



## Return to Train Protocols

The Monash Blues Football Club considers the safety and wellbeing of its members to be of paramount importance in its return to active participation. All Players, Spectators, Coaches, Trainers and COVID-19 Safety Officers are required to familiarise themselves with the clubs Return to Train Protocols before returning to training. Any breaches of this policy have the potential to jeopardise the health of other members of the Club or the broader university community and will be treated extremely seriously. If you have any questions in relation to this policy, concerns in relation to returning to training, suggestions or observations, please contact one of the clubs COVID-19 Safety Officers to ensure these are appropriately addressed.

### Current COVID-19 Safety Officers

Shane Chapman, Peter Russell, Luke Leviston, James Duffy, Eliza Milan, Mark Passador, Kegan Mason, Ella Stephenson, Nick Argento, Xanthea Dewez, Matthew White, Abbie Hansen, Charlie Cosgriff, Daniel Eason, Grace Mills, Joe Cosgriff, Natasha Tile, Mitchell King.

### Contents

Breaches of Return to Training Protocols	2
Spectators Requirements & Responsibilities	2
Players Requirements & Responsibilities	3
Coaches Requirements & Responsibilities	4
Trainers Requirements & Responsibilities	5
COVID-19 Officers Requirements & Responsibilities	6
<u>Appendices</u>	
Training Location Guide	8
Return to Train Staggered Training Schedule	8
Return to Train Subcommittee Members	8

### **Breaches of Return to Training Protocols**

1. The COVID-19 Safety Officer will immediately remove anyone from a training session who is not complying with our RTT Protocols. They will be asked to leave immediately and return home.
2. If any player, official or spectator is found to have breached the Return to Training Protocols they will be given an automatic 2-week suspension from all club activity and will be prohibited from joining any training groups during this time.
3. Prior to being allowed to return to training after the 2-week suspension any non-compliant player/official will be required to complete the COVID-19 Infection Control Training and present their case to return to training to be approved by the clubs RTT Sub Committee.
4. For a serious breach of the Return to Train Protocols the punishment will be decided by the RTT Sub Committee and a return to training will be at their discretion.

### **SPECTATORS**

#### **Requirements & Responsibilities**

1. Spectators are not permitted to attend any training sessions under the current protocols.

PLAYERS

**Requirements & Responsibilities**

1. Adopt the “Get In, Train, Get Out” Principles.
2. If you, or people you have been in contact with are sick, DO NOT ATTEND TRAINING, and advise your coach and/or COVID-19 Safety Officer.
3. Familiarise yourself with the training program provided by the coach prior to training.
4. Only attend the training session you have been allocated to and DO NOT cross over or interact with other groups. Your session must be booked with your coach prior to attending.
5. You must confirm with your coach if you will be attending your allocated session by no later than 3:00pm on the day of your training session or you will be removed from that session and not be permitted to attend any training sessions on that day.
6. Must arrive on time for their session in appropriate training attire ready to commence training. If you are early you must remain in your car until your session time. If you arrive late you will only be permitted to train until the scheduled finish time of your allocated session and then must leave immediately.
7. Entry into clubrooms will be prohibited. Limited public toilet access will be provided.
8. Players are to be responsible for their own strapping (this must be done prior to arrival) and massages are not permitted.
9. Players must enter and depart the training area through the designated entry/exit points.
10. Players are encouraged to use the hand sanitisers that will be provided prior, during and at the conclusion of training. However, if possible, the club would encourage you to bring your own sanitizer to all training sessions.
11. At the conclusion of training players are required to leave immediately and are not permitted to mingle and socialise in the car park or surrounding areas.
12. Players must bring their own drink bottle with enough water to last the entire session. No sharing of drink bottles or refilling of drink bottles will be permitted.
13. Players must maintain a minimum of 1.5m distance from other participants at all times.
14. Absolutely no contact with others is permitted including handshaking, high fiving etc.
15. No spitting or clearing of nasal passages is permitted and any coughing or sneezing must be covered by your elbow/arm or into your sleeve and not into your hands.
16. Follow directions from the COVID-19 Safety Officer.
17. Any player found to be not complying with the Return to Train Protocols will be immediately removed from the training session and required to leave immediately and return home. Sanctions will apply to anyone breaching RTT Protocols.
18. At all times including when not at training follow the rules and guidelines for COVID-19 as set out by the Victorian Government.
19. It is strongly advised that all players download and use the COVIDSafe App.
20. Returning to training is the choice of participants and even with adherence to protocols there is some increased risk of exposure to COVID-19 (compared to staying at home), which for some people if contracted, has serious health consequences.

COACHES

**Requirements and Responsibilities**

1. Adopt the “Get In, Train, Get Out” Principles.
2. If you, or people you have been in contact with are sick, DO NOT ATTEND TRAINING, organise a replacement to take training and advise a COVID-19 Safety Officer.
3. Training sessions must be pre planned and communicated to the players prior to training and posted to relevant Facebook Groups by 12:00pm the day of the scheduled session.
4. The coach must provide a complete list of players attending sessions by 4:00pm on the day of the training session to the COVID-19 Safety Officer. Additions and/or alterations will not be permitted after this time.
5. Must arrive on time for the session and ensure training is completed within the designated timeframe. If you are early you must remain in your car until your session time.
6. Entry into clubrooms will be prohibited. Limited public toilet access will be provided.
7. Coaches must enter and depart the training area through the designated entry/exit points.
8. Coaches are encouraged to use the hand sanitisers that will be provided prior, during and at the conclusion of training. However, if possible, the club would encourage you to bring your own sanitizer to all training sessions.
9. During training coaches are not to call players into a huddle for any type of discussion including to explain training drills. There are to be no cross over drills with other groups.
10. At the conclusion of training coaches are required to leave immediately and are not permitted to debrief any players or mingle and socialise in the car park or surrounding areas.
11. If coaching from within the training area coaches may only coach one session per day.
12. Coaches must maintain a minimum safe distance of 1.5m from other participants at all times.
13. Absolutely no contact with others is permitted including handshaking, high fiving etc.
14. No spitting or clearing of nasal passages is permitted and any coughing or sneezing must be covered by your elbow/arm or into your sleeve and not into your hands.
15. Follow directions from the COVID-19 Safety Officer.
16. At all times including when not at training follow the rules and guidelines for COVID-19 as set out by the Victorian Government.
17. It is strongly advised that all coaches download and use the COVIDSafe App.
18. Returning to training is the choice of participants and even with adherence to protocols there is some increased risk of exposure to COVID-19 (compared to staying at home), which for some people if contracted, has serious health consequences.

TRAINERS

**Requirements and Responsibilities**

1. Adopt the “Get In, Train, Get Out” Principles.
2. If you, or people you have been in contact with are sick, DO NOT ATTEND TRAINING, organise a replacement to take your place and advise a COVID-19 Safety Officer.
3. Entry into clubrooms will be prohibited. Limited public toilet access will be provided.
4. Strapping and massage of players is prohibited.
5. Trainers are encouraged to use the hand sanitisers that will be provided prior, during and at the conclusion of training. However, if possible, the club would encourage you to bring your own sanitizer to all training sessions.
6. During training sessions, trainers are only allowed to enter the training area if a player suffers a considerable injury and requires immediate attention.
7. If attending to an injured player, ensure all safe hygiene practices and precautions are adhered to.
8. If you attend to an injured player you will not be permitted to attend to any other participants from other groups and you will be required to leave at the conclusion of the injured players session.
9. At the conclusion of training, trainers are required to leave immediately and are not permitted to mingle and socialise in the car park or surrounding areas.
10. Trainers must maintain a minimum safe distance of 1.5m from other participants at all times unless attending to an injured player.
11. No spitting or clearing of nasal passages is permitted and any coughing or sneezing must be covered by your elbow/arm or into your sleeve and not into your hands.
12. Follow directions from the COVID-19 Safety Officer.
13. At all times including when not at training follow the rules and guidelines for COVID-19 as set out by the Victorian Government.
14. It is strongly advised that all trainers download and use the COVidsafe App.
15. Returning to training is the choice of participants and even with adherence to protocols there is some increased risk of exposure to COVID-19 (compared to staying at home), which for some people if contracted, has serious health consequences.

## COVID-19 SAFETY OFFICERS

**Requirements and Responsibilities**

1. Adopt the “Get In, Train, Get Out” Principles.
2. If you, or people you have been in contact with are sick, DO NOT ATTEND TRAINING, advise the coach in charge of the session and organise a replacement COVID-19 Safety Officer.
3. Ensure all players, coaches, officials, etc. are aware of the Return to Train Protocols.
4. Ensuring a club’s adherence to these protocols and taking immediate steps to correct any identified breaches of the protocols.
5. Keep up to date with any changes to the protocols implemented by AFL Victoria, VAFA, Monash University or Monash Blues FC and communicating these to all within the club.
6. Provide a contact point for any questions from club members (incl. players, coaches, officials, spectators etc) relating to the Return to Train Protocols.
7. COVID-19 Safety Officers are encouraged to promote a strong culture of COVID-19 safety for the health and wellbeing of participants and the broader community.
8. Prepare and prefill Training Attendance Register prior to each training session as per information provided by the coach.
9. Complete and sign Training Attendance Register at the conclusion of each training session and email completed form to [schapman.mbfc@gmail.com](mailto:schapman.mbfc@gmail.com)
10. Must arrive on time for the session and collect training equipment from the equipment room. If you are early you must remain in your car until 5 minutes prior to your session time.
11. Prior to and at the conclusion of training you must clean all training equipment with antibacterial wipes or alcohol-based sanitiser provided by the club.
12. Entry into clubrooms will be prohibited. Limited public toilet access will be provided.
13. COVID-19 Safety Officers must check participants for symptoms prior to their entry to the training area through the designated entry/exit points and check them off the Training Attendance Register as Fit and Healthy.
14. If any participant is showing symptoms do not allow them to enter the training area and advise them that they must return home and if symptoms persist organise an appointment with a doctor and must be cleared prior to returning to training.
15. Any players showing symptoms or not attending designated training sessions on time must be noted on the Training Attendance Register.
16. COVID-19 Safety Officers are encouraged to use the hand sanitisers that will be provided prior, during and at the conclusion of training. However, if possible, the club would encourage you to bring your own sanitizer to all training sessions.
17. At the conclusion of training COVID-19 Safety Officers are required to leave immediately and are not permitted to debrief any players or mingle and socialise in the car park or surrounding areas.
18. If the COVID-19 Safety Officer participates in the training session from within the training area they may only attend one session per day.
19. You must maintain a minimum safe distance of 1.5m from other participants at all times.
20. Absolutely no contact with others is permitted including handshaking, high fiving etc.
21. No spitting or clearing of nasal passages is permitted and any coughing or sneezing must be covered by your elbow/arm or into your sleeve and not into your hands.
22. Provide directions to participants when required.

23. At all times including when not at training follow the rules and guidelines for COVID-19 as set out by the Victorian Government.
24. It is strongly advised that all COVID-19 Safety Officers download and use the COVIDSafe App.
25. Returning to training is the choice of participants and even with adherence to protocols there is some increased risk of exposure to COVID-19 (compared to staying at home), which for some people if contracted, has serious health consequences.

**APPENDICES**

**Training Location Guide**

Training Group A - Blackburn Rd End

Training Group B - Pavilion End

Training Group C - Synthetic Pitch



**Return to Train Staggered Training Schedule**

Day	Start Time	Finish Time	Max Groups	Max Players
Monday	5:00pm	5:45pm	2	10
Monday	6:00pm	6:45pm	2	10
Monday	7:00pm	7:45pm	2	10
Monday	8:00pm	8:45pm	2	10
Tuesday	5:00pm	5:45pm	2	10
Tuesday	6:00pm	6:45pm	2	10
Tuesday	7:00pm	7:45pm	2	10
Tuesday	8:00pm	8:45pm	2	10
Thursday	5:00pm	5:45pm	2	10
Thursday	6:00pm	6:45pm	2	10
Thursday	7:00pm	7:45pm	2	10
Thursday	8:00pm	8:45pm	2	10

**Return to Train Sub-Committee**

Shane Chapman, Peter Russell, Luke Leviston, James Duffy, Eliza Milan.