



## Secondary School Sport COVID-19 Guide – Team Trainings

The following guide has been developed to provide secondary schools with guidance on what needs to be considered to get rangatahi and supporters (teachers, coaches, administrators) safely engaged in physical activities, trainings and events again.

It is recommended that this guide be read in conjunction with [Guidelines from the Ministry of Health](#) and any other authority (e.g. [Ministry of Education Guidance](#)) under which your school operates. It represents the minimum level of required planning before schools can safely consider returning to team training environments.

### Useful links:

- Information on the alert level guidelines for play, active recreation and sport can be found [here](#)
- It is also worthwhile checking the Mountain Safety Council outdoor information checker [here](#)
- Helpful resources on health and safety plans can be found on the [Worksafe New Zealand website](#).

Health and safety considerations	Potential actions	Person responsible
<b>Who is Responsible?</b> Each school will need to develop, implement and monitor the team training plan	<ul style="list-style-type: none"> <li>• Appoint a staff member if one is available</li> <li>• Develop a school team training plan and then require coaches/managers to develop their individual plans for sign off by school</li> <li>• Regularly check in with your coaches and managers to make sure the plans are understood, working and effective</li> </ul>	
<b>Managing Illness</b> Staff, volunteers, and students need to know they can't enter the gymnasium if they are <a href="#">feeling unwell</a>	<ul style="list-style-type: none"> <li>• Include in all team communications</li> <li>• Include in pre-training brief for all team training participants (Staff, volunteers, students, parents)</li> </ul>	
<b>Managing sports</b> Have you considered other sports?	<ul style="list-style-type: none"> <li>• Make contact early with other teams to share Health and Safety plans and co-ordinate activities</li> <li>• Be flexible around timings and agreed usage</li> </ul>	

<p><b>Training bubbles</b> Training bubbles include players and coaches and currently need to be limited to 100 people</p>	<ul style="list-style-type: none"> <li>• Consider staggering training days and times for teams</li> <li>• Can some training bubbles be player-led?</li> <li>• Be clear about designated areas for each training bubble of 100. Consider coning these off to be clear</li> <li>• Ask caregivers etc. to stay in their cars during training</li> <li>• Avoid opposed/mixed training with other training bubbles</li> <li>• Equipment is not to be shared across training bubbles without being sanitised</li> <li>• Follow specific <a href="#">New Zealand Government Covid-19 gathering guidelines</a></li> <li>• Refer to <a href="#">Sport New Zealand gathering guidance information</a></li> </ul>	
<p><b>Contact Tracing</b> All training participants need to be part of a contact tracing process</p>	<ul style="list-style-type: none"> <li>• Appoint a person to manage <a href="#">contact tracing</a> and control preservation of training bubble throughout training</li> <li>• Create a registration point at each training session</li> <li>• Allow enough time for contact tracing recording to be effective and orderly before training commences</li> </ul>	
<p><b>Equipment Cleaning</b> All sports equipment must be cleaned before and after training</p>	<ul style="list-style-type: none"> <li>• Includes but is not limited to balls, bats, weights, bags, cones, and flags</li> <li>• Equipment is not to be shared between training bubbles without being cleaned</li> <li>• Disinfecting equipment can be achieved with a solution of 1:10 bleach to water solution in a spray bottle. Ensure that your bleach has not expired. Reminder: Your 1:10 bleach solution is only effective for 24 hours</li> <li>• Changing Rooms to undergo deep clean prior to commencement of team trainings</li> <li>• Changing rooms to be closed and <a href="#">cleaned</a> between team use on training days</li> </ul>	
<p><b>Hand Hygiene</b> There must be hand hygiene measures in place before and after training</p>	<ul style="list-style-type: none"> <li>• Sufficient supplies of hand sanitiser available for all players before and after training</li> <li>• Access to soap and water to enable good hand washing measures</li> </ul>	
<p><b>Injured Players</b> A plan should be in place for the treatment of injured players</p>	<ul style="list-style-type: none"> <li>• Advise injured players to be treated separate to training sessions</li> </ul>	
<p><b>After Training Socialising</b></p>	<ul style="list-style-type: none"> <li>• Encourage participants to come to the grounds ready to train and to depart immediately afterwards</li> </ul>	

Is there a plan in place to ensure players do not congregate prior to and after training unnecessarily in carparks or fields?	<ul style="list-style-type: none"> <li>• Use staggered approach to training bubbles starting and finishing training</li> <li>• Only use changing rooms where these have been approved to open</li> <li>• Only use gymnasiums if these have been approved to open</li> <li>• Follow specific <a href="#">New Zealand Government Covid-19 gathering guidelines</a></li> <li>• Refer to <a href="#">Sport New Zealand gathering guidance information</a></li> </ul>	
<b>School Communication</b> The school should regularly communicate with coaches, managers, players, parents, and other parties	<ul style="list-style-type: none"> <li>• Keep all parties informed through regular updates</li> <li>• Reinforce good behaviour and correct misunderstandings</li> <li>• Conduct coach and manager sessions to ensure that risk controls are working</li> </ul>	
<b>Monitoring the Plan</b> It is important that all health and safety plans are monitored and adjusted to keep participants safe and as Government guidelines change	<ul style="list-style-type: none"> <li>• Monitor your plan in its early stages to ensure that is effective and understood.</li> <li>• Stay updated with <a href="#">Government COVID-19</a> advisories</li> <li>• Stay updated with <a href="#">Sport New Zealand COVID1-19 information</a></li> <li>• Set regular updates to ensure that team training plan remains sustainable and relevant</li> </ul>	

**Important note:** These guidelines are current as of 18 October 2021 and are subject to change.

## Here to help

Across our wider Auckland team, the following are our key secondary school sport contacts who are available to assist:

Aktive	Richard Rangi Secondary Schools Manager	<a href="mailto:richard.rangi@aktive.org.nz">richard.rangi@aktive.org.nz</a>	0220597480
CLM Community Sport	Abby Whiu Regional Sports Director (South)	<a href="mailto:abby@clmz.co.nz">abby@clmz.co.nz</a>	0278804209
	Junior Manapori Regional Sports Director (North)	<a href="mailto:junior@clmz.co.nz">junior@clmz.co.nz</a>	0278804210
Harbour Sport	Kelly Cameron Regional Sports Director	<a href="mailto:KellyC@harboursport.co.nz">KellyC@harboursport.co.nz</a>	021422076
Sport Auckland	Vicky Mailei Regional Sports Director	<a href="mailto:Vicky.Mailei@sportauckland.co.nz">Vicky.Mailei@sportauckland.co.nz</a>	0211882536
Sport Waitākere	Casey Redman Regional Sports Director	<a href="mailto:casey.redman@sportwaitakere.nz">casey.redman@sportwaitakere.nz</a>	021802827

You can also find the latest COVID-19 information in relation to Tāmaki Makaurau on the Aktive website [here](#)