, to ensure gatherings are restricted to under 20 persons
- Programs with larger groups will be divided into different session times (staggered start/finish) to ensure gatherings are restricted to under 20 persons

#### **Indoor facilities**

- WVAS to hire venues that comply with the framework regarding the closure of indoor facilities such as clubrooms, change rooms and showers, in accordance with

the State Government directive

- Signage to be displayed indicating that indoor facilities, apart from toilets, are not to be accessed to help stop the spread of COVID – 19

## Travel

- Training will be held in areas which are central to where participants live
- Training sessions will not go longer than three hours in duration, to allow time for participants to travel home and uphold a day trip

## High injury risk activity

- No contact activity to occur
- All training to be supervised by the coach/es and only relevant support staff

## Protocols

*What protocols or processes are in place to ensure participants are free of coronavirus (COVID-19) symptoms?*

- The following message to be sent to participants regarding upcoming sessions:

*'If you have been exposed to someone with COVID-19 in the last 14 days or have even mild flu-like symptoms, you MUST stay at home, not attend training, consult your GP and be tested for Coronavirus. If you are in a high-risk health category, please consider whether you should be training or playing at any time during this period and please do not take unnecessary risks.'*

*What protocols do you have in place for people who present to training with symptoms consistent with COVID-19 Coronavirus (fever or respiratory symptoms such as cough, sore throat and shortness of breath)?*

- At a sign of any such symptoms consistent with COVID-19 Coronavirus, the participant will be directed to leave the session immediately and return home to seek further medical advice regarding testing and self-isolation
- The Executive Officer (EO) of WVAS will follow-up with anyone removed from a session in regard to the result of any testing for Coronavirus and to monitor the individuals physical and mental health and wellbeing
- Continue to follow the AIS Framework (for sports to reboot safely)
- Promote the Download of the COVID-19 Safe App
- WVAS personnel (Staff, Coaches and Conditioning Staff) to complete the online

COVID-19 infection control training course

- WVAS EO has been nominated as the organisation's COVID-19 Officer
- Records will be kept of all those in attendance at all training sessions (dates, times, names)

*How will you coordinate and communicate and changes to the directions to your clubs, members and stakeholders?*

- The Executive Officer of the WestVic Academy of Sport will email all families regarding changes to the directions of the WestVic Academy of Sport. Additionally, the WVAS website and FB page will be updated to communicate any changes

### Communication

- All participants to be emailed the Return to Play policy for the sport they are enrolled (e.g. Tennis Participants will receive the Tennis Victoria 'Return to Tennis Guidelines')
- Every participant to receive the framework adopted by the host venue where the session is being held regarding the regulations to minimise the risk of COVID-19 transmission
- Any other expectations will also be emailed to all participants prior to a WVAS training session
- A summary of all these guidelines will be sent prior to any session to ensure participants and their families know what is expected of them and others

*In the advent of a rollback to tighter activity restrictions, outline how this would be communicated to stakeholders?*

- In the advent of a rollback to tighter activity restrictions, the Executive Officer of the WestVic Academy of Sport will email all members regarding changes to the directions of the WestVic Academy of Sport program. Additionally, the WVAS website and FB page will be updated to reflect any tighter activity restrictions