

Training Checklist

Unite
against
COVID-19

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Training Set Up	
Set up training equipment in designated training area.	
Ensure training equipment is set to support 10-person maximum bubbles and 2-meter distancing from other bubbles.	
Set up cleaning equipment station at training area.	
Ensure players, parents and visitors are following the arrival/departure instructions.	
Ensure parents/visitors do not linger in groups and return to their car once their child is safely with their team.	
Ensure all senior teams do not arrive before 6-45pm.	
Before Training	
Confirm all players and support staff are well and do not have any signs of influenza like illness symptoms.	
Confirm attendance on the Training Register.	
Confirm all players and support staff have washed or sanitised their hands.	
Remind all players and support staff of the hand hygiene protocols they are to follow and where the location of hand washing facilities before and after training.	
Remind all players and support staff what entrance to use to access the bathrooms.	
Remind all players and support staff of the physical distancing protocols (bubble management).	
Remind all players and support staff not to share equipment between training bubbles without being cleaned.	
Remind all players and support staff not to share equipment between teams without being cleaned	
After Training	
Remind all players and support staff to wash or sanitise their hands before leaving training.	
Remind all players and support staff not to come to next training if unwell.	
Remind all players and support staff to inform you if they become unwell before the next training session.	
Remind all players and support staff to arrive on time for the next training session.	
Remind all players and support staff to follow the arrival/departure instructions at the next training session.	
Clean all equipment used during training immediately after the session is completed. Including (but not limited too): balls, training vests, goal nets, goal posts, cones and flags.	
Ensure all junior teams vacate the park before 6-45pm.	

Remember to communicate

Contact Tracing

- All players, coaches and support staff details must be recorded using the Training Register.
- Parents may escort their children to the footpaths at the edge of the fields but must ensure they remain 2 metres away from others and return to their vehicles once their child is safely with their team.

Training Bubble Management & Unnecessary Contact

- Training bubbles are not to exceed 10.
- Teams are not permitted to partake in mixed training with other training bubbles from other teams.
- Team bubbles are not to merge.
- If protocols and instructions are not followed, training will be terminated immediately.

Hand hygiene

- All coaches, players and support staff are to wash their hands (if soiled) or use hand sanitiser (if not soiled) before training commences.
- The location of hand washing facilities and where to access hand sanitiser.

Using the facilities

- Players, support staff and visitors know the entrance they are to use to access the bathroom facilities.
- Players, support staff and visitors know the areas that are not accessible during level 2.

Field Allocation, Training Schedules, Arrivals/Departure Management

All players, coaches and support staff are expected to:

- Arrive ready for training.
- Depart immediately after training.
- Wash or sanitise hands before and after training.
- Follow contact tracing instructions.
- Follow arrival/departure instructions.

Illness Management

- All club members and visitors must not come to the fields or club rooms if they are unwell.
- If someone becomes unwell at training, they must immediately tell the coach and make arrangements to leave the club as soon as possible. If they are unable to leave immediately, the person is to be seated a safe distance away from others.
- If a player, support staff or visitor becomes unwell with an Influenza Like Illness after attending a training session, they are to immediately notify the appropriate coach.
- If a player, support staff or visitor is identified as a close contact, contact of contact, probable or confirmed COVID-19 case after attending a training session, they are to immediately notify the appropriate coach.

Training Equipment

- Do not share equipment between training bubbles without being cleaned.
- Do not share equipment between teams without being cleaned.