**What is Covid-19?**

COVID-19 is a respiratory illness caused by a new virus. Symptoms include fever, coughing, a sore throat and shortness of breath. The virus can spread from person to person. Currently there is no treatment for COVID-19.

**Symptoms**

Symptoms of COVID-19 can range from mild illness to pneumonia. Some people will recover easily, and others may get very sick very quickly. People with coronavirus may experience symptoms such as:

* fever
* coughing
* sore throat
* shortness of breath

Other symptoms can include runny nose, headache, muscle or joint pains, nausea, diarrhoea, vomiting, loss of sense of smell, altered sense of taste, loss of appetite and fatigue.

To stop the spread of COVID-19 people with even mild symptoms of respiratory infection are encouraged to get tested.

If you are concerned you may have COVID-19: use the symptom checker –

<https://www.health.gov.au/resources/apps-and-tools/healthdirect-coronavirus-covid-19-symptom-checker>

If a suspected COVID-19 case is identified by the club advice will be sought through the National Coronavirus Health Information Line by a committee member. If club members have questions or concerns in relation to COVID-19 they can call the National Coronavirus Health Information Line on 1800 020 080.

This Plan is in line with Return to Playing Protocols as outlined on the Cricket Australia website:

<https://www.community.cricket.com.au/clubs/covid-19/return-to-playing>

A full copy of the KRCC COVID-19 Safety Plan can be found at:

ENTER LINK TO WEBSITE HERE

**THE COVIDSAFE APP**

KRCC and BCDCA strongly recommends that all members of the cricket community download the COVID-19 Safe App prior to participating in cricket activity. The app will help in the Federal Government’s effort to contact those exposed to COVID-19 and slow the spread.

If you have questions about the app please visit:

<https://www.health.gov.au/resources/publications/covidsafe-app-faqs>

**BEFORE YOU PARTICIPATE IN CRICKET ACTIVITY**

Players, officials, volunteers and spectators **should not** attend any cricket activity if they:

* have any flu-like symptoms
* have been in direct contact with a known case of COVID-19 in the past 14 days
* have travelled internationally and have not yet quarantined for a full 14 days
* are at high risk from a health perspective, including the elderly and those with pre-existing medical conditions
* Have travelled to Victoria within the last 14 days
* Have attended a Case Location and are required to self-isolate within the last 14 days as per the NSW Health government site: <https://www.nsw.gov.au/covid-19/latest-news-and-updates#latest-covid-19-case-locations-in-nsw>
* are currently awaiting the results of a COVID-19 swab test.

**COMMENCEMENT OF CRICKET ACTIVITY**

* Get in, Train/Play, Get Out” to ensure that players spend as little time as possible at the cricket ground to minimise contact and exposure of participants
* Only essential participants should attend to minimise numbers. Picking up your child on time from training by parents is **essential.**
* It is recommended that attendance should be restricted to 1 person per participant at junior sporting activities.
* Arrive dressed and ready to train or play. Shower at home after training or matches and avoid using the changerooms.
* Ensure that at the coin toss, umpires are providing their own coin and tossing it themselves with the home captain calling
* Ensure that scorers are outdoors whilst scoring and are practicing physical distancing
* Scorers to bring own writing tools if using a scorebook
* Those using an iPad to score should ensure it is wiped down with disinfectant. Ensure the iPad is wiped down between scorers if more than one scorer is being used.
* Complete all match preparations at home prior to arriving (applying sunscreen, strapping etc).

**PRACTICING PHYSICAL DISTANCING AT CRICKET**

* Avoid using team sheets. Team manager is to nominate the team in advance through MyCricket
* Maintain physical distancing of at least 1.5m between all people when watching games from the boundary or other viewing areas
* Physical distancing must be adhered to for all team discussions, wicket celebrations etc. No huddles, high-fives, handshakes etc.
* Avoid handshaking with opponents, officials and teammates before, during and after matches
* During play, all players must be at least 1.5m apart. The only exceptions to this are if the wicketkeeper is keeping up to the stumps and slips fielders proximity to each other.

**HYGIENE AND BEHAVIOUR**

* Stay at home and seek medical advice when you are unwell.
* Alcohol based hand sanitiser to be available at all sessions and encouraged to be used prior, during and following matches and training
* Wash hands often with soap and water for at least 20 seconds – if not available, use an alcohol-based hand sanitiser.
* Players and coaching staff will be advised not to share personal equipment including playing equipment, playing kits, bibs, drink bottles and towels. Participants are required to hand sanitise before and after the session.
* Do not share cricket protective equipment between players if they cannot be easily cleaned sanitised before being used by another player. This particularly includes helmets, batting and wicketkeeping gloves, and batting wicketkeeping leg guards.
* Where equipment is shared, the equipment will be restricted to a group and rotated to enabling disinfectant and cleaning prior to and on the completion of each training session and match.
* The sharing of low risk equipment will be limited, with cleaning and disinfecting of equipment before and after use. Specifically:
  + Do not share groin protectors.
  + Bats can be shared between players as they will be handled whilst using batting gloves.
  + Cricket balls will be segmented, restricted to a group/team and disinfected before and after each session
* Where external protective equipment/pads are used, personal under garments are to be worn e.g. long sleeve shirt
* The sharing of helmets will be restricted to a group/team with the following protocols:
  + Teams should utilise a helmet rotation policy e.g. minimum 4 helmets each team to enable drying, cleaning and disinfecting of helmets (inside and outside surfaces) before and after each use.
  + Personal head garments, such as a skull cap or head dress will be worn underneath the helmet
* There will be no sharing of personal protective equipment worn underneath clothing, inner gloves and outer gloves.
* Officials and umpires will not hold player apparel or equipment i.e. hats, shirts, helmets.
* There is to be no spitting or clearing of nasal passages at before, during or after matches
* No shining of the ball with saliva or sweat at any time
* No contact including high fives, hand shaking or huddles
* No sharing of water bottles or food. Players are to bring their own water bottles which are to be cleaned before and after both training and matches
* Launder own training uniform and it is recommended to sanitise all personal protective equipment after training

**COMMUNICATION**

* Each player must have completed a COVID-19 Acknowledgement before they may register or train for KRCC. The document must be provided to the COVID Safe Coordinator. For all players under the age of 18yrs, a parent or legal guardian must complete and sign the document.
* Failure to update information or comply with the guidelines set out in the COVID-19 Safety Plan may result in a player being removed from training, matches or possible de-registration from the club.
* Register of players, coaches and volunteers attending each training or game day will be kept by the designated member of each team. This must include the full name and contact number for anyone present.
* Players and spectators will be required to “check in” to training or game day using a QR code or typing a link to get to an electronic register.
* Any updates in relation to the plan will be communicated via email, provided to your coach / manager and placed on social media.

**KELLYVILLE RIDGE CRICKET CLUB: COVID-19 ACKNOWLEDGMENT AND ACCEPTANCE**

Players Name: ­­­­­­­­­­­­­­­­­­­­­­­­­­­

Contact Phone Number:

Team / Age Group:

Parent / Guardian Name:

Parent / Guardian Phone Number:

***I understand that I cannot commence training until I have signed and returned this form to the teams Covid-19 Liaison Officer or the Club Covid-19 Safety Officer.***

|  |  |
| --- | --- |
|  | INITIAL |
| I confirm that I have read and understood the Covid-19 Safety Plan as implemented by the club and I will ensure that relevant parties are “checked in” to training or game day via the QR code or electronic register link. |  |
| I understand the importance of such measures needing to be implemented to enable KRCC to train and play |  |
| I understand that should I breach any of the guidelines, I risk being de-registered for the season 2020/21 |  |
| I have not travelled to Victoria or overseas in the past 14 days |  |
| I have not tested positive with Covid-19 or been in contact with anyone who has tested positive for Covid-19 |  |
| I have not attended a Case Location and required to self-isolate within the last 14 days as per the NSW Health site: <https://www.nsw.gov.au/covid-19/latest-news-and-updates#latest-covid-19-case-locations-in-nsw> |  |
| I am not suffering from any cold or flu symptoms or any known Covid-19 symptoms according to the NSW Health site, <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert> I am aware that should I become symptomatic with any known symptoms, I will be unable to attend training until a clearance is received from my treating doctor. |  |
| I have downloaded the COVID-19 Safe App (recommended not compulsory) |  |
| I understand the get in, train, get out philosophy being implemented by Cricket Australia and will ensure that I will arrive and leave promptly and if picking up a junior player, I will **pick my child / dependent up on time** |  |
| Should any of the above information change, I acknowledge the importance of immediately notifying the clubs Covid-19 Safety Coordinator, Tracey Carruthers via email [Tracey.Carruthers@gmail.com](mailto:Tracey.Carruthers@gmail.com) together with the Club President [danieljmiller@optusnet.com.au](mailto:danieljmiller@optusnet.com.au) |  |

Parent / Guardian Signature Players >14yrs