



### **Working together to be safer - COVID19 training guidelines**

In preparation for basketball training to resume at Mt Waverley Primary School the following summary of COVID19 guidelines have been prepared, in line with all information provided by Basketball Victoria, for coaches, team managers, players and parents to adhere to.

#### **Upon arrival for players**

- Players are to arrive no earlier than 5 minutes before training starts and wait outside.
- When there is team training before you, players should wait outside until the previous team(s) have left.
- Players are to sign into training providing their name, parents name and a contact number. Younger players may require parent assistance.
- Players are to clean their hands with hand sanitizer (supplied).
- Players are to bring their own labelled basketballs. Basketballs should be wiped down with antibacterial wipes (supplied) prior to use.
- Players are to bring their own labelled and filled drink bottles. Drink bottles should not be shared.
- Players should ensure they follow hygiene guidelines regarding coughing and sneezing.
- Players are not permitted to make unnecessary physical contact with others including hi 5s.
- Players should not attend training if they are feeling unwell, displaying potential COVID19 symptoms, have returned from overseas within 14 days or have visited or from a currently restricted postcode.

#### **Upon arrival for parents**

- Assist your player to sign in (as necessary).
- Each team is permitted the coach and team manager to be in attendance only.
- If the team manager is unavailable an interim team manager should be available for the training session. The coach should not be left unsupported during training.
- Unless you are the team manager (or interim team manager) all parents are not permitted in the training court area and required to wait outside / in their car until the conclusion of training.
- Please ensure you adhere to social distancing guide lines while outside.

#### **At the conclusion of training**

- Players should leave the training area promptly once training is completed so that the next team can enter. Therefore it is imperative that parents are in attendance to collect their players on time.

Should there be any questions regarding this document please email [play@frogsbasketball.com.au](mailto:play@frogsbasketball.com.au).



# FROM JUNE 22

## RETURN TO SPORT GUIDELINES

### RETURN TO SPORT

As of the 22nd June 2020 the Victorian Government permits a return to competition and training for participants 18 years and under following the guidelines below. Participants over 18 years of age may resume non-contact training.

### WHAT IS ALLOWED?

Participants 18 years and under:

- Indoor Competition and Training.
- Maximum of 10 players per team.
- Maximum of 1 Spectator / Parent or Guardian per player.

Participants over 18 years of age (Orange-20 Training, Indoor & Outdoor):

- Indoor or Outdoor Training with no more than 20 people participating per court.
- No physical contact: no High-5s, handshakes, screens, boxing out, bumping, one on one play etc.
- Maximum training session of 60 minutes.
- Follow hygiene and social distancing rules.

### INSURANCE

- Only Basketball Victoria and Association "sanctioned" training or competition activities are covered by Basketball Victoria's insurance policy.
- Only registered participants are covered for personal accident insurance.
- Activities must be in line with and adhere to government laws, rules and regulations.

*Activities that fail to comply with these requirements may not be covered by insurance under this policy.*

### VENUE REQUIREMENTS

- Venues must comply with Basketball Victoria's Return to Sport Guidelines (Orange 50).
- Hand Sanitiser and Anti-Bacterial Wipes must be available for participants.
- Government social distancing regulations must be followed (1.5m separation, 1 person per 4m<sup>2</sup>).

### HYGIENE PRACTICES

- Coaches are required to keep a record of attendance at each training or game.
- Balls must be sanitised prior to use using a single use anti-bacterial wipe. The wipe must be disposed of after use.
- Participants must supply their own drink bottle and towel, all clearly labelled.
- Changeroom facilities must comply with 4m<sup>2</sup> rule.
- Do not use public water fountains.
- Do not share food/snacks.
- Wash hands thoroughly or use hand sanitiser before and after each session.
- The AIS Framework for Rebooting Sport in a COVID-19 Environment - recommends a thorough full body shower with soap before and after training (at home).

# PLAYER AND PARENT INFORMATION



PREPARE/DRESS  
AT HOME



SHOWER BEFORE AND  
AFTER GAMES



WASH OR SANITISE YOUR  
HANDS BEFORE AND AFTER  
GAMES




ENTER AND EXIT  
THE STADIUM WITHIN 10  
MINUTES OF YOUR GAME













MAINTAIN SOCIAL  
DISTANCING WHERE  
POSSIBLE (1.5M)




OBEY VENUE  
STAFF/COVID SAFETY  
OFFICER



## COVID-19: IDENTIFYING THE SYMPTOMS


SYMPTOMS	COVID-19	COLD	FLU
	Symptoms range from mild to severe	Gradual onset of symptoms	Abrupt onset of symptoms
<b>Fever</b> 	Common	Rare	Common
<b>Cough</b> 	Common (usually dry)	Mild	Common (usually dry)
<b>Sore Throat</b> 	Sometimes	Common	Sometimes
<b>Shortness of Breath</b> 	Sometimes	No	No
<b>Fatigue</b> 	Sometimes	Sometimes	Common
<b>Aches &amp; Pains</b> 	Sometimes	Common	Common
<b>Headaches</b> 	Sometimes	Rare	Common
<b>Runny or Stuffy Nose</b> 	Rare	Common	Sometimes
<b>Diarrhea</b> 	Rare	No	Sometimes for children
<b>Sneezing</b> 	No	Common	No

Adapted from material produced by WHO, Centres for Disease Control and Prevention.



**TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.**

For more information about **Coronavirus (COVID-19)** visit [health.gov.au](https://www.health.gov.au)



Coronavirus  
(COVID-19)

# SIMPLE STEPS TO HELP STOP THE SPREAD.

**Cough or sneeze  
into your arm**



**Use a tissue**



**Bin the tissue**



**Wash your hands**



HELP  
**STOP**  
THE  
**SPREAD**  
AND STAY HEALTHY

**TOGETHER WE CAN HELP STOP  
THE SPREAD AND STAY HEALTHY.**

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Australian Government

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