

COVID RULES AND RESTRICTION FOR CHERRYBROOK COACHES

All Cherrybrook coaches are asked to be compliant with our COVID plan and accept the following rules and restrictions when coaching under our hire agreement at Greenway Oval.

The following rules apply until further notice and are ongoing, updates should be expected.

1. No athlete should be allowed to train if they are exhibiting any cold or flu symptoms, have travelled overseas or been to a COVID Hot Spot in the past 14 days.
2. No Coach should train athletes at Greenway Oval if they are themselves exhibiting any cold or flu symptoms, have travelled overseas or to a COVID Hot Spot in the 14 past days.
3. The changerooms at Greenway Oval must be opened at the start of any training session, to give access to areas to wash hands.
4. Coaches must ensure that the bathrooms are open and that there is soap in the changerooms for their athletes to use and should encourage all athletes to bring their own hand sanitiser to all training sessions.
5. All sessions must start with a reminder to all athletes regarding social distancing and good hygiene around washing hands, coughing and sneezing.
6. No access to bubblers should be permitted and coaches should ensure all athletes arrive with plenty of water, labelled with the athlete's name to avoid accidental use of other athletes' bottles (the club would suggest taking a marker pen).
7. Social distancing measure of at least 1.5m when athletes are gathered eg between reps should be strictly adhered to.
8. For throws training, there should be NO sharing of throws equipment and all throws equipment should be cleaned before and after any session.
9. High jump mats must be strayed with Glen 20 before and after use and the bar and uprights should be whipped down.
10. **All Coaches must have their own personal insurance.** Little Athletics Insurance is not currently available as all Little Athletics coaching has been suspended until further notice as a directive by Little Athletics Australia.
11. To be compliant with COVID tracing, all coaches must keep a record of all athletes that train with them each session. This record must be kept for at least a month and must be made available immediately upon request.
12. No more than 19 Athletes in a training group at any time (a total of 20 in the group including the coach). If there are two coaches in a group then there should only be eighteen athletes.
13. No parents on the Oval unless also exercising. Parents who wish to be on site must be behind the fence, on the hill, on the concrete or in the carpark. Parents are recommended not to gather in groups larger than four unless they record the names of those in larger groups.

Training rules will change as circumstances and Government and Sporting Bodies advise changes.

*Please see the below for details regarding under what circumstances coaches are permitted to use Greenway Oval on Mondays and Wednesdays when the Club hires the oval.

ONLY COACHES THAT FIT ALL THE CRITERIA BELOW ARE INVITED TO CONTINUE TRAINING AT GREENWAY NUMBER 2 OVAL, CHERRYBROOK ON MONDAY AND WEDNESDAY AFTERNOONS/EVENINGS:

1. In good health, with no signs of a cold, cough or fever
2. Have not to their knowledge been in contact with the Coronavirus in the last 14 days.
3. Have not returned from overseas in the last 14 days.
4. Willing to follow the ongoing and changing training rules.

Thank you in anticipation of your cooperation and support,