



Alexander Road High School Winter Sport Covid-19 Compliance Regulations

These regulations will govern any sporting activity taking place at Alexander Road High School, including practices and matches. All coaches/managers must study these protocols and sign acceptance of their role as compliance officers before being allowed to run any practices or matches.

General

1. Masks to be worn by players upon entering and exiting the venue.
 - (a) Masks must be worn at all times with the only exception being when players begin training actively.
 - (b) Masks must be worn while waiting for a practice session to begin.
 - (c) Masks must be worn by any substitutes while not on the field.
 - (d) If a player comes off the field their mask must be put on.
2. Coaches/Managers to wear masks at all times, unless actively participating in the training.
3. Maintain a distance of at least 1m between individuals at all times, unless in an authorised session.
4. No physical contact may happen before training, after training or in a non-contact session.
5. Only players and coaches/managers are allowed at the sports venue. No spectators are allowed. This includes other learners.
6. Should any player be exhibiting, or develop, any symptoms (tiredness, shortness of breath, diarrhoea, nausea, vomiting, sore throat or coughing), notify the coach/manager and stay at home or leave the practice/match immediately.
7. An isolation/quarantine area will be used should any player start showing symptoms at the venue.
8. Players must follow the process below when entering the venue:
 - a. Arrive early enough to allow for the Covid-19 screening process.
 - b. The Compliance Officer will conduct a health questionnaire (failure = no entry), screening (temperatures above 37.9 degrees = no entry), sign in and hand sanitising.
 - c. Report to your specific sports venue where teams will be allocated a designated area.
 - d. Register will then be taken by the coach/manager.
9. Players will be sanitised before and after the practices/matches.
 - a. Players must bring their own water bottles. No sharing is allowed.
10. Players may only handle shared equipment under the supervision of a coach. Sanitising of balls and equipment to happen prior to the start of any match or practice.

11. Parents should not just 'drop and go' and should wait to ensure that their child passes the screening and is allowed into the venue.
12. No sharing of kit or swapping of clothing is permitted.
13. Once practices/matches have been completed, all players and staff must leave the venue.
14. Any breach of the Covid-19 Regulations could result in the player/coach/manager being ejected from the venue.
15. Students/players must arrive early enough before the scheduled start of the match for screening and warm-ups.
16. Students/players must arrive dressed in their match uniform and ready to play/warm up.
17. Toilets will be available for use but no change room facilities are available.

Hockey

1. All of the above apply as well as:
2. Players/Staff for the next practice slot or match will only be allowed to enter the dugout and or playing area once the area has been cleared.

Soccer

1. All of the above apply as well as:
2. Bibs are not allowed to be worn.

Rugby

1. All of the above apply.

Netball

1. All of the above apply as well as:
2. All players who are not on court must be behind their respective court.
3. When exchanging bibs, sanitise hands and bibs to ensure all adherence to all safety codes.

Tennis

1. All of the above apply as well as:
2. No more than six learners are allowed in the tennis hut at any one time.
3. Each player must sanitise their hands before taking a tennis ball.
4. No sharing of racquets unless these have been sanitised.

Squash

1. All of the above apply as well as:
2. No sharing of racquets unless these have been sanitised.