



Rostrevor College Co-Curricular Program | Winter Season 2020

Return to Training Post COVID-19 – Key Protocols

From June 1st, 2020 restrictions have been eased slightly across a number of activities and as such has increased the opportunity for some sports to implement more variety in their training schedule. At Rostrevor College we encourage all students and families to continually follow strict guidelines in relation to COVID-19 and 'Stopping the Spread', and as such the following measures will be taken for all Co-Curricular Training commencing in Term 2:

For all activities, the following protocols will be upheld:

- Students to bring their own drink bottle
- Maintaining 1.5 metre Social Distancing where appropriate
- 'Get in, Get out' principle still applies before and after training
- Hand Sanitiser will be available and encouraged to use before and after training
- No spectators, parents or members of community to be present at training
- Attendance will be recorded for each training session
- If training bibs are used, they are to be taken home and washed by each student rather than collecting them and washing together
- No access to wet areas. Players arrive dressed, ready to train. Classrooms may be opened as an alternative to changerooms and wet areas
- If your son is experiencing any symptoms or is unwell, please keep him at home

For specific information in relation to each respective activity, please see below:

Basketball:

- Indoor, NON-CONTACT training will recommence
- No more than 20 individuals per stadium, or basketball court
- Sessions can not exceed 60 minutes in duration
- Appropriate supervision will be provided, but no spectators are permitted
- Changeroom Facilities will not be accessible
- Participants to bring own Basketball & Towel

Football:

- Full contact activities can resume
- No more than 20 individuals per group, and no more than 80 on an oval at one time



- Access to changeroom facilities can be permitted for activities such as medical treatment or strapping only. Not a space for social gathering. Still adhering to 1 person per 4sqm, and no more than 20 in any room
- Tight huddles are not permitted at any point during training
- Avoid contact unless specifically required as part of activity, drill, practice etc.
- Only essential individuals permitted to attend training

Soccer:

- Full contact activities can resume
- No more than 20 individuals per group, and no more than 80 on a pitch at one time
- Handling of Soccer Balls to be kept to an absolute minimum
- Access to changeroom facilities can be permitted for activities such as medical treatment or strapping. Not a space for social gathering. Still adhering to 1 person per 4sqm, and no more than 20 in any room
- Tight huddles are not permitted at any point during training
- Avoid contact unless specifically required as part of activity, drill, practice etc.
- Only essential individuals permitted to attend training

Table Tennis:

- Students to bring own bat. If students do not own a bat, they are to be allocated a bat and must continue to use the same bat for the entirety training and all sessions that follow
- All active participants are encouraged to wash their hands and use hand sanitiser before, during and after each training session
- Balls are to be cleaned and sterilised before and after every training session
- Surface of Table Tennis Tables must be cleaned and sterilised prior to, and immediately following every training session
- Sessions can not exceed 60 minutes in duration