



Coaches - A quick guide to Covid Training Protocols. (From 22/10/21)

The following a quick guide to the DSD Protocols for Coaches\Helpers. 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 Member of DSD AC & Registered with AAI.• 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, even if you/your family member receives a negative result.• Are in self-isolation and/or cocooning under the current Health Policy Rules.• Have flu-like symptoms or are feeling unwell.• Prior to attending, you should self-assess against the symptoms of Covid-19. | <p>Coaching\Helpers Protocols</p> <ul style="list-style-type: none">• Coaches\Helpers must contact the Covid Officer without delay if they learn of a Covid exposure among athletes.• Electronic Invites MUST be issued for all Training events and Attendance Records kept via the ClubForce App.• Athletes attending training must be fully registered with DSD & AAI.• Only athletes who accept the training invite prior to training can attend.• Indoor Training Pods must not exceed 6 persons.• Multiple training pods are permitted, but no mixing of pods and mingling in the one area is to be avoid.• Training groups should be controlled and managed to ensure social distancing is maintained as much as possible.• Practice caution with the equipment. Strictly no sharing and Sanitize before and after use.• If coaches witness poor practice it should be addressed immediately in a polite fashion and ongoing disregard for protocols should be reported to the DSD Covid Compliance Officer as soon as possible. |
| <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.• Maintain Social/Physical Distancing.• No sharing of bottles or food.• No Spitting. Cover coughs/sneezes. | <p>Protocol for dealing with injured athlete:</p> <ul style="list-style-type: none">• Coaches must have access to First Aid kit.• If attending to an injured athlete, coaches must wear face mask and disposable/latex gloves.• Only one person should attend the injured athlete, if additional help is required the other person must wear mask and gloves. |
| <p>Outdoor Training:</p> <ul style="list-style-type: none">• No restriction on training size of training pods.• Recommended athlete:coach ratios should be observed. Age 14 and younger is 10:1 (10 athletes to 1 coach). Age 15 and older is 14:1 (14 athletes to 1 coach). | <p>Indoor Training:</p> <ul style="list-style-type: none">• Ensure premises is adequately ventilated.• 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.• Adequate spacing must be clearly seen between each pod.• No mixing of training pods. |

NOTE: Breaches of Protocols must be immediately reported to the Covid Officer (Damien Moran – dsdcovidofficer@gmail.com)