



RETURN TO TRAINING & PLAY

PROTOCOLS

as at 01/07/2020

Summary:

The following return to football plan statement is designed to outline current guidelines to a return to modified training. This is now to occur for Hills Bulls Sports Club Teams commencing from Monday 22nd June 2020.

There is no doubt that this document and its subsequent communications will change with the changes made externally. Its intention is to have Hills Bulls Sports Club best prepared for a modified return to training in full compliance with safety.

Introduction:

Firstly, we would like to thank all of the Hills Bulls family - the players, parents, sponsors, board members, volunteers and coaches for your continued support of the club through what is certainly an unprecedented time. It is due to your continued support and following of government guidelines up to this date that have allowed training to return.

Training and playing will be looking different over the course of the next few months and will go through various phases before there can be some sort of normalcy.

Hills Bulls Sports Club will always follow the Governments (Federal and State) health messages as well as the guidelines set out by the NSWRL and Oztag Australia to ensure that player's safety and that of others are paramount.

Hills Bulls Sports Club will be adopting the "Get In, Train, Get Out" methodology for players when we return to training.

These principles are outlined in this paper and we need to be disciplined and vigilant in maintaining the health and separation protocols. Failure to do so can have dramatic consequences, the least of which could be that the club would breach training protocols and potentially be stood down from training or playing.

It may seem hard to adjust to at first, but we must all do whatever we can now to keep everyone at the club as safe as possible.

Protocols are outlined below in the following broad categories: These are highly likely to change and need adjustment as this is a highly fluid, unprecedented situation.

- Individuals: Protocols for parents / players / coaches / board members / volunteers
- Safety: Hand Sanitiser / Toilets / Quarantine Station / Container
- Logistics: Field Marking / Equipment / Gear
- Communication: Info for Parents can be found on the Website (hillsbulls.com.au), Facebook and our SportsBag App



Club Guidelines – Protocols for ALL

- Maintain social distances
- Maintain hygiene (wash hands – wear masks when/where applicable)
- Minimise time in shared places. Keep moving.

Club Guidelines – Protocols for Parents

- Parents must not enter the ground at any time
- Parents must drop their child off at the designated entry / exit pick up and drop off point and are to remain in their cars during training.
- Parents will not congregate with other parents – retain social distancing
- Parents will ensure player has clearly marked individual water bottle (will not be able to train without it)
- Parents are to pick up their child at the entry / exit pick up and drop off point
- Please be patient as there could be large numbers picking up and dropping off at any one time – we will try to stagger start and finish times to alleviate this pressure

Club Guidelines – Protocols for Team Coaches/Managers

- Coaches/Managers will maintain numbers and separation of training “zones”
- Coaches/Managers will organise in advance player numbers
- Coaches will modify training sessions and work with other coaches that are training
- Coaches will organise training sessions to modified training with social distancing between players
- Coaches will maintain player discipline on measures noted above.

Club Guidelines – Protocols for Board Members and Officials/Volunteers

- Board members / volunteers will maintain 3 “hot spot” areas – toilets / equipment storage area with table and hand and/or equipment sanitizer
- Board members / volunteers monitor and maintain change room closure / security and pedestrian flow
- Board members / volunteers maintain parent separation – move people on
- Board members / volunteers will have the overall authority to direct parents / players to all COVID-19 instructions

Club Guidelines – Protocols for Players

- Players should arrive at the ground already in their training gear (no use of change rooms)
- Players should only if required need to put boots on and off before leaving the ground
- Players must ensure that any equipment they bring to the ground must be clean before they enter through the entry gate to the ground (Boots)
- Hand sanitiser will be at entry gate leading into Crestwood Clubhouse and all players must use the hand sanitiser and have their attendance details taken/answer all COVID19 Questions before entering the ground (manned by Hills Bulls Coach/Manager and/or Board member or Committee member)
- Use hand sanitizer (provided) before/after use of toilet
- Players must not shake hands with coaches, staff or fellow players
- Players must adhere to social distancing rules and regulations (minimum 1.5mtr apart) when not playing a game or involved in full contact drills/activities during training
- Players will be informed which group that they will be in prior to training and must remain within that group from the time they enter until the time that they leave
- At no time is any player to leave that group to enter another group



Club Guidelines – Protocols for Players (continued)

- All drink bottles must clearly have a players name and must not be a recyclable plastic bottle which can potentially be mixed up with another player
- All players are to pick up and touch their own drink bottles only (suitably marked with their name)
- All players must ensure that any tracksuits or jumpers they bring to the ground are clearly labelled
- Players must ensure that any tracksuits or jumpers are in their bag or placed in their bag immediately should they take them off
- Players must ensure that their bags are placed in an area which complies with social distancing requirements
- Players do not touch training gear – Balls excepted (Only Coaches/Trainers must setup/pack up and return and sanitise training equipment before another team can use them)

Club Guidelines – Protocols for Training Equipment/Storage Areas

The Training Equipment Storage Shed will become a designated quarantine zone.

There will be restricted access to the container and the only people who can gain access to the container will be as follows: Board & Committee members and registered team Coaches / Managers / Trainers.

- All coaches are to bring all equipment to the container where it will be “sanitised”
- At any time the equipment is touched, the equipment must be sanitised before being touched / used by another coach
- Any markers or cones that are brought to the ground must each individually be sanitised before use again