

WILLIAMSTOWN LACROSSE CLUB



RETURN TO TRAINING NOTICE No. 3

22 June 2020

1. Lacrosse Victoria – Return to Lacrosse Training Conditions

The Victorian State Government (State Government) announced the gradual easing of COVID-19 restrictions from 13 May. The State Government made a subsequent announcements on 24 May and 14 June.

In response, Lacrosse Victoria released its updated [Return to Lacrosse Training Conditions](#) effective from 22 June, which was developed within the framework provided by [Sport and Recreation Victoria \(SRV\)](#) as well as the [Department of Health and Human Services \(DHHS\)](#).

Lacrosse Victoria's conditions have been designed to support Clubs, Officials, Players and Parents to return to lacrosse training as safely and quickly as possible.

2. Williamstown Lacrosse Club Return to Training

Williamstown Lacrosse Club (WLC) has been working closely with Lacrosse Victoria (LV), Hobsons Bay City Council (HBCC), our Coaches, Senior & Junior Co-Ordinators, and the WLC Committee to formulate WLC's framework for a return to training in compliance with the LV, Victorian State Government and HBCC approved requirements. We are pleased to confirm that WLC's framework for a limited return to training has now been approved by LV and HBCC.

Senior Training commenced Thursday 28th May at the Fearon Reserve, Williamstown and will continue on Tuesday's and Thursday's starting at 6.30pm. Anybody interested in attending training should email Darren.Gibson@macquarie.com to confirm their attendance.

Junior Training: Under 15 and Under 17 training commenced Tuesday 2nd June at the Fearon Reserve. All players interested in attending training should email their coach Sean.Clarke@outlook.com (U15) or Kade.t.Robinson@gmail.com (U17) to confirm their attendance.

With respect to a Return to Play, we are working with LV and HBCC and hope to be in a position to announce our framework for a commencement of Junior Competition from 11th July with Seniors expected to be in late July (TBC).

Noting that the COVID-19 situation continues to evolve, we ask members to keep a lookout for regular updates, which will be posted via the WLC website, TeamApp, and Facebook page.

Anyone attending a WLC training session must read and understand LV's [Return to Lacrosse Training Conditions](#). These conditions must be read in conjunction with "3. WLC Notice to All Players & Parents" below, as they contain vital information for all participants to adhere to in order to return to training.

In order to safeguard the health and wellbeing of our members and the community more broadly, it is critical that everyone attending training strictly adhere to these conditions as a failure to do

so could result in HBCC removing access to facilities. Additionally, non-compliance could result in serious health implications, while legal and financial penalties may be levied on the club and any individual if they are in breach.

3. WLC Notice to All Players & Parents

Please read and familiarise yourself with the following:-

1. You must not attend training and will be asked to leave if in the past 14 days you:
 - a. Have been unwell or had any flu like symptoms;
 - b. Have been in contact with a known or suspected case of COVID-19;
 - c. Have had any respiratory symptoms;
 - d. Are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions;
 - e. If you have minor symptoms you are strongly encouraged to get tested. For more information please visit the DHHS website.
2. You must be registered before you return to training or you will not be allowed to train – click on link below to register. At this stage fees will not be required to restart training.

<https://membership.sportstg.com/regofrm.cgi?formID=92350>
3. **Training for all players 19 years or older** will be non-contact and social distancing measures of 1.5m must be in practice at all times.
4. **Junior Players (and Seniors Players 18 years and younger)** are permitted to resume full contact training from 23rd June, subject to adhering to the conditions set out in this Return to Training Conditions Notice No. 3.
5. It is recommended that all participants, coaches and club volunteers download the COVIDSafe App from the Apple App Store or Google Play and have a flu vaccination.
6. **Senior Training** will take place on both Tuesday and Thursday at the Fearon Reserve commencing at 6.30pm.
7. **Junior Training** will take place on a Tuesday and Thursday at the Fearon Reserve commencing at 4.30pm, age group sessions and times will be staggered with a minimum 15 minutes between sessions.
8. No access to the lacrosse pavilion areas (including toilets, change rooms, social room) will be permitted, other than:
 - a. essential access for a coach to set up and pack down coaching sessions; and
 - b. one nominated club official is permitted to turn on/off the floodlighting.
9. No use of water/drinking fountains is permitted. All players must bring their own drink bottles and not re-fill at the club.
10. Participants including players, coaches and support staff are to arrive at training no earlier than 10 minutes prior to the start of their scheduled session. Participants must be ready to train immediately with appropriate equipment.
11. Participants are to depart immediately following the end of the training session with no congregation of participants or support staff or parents before or after training, as per the Victorian State Government: **'Get in, train, get out'** guideline.

12. We will be operating 3 separate training zones. A maximum of 20 players plus a coach will be allocated to each training zone. You will be required to access your allocated training zone via a nominated area (see attached **Appendix 1: Fearon Reserve Lacrosse Training Zones**).
13. Your coaches will notify you via Messenger or WhatsApp regarding your training groups, session times and training zones.
14. **Senior Players 19 years and older** and coaches are not to move to other zones at any point during the training session. Parents and spectators must adhere to social distancing measures of 1.5m and keep a reasonable distance from training zones at all times or will be included in the 20- player group. It is recommended that those not directly involved in the training sessions stay away from the training zones.
15. **Junior Players (and Seniors Players 18 years and younger)** and coaches are not to move to other zones at any point during the training session, but from 23rd June are permitted to resume full contact training. Parents and spectators must adhere to social distancing measures of 1.5m and keep a reasonable distance from training zones at all times or will be included in the 20- player group. It is recommended that those not directly involved in the training sessions stay away from the training zones.
16. If a ball enters another training zone, a participant or coach may gently roll or throw the ball back to the other zone using a stick.
17. Players will be required to check in with the coach or team support staff at your nominated training zone who will record your attendance and read your temperature in accordance with the **WLC Temperature Screening Procedure** (see attached **Appendix 2**). If your temperature reading is 38.0 degrees C or greater you will not be allowed to train and must go home. We will provide you with a **Return to Sport Guidelines** and **COVID19 Information and Testing Locations** information sheet (see **Appendices 3 and 4** attached).
18. All equipment and surfaces should be wiped down after each training session (including playing equipment, goals, cones, light switches, door handles etc.).
19. Remember to wash your hands often with soap and water for at least 20 seconds – if soap and water are not available, use an alcohol-based hand sanitiser (this will be provided).
20. Avoid touching your face.
21. Cover your coughs and sneezes with your elbow or tissue. Used tissues should be placed immediately in the bin, then wash your hands.
22. Avoid physical contact, such as high fives, handshake, and hugs.
23. Avoid close contact with people who are sick.
24. If you have been in contact with other individuals who are sick, please do not attend training.
25. If you are feeling unwell, stay home and seek medical treatment, do NOT attend training.
26. If you are experiencing symptoms during training, please advise your coach or team support staff a.s.a.p.
27. If you experience symptoms post training, please inform your coach.
28. No sharing of personal items such as: equipment, water bottles, towels, mouthguards, etc. It is important to clean these items after each training session.

29. If you don't bring your own drink bottles, mouthguards, sticks/equipment or goalie gear (if relevant) then you will not be able to participate in training
30. Participants are responsible for their own taping, strapping, wrapping etc.
31. No discharge of bodily fluids such as clearing nasal passages or spitting.

We trust this assists with your return to training, but if you have any questions please do not hesitate to get in touch with any of the following:

| | | |
|------------------------------------|--|--------------|
| Darren Gibson (State League Coach) | Darren.Gibson@macquarie.com | 0414 373 907 |
| Simon Brown (Secretary) | Simon.Brown@cba.com.au | 0424 145136 |
| Stephen Pike (Senior Co-Ordinator) | sl@pikes3016.com.au | 0415 855 163 |
| Mark Butler (Senior Co-Ordinator) | mark@cashfactor.com.au | 0419 426 727 |
| Damien Orr (Junior Co-Ordinator) | Dsorr7@gmail.com | 0447 329 397 |

Appendix 1: Fearon Reserve Lacrosse Training Zones

Garden St WLC Car Park Entry /
Exit & parking for Field 1



Field 1

Esplanade Entry / Exit
& parking for Field 2



Field 2

Field 3

Esplanade Entry / Exit
& parking for Field 3



Appendix 2: WLC Temperature Screening Procedure

Objective

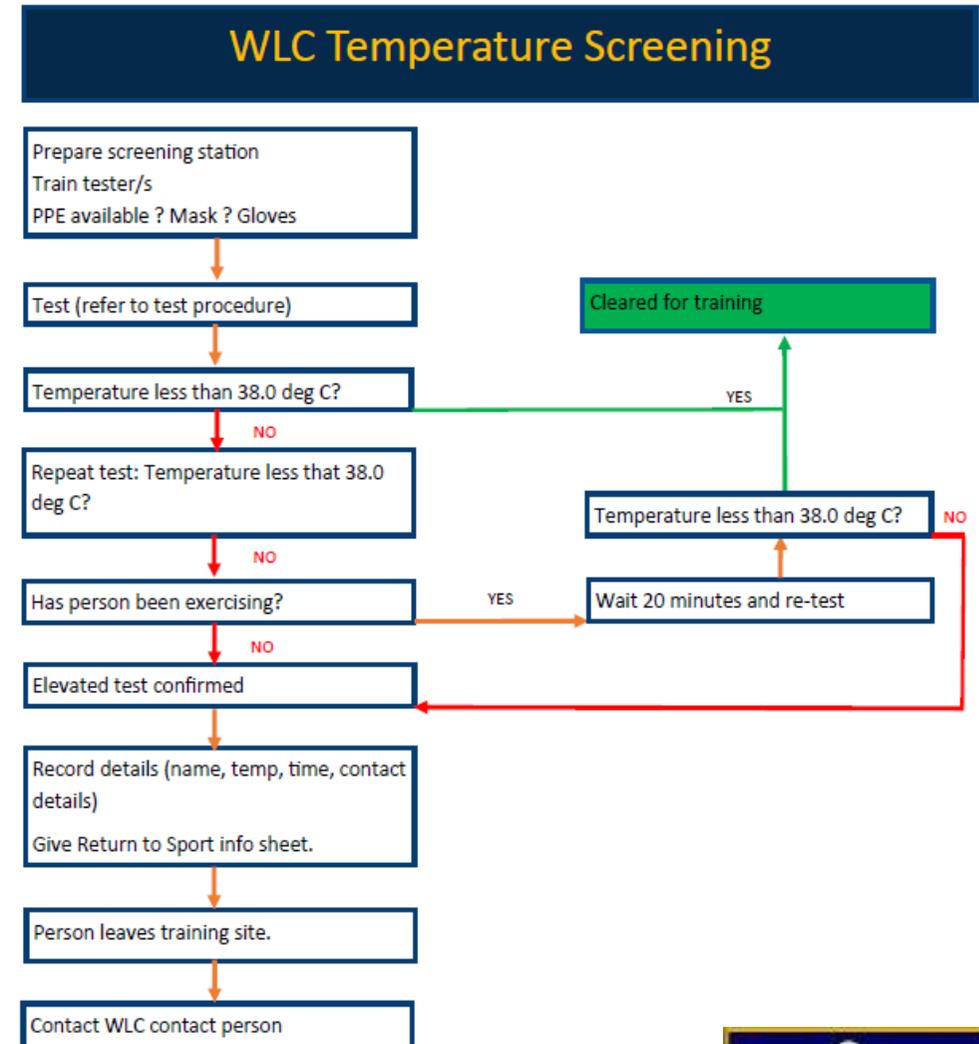
- To reduce spread of viral illness through club via training attendance
- The intent is to measure the temperature of personnel before interacting with other club members and only allow access to those who have a normal body temperature.

Benefits

- Fast accurate temperature detection
- No Contact, hygienic
- Reduces risk of virus transmission

Procedure

1. Person leaves car and immediately reports to testing area
 - No exercise prior to testing
 - If a person has exercised prior to testing, their temp may rise slightly (eg. riding a bike to training)
2. Request person to push back any hair from the forehead.
3. Hold thermometer 2cm away from forehead or temple **DO NOT MAKE CONTACT.**
4. Press button until you hear a beep. Digital results are displayed on the screen.
5. If result is has a temperature in range – **less than 37.9** degrees C. Person can train.
6. If result is **38.0** degrees C or greater, repeat test – follow steps 1-4.
7. If repeat test result is **38.0** degrees C or greater, person cannot train. Hand “**Return to Sport Guidelines**” and “**COVID-19 Information and Testing Locations**” information sheet
8. Complete Elevated Temperature Form (oversheet)



Appendix 3:

Return to Sport Guidelines

Williamstown Lacrosse Club, through an abundance of caution has recommended you (or your child) not participate in training due to a high temperature.

The following guidance is based on information provided by Australian and Victorian Health Department sources, and is provided to assist with best management for your health and the protection of other club members.

Please follow the guidance, relative to your risk level (to the best of your knowledge).

| | Low Risk | Moderate Risk | Higher Risk |
|---|---|---|--|
| Symptoms | No other symptoms | Symptoms of cough, shortness of breath, sore throat. | Symptoms of cough, shortness of breath, sore throat |
| Social criteria | No one else in my family has any symptoms I have not travelled recently No one in my household has been exposed to COVID19 (eg. health care workers) | No one else in my family has any symptoms I have not travelled recently No one in my household may have been exposed to COVID19 (eg. health care workers) | Other people in my household are sick I have travelled recently I or people in my house may have been exposed to COVID19 |
| Recommended Action | Do not come to training Monitor health closely for developing symptoms. If no other symptoms develop, and fever subsides you are free to train from 72 hours after feeling better | Do not come to training Complete COVID testing | Do not come to training Strongly recommend COVID testing, as a matter of urgency. |
| <ul style="list-style-type: none"> • If you undergo testing and have a result of negative (No COVID19), then you are free to return to training if you have been symptom free for 72 hours • If you undergo testing and you have a result of positive (COVID19 present), you will be managed by health professionals • If you choose to not undergo testing, we request that you do not attend training until all of your symptoms have resolved for a period of at least 3 days (72 hours). | | | |
| Doctors clearance | Not required | Not required | Not required |

Prior to returning to train, contact Stephen Pike on 0415 855 163 to discuss your return to sport.

Appendix 4:

COVID19 Information and Testing Locations

GENERAL INFORMATION

1. COVID19 Hotline Number (24 hours): 1800 675 398
2. Stave Government COVID information: <https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19>

COVID19 TESTING

You can call the hotline 1800 675 398 or use the map available via the above link.

Generally, you can visit:

- **Your local general practitioner.** Call them before you visit. They may perform a test or refer you to a pathology provider for swab collection.
- **A GP respiratory clinic.** Visit the [Australian Government coronavirus \(COVID-19\) site](#) for a full list of GP respiratory clinics and how to book an appointment.
- **A Victorian hospital** respiratory clinic.
- **A Community Health Centre** respiratory clinic.
- **A mobile drive-through clinic** at a shopping centre.

In our area:

1. Dorevitch Pathology: 99 Pier St, Altona. 9398 5642
2. Altona North Medical Group: Suite 1, Circle Health Building, Unit 6/230 Blackshaws Rd, Altona North
3. Drive Through Clinic: West Footscray Bunnings: Princes Hwy Service Rd, Kingsville/West Footscray 3012