

# COVID Return to Play Information for Members and Parents



Now that Queensland has moved into Stage 3 of the Queensland Government's [Roadmap to easing Queensland's \(COVID-19\) restrictions](#), Dragons are able to begin a return to training for our various squads. To ensure that we all remain safe and able to continue training, it is important that we all know what is expected of us before, during and after training. The information below is based on the [COVID Safe Indoor Sports Group Industry Plan](#) and the [Volleyball Queensland Return to Play Guide](#), with which Dragons are required to comply. Please follow these instructions – our natural instinct will be to go back to 'business as usual' and there will be slip ups, so it is up to all of us to do our best to ensure those things don't happen.

## Training

### Preparing for training

- Please install the COVID-safe app on your phone.
- Make sure you have registered for the appropriate membership and/or events on the [Dragons Website](#) so we know you are coming. You may not be able to train if you don't!
- Do not attend if you are unwell or have any respiratory symptoms.
- Bring all the water you need. Bubblers should not be open – if they are open and you use one, ensure that your lips or the water bottle do not touch the fountain. **NO SHARING OF WATER BOTTLES.**
- Bring sweat towel if needed.
- Arrive dressed and ready to play (e.g. knee pads on etc).
- You will have access to toilets, however, change rooms at the venue will be closed.
- Parents/Carers not training are asked to wait in the car or come back after training.

### Entering training venue

- Wait in your car until *5 minutes before* your start time (so that the previous session can leave before you arrive).
- Look out for and follow COVID signage that directs flow of traffic etc.
- Practise social distancing (1.5m spacing) if you need to wait in a queue.
- Sign in – *Dragons* COVID Safety Officers (CSOs) will be recording contact details of *everyone* present at each training session and ensuring that we do not exceed capacity on each court.
- Personal bags to be spaced 1.5m apart.

- For training at The Gap SHS training please see the attached Entry and Exit plan.
  - Players training in courts 1 and 2 (refer to Entry and Exit Plan), use carpark at basketball courts, via Gate 1 (refer to The Gap SHS map).
  - Players training in courts 3 and 4 (refer to Entry and Exit Plan), use carpark at the top of the hill, via Gate 2 (refer to The Gap SHS map).

### During training

- Sanitise before, during and after training. Sanitisers will be available at the entry, and at each court.
- Minimise interactions with members training on other courts.
- Avoid direct contact with others where possible. No hugging, handshakes, team huddles, hand slaps. Incidental contact during training drills and game play is okay.
- While on court you may train/play mostly as normal (see above). Drills may be modified to be more COVID-safe.
- Practise social distancing when off court (e.g. in serving line, timeouts, between sets, training break).
- Avoid picking up balls from other courts. If a stray ball comes your way, *gently* kick it back to where it should be.
- Follow all the usual hygiene directions - avoid touching eyes, nose & mouth, cough into your elbow, etc.
- Do not share any personal equipment.
- For training at The Gap SHS – those training on the courts furthest from the main entrance are encouraged to access toilets via the outside doors instead of going through the sports hall.

### After training

- Balls and other equipment must be cleaned between sessions, and before they are put away in bags. Please assist the Coaches and CSOs with this. (*Wipe or spray all over surface, and leave to dry for 10 minutes to be effective*)
- Leave as soon as possible after training. Do not change, remove your pads, do recovery sessions, etc until after you leave.
- Exit via the closest marked exit for your court and avoid mixing with other participants for other sessions.
- It is recommended that you shower immediately after arriving home.

### Special COVID note regarding balls

Sharing of balls and other equipment across squads should be kept to a minimum. To ensure we have enough balls *Dragons* has spent a lot of money on new ones. We have also re-labelled the balls to try and make identifying your court's balls easier to manage.

Bags of balls have been given to our head coaches. Head coaches will manage these bags as they see fit throughout the season. Please only use bags assigned to you unless given permission.

- Senior Men (Pops) have all balls with 'Red Square' symbols on them.
- Senior Women (Boris) have all balls with 'Red Cross' symbols on them.
- Junior teams (Angel) have all balls with 'Red Triangles' and 'Red Circles' on them.
- General training squads (Michael) have balls with blue symbols.

### Playing games

The rules for playing games and fixtures will be mostly the same as those we need to adhere to at training. Competition organisers will be responsible for COVID safety at games. We all have an individual responsibility to comply with any and all rules.

While subject to change, VQ's current advice is that:-

- Sanitisers will be available at the scorer's bench and will need to be used at every break in the game, including timeouts, and when substituting in and out.
- Substitutes should socially distance parallel to the court between coach's chair and the end of the free zone, no closer to the court than the coach's chair. No 'pig pen' to be used.

## Duty Team Requirements

### General

- Members of the duty team are required to socially distance at all times.
- Each official will need to provide their own equipment (whistles, red/yellow cards, pens, etc).
- All officials are encouraged to complete the free [COVID Safety Officer training](#).
- Duty members cannot be switched between sets/timeouts etc.

### Line Judges

- Encouraged to be utilised if court capacity allows (max 31 people on full-sized court).
- No flags to be used, only hand signals.

### Scorer

- Must complete both scoresheet and scoreboard.

### End of Match Sanitisation

The Scorer is responsible for sanitising the: -

- Scoring laptops or tablets (if used)
- Flip-scores
- Score benches
- Scorers chair

The 1<sup>st</sup> Referee is responsible for sanitising the: -

- Post Pads (1<sup>st</sup> Referee side)
- Referee stand and pads
- Ball

The 2<sup>nd</sup> Referee is responsible for sanitising the: -

- Post Pads (2<sup>nd</sup> Referee side)
- Volleyball net bands (top and bottom 'tape')
- Coaches chair(s) if provided

### General

- Any court towel used to clean floor should be replaced prior to next match.
- Additional time will be available to complete these tasks.

Updated 1 August 2020

