



East Sandringham Junior Football Club

Return to Small Outdoor Group Training
Coaches & CSTO's Briefing
10th June 2020

Get-in, Train, Get-out

Agenda

- Introduction
- Expectation of Coaches
- Background
- What does Small Outdoor Group Training look like?
- What are acceptable drills?
- Training grounds
- What hygiene protocols are to be followed?
- Covid Safety Team Officers (CSTO)
- When can we start training?
- Getting ready
- Questions

Introduction



Returning to play in a safe, hygienic and controlled manner is paramount to East Sandringham Zebras. The safety and wellbeing of our participants is our number one priority. It is critical these training and hygiene protocols are adhered to by all participants, coaches, volunteers and parents.

Matt Tuohey

East Sandringham Junior Football Club President

Get-in, Train, Get-out

Critical Item Summary

1. Important hygiene protocols and practices
2. No crossover of training groups
3. No use of communal facilities, apart from toilets
4. Training drills to be non-contact
5. Acceptable skills and drills
6. Players to 'get in, train, get out'
7. **Coaches responsibility as leaders to influence behaviour change**

Expectation of Coaches

“

Coaches are the backbone of our football club. Football clubs offer plenty, not just a game of footy. It's not until it is taken away from us that we realise how much we miss it. We have an opportunity to get back on the paddock, and you play an essential role in us doing so safely. You are leaders and role models for the kids. We expect you to **respect** these protocols and take them seriously.

East Sandringham Junior Football Club Committee

Get-in, Train, Get-out

Background

- In early May AIS published a framework to inform the resumption of sport
- “how” rather than “when”
- Specifies a high-level 3 step process informed by 15 principles
- Introduces concept of **“Get in, Train, Get-out”**



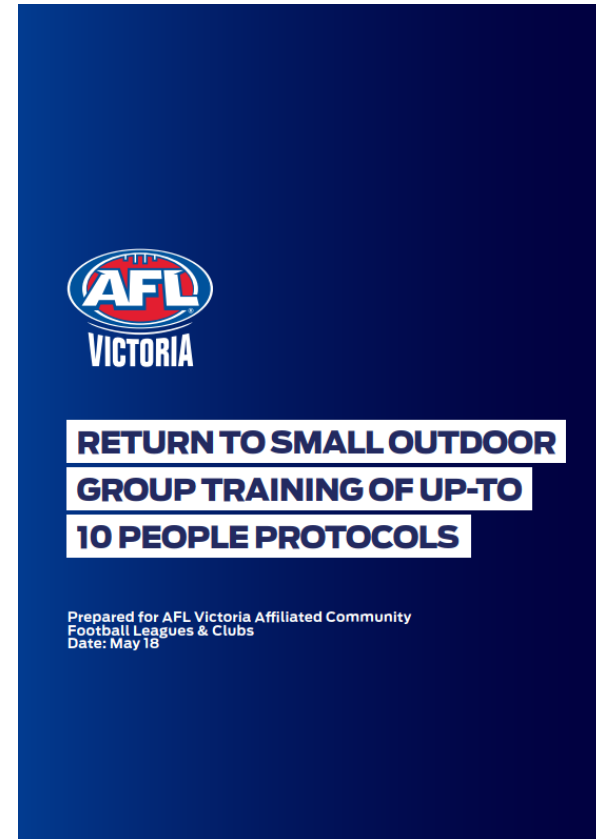
Community/ Individual Sports	Level A	Level B	Level C
Australian Rules Football	Running/aerobic/agility training [solo], resistance training [solo], skills training [solo] including kicking, handballing, ball handling skills [e.g. handball against wall, bouncing, ball recovery work].	Controlled kicking, marking and handball drills. No tackling/wrestling, contact, body on body drills. Small groups (not more than 10 athletes/staff in total) for both education and training.	Full training and competition. Consider maintaining some small group separation [e.g. mids, forwards and backs].



Get-in, Train, Get-out

Background

- AFL Victoria presented **Return to Small Outdoor Group Training of Up-To 10 People Protocols** to representatives of all leagues including SMJFL
 - Follows current Victoria State Government guidelines
 - Aligns with the AIS Framework and current
- Basis of this briefing




Small Outdoor Group Training

- **Maximum of 20** participants per Training Group
- **No more than 2 groups** are permitted to use the oval at one time
- **Groups of 20 must not mix** with each other and must remain distant
- Strictly **no physical contact**
- **1.5m social distancing** must be maintained
- **No access to change rooms**
- **(Club) footballs and cones allowed**, but no other equipment
- **Footballs are to be cleaned** down before and after each session
- A **Club Training Attendance register** to be taken by CSTO and sent to COVID Safety Officer
- Parents not assisting training must remain outside the fence or boundary
- The oval is already divided into 2 distinct areas through the middle of the ground
- **i** A training session checklist will be provided

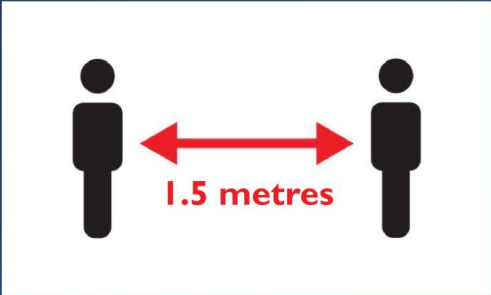
Acceptable Drills

- Controlled kicking, marking and handball drills
- **Token pressure! (1.5mt)**
- Overall strength and fitness conditioning
- **Strictly no** tackling/wrestling/bump bags, contact, body on body drills, contested marks



Non-contact Training

- Social distancing of 1.5m to be maintained at all times.
- Strictly no physical contact between players can occur (i.e. no tackling, no bumping, no marking contests).
- Groups of 10 must not mix with each other and must remain distant, with participants not allowed to swap between groups.



Based on AFL Vic protocols. Effective from 18 May 2020

Get-in, Train, Get-out

Acceptable Drills

- **No player bibs** – encourage players to wear footy jumpers and black Zebbies training tops for e.g.
- Coaches, Covid Officers to wear kit bibs to identify as officials – all other parents off the oval.

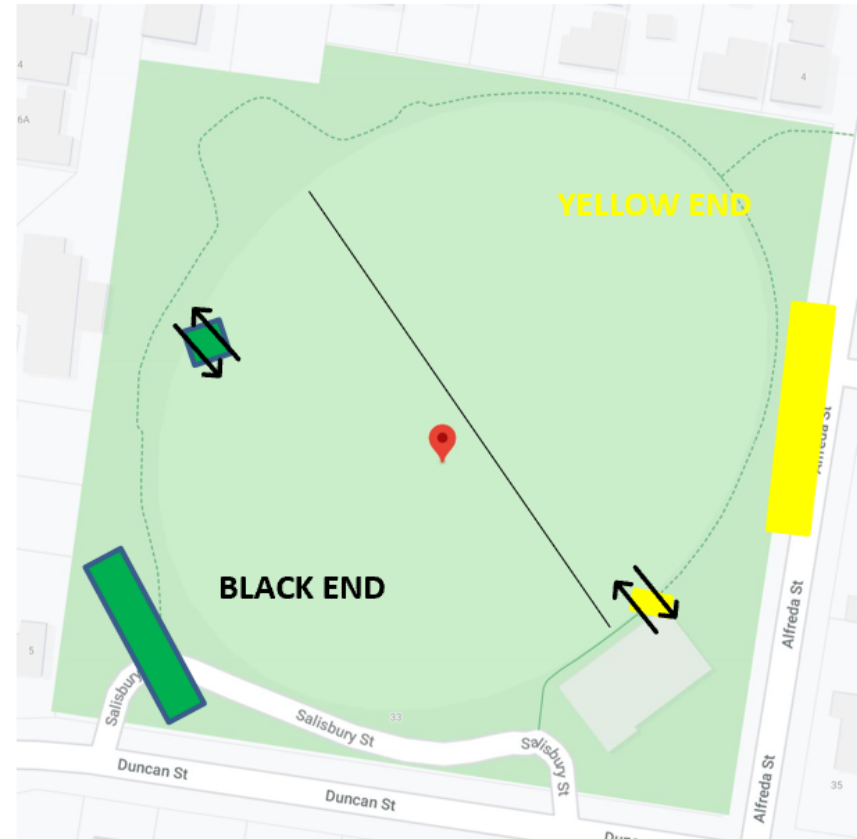
Concerns?

*Please refer the **Covid-Specific Training Drills** pack to be forwarded to coaches by Tony Pucella.*

n.b. Would you like a session? Zoom vs Live ?

Chisholm Reserve

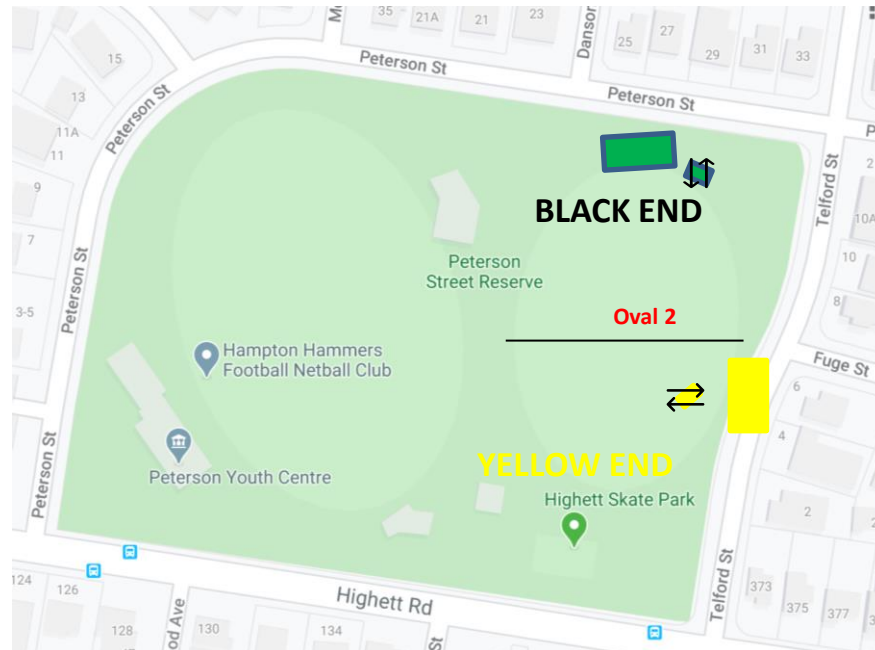
- **Yellow** – House End
 - Drop off Alfreda Street
 - Entry/Exit - Gate in front of Pavillion
- **Black** – Duncan Street
 - Drop off Duncan Street
 - Entry/Exit – Gate near Scoreboard



Get-in, Train, Get-out

Peterson Street Oval No 2

- ▶ **Yellow** – Highett Rd. End
 - ▶ Car Park off Highett Road
 - ▶ Entry/Exit – Goal posts
- ▶ **Black** – Peterson St. End
 - ▶ Car Park off Peterson St
 - ▶ Entry/Exit - Goal posts



Get-in, Train, Get-out

What are the Hygiene Protocols?

- **Re-read protocols from email**
- **Stay home** and seek medical treatment when you are sick
- **Do not attend** training if you, or people you have been in contact with are sick
- **Get tested** in line with current Victorian testing criteria ([DHHS Website](#))
- Alcohol based hand **sanitiser is to be applied** by all participants prior, during and following training
- **No sharing** of personal items – drink bottles, food, towel

What are the Hygiene Protocols?

- Only **club footballs** to be used – which are to be **cleaned with antibacterial wipes or alcohol-based sanitiser** before and after training.
- Kits return home with Covid Officer for cleaning – cones, balls etc.
- Remind participants to:
 - avoid touching their eyes, nose and mouth
 - cover their mouth with your elbow to cough and sneeze
 - **YES to mouthguards** – coaches and Covids please stress about **NO removal**

CTSO Responsibilities

Objectives

To promote and ensure good hygiene practices amongst participants.

Responsibilities

- Maintaining Training Attendance Register, and submit to Club COVID Safety Officer.
- Ensure that any participant who arrives for training feeling unwell is asked to leave training immediately.

At Training, ensure:

- All participants use the designated entry/exit points and arrive and leave as per the training schedule and protocols.
- all participants to adhere to the strictly no contact and 1.5m Social Distancing protocols.
- that prior and following training all participants sanitise their hands at the designated entry/exit point.

CTSO Responsibilities

- Ensure that club provided footballs are wiped with antibacterial wipes or sanitiser prior to and after training sessions.
- Ensure the one person handles equipment i.e. cones, to reduce point of contact.
- Discourage members of the public from entering the training venue

Requirements:

- Working with Children Check (WWCC)*
- Australian Government's online COVID-19 Infection Control Training *
- Must undertake training on protocols and hygiene, as directed by the Club

When can we start?

Club	<ul style="list-style-type: none">• Approval from both SMJFL and Bayside City Council - RECEIVED• Composition of Training Groups – COMPLETED
Team	<ul style="list-style-type: none">• Approval from East Sandringham COVID Safety Officer – subject to:<ul style="list-style-type: none">• Coach attending a briefing - TONITE• Coach, CSTO and other parents who assist with training having completed <u>COVID-19 Infection Control Training</u> – and in Everproof or emailed to Covidsafety@gozebs.com – PARTIALLY COMPLETED• Composition of training groups of age group having been defined by Football Director and COVID Safety Officer - COMPLETED
Individual	<ul style="list-style-type: none">• Individual is registered - ONGOING• Individual and parent have signed acknowledgement of understanding – ONGOING – needs to increase soon – yet to go beyond 10.

Getting ready

- ❑ Complete COVID-19 Infection Control Training and add qualification to Everproof or email covidssafety@gozebs.com
- ❑ Provide **COVID Safety Officer** with a list of parents who will assist with training – they need to also complete COVID-19 Infection Control Training
- ❑ Discuss appropriate drills with **Head of Football – Tony Pucella**
- ❑ **Everyone involved in training MUST HAVE a working with Children Check loaded onto Everproof.**
 - ❑ **This includes the COVID Safety Officer**

RECAP - Critical Item Summary

1. Important hygiene protocols and practices
2. No crossover of training groups
3. No use of communal facilities, apart from toilets
4. Training drills to be non-contact
5. Acceptable skills and drills
6. Players to 'get in, train, get out'
7. **Coaches responsibility as leaders to influence behaviour change**

Frequently asked questions

Can I use the electronic pump in the clubhouse?

Yes – one person can access the clubrooms for this purpose. Immediately following, the rooms must be locked. Given the number of surfaces that would be touch, **you should sanitise your hands afterwards.**

Can toilets be used?

Yes. Afterwards, please request player to **use the hand sanitizer** on return to the Training Group

Is okay for parents to watch training?

Yes – but they are to remain outside the fence or boundary line, maintain social distancing and be aware of gathering size. **Parents must not enter the ground.**

Why can't we train as a team?

East Sandringham Junior Football Club is following the protocols communicated by the SMJFL based on the advice of AFL Victoria. We anticipate the protocols will be adjusted frequently to align with the phased easing of restrictions. Such changes will be communicated by the COVID-19 Safety Officer.

What should we do if weather interrupts training?

Use the shelter available, and request the players stay in their allocated training groups. **The clubhouse cannot be used**