



KSAA SAFE TRAINING PROTOCOLS

HOME WORKOUTS

To seek to ensure that students complete home workouts and remote/online sport sessions in a safe manner, the School has developed the **Safe Training Protocols** set out below. These should be adhered to by all students. Parents will be taken to have acknowledged and agreed with them unless they notify the School otherwise by email sent to sports@knox.nsw.edu.au

- Students must adhere to the Knox behavioural standards as listed in the School diary.
- Full PE uniform, including appropriate footwear, must be worn for all sessions.
- Students must have access to a full water bottle and have appropriate sun protection (e.g. a hat and sunscreen lotion) if the activity is completed outside.
- Students must have access to their Knox-issued laptop, which must be fully charged and set up to capture the student against an appropriate/inoffensive background-if participating in any online video meetings.
- Students must have access to a clear, preferably level, space with no trip hazards or obstructions. If an oval or park is used, the Student should inspect the area for and avoid all divots, protruding/unsafe pop up sprinklers, overhanging/protruding branches or other obstacles that might cause injury – not training in a location if it is not possible to avoid all such hazards.
- Students are not to take photos, screenshots or video recordings during the session unless implicitly asked to by the coach or instructor (session co-ordinator).
- Students must have any required medication or medical devices (such as Asthma puffers or EpiPens) nearby and accessible.
- Wherever possible, students should complete the workout or session with another person present in case of emergency. If this is not possible, Students must ensure that they have access to a fully charged phone.
- Severe weather may preclude students from participating in outdoor sessions. If you are outside Sydney please communicate this with the session co-ordinator. Within the North Shore region, any decision to end or not proceed with an outdoor training session will be communicated by the session co-ordinator.
- If Students are injured, they are not to participate in the session and should communicate this with the session coordinator.
- Any student recovering from an injury requiring treatment by a health practitioner (this includes a physiotherapist) must provide a clearance to return to training, from their health practitioner, before resuming training. This should be emailed to sports@knox.nsw.edu.au

The School will monitor Government advice and recommendations. If the current restrictions are relaxed and small group training becomes possible, further protocols will be published to address this and any changes to training resulting. If restrictions are tightened again, the School may cancel or make adjustments to planned/scheduled activities where necessary to ensure compliance.

If the School introduces aerobic/fitness training sessions outside of the home, such as swimming, running or cycling, additional protocols will be published to address this.