



Adult & Juvenile Athletes (& Parents) – A quick guide to Covid Training Protocols. (From 22/10/21)

The following a quick guide to the DSD Protocols for All Juvenile\Adult Athletes. Please refer to the DSD Return to Training Protocols (Master Document) and do not solely rely on this guide.

<p>You must stay at home if you:</p> <ul style="list-style-type: none"> • Are not a Fully Paid Registered Member of DSD AC. • If you or an immediate family member is recommended to self-isolate following an exposure, we ask you not to attend training during the self-isolation period. • If you/member of the household is waiting to attend a PCR test appointment or awaiting the result of PCR test. • Have flu-like symptoms or are feeling unwell. 	<p>Athletes\Parents should:</p> <ul style="list-style-type: none"> • Accept the training Invitations issued via the ClubForce app. • Follow Coaches/Officials instructions. • Ensure contact details (phone and email) are up to date. • Observe social distancing and resist the temptation to mingle. • Only one parent/guardian should accompany athlete for Check-in and Collection. • Athletes should arrive ready to train. • Athletes should bring their own sanitization equipment.
<p>Expected behaviour from all members.</p> <p>To protect against infection:</p> <ul style="list-style-type: none"> • Athletes must refrain from all physical contact such as handshakes, high fives and hugs. • Prior to attending, you should self-assess against the symptoms of Covid-19. • Maintain Social/Physical Distancing. • No sharing of bottles or food. • No Spitting. Cover coughs/sneezes. 	<p>Pre-booking Procedure (via the ClubForce App ONLY):</p> <p>Pre-booking your place at training is COMPULSORY and can only be done through the ClubForce app. Training Invites will be issued by your coach.</p> <p>Upon receipt of the App invite you should Accept or Decline the invite.</p> <ol style="list-style-type: none"> 1. To Pre-book your place you must answer the in app Covid Screening questions. 2. Once you have cleared the Screening Questions you can accept the training invite, if you're not attending this can be changed prior to the start of the event. <p style="text-align: right;">NO Acceptance = No Training</p>
<p>Outdoor Training:</p> <ul style="list-style-type: none"> • No restriction on training size of training pods. 	<p>Indoor Training:</p> <ul style="list-style-type: none"> • Face masks must be worn if not participating in the activity. • Mixed Vaccinated/Immunity status group are restricted to training pods of 6 persons (excluding coaches) • Multiple training pods permitted but must be clearly separate and independent of one another. • No mixing of training pods. • DSD will NOT actively request a members Vaccination/Immunity Status, therefore it is assumed all our training groups are of mixed status and Indoor training Pods of 6 will apply.

If you or a family member has tested positive for Covid or is a close contact of a positive case, please do not delay in contacting Damien Moran, Covid Compliance Officer at dsdcovidofficer@gmail.com or 087 2615115. All

communication will be treated sensitively and is completely confidential.