



# ROYAL PARK REDS

POPLAR OVAL - PARKVILLE

## TRAINING PROTOCOLS

### How many people can train together at one time?

Train in multiple groups of no more than 10 players per group (excluding a coach per group)

- You can have 1 group on ½ an oval and another group of 1/2 an oval plus a group in the nets (so maximum of 30 plus 1 coach per group).
- Groups can swap areas during a training session, but do not mix players between groups.

### How long will these restrictions be in place?

Under the “Final Step” – Regional Victoria & Metropolitan Melbourne

Train in groups of no more than 50 (excluding a coach per group). This will be in effect after 14 days running of zero COVID-19 cases.

### Does this training number include coaches, parents etc. or just players?

No, the group of 10 does not include a coach.

### Can all practice nets be open for training?

Under “Step 3” for Regional Victoria and Metropolitan Melbourne, group size limits mean no more than 10 players can use the nets at once. To help bowlers maintain a 1.5m distance at all times, clubs are encouraged to spread out and utilise multiple nets – e.g. batter & 3 bowlers in net 1, batter & 3 bowlers in net 3 and 1 on 1 throwdowns in net 2.

### Will change rooms be accessible during training days?

Players should arrive ready training. Remember “Get In. Train. Get Out.”

### Will participant details need to be recorded before training?

Yes. Scan the QR code before you begin.

If a player or official has symptoms they should immediately leave training and only return after receiving a doctor’s clearance &/or received a negative COVID-19 test result.

### Will participants need to wear masks at training?

During training, only players may remove the mask whilst actively batting, bowling, fielding.