

REDS COVID-19 TRAINING ADVICE

The Reds COVID-19 Factsheet has been developed to provide health and training advice to Reds members to allow for a safe resumption of State League and Divisions trainings at Aquinas College. This Factsheet provides Reds members with relevant health advice from Federal and State Government Health Departments and detailed protocols and procedures for Reds trainings. Please ensure that you have read and understand this Factsheet before participating in a Reds training session.

VENUE CONTROL AND MANAGEMENT

Attendance Records

Reds coaches are responsible for recording attendance for the court they are training on. Coaches are also responsible for keeping a hard or electronic copy of these records for their team to track attendance over the course of the season.

Entry and Exit

There will be a designated entry point and a designated exit point for all trainings in the Br Paull centre.

Facility Entry: Participants will wait outside the eastern doors of the gym until instructed to enter by a Reds Venue Controller. Participants must maintain the two square metre rule whilst waiting outside. Participants will enter through the roller doors, which will be raised for entry, to avoid touching door handles.

Facility Exit: Participants will leave the facility via the western doors of the gym following the training session and walk to the main College carpark to leave the facility immediately.

Capacity Management

The Br Paull Centre can accommodate up to 100 patrons under Phase 3 COVID-19 Sport and Recreation regulations. This patron limit excludes coaches, instructors, trainers, coaches and venue staff.

Staggered Session Times

In order to ensure that capacity regulations are maintained, there will be staggered session times to ensure that all players can safely enter and exit the facility.

SESSION 1: 5:45pm-7:25pm. Patrons will be allowed to enter the facility at 5:45pm.

CHANGE-OVER: 7:25pm-7:35pm. Session 1 patrons responsible for changing the net-height if required, cleaning the balls and other equipment and exiting the facility as quickly as possible.

SESSION 2: 7:35pm-9:10pm. Patrons will be allowed to enter the facility at 7:35pm.

HYGIENE AND PREPARATION

1. Stay home if you are feeling sick.
2. Come to training fully attired in your training outfit. Change your shoes and put on other items (eg. kneepads, ankle-braces) outside of the facility. Change-rooms will not be open.
3. Bring enough water to last for the duration of training.
4. Maintain physical distancing whilst waiting to enter the facility.
5. Wash your hands and/or use hand sanitiser before and after trainings.
6. Place personal belongings in the designated equipment area on the stands and take only essential items (eg. water bottles, personal sweat towels) to your training court.
7. Contribute to a quick and effective set-up of the courts. Do not waste time socialising once inside the facility.
8. Utilise the towels on each of the courts to wipe sweat from the floor when necessary.
9. No high fives, handshakes, spitting or unnecessary contact with others. Keep your hands off the glass and avoid touching door handles.
10. Assist with cleaning the balls and the equipment at the end of training.
11. Ensure a prompt net change or pack-down and exit of the facility so that the next training group or the cleaners can enter the facility on time.
12. Change your shoes and remove other items (eg. kneepads, ankle-braces) outside of the facility.
13. Leave the campus immediately following the conclusion of your session. 14. Parents and spectators are not permitted inside the facility and are encouraged to drop off and pick-up their child/children in the carpark. Players, coaches, training supervisors and venue controllers are the only patrons allowed to attend training.

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CLEANING

Before AND After Training Cleaning

Before Reds Training (5:00pm-5:45pm): Cleaners will enter the facility to clean the floor, all touched surfaces and vacuum carpeted areas.

After Reds Training (9:10pm-9:45pm): Cleaners will enter the facility to clean the floor, all touched surfaces and vacuum carpeted areas.

Hand Sanitising Station

Two hand sanitising stations will be located in Br Paull Centre. One will be located on the western side of the facility and the other on the eastern side of the facility. All patrons who enter the facility will be required sanitise before and after training.

Ball Cleaning Station

Trestle tables will be assembled in the north-western corner of the gym as a designated Ball Cleaning Station. Following the conclusion of each session, all the balls in the facility will be moved to this Station to be sprayed with disinfectant, cleaned with a paper towel and dried with a towel to be ready for future use. Venue Controllers will supervise this process and all players and coaches are asked to contribute to ensure an efficient cleaning process.

Personal Equipment Area

A designated Personal Equipment Area will be established on the stands for the main show-court. Any bags or other personal belongings are to be placed in this area. Only essential items (eg. water bottles or sweat towels) may be taken to your court.

SAFE VOLLEYBALL

> GET IN

TRAIN

GET OUT >