



# COVID-19 RETURN TO TRAIN GUIDE

THIS GUIDE IS DESIGNED TO COMPLEMENT  
THE CLUB/ASSOCIATION COVID-19 PLAN

EFFECTIVE FROM 22 OCTOBER 2020

## KEY ACTIONS

The following as a guide to a “Step 3” training session. **Items in bold are must do based on State Government direction.** Others are recommendations for club consideration by Cricket Victoria. Note some restrictions will ease as the season goes ahead.

### BEFORE THE 1ST SESSION

- **Have a COVID-19 plan in place. This has been endorsed not only by the club but is acceptable to the local council.** The [editable CV template](#) is recommended that would also include the clubs confirming their commitment via the included Commitment statement and appointing COVID-19 Officers. The simple process to endorse and use the editable COVID-19 plan is included in the plan itself
- Read the [FAQs](#) on the CV website to help with key training questions
- **Understand the key protocols under the Victorian Return to Cricket roadmap via the CV website**
- **In addition to the lead COVID Officer, shall appoint multiple officers** (at least one per team). These officers shall lead the COVID response actions, communication, monitoring & review covering all cricket activities – training, matches, meetings, functions. Guidance to the key roles for the Officer is provided in the editable plan
- Complete the [COVID-19 Officer register](#) & email your Association contact asap
- Review and consider application of the range of resources on the [CV website](#) – including player commitment statement, attendance register (QR code) development, match day plan, hygiene posters etc.
- Commit to communicating requirements to players, parents and volunteers. Use various means for this - on-line briefing session (e.g. via ‘zoom’), social media posts and do a walk through at the first training session
- Ensure that you have adequate stock of training balls to ensure at least one ball per player to avoiding a situation where players are required to share a ball whilst bowling in the nets
- **Arrange for COVID signage, hand sanitiser and ball wipes/spray (min. 70% alcohol content) for display and use at training sessions.**

### COMMUNICATE TRAINING PLANS BEFORE EACH SESSION (ESPECIALLY BEFORE XMAS)

- **Ensure the club is up to date on the latest training protocols.** N.B.: Check the [CV website](#) for the latest information – including number of groups allowed, number of people per group etc.
- Determine your training zones at your ground – e.g. Zone 1 = nets. Zone 2 = Northern end of ground. Zone 3 = Southern end to help ensure groups always remain separated
- Note that kit bags shall be left in either a car or allocated space for each group near the nets
- Consider circulation of the [one page player guide](#) and whether the club requires player signatures
- Communicate which group starts at each zone for the training session & key messages – e.g.
  - All players are to:
    - arrive in training gear ready to start with mask on;
    - leave kit bags in their car or designated drop off zone for each team;
    - check-in via the QR code;
    - sanitise their hands; and
    - head to their 1st training zone (mask can be removed when actively training)
  - Each group has 30 minutes per zone, sanitises their hands then moves to the next zone e.g.
    - “Group 1” starts in the nets then rotates to zone 2 before finishing at zone 3
    - “Group 2” starts in zone 2, then zone 3, then nets
    - “Group 3” starts in zone 3, then nets, then zone 2

## KEY DIFFERENCES FROM A COVID-19 SESSION TO A 'NORMAL / TYPICAL' TRAINING SESSION

- **Everyone...**
  - showing any signs of illness / COVID-19 signs must stay away from training
  - needs to use the attendance register check-in / check out
  - 12 years & over needs to wear a mask at training (*although players are exempt whilst actively batting, bowling & fielding*)
  - must maintain a safe distance from others at all times (minimum 1.5m)
  - should avoid any time spent inside the clubrooms (or minimise if rooms are open)
  
- **Players...**
  - should arrive ready to train (to avoid need to change at facility) & wearing a mask
  - leave kit bags in their car or at designated group spot
  - remain in their group for the entire session & leave asap after checking out
  - shall not share any communal food (e.g. cut fruit, lollies) or drink (e.g. cordial jug)
  
- **Coaches, Assistant Coaches. Team Managers...**
  - can monitor & talk to each training group but maintain separation from each group
  
- **General differences...**
  - COVID-19 signage should be prominently displayed at the nets, outside of the changerooms and inside the facility to help remind everyone of requirements
  - Sanitiser readily available for use before, during and after training
  - Training balls have been cleaned with an approved wipe / spray before use and are allocated for each group to use for the session (*ideally bowlers bring their own ball to training and use this in the nets only*)
  - To use any areas of the facility / building on training nights, the club must have obtained permission to use the facility / changerooms from the council and clean the potential contact points touched before or after use (or directed by the council)
  - Only those who need to be at training should be there – especially before xmas

*N.B.: The above is applicable from "Step 3" restrictions in place for Victoria – see the roadmap infographic on the CV website for more details. Under the "final step" & beyond, some restrictions may ease.*

**Should any club need planning assistance, check out the CV website (including the FAQs). If further help is needed, contact can be made with any of the following:**

- *Your local council*
- *Your local Association*
- *Your local CV regional staff: Coach & Talent Specialist, Area Manager, Cricket Manager*

## COVID-19 CRICKET TRAINING SESSION ONE PAGE PLAN

**This optional guide may be used by clubs as a one page plan for training sessions from “Step 3 restrictions” – noting easing of State Government restrictions will see some of the below easing as the season progresses. Clubs developing their own plan need to ensure that it meets DHHS, SRV and local Government requirements.**

**Further guidance for each dot point is then listed separately on the pages to follow.**

### **Before the session:**

- Facility COVID-19 Hygiene and Social Distancing signs all up and visible.
- The ‘check-in’ / ‘check-out’ posters are available at all times & used by all training attendees.
- Any training equipment that will be used have been cleaned before use (e.g. balls, cones, stumps, bowling machines etc).
- If the facility is open, ensure it is well cleaned regularly and applicable density limits are strictly adhered to.
- Appropriate sanitiser & wipes are available in easy to find locations.
- Communicate training groups to players and have designated areas for each group to store their equipment

### **During the Session:**

- All attendee’s ‘check-in’ and use the hand sanitiser on arrival and re-apply every 30-40 minutes
- Train in small groups (Victorian Government “Step 3” = Group size limited to the regular number of players for that team. “Final Step” = Max of 50). Groups do not mix with other groups at any stage before, during or post session. *See separate training guide for groups on the CV website for the latest information.*
- All attendees are to refrain from spitting, nasal clearing and shall not use sweat or saliva on the balls
- Training balls should be allocated to each group and stay with that group for the session
- Players should be dressed ready to train and no personal playing equipment is to be shared unless it has been wiped/cleaned between each use
- Face masks are to be worn at all times by those over 11. All players (any age) are exempt from this requirement whilst batting, bowling and fielding
- All attendees adhere to facility signage directions and maintain a 1.5m distance to others

### **After the session:**

- All attendees are to ‘sign out’ via the attendance register - for contact tracing assistance
- Designated officials wipe down/spray and store any equipment that has been used (including training balls) and any facility touch points
- Store any temporary signs and sanitiser

**These protocols are likely to ease as the season progresses.**

**Cricket in a pandemic is a privilege – not a right! ‘Get in. Train. Get Out.’**

## DETAILED GUIDANCE TO SUPPORT THE ONE PAGE TRAINING PLAN

*The following is general in nature and should not be relied upon as legal advice or a comprehensive statement of obligations. It is designed to provide additional information to the one-page checklist.*

*While all care has been used in preparation of this guide to the date below, information and guidance is changing rapidly. Associations & Clubs should remain vigilant and ensure that they familiarise themselves with the latest COVID-19 advice from DHHS, Sport & Recreation Victoria, Cricket Victoria, your local council and other relevant authorities and obtain advice where necessary for your specific circumstances. If in doubt, check first.*

### BEFORE THE SESSION (FURTHER INFORMATION)

#### **Facility COVID-19 signs all up and visible**

Places to obtain signs include ["ReturnToCricket"](#), [Cricket Victoria](#), [Cricket Australia](#), [Sport and Recreation Victoria](#), [DHHS](#) and [Sport Australia](#). COVID-19 resources & posters in other languages are also available via the DHHS website.

#### **The 'check-in' / 'check-out' posters are available at all times & used by all training attendees**

Contact tracing at all cricket activities is critical. A 15 second contactless check-in via a mobile phone is recommended. A simple once only development of a poster with QR code reader will help clubs prove to DHHS who was at training to avoid all players & officials potentially being asked by DHHS to isolate at home for 14 days should a suspected or confirmed case arise. If a player or official has symptoms they should immediately leave training and only return after receiving a medical clearance and/or received a negative COVID-19 test result (preferred).

See the separate QR code development guide for more information via the CV website. A contactless check-in is highly recommended compared to a manual collection method. N.B.: The check-in process can be completed by a parent/ guardian on behalf of their child.

#### **Any training equipment that will be used (e.g. balls, cones etc) have been cleaned before use**

As COVID-19 can be spread through touching a surface that the virus lives on, minimising the number of training items to be used will reduce the likelihood of the virus spreading & reduce cleaning time. Training balls should be cleaned with a minimum 70%-alcohol (ethanol or isopropyl alcohol (IPA) based antibacterial wipe or spray before use and every 30-40 minutes - with minimal sharing during a session.

The benefits of the facility (except toilet access) being closed are to reduce cleaning requirements and the spread of infection - this includes changerooms & social areas. Any areas of the facility that may be touched (toilets, door handles etc) need to have been cleaned before attendees arrive.

If the facility is open (with council approval) and areas touched will need to be cleaned before and after use and noting [industry restart hospitality guidelines](#) including the 'four and two square metre rule' and use of density signage

As wipes will be used, having adequate bins (with bin liner) available will be important. Bins should then be cleaned after use.

To appropriately clean the facility, contact your local facility owner/manager (e.g. council) for guidance and adhere to this guidance as a minimum. Should further guidance be required, SafeWork Australia has a 2-page guide. The DHHS website also has a separate 4-page guide and other useful information. As a guide, at Cricket Victoria, regular cleaning protocols at the CitiPower Centre see cleaners wear rubber gloves and face coverings and use cleaning detergent (Lemon Ocean Air PH7) with a damp cloth to clean potential touch points.

Should there be a suspected case or confirmed case at the club, immediately seek advice from DHHS via the Coronavirus Hotline 1800 675 398 and your council for more information about compliance with more rigorous 'deep' cleaning protocols that will be required.

#### **Appropriate sanitiser & wipes are available in easy to find locations.**

Wherever clubs chose to buy their alcohol based antibacterial wipes/spray from, these are to be a minimum 70%-alcohol (ethanol or isopropyl alcohol (IPA) based antibacterial wipe or spray

## DURING THE SESSION (FURTHER INFORMATION)

### **All attendees check in and use the hand sanitiser on arrival & re-apply every 30-40 minutes.**

See the check-in guidance above for 'check in' and 'check out'. Ensuring regular use of sanitiser will help reduce the chances of spreading the virus.

### **Train in small group sizes (as per current State Government requirements/restrictions for Regional Victoria and Metropolitan Melbourne). Groups do not mix with other groups at any stage**

If groups are separated and not mixing, this will help to reduce the chances of someone who has the virus spreading throughout the club. In addition, if the club can prove to DHHS that a suspected or confirmed COVID-19 positive person has only interacted with a small group, potentially DHHS may direct that only the small group need to isolate for 14 days – not everyone they may have come in to contact with.

Ideas for a 90 minute session include all attendees check in, 3 groups are set with a mix of batters & bowlers and rotate across the session: 1 group starts in the nets and 2 groups start on each ½ of the oval. Groups rotate locations every 30 mins. Groups don't mix before or after training and if multiple teams use the same facility on the day, establish a minimum 15 to 20-minute break to avoid excess congregation. Facilities with multiple ovals can have 5 groups in total (1 group in the nets and 2 groups on each oval). It is recommended to have the same groups regularly training together to minimise the potential COVID-19 transmission to other groups / club members..

### **All attendees are to refrain from spitting and nasal clearing and shall not use sweat or saliva on the balls**

This is banned for cricket in Australia based on Cricket Australia medical advice that COVID-19 may be transmitted through both sweat & saliva.

### **Training balls should be allocated to each group and stay with that group for the session**

e.g. "Group 1" has x number of balls allocated for the fielding drill and they keep these training balls for the whole training session. Ideally bowlers use their own ball in the nets and not share with others in their group. This will reduce the need to further clean training balls during use.

### **Players should be dressed ready to train. Personal playing equipment can be shared – however it must be cleaned between use.**

Having players already in training gear will reduce the need for changerooms to be opened.

Equipment sharing should be kept to a minimum and all equipment must be cleaned between use. See plan 21 of the COVID-19 plan for more information on personal equipment sharing.

### **Face masks are to be worn at all times by those over 11. All players (any age) are exempt from this requirement whilst batting, bowling and fielding**

To comply with the intention of Victorian State Government advice for face mask usage unless you are undertaking strenuous exercise.

### **All attendees adhere to facility signage directions and maintain a 1.5m distance to others**

All attendees must maintain a 1.5m distance at all times. Training drills should therefore ensure that everyone can maintain a 1.5m distance.

**Wipe down/spray and store any equipment that has been used (including training balls) and any facilities touch points.** As the COVID-19 virus can live on surfaces, it is just as important to clean equipment & items used at training at the end of sessions. Similarly, any facility touch points need to be cleaned after each use.

### **Store any temporary signs and sanitiser**

Ensure signs that can't be secured, and club-based sanitiser are safely stored. If the club stores large quantities of sanitiser check with the manufacturer for storage instructions as the Dangerous Goods Act 1985 (Vic) has required protocols for the storage and handling of flammable and combustible liquids with respect to hand sanitiser. To reduce the likelihood of excess storage at the club consider each team storing some sanitiser for match day offsite.