

COVID RULES AND RESTRICTION FOR ATHLETES TRAINING AT GREENWAY OVAL WITH CHERRYBROOK COACHES

All Cherrybrook athletes and guest Athletes training with Cherrybrook Coaches are asked to be compliant with our COVID plan and accept the following rules and restrictions when training during our hire agreement at Greenway Oval.

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

1. No athlete should train if in the last 14 days they have exhibited any cold or flu symptoms, have travelled overseas, or to a COVID Hot Spot or have been in contact with a COVID positive person or suspected positive person
2. Anybody, including Parents, Guardians, family and friends of training Athletes must NOT be onsite if in the last 14 days they have exhibited any cold or flu symptoms, have travelled overseas, or to a COVID Hot Spot or have been in contact with a COVID positive person or suspected positive person.
3. All Athletes must wash their hands or sanitise their hands at the start of each session. This practice should be repeated as often as is practical throughout the training session.
4. Athletes that need to cough or sneeze should further distance themselves from others and do so into their elbow or into a tissue.
5. Athletes should not spit on the oval and if they need to vomit please attempt to do this in a toilet or cover with sand afterwards.
6. Athletes must bring their own water in a clearly named drink bottle and MUST NOT use the onsite bubblers.
7. Athletes must observe social distancing of at least 1.5m when gathered (eg between reps) and whenever practical, there is to be no hugging, shaking hands etc. When athletes are in motion the 1.5m rule can be relaxed but please maintain a lane distance apart where possible.
8. Athletes doing throws training must NOT share equipment and all equipment should be cleaned before and after any session. Please ensure your hands are washed or sanitised before handling equipment.
9. Athletes doing High Jump must ensure the mats have been sprayed with Glen 2 or similar before the start of the session and that the uprights and cross bar have been wiped down.
10. To be compliant with COVID TRACING all Athletes must agree to coaches sharing their details with both the Cherrybrook Club and Government authorities should they be requested.
11. Nobody other than Athletes and coaches are permitted on the Oval unless also exercising. Parents and others who wish to be on site must be behind the fence, on the hill, on the concrete or in the carpark. Parents etc are recommended not to gather in groups larger than four unless they wish to record the names of those they are gathered with.
12. Anyone who receives a positive COVID 19 test, that has been onsite at Greenway Oval #2 or in contact with any coaches or squad members is asked to inform our COVID Monitor immediately.

Training rules will change as circumstances and Government and Sporting Bodies advise recommendations and directives. Our rules may at time be stricter than those recommended. The health and safety of our Coaches, Athletes and Community will always be at the core of our decisions and we hope to work together with our Athletics community to achieve this.

We hope that all our Athletes and their supporters will abide by all our rules and recommendations and we wish all our Athletes the very best for the winter season and for their preparation for the upcoming track season.

If you have any questions or concerns regarding any of the above material, please feel welcome to contact the Cherrybrook Athletics COVID monitor Nicky Jenneke on 448407716