**DATE:** May 21, 2020

**REINTRODUCTION OF SPORT TIMELINE:**

Get Ready: Plan for a return to training and playing. Put in place protocols and practices to meet health requirements including hygiene (washing of hands and sanitising of equipment), contact tracing, facility access and physical distancing

* Monday 18 – Friday 22: Students get back into school routine. No sports training.
* Monday 25 - Friday 29: Students get back into school routine. No sports training.

Prepare to Play: Resume training, utilising the appropriate protocols and practices. NSO guidance around this, particularly in reducing the risk of injury for students will be a valuable guide.

* Monday 1 June: Public Holiday.
* Tuesday 2 June: First week of winter sport training.

Play: Return to play when it is safe to do so ensuring that any public health requirements, particularly for interschool resumption which will involve people from outside your school bubble, are in place.

* Date: TBC - winter sport competitions start dates to be announced by CSW and NSO’s following Queen’s Birthday weekend (June 1).

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|  | **DESCRIBE WHAT YOU WILL DO** | **WHO IS RESPONSIBLE?** |
| **Coaches/ Managers** | * Prior to the onset of training, sports coordinator to distribute the school’s approved COVID-19 Level 2 health and safety plan to the coaches and managers. Coaches and managers to meet with the sports coordinator to ensure there is clarity of guidelines between all parties. Ongoing review of guidelines as they evolve.
* Coaches and managers to sign in and out of school for all onsite training activities.
* Managers and coaches are responsible for ensuring the school’s sports health and safety guidelines are adhered to. This includes:
* Contact tracing – a register of all participants at every training session and match to be forwarded to the sports coordinator on a weekly basis. The register must include names, phone numbers, addresses and email addresses. Contact tracing details to be stored by the sports coordinator and managers for 4 weeks.
* Ensuring the players disinfects the team’s sports equipment after every practice.
* Ensuring all health and safety measures outlined in this document are met during training and matches.
 | Sports CoordinatorCoachesManagers |
| **General Wellbeing** | * No one is to participate (or leaving home) if they are displaying symptoms of COVID-19, awaiting a test, or if required to self-isolate.
* No one is to attend training if they are unwell, even if the symptoms are mild.
* General wellbeing practices to be adhered to: cough and sneeze into the crook of your arm, rigorous hand washing, minimise touching of face and mouth, no spitting or sharing water bottles.
 | StudentsCoachesManagers |
| **Contact Tracing** | * A contact tracing register will be in place for all sports teams – Ministry of Health NZ COVID Tracer app will be used and a paper based contact tracing document is kept in all sports bags.
* The contact tracing register will be issued by the sports coordinator to the coaches and managers. All participants’ details must be registered at every practice/match. This includes address, phone number and email contact details.
* Particular care should be taken to record the details of any spectators at a game.
* Contact tracing register (paper based) to be forwarded to the sports coordinator on a weekly basis for safe storage. Registers to be stored where they can be quickly accessed if needed by the public health authorities.
* Contact tracing details to be destroyed every 4 weeks.
 | Sports CoordinatorsCoachesManagers |
| **Cleaning and Hygiene – Personal** | * All participants must wash their hands with soap and dry them before and after play or use hand sanitiser if this is not possible (containing at least 60% alcohol).
* Players, coaches and managers must have their own personal hand sanitiser gel/spray on hand.
* Face masks may be used by players, coaches and managers.
* Sports uniforms to be washed after every practice and boots/shoes to be cleaned with disinfectant.
* Physical distancing of 1m when players are not in play/practice.
 | Students |
| **Cleaning and Hygiene – Equipment** | * Measures should be taken to minimise the sharing of equipment/ balls. For sports or activities where equipment must be shared, all participants must wash and dry their hands before and afterwards, and clean and disinfect the equipment before and afterwards.
* There is to be no lending of uniform or personal equipment, especially water bottles or mouth guards.
* Only one person per team will have access to the sports equipment bag to minimise contact issues.
* School to supply antibacterial spray, gel and antibacterial soap for the team’s sports bag.
* Gymnasium bathrooms cleaned after training on a daily basis.
* Extra care to be taken when cleaning surfaces and equipment on match days.
 | CoachesManagersStudents |
| **First Aid** | * First Aid bags will be equipped with gloves and face masks to facilitate safer contact between the injured party and the adult administering first aid.
 | Sports CoordinatorCoaches/ Mangers |
| **Transport** | * Off-site training/match transport arrangements will be the responsibility of the player’s parents. Players may no longer drive in shared vehicles as the 1m social distancing cannot be observed.
 | PlayersParents |
| **Facilities** | * All facilities must practice thorough sanitation measures, and record contact tracing details.
* Bathroom facilities in the gym have water, soap and towels/drier available for participants to wash and dry their hands.
* Hand sanitiser gel will be available in the gymnasium.
* The sports/gym equipment will be washed and dried before and after practice and games. If the equipment is shared by people but at different times. i.e. the equipment should be cleaned before and after each use if several netball teams use the same equipment.
* During Level 2, only one group of 10 people will be allowed to train in the school gymnasium or sports field at any given time.
* Entrances to the gym and bathrooms will be wedged open to minimise contact with the door handles. Participants to exercise caution with other common touch points (e.g. gates) and wash or sanitise your hands after touching these surfaces.
* Only one person per team will have access to the gym sports equipment room.
* When competitions resume, parents and opposition teams will be advised that there is insufficient room within the gymnasium to ensure physical distancing can take place, so will be advised they will be unable to spectate at matches or training.
* To minimise risk, extra care to be taken when cleaning surfaces and equipment after match days.
 | SchoolSports CoordinatorCoachesManagers |
| **Physical Distancing** | * Students may participate in team sport and physical activity, including where physical distance cannot be maintained. Training and competition for contact sports will be possible if other public health measures are observed.
* Participants should maintain the 1m physical distancing when not participating in the sport or activity.
 | All participants |
| **Gatherings** | * Indoor and outdoor training and matches must be restricted to a maximum of 10 people under Level 2. A 1 metre physical distancing requirement must be observed when the team in not in ‘play’.
* For sports that take place outdoors in a large open area with multiple fields and courts the requirements on the numbers of people apply to a single field and court, so long as this is managed in accordance with other public health guidelines.
* For large areas such as golf courses, individual groups engaging in activities should keep physically distanced from each other – I metre minimum.
* Care must be taken to avoid gathering at communal points such as sport venue, gym or school entries and car parks. Phasing of sports activities will allow time for people to pass through these areas safely.
* When on-site competitions resume, parents and opposition teams will be advised there is insufficient room within the gymnasium to ensure physical distancing can take place, so may be advised that they will be unable to spectate at matches or training.
* To minimise risk, extra care to be taken when cleaning surfaces and equipment on match days.
 | All participants |
| **Opposition teams** | * Opposition teams playing on-site will be emailed the school’s health and safety guidelines prior to their match. These are to include handwashing regime pre and post matches, social distancing for substitution players on the bench, spectating guidelines for visiting parents.
* Both teams must follow public health guidelines on physical distancing and personal hygiene at all times during on-site and off-site matches. If this is not adhered to, the match may be forfeited and a complaint laid to the official sporting body.
* When on-site competitions resume, parents and opposition teams may be advised that there is insufficient room within the gymnasium to ensure physical distancing can take place, so may be advised that they will be unable to spectate at matches or training.
* To minimise risk, extra care to be taken when cleaning surfaces and equipment after match days.
 | All participants |
| **Communal Points of Contact** | * Care must be taken to avoid interacting at communal points such as entries, changing rooms and car parks.
* Phasing of activities and requesting that parents remain in their cars whilst children practice/compete will allow time for people to pass through these areas safely.
 | All participants |

**Requirements for teams – to be supplied by the school:**

1x Spray sanitiser

1x Hand sanitiser

1x Antibacterial soap & hand towel (and a plastic bag to take it home in) towel to be rewashed before every training.

**ADDITIONAL SPORT SPECIFIC HEALTH & SAFETY GUIDELINES – OFF SITE**

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| **OFF-SITE**  | **ISSUES & RESOLUTIONS** | WHO IS RESONSIBLE? |
| **HOCKEY: OFF-SITE TRAINING & MATCHES** | **Uniform** – Students to change into their sports uniform at school and in small groups prior to training. This will prevent the players from using the community toilets at Elsdon turf. **Transport** – During Level 2 parents should transport their children in their own cars. If that is not possible, a school bus can be caught to the Paremata train station and a train onto Porirua. Team to walk as a small group to the Elsdon Turf. Manager will no longer be transporting players to the venue due to social distancing issues. **Social distancing** – To be observed at all times when not on the turf. Enforced by coach/manager.**Equipment** – School to provide appropriate disinfectant for equipment. Equipment to be disinfected after every training. Hockey sticks to be disinfected by students prior to leaving venue. Shoes to be prayed before and after training.**Contact tracing** – All participants to sign in and out of the venue with the team manager. Manager to keep their own list of participants & submit to sports coordinator on a weekly basis. Contact details to be kept for 4 weeks.**Parents and spectators** - To remain in vehicles during Level 2 10 person restriction. To be reviewed as restrictions ease.**Elsdon, Fraser Park & Maidstone Park Turf**– Review venues’ health and safety plan and provide to coach, manager, players and parents. All to abide by venue’s health & safety guidelines.**Venue toilet facilities** – use of the toilet facilities is to be kept to a minimum. Before re-entering the turf, hands must be washed with soap and dried or hand sanitiser gel used. | All participants |
| **FOOTBALL: OFF-SITE MATCHES** | **Equipment** – School to provide appropriate disinfectant for equipment. Equipment to be disinfected after every match. Footballs to be disinfected by students prior to leaving venue. Boots to be sprayed with disinfectant before and after matches.**Social distancing** – To be observed at all times when not on the pitch. Enforced by coach/manager.**Contact tracing** – All participants to sign in and out of all matches with the team manager. Manager to keep their own list of participants & submit to sports coordinator on a weekly basis. Contact details to be kept for 4 weeks.**Parents and spectators** - to remain in vehicles during Level 2 10 person restriction. To be reviewed as restrictions ease.**Venue** – Review venues’ health and safety plan and provide to coach, manager, players and parents. All to abide by venue’s health & safety guidelines.**Venue toilet facilities** – use of the toilet facilities is to be kept to a minimum. Before re-entering the pitch, hands must be washed with soap and dried or hand sanitiser gel used. | All participants |
| **NETBALL: OFF SITE MATCHES** | **Equipment** – School to provide appropriate disinfectant for equipment. Equipment to be disinfected after every training. Netballs to be disinfected by students prior to leaving venue. Shoes to be prayed before and after matches.**Social distancing** – To be observed at all times when not on the court. Enforced by coach/manager.**Contact tracing** – All participants to sign in and out with the team manager on match day. Manager to keep their own list of participants & submit to sports coordinator on a weekly basis. Contact details to be kept for 4 weeks.**Parents and spectators** - to remain in vehicles during Level 2 10 person restriction. To be reviewed as restrictions ease.**Kapi Mana Netball Centre** – Review KMNC health and safety plan and provide to coach, manager, players and parents. All to abide by venue’s health & safety guidelines.**Venue toilet facilities** – use of the toilet facilities is to be kept to a minimum. Before re-entering the court, hands must be washed with soap and dried or hand sanitiser gel used. | All participants |
| **BASKETBALL: OFF SITE MATCHES** | **Equipment** – School to provide appropriate disinfectant for equipment. Equipment to be disinfected after every match. Basketballs to be disinfected by students prior to leaving venue. Shoes to be prayed before and after matches.**Social distancing** – To be observed at all times when not on the court. Enforced by coach/manager.**Contact tracing** – All participants to sign in and out with the team manager on match day. Manager to keep their own list of participants & submit to sports coordinator on a weekly basis. Contact details to be kept for 4 weeks.**Parents and spectators** - to remain in vehicles during Level 2 10 person restriction. To be reviewed as restrictions ease.**Opposition venues** – Review opposition schools health and safety plan and provide to coach, manager, players and parents. All to abide by venue’s health & safety guidelines.**Venue toilet facilities** – use of the toilet facilities is to be kept to a minimum. Before re-entering the court, hands must be washed with soap and dried or hand sanitiser gel used. | All participants |