

East Doncaster Cricket Club – Covid-19 Return to Train and Play



Est 1886

- Stay away if you or someone close has been unwell. If you are sick and think you have symptoms of COVID-19, seek medical advice and get tested.
- If a player tests positive to COVID-19, that person and all people that have been in close contact with that person need to self-isolate for 2 weeks and undertake testing.
- Regular handwashing (20 seconds minimum with soap) and use of hand sanitizer.
- Cough/sneeze into the crook of your elbow or a tissue and avoid touching your nose/eyes/mouth.
- Shaking hands and celebrations involving contact with another person (including high-fives) are not to be undertaken.
- All players/spectators must socially distance 1.5 metres.
- No shining of any cricket ball with saliva and/or sweat.
- Sharing of personal equipment and other incidentals (e.g. water bottles, towels) between players is prohibited. Baseball gloves for fielding drills are not to be shared and players are to bring their own.
- Clean all door handles, taps, towel dispensers/hand dryers and toilet seats if used at a session/match prior to the next scheduled session/match taking place.
- Cleaning schedule of facilities increased from once a week to twice a week.
- Change rooms to have a maximum of 8 people inside the home change rooms at once and 5 in the away rooms at once. Strict social distancing must be taking place, limiting the amount of time in the change room, and showering away from the venue. Change rooms to be set up to make sure social distancing is taking place with floor stickers.
- Subject to restrictions at the time, Club rooms to have a maximum of 76 inside at once and 2 behind the bar. Strict social distancing must take place. Club room is set up to make sure social distancing is taking place with floor stickers.
- Cricket Balls must be cleaned with alcohol-based wipes before and after training. Sharing use of balls during training should be avoided unless necessary (e.g. fielding).
- Any meetings, planning sessions, etc will be held over an online platform or over the phone. Meetings held in the clubrooms will only be possible subject to restrictions easing, and current spacing guidelines.
- Signage to be placed around the ground and facilities regarding Covid-19.

- Social distancing of 1.5 metres needs to be maintained at all times during training and games.
- Spectators spread out around the ground or venue and maintain 1.5 metres social distance from others as much as possible.
- Players to attend matches and training by themselves with own means of transport (unless they reside in the same residence e.g. Parent/Child or Siblings). For junior players, parents/guardians are directed to keep a safe distance away from the training area (e.g. stay in the car or be at least 1.5 metres away or more from the training group when active).
- Players and Officials are to only bring food for their own personal consumption (no shared plates) to reduce risk of COVID-19 transmission via contact surface.
- Ensure that at the coin toss, umpires are providing their own coin and tossing it themselves with the nominated captain calling.
- Avoid using team sheets, instead nominate teams in advance in MyCricket.
- Scorers are to bring their own writing tools if scoring in a scorebook, and ensure that social distancing is maintained.
- If we are using an iPad to score should ensure it is wiped down with disinfectant.
- Communal chalk to mark centre can only be used once in a game. Therefore, players are urged to bring their own chalk for this purpose.
- Players are not to share cricket protective equipment between players if they cannot be easily cleaned and sanitised before being used by another player. This particularly includes helmets, groin protectors, batting and wicketkeeping gloves, and batting wicketkeeping leg guards.
- Training to be planned to have at least 10 minutes between playing groups to minimise crossover at the venue. Players are not to hang around after training/games; players to go straight home.
- Covid-19 attendance records: all players/spectators must check in and check out of the venues. Temperature checking will also be undertaken within the check in. If anyone's temperature is above 37.5°, they will be requested to go home immediately.
- Players/spectators and umpires do not need to wear a face mask unless social distancing cannot be maintained.

23/09/2020

- Infection control training has been undertaken by all committee members, coaches, captains, and team managers.

Coronavirus
(COVID-19)

GOOD HYGIENE IS IN YOUR HANDS.

Wash your hands thoroughly with soap and water for at least 20 seconds to prevent passing on germs. Dry your hands.

**TOGETHER WE CAN HELP STOP
THE SPREAD AND STAY HEALTHY.**

For more information about **Coronavirus
(COVID-19)** visit **health.gov.au**



Australian Government

Coronavirus
(COVID-19)

KEEPING YOUR DISTANCE.

Help stop the spread of coronavirus by keeping your distance. Remember, don't shake hands or exchange physical greetings. Wherever possible stay 1.5 metres apart and practise good hand hygiene, especially after being in public places.

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

Advice regarding **Coronavirus (COVID-19)** will change regularly. Keep up to date. Visit [health.gov.au](https://www.health.gov.au)



How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

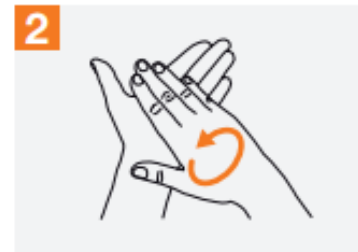
🕒 Duration of the entire procedure: 20-30 seconds



1a Apply a palmful of the product in a cupped hand, covering all surfaces;



1b



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



4 Palm to palm with fingers interlaced;



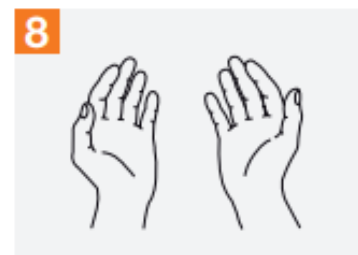
5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



8 Once dry, your hands are safe.



World Health Organization

Patient Safety

A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands

All reasonable precautions have been taken by the World Health Organization to verify the information contained in this document. However, the published material is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall the World Health Organization be liable for damages arising from its use. WHO acknowledges the Hôpital Universitaire de Genève (HUG), in particular the members of the Infection Control Programme, for their active participation in developing this material.

May 2009

Let's **BE** **COVIDSAFE** together

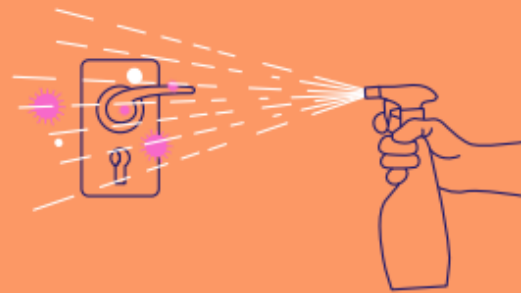


We need to all keep making COVIDSafe choices to help stop the spread.

- Keep physical distancing in public spaces.
- Practise good hygiene.
- Protect others and stay at home if you're unwell. If you're experiencing cold or flu-like symptoms speak to your doctor about getting tested.
- If you haven't already, download the COVIDSafe app.

Together, let's **BE COVIDSAFE.**

Visit **health.gov.au** for more information.



Australian Government