



## Sports Training Protocols

- **Rolls – We must maintain accurate attendance each session on shared google sheet.** This is critical for tracking in the unlikely scenario of a confirmed positive case.
- **Venues - Be where you should be.** If you need to change your training venue please notify Director of Co-Curricular.
- **Nature of Training –** Training is to be conducted in teams at Level C of the AIS Framework.
- **Health –** If you feel unwell, are exhibiting COVID symptoms or have visited an identified COVID Hotspot in the last 14 days, you should stay at home. Coaches should send unwell students directly to the Medical Centre.
- **Hygiene -** All coaches and players should wash hands thoroughly with soap and water before coming to training and wash hands / shower after training. Cover sneeze/cough, no clearing nasal passages/spitting.
- **Water bottles and Whistles–** Bring your own (No sharing!)
- **Equipment –** Ensure your team kit bag and equipment are all clearly labelled. Only use your team’s equipment.
- **Weights Room –** The Weights Room is available for use by Year 11&12 students only, between 6:15-7:30am (Tues – Fri) and Year 9&10 between 3:45-5pm (Mon-Thurs). **Equipment must be cleaned after being used.** Year 8 and below may do body circuits outside.
- **Pick-Up -** MS/SS Players should be collected from the Brown Street Gate.
  - JS Players should be collected from the Chapel Street turning circle.Parents are NOT to attend training. **Spectators at games should be minimised.**
- **Communicate –** Coaches should carry a mobile phone and be alert to COVID related SMS messages; following instructions in message and school management plan. If unsure Contact DCC on 0400 461 420.