

LASSWADE ATHLETICS CLUB



UPDATED COVID 19 POLICY AND PROCEDURES

You must not come to training under the following circumstances:

- Have been in contact with someone with COVID-19 in the last 14 days
- Have been overseas to a country on the quarantine list or exposed to someone with COVID19 in the last 14 days.
- Have COVID-19 symptoms (self-isolate for 10 days) or are feeling unwell.
- Have been told to self-isolate as part of the contact tracing measures in place.

Confirmation of this must be given prior to coming to training and will be asked for again at the start of the session.

IF YOU BEGIN TO FEEL UNWELL DURING A SESSION YOU MUST LEAVE IMMEDIATELY AND KEEP THE CLUB UP TO DATE.

Arriving and Leaving Sessions:

- Athletes must follow all social distancing guidance on arrival and departure
- Enter and leave the training area one at a time maintaining physical distancing
- Face Masks are compulsory for the indoor area of the campus and a one way system must be followed
- Athletes must not congregate outside of the training area at any time

Attendees of Training Sessions Must:

- Contact the Club in advance of all sessions to confirm attendance
- Ensure the Club has up to date contact information
- Arrive at their given training location at a specified time
- Observe physical distancing at all times outside of activity (all age groups)
- Arrive in training kit
- Bring personal hand sanitizer / wipes along to training
- Sanitise and/or wash hands prior to, during, and after training session
- Refrain from spitting
- Refrain from physical contact with others including handshakes, Hi 5s etc
- Remain in their given, socially distanced, personal area, marked by a cone, outside of activities on the track

Equipment:

- Athletes should not handle any shared coaching equipment. Only the coach should do this. (Where there is a requirement to share equipment the coach will be responsible for cleaning this before and after each use)
- Personal equipment should not be shared and should be cleaned before and after use
- Distancing cones will be placed by coaches and should not be handled by athletes.

It is a mandatory requirement that sport facility operators/Clubs collect the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities or activities. Sports facility operators should store information for 21 days and share it when requested to do so by public health officers. By coming along to sessions you are agreeing to this

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Athletics Welfare Policy and Procedures Code of Conduct for Athletes

As a responsible athlete you will:

- Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in athletics and treat everyone equally.
- Uphold the same values of sportsmanship off the field as you do when engaged in athletics
- Cooperate fully with others involved in the sport such as coaches, technical officials, team managers, doctors, physiotherapists, sport scientists and representatives of the governing body in the best interests of the yourself and other athletes
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
- Anticipate and be responsible for your own needs including being organised, having the appropriate equipment and being on time
- Inform your coach of any other coaching that you are seeking or receiving
- Always thank the coaches and officials who enable you to participate in athletics

As a responsible Athlete, when participating in or attending any athletics activities, including training/coaching sessions and competition events you will:

- Act with dignity and display courtesy and good manners towards others
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse
- Challenge inappropriate behaviour and language by others
- Never engage in any inappropriate or illegal behaviour
- Avoid destructive behaviour and leave athletics venues as you find them
- Not carry or consume alcohol to excess and/or illegal substances.
- Avoid carrying any items that could be dangerous to yourself or others excluding athletics equipment used in the course of your athletics activity

In addition, athletes, especially young athletes and vulnerable adults, should follow these guidelines on safe participation in athletics

- Notify a responsible adult if you have to go
- Do not respond if someone seeks private information unrelated to athletics such as personal information, home life information
- Strictly maintain boundaries between friendship and intimacy with a coach or technical official
- Never accept lifts in cars or invitations into homes on your own without the prior knowledge and consent of your parent/carer
- Use safe transport or travel arrangements
- Report any accidental injury, distress, misunderstanding or misinterpretation to your parents/carers and club Welfare officer as soon as possible.
- Report any suspected misconduct by coaches or other people involved in athletics to the club welfare officer as soon as possible

Signed: Date:

Signed: Date:

(to be countersigned by parent / guardian if applicant is under 16)