

Thursday 16th July 2020

ABN 75 008 545 569
Sports House, GMHBA Stadium
370 Moorabool St, Geelong 3220

RETURN TO TRAINING GUIDELINES (CHECKLIST FOR STRENGTH & CONDITIONING PARTICIPATION)

The below guidelines aim to provide each athlete, family and coach a clear prescriptive checklist of the protocols and processes that we must adhere to for each BSA athlete to return to strength and conditioning face to face sessions

Important initial note:

Before attending training

- Staff, coaches, athletes and parents/carers are advised to stay at home if they have been exposed to someone with COVID-19 in the last 14 days or have mild flu-like symptoms.
- Furthermore, for anyone in a high-risk health category, please consider whether you should be administering or participating at any time during this period and please do not take risks.

Step 1:

Athletes must inform their BSA COVID-19 Officer via phone (Text or call) that they are attending the upcoming S & C session. (This can be done at the end of each session if known)

Step 2:

On arrival at the venue athletes report to the COVID-19 Officer to go through a simple checklist to ensure they are symptom free and aware of the hygiene, spacing and equipment guidelines.

Step 3:

Athletes to use hand sanitiser provided to clean hands and then find a space within the gym or space that has them 1.5m from anyone else. Athletes should ensure that any towels, drink bottles are equipment is not shared with anyone else.

Step 4:

After using any equipment, it must be cleaned using the cleaning product and paper towelling provided by the BSA. Cleaning of hands using the hand sanitiser should follow regularly also.

Step 5:

At the completion of the session, coaches will ask athletes to assist with the final cleaning of equipment and then athletes to check out with the COVID-19 Officer. At this time, it is advised to notify your intentions to attend next week's session.

Cameron Loftus
(BSA Chief Executive Officer)