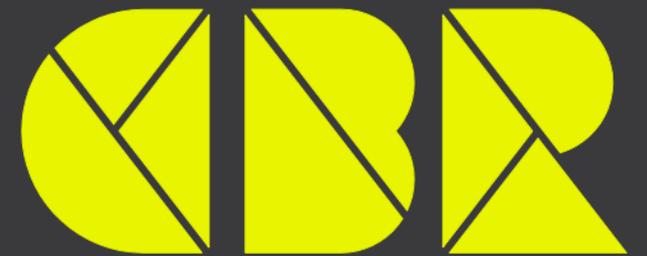




Return to Training Plan (Elite)

COVID-19



CANBERRA



Guiding Principles

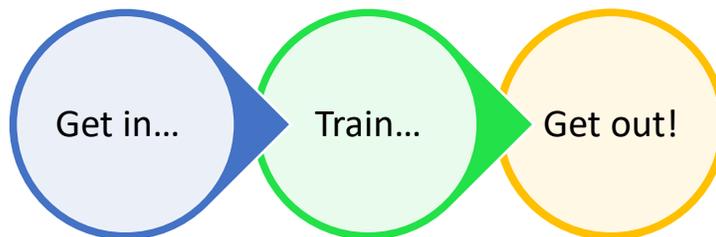
Ensure that players and staff are safe – minimising the risk of you getting the virus and spreading to other players, staff, family and the community



That we are doing the right thing by the broader community – we do not want to add to the public health burden by spreading the virus and using valuable resources (health staff and facilities) unnecessarily



We adhere to federal and territory government COVID-19 regulations, including those of the local WorkSafe Authority



STAGE 1		STAGE 2		STAGE 3
Step 1.1 (from 8 May 2020)	Step 1.2 (from 16 May 2020)	Step 2.1 (from 11:59pm on Friday 29 May 2020)	Step 2.2 (from 11:59pm on Friday 19 June 2020)	For future consideration (from mid July 2020)
 1 per 4sqm Max 10 people	 1 per 4sqm Max 10 people	 1 per 4sqm Max 20 people COVID Safety Plan for businesses	 1 per 4sqm 20 to 50 people COVID Safety Plan for businesses	 1 per 4sqm Max 100 people COVID Safety Plan for businesses
<ul style="list-style-type: none"> Non-essential retail shopping Real estate auctions, open houses and display homes Easing of restrictions: <ul style="list-style-type: none"> Weddings – 10 people Funerals – 20 people indoors and 30 outdoors Places of worship and religious ceremonies Outdoor boot camps and non-contact personal training Work from home where possible. 	<ul style="list-style-type: none"> Restaurants and cafés Playgrounds and outdoor fitness stations Parks – dog parks, skate parks and outdoor barbecues Nature reserves and national parks Non-contact, outdoor community and social sport Pools Libraries Community centres, facilities or youth centres Auction houses Hairdressers and barbers to seek and record customer details Work from home where possible. 	<ul style="list-style-type: none"> Beauty therapy, tanning or waxing services Nail salons Spa and massage parlours Tattoo and body modification parlours Gyms, health clubs, fitness or wellness centres – small group supervised sessions and no unsupervised free weight training or use of other gym equipment Yoga, barre, pilates and spin facilities Galleries, museums, national institutions and historic places Outdoor amusement/attractions (e.g. zoo) Choirs, bands and orchestras Caravan parks and campgrounds Indoor sporting centres Low contact indoor and outdoor sport including dance activities (one parent per minor) Further easing of restrictions: <ul style="list-style-type: none"> Restaurants, cafés, clubs and other licensed venues Weddings – 20 people Funerals – 50 people indoors and outdoors Places of worship and religious ceremonies Boot camps and personal training Pools Community centres, facilities or youth centres Universities/CIT and other vocational training providers to increase face-to-face learning where possible Working from home if it works for you and your employer. 	<ul style="list-style-type: none"> Consideration for certain business types to increase to 20+ patrons (max 50 within the 1 per 4sqm rule) dependent on venue size Cinemas Concert venues, theatres, arenas, auditoriums or stadiums – for rehearsals and small performances (max 50 people) Outdoor or indoor play centres Amusement arcades Outdoor amusement parks Further easing of restrictions: <ul style="list-style-type: none"> Gyms, health clubs, fitness or wellness centres Yoga, barre, pilates and spin facilities Boot camps and personal training Indoor and outdoor sport Pools Universities/CIT and other vocational training providers to increase face-to-face learning where possible Working from home if it works for you and your employer. 	<ul style="list-style-type: none"> Larger gatherings Nightclubs Conference and entertainment venues Gaming or gambling venues Casinos/Gaming or gambling venues Saunas and bathhouses Strip clubs, brothels, escort agencies Food courts Residential colleges Concert venues, theatres, arenas, auditoriums or stadiums – for rehearsals and small performances (>50 people) Reopening of galleries, museums, national institutions and historic places (>50 people) Further easing of restrictions: <ul style="list-style-type: none"> Pools Funerals Places of worship and religious ceremonies Gyms, health clubs, fitness or wellness centres Organised social sport Yoga, barre, pilates and spin facilities Boot camps and personal training Universities/CIT and other vocational training providers to increase face-to-face learning where possible Gradual return to work (where COVID Safe).

COVID Safe check point
Public health risk assessment informed by monitoring the impacts of eased restrictions

Avoid public transport in peak hour.



General Information, Hygiene and Screening Measures Overview

1. All HP staff and athletes are to attend a COVID-19 information session presented by the SSSM Manager and CACT Doctor
2. Illness reporting on the Athlete Management System (AMS)
 - a. Weekly for all players and HP staff
 - b. Daily for those wanting to access CACT facilities
3. Ensure players/staff have logged their illness status for that day
4. The HP staff member organising the session to ensure that:
 - anyone accessing the facilities have submitted their illness monitoring for that day
 - Player and/or HP staff are not flagging any illness concerns





AMS

- Prior to any facility access or engaging with any other staff or player/s, all HP staff and players have to complete the ***Illness Monitoring requirements*** through the ***CA GERAMS app***:
 - At a minimum once every 7 days, or
 - On the day they intend to access any HP facilities.
- This is critical and only takes a few seconds to do. The information will be stored securely on the AMS like all other health/sensitive data, accessed by key staff that you will work with only and used to ensure you are safe.
- The illness monitoring questions ask for details such as temperature testing, common symptoms of COVID-19, and if you have had exposure to anyone with COVID-19. This system will advise the player or staff member what to do if there are any illness flags such as contact the CACT Doctor and remain at home. The player or staff member must not enter any CACT facilities until they have been cleared by CACT's Doctor.
- Continue to enter the **Daily Wellness and Activity (workload) information** via the GERAMS App. This is even more important now than ever because we are working more remotely and want to ensure we have the information we need to reduce the risk of injury/illness.





Before you get to training

- Driving is the best option for transport to/from training - so please drive when you can.
- Don't car pool, unless you are living with those individuals.
- Avoid public transport unless absolutely necessary.
- Shower at home before/after training - unless it is necessary (such as you live a long way from the facility).
- Practice your hand hygiene before/after leaving the facility, and while at home - have your own hand sanitiser with you.
- Bring what you need:
 - Your own food/drinks/snacks (sealed and pre-packaged only)
 - A labelled water bottle (disposable preferred)
 - Personal equipment/gear



Entering the HP Facility

- The SSSM Manager (or another HP staff member) will meet players and staff before anyone enters the facility to check that each individual athlete has completed all testing requirements and answered all questions as part of **CA's Illness Monitoring requirements** through the **GERAMS app**.
- Anyone with a temperature of 37.5 degrees Celsius or above will not be permitted to enter the facility without clearance from a doctor. An ear or oral thermometer for better accuracy might be used if there is a 'borderline' temperature recorded.
- Anyone with suspected COVID-19 symptoms may be required to have a COVID-19 Test as determined by the CACT Doctor. They will need to isolate until the result comes through.
- The SSSM Manager will monitor whether players and staff have submitted their illness monitoring before accessing the facility.



Training Etiquette

- Clean anything and wipe down anything you use immediately after your use it!
- Use alcohol based sanitiser straight away.
- Do not use saliva or sweat to polish or clean the ball.
- Do not share balls at training unless absolutely necessary (e.g. fielding) - players must clean the balls they used with alcohol-based wipes and take them home with them.
- Bring the balls back for use at the next training session. Any balls that are shared at training should be cleaned with alcohol-based wipes and left in a container.
- The balls should be NOT be used again for 3 days.
- Batters should use the bat to return the ball to the bowler to avoid touching it.
- Staff should not handle the balls unless they are involved in the training session.





Cricket Equipment

- There will be no saliva used to shine the ball (equally no spitting on your hands) as per ICC requirements. In addition, we do not want you to use sweat to shine the ball until we better understand the risks of sweat transmitting the virus.
- Bowlers will be expected to use one ball in the nets, clean it with alcohol wipes after training and take the ball home with them for the next training session.
- We will share balls for group activities like team training sessions and take necessary precautions.
- Use inner gloves where possible and wash in >60 degrees Celsius after each training session.
- Everyone should have their own baseball (catching) and wicket keeping gloves (if applicable). Make sure you clean with alcohol-based wipes after each training session and take them home.
- Don't use your gloves for 3 days - the virus can live on surfaces for up to 72 hours.
- Clean pads with alcohol based wipes after each training session. Avoid pads having direct contact with skin - wear leg pads on top of pants/active wear, chest pads over a shirt.





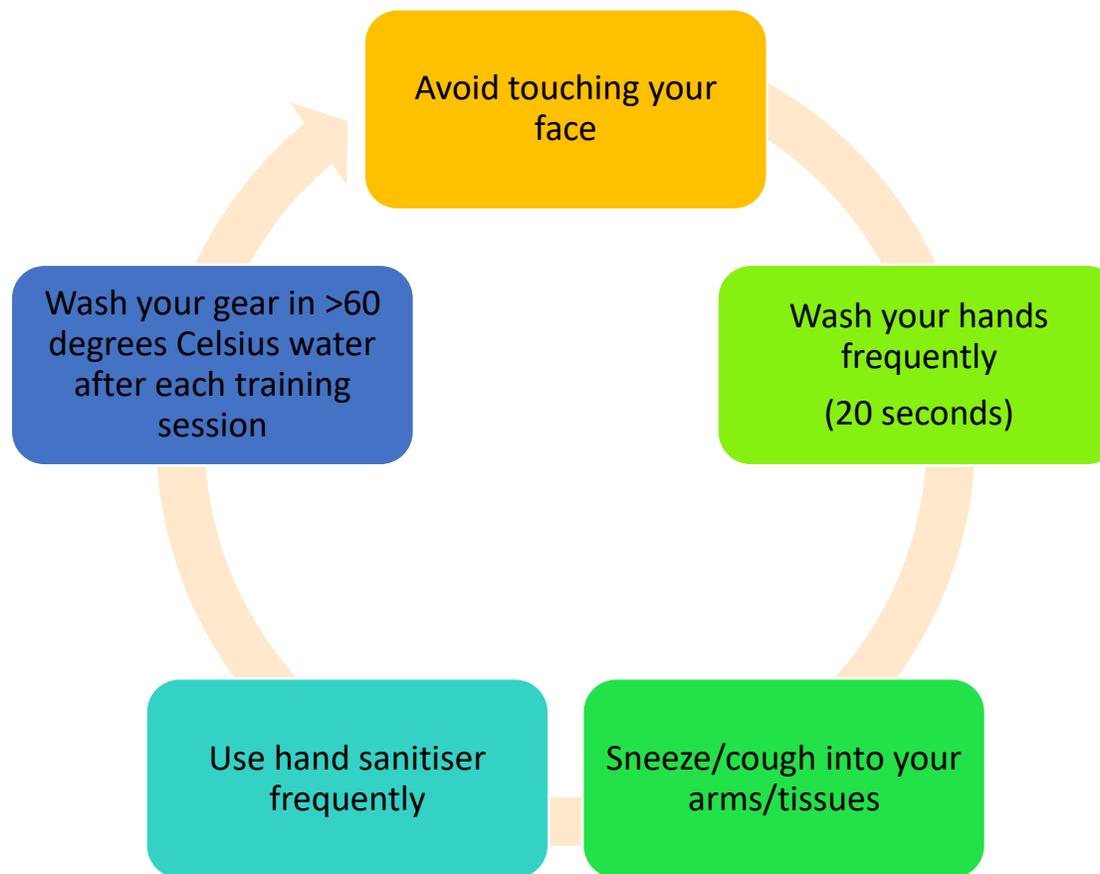
General Hygiene & Information

- Don't share your personal items:
 - Food/snacks/drinks
 - Towels
 - Lips balm/sunscreen
 - Bats, gloves, pads
- Keep ***no physical contact*** at the top of mind. Don't shake hands, high-fives to greet or congratulate etc. No team huddles.
- No towel, no gym. Clean your equipment/the facility equipment that you are using, frequently.
- Medical staff providing essential treatment will use the appropriate PPE, and hygienic practices such as sanitising all surfaces, and single use towels on treatment beds.
- Regular cleaning of the facilities will comply with Safe Work Australia recommended cleaning protocols.
- Make sure you maintain physical distancing - think about 1.5m or a space around you of 4msq. This applies everywhere including inside and outside facilities, change rooms, gyms, nets.
- Only essential players/staff in training areas. Everything that can be done remotely, will be.





Practice Good Personal Hygiene!!



Any player or HP staff feeling unwell or who has any respiratory or similar symptoms, must stay home, contact CACT's Doctor and be cleared before entering the CACT Precinct.





Physical Performance Testing

- **2km Time Trial:** This test can be performed at an outdoor oval with a minimum of 1.5m physical distancing.
- **Run-a-three test:** This test should be performed outdoors with a minimum of 1.5m physical distancing.
- **Vertical jump, bench-pull, isometric mid-thigh:** These tests are typically performed indoors and involve handling of equipment. These should be performed in a targeted manner so that only players with suspected or previous physical performance deficiencies should be tested. If tests are to be performed, strict hand cleaning hygiene should be performed by the player, disinfecting of the all equipment that must be handled should be performed between each test, physical distancing of 1.5m should be maintained where possible and anyone that must be within 1.5m of a player (or staff) must wear a face mask.
- **Skin-fold testing:** It is recommended that skin-fold testing can be performed as it is considered essential for the health and wellbeing of players. All players can be tested once in the pre-season to establish a baseline measure and any future skin-fold testing should only be performed in targeted manner so that only players not meeting the AC benchmarks to be subjected to future testing. The SSSM staff member performing the test should adhere to strict hand hygiene, sanitise all equipment used and wear a face mask.





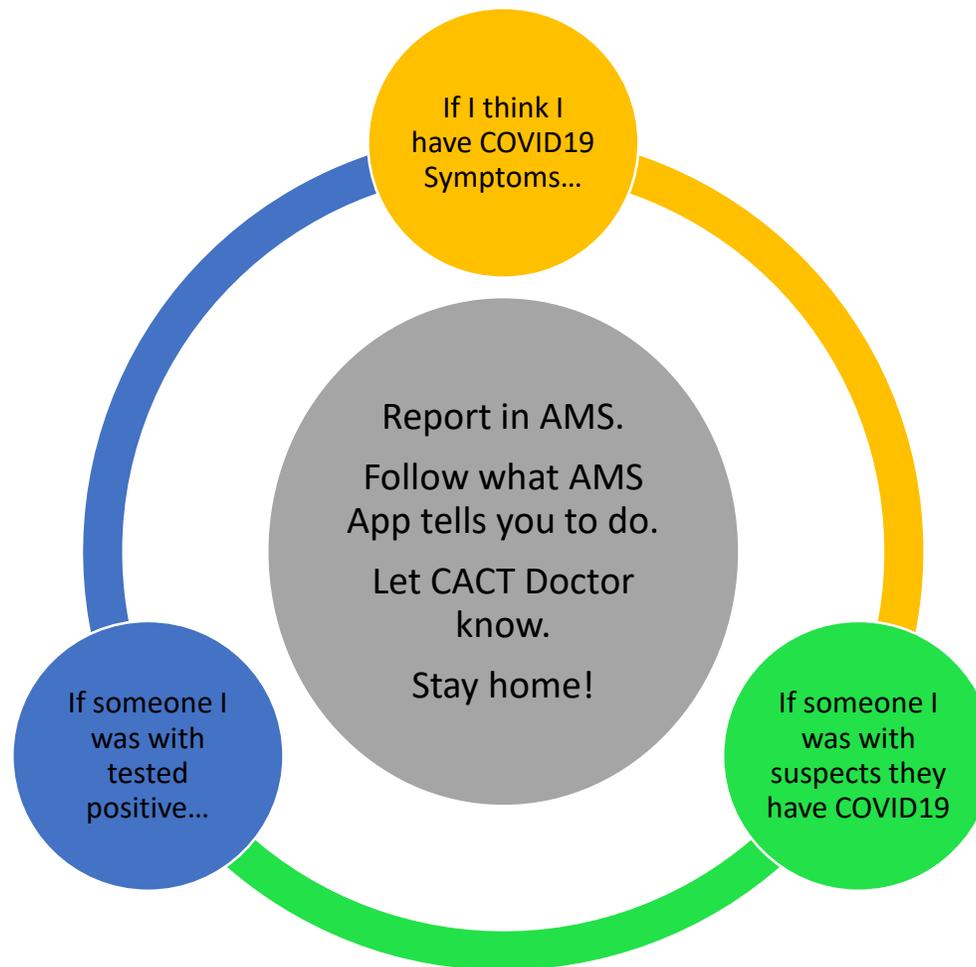
Medical Testing

- **Cardiac Screening:** Considered essential for all players and should be performed in accordance with the *AC Cardiac Screening Protocol*. The medical staff performing the test must adhere to strict hand hygiene, sanitise all equipment used and wear a face mask.
- **CogSport Concussion Testing:** Considered essential and should be performed with players who have not had a valid baseline test in the past 2 years in accordance with the *AC Concussion and Head Trauma Policy*. One player at a time to perform that test. The player must adhere to strict hand hygiene before and after taking the test. The computer (or other device) used in the test must be disinfected between tests.
- **Skin Checks:** Considered essential and should be performed. The medical provider must adhere to strict hand hygiene practices, wear gloves and facemasks. All equipment must be disinfected after use.
- **Physiotherapy Screening:** is not considered essential and should only be performed as a targeted manner – ie players with a relevant injury history or at risk of injury where a specific screening test is likely to reduce the risk of injury.





What do I do if...?



**If you have to be tested for Covid19
you will have to self isolate at home until cleared by the CACT doctor**





Return to Training Summary

