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## Knox Churches Soccer Club

A division of Knox Churches Sports Association Inc. (ABN: 40 945 491 394)

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Home ground: Knox Park

Obedience Dog Club entrance

Off Ferntree Gully Road, Knoxfield,

Melways 73 E6



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Dear KCSC Club Players and Parents

I sincerely hope you are all well and getting through these testing times. As a club we want to thank you for your patience and cooperation with us during this season that has been like no other. As a committee we have been monitoring the changing situation and the guidelines by various bodies and I am happy to say that at our committee meeting last night we decided that as a club we would instigate a plan to RETURN TO TRAINING. Our Association (VCFA) has also indicated that they will resume a potential modified 10-week season on July 11 until September 12 – subject to the restrictions being eased by the government authorities, to allow such activity. This will be adjusted in accordance with the easing of restrictions.

This Return to Training plan will involve a number of protocols that will be undertaken by the club and our coaches and there will also be a number of requirements and expectations on each of you. We would like to request ALL players and those who attend training sessions (if possible) to download and have active the Australian Government COVIDSafe App. We would also like you to note that the Clubrooms will NOT BE AVAILABLE for use, only the public toilets will be open and available. I have attached a document that has been created by our Association (VCFA) that outlines the requirements of each of you, which are as follows:

### **You MUST NOT attend training IF in the past 14 days you:**

- Have been unwell or had any flu-like symptoms;
- Have been in contact with a known or suspected case of COVID-19;
- Have had any respiratory symptoms (even if mild);  
or
- Are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.
- Those with even mild symptoms are strongly encouraged to get tested. For more information, [click here](#).

### **All players attending training must:**

- Wash hands with hand sanitiser immediately before and after training and during scheduled breaks in training
- Not spit at any time
- Not share drink bottles and clearly label their own bottle
- Take their training bib or any other items worn/used during training, home to wash individually
- Carry hand sanitiser in order to enable good personal hygiene
- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze and place tissues directly in bins
- Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly
- Not share pens, clip boards or other such items
- Avoid touching eyes, nose or mouth if your hands are not clean
- Shower at home before and after training
- Ensure not more than 1 person per toilet facility at any one time

**When attending training, we ask that Players and Parents observe the following conditions:**

- You must not arrive more than 10 minutes prior to training commencing
- You must not congregate at the entry point
- You must arrive prepared to train - changing rooms will not be in use
- You must bring your own drink bottles clearly labelled. No sharing of drink bottles is permitted
- If reasonably practical, only one parent/carer to take their child(ren) to training
- Parents/carers to keep a reasonable distance from the pitch - those that remain with their child(ren) during training will be considered part of the group of 20, unless they are formally coaching or instructing the activity
- You must follow the hygiene protocols in this document - regular breaks will to be provided for the purpose of rehydrating and hand sanitising
- Physical distancing of 1.5 metres must be maintained (No more than 1 person per 4m)
- No heading of the ball can take place during training
- Activity must be non-contact e.g. no tackling, no heading, no handshakes, high fives or similar
- Handling of equipment must be minimized e.g. no throw ins
- No use of shared equipment that touches the head or face or cannot be effectively cleaned i.e. soft materials or clothing
- You must provide your details including full name, phone number, date and time of attendance, and confirmation whether you have downloaded COVIDSafe, to the coach/club official for the purposes of contact tracing for each session
- You must leave the venue immediately once training has concluded - no social activity is to occur

Our Return to Training plan will also mean that there will need to be some adjustments by everyone, including a possible adjustment to your preferred training night, in order for us to be able to accommodate EVERYONE and abide by the current restrictions. Training session will commence as follows, and continue thereafter until further notice. Your coach will be in contact with you to determine IF you will be attending or not.

Senior Men & Women: Wednesday 10<sup>th</sup> June 2020 from 7.00pm – 8.30pm

Juniors U8, U9, U10, U11: Tuesday 16<sup>th</sup> June from 5.15pm – 6.15pm

Juniors U12 Girls & U12 – U14: Tuesday 16<sup>th</sup> June from 6.30pm – 7.30pm

Juniors U16 Girls & U15 – U17: Wednesday 17<sup>th</sup> June from 5.30pm – 6.30pm

One final note there will be NO PLAYER INSURANCE available during this Return to Training and also the potential modified season. We will advise you once we know for sure about the potential season what impact this will have on fees that have already been paid and any potential adjustments to that.

I trust you will each work with us in the spirit of our club values **Respect, Unity, Selflessness, Integrity and Support** and help this Return to Training to be FUN and a bringing together of our community, in this season of unrest and uncertainty.

Blessings  
Johann



**Johann Poppenbeck**

*President – Knox Churches Soccer Club*

*2019 Knox Citizen of the Year*

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