



# COVID-19 Information

## Lake Macquarie Regional Football Facility

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**DATE:** Monday 16<sup>th</sup> March  
**TO:** All Users of Lake Macquarie Regional Football Facility  
**FROM:** Venue Manager  
**SUBJECT:** Use of Lake Macquarie Regional Football Facility & COVID-19

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Dear All,

Please note, as this stage, upon the advice of Football Federation Australia and the Australian Government, activity at LMRFF will continue, however, we will be limiting the number of individuals present at one time within LMRFF, and we need a concerted effort from all stakeholders to ensure the health and safety of our football family. The following guidelines are now implemented at LMRFF:

Individuals should not attend the facility if they:

- have any flu-like symptoms including but not limited to fever, cough and/or short of breath ;
- have been in close contact with a known case of COVID-19 in the past 14 days;
- have travelled internationally or been exposed to a person with COVID-19 in the preceding 14 days; or
- are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.

Guidelines for Football Activities at the LMRFF

1. For all youth activities for 18 years and below (fixtures & training), a maximum of 1 adult per child is permitted at the facility, however clubs are strongly encouraged to limit the amount of accompanying adults where possible through rostering of responsible adults;
2. For senior fixtures and training, only registered players, team officials and match officials participating in the activity are permitted into the venue – with the exception of any players under 18 involved in senior activities who will be permitted 1 parent to accompany them;



3. Players, team officials and match officials should refrain from shaking hands and/or embracing before and after matches;
4. Players should refrain from any interaction including goal celebrations which encourage close contact;
5. Players should place their name on their water bottle and not share water bottles with their teammates.
6. Coaches should minimise drills or training practices which include non-essential physical contact;
7. Team huddles should be avoided.
8. Participants should refrain from arriving excessively early for their match or training at the venue;
9. Participants should leave the facility as soon as possible after the conclusion of the match / training session, with parents encouraged to pick up children promptly;
10. Everyone is encouraged to use Tap & Go facilities at Sidelines Café, instead of cash;
11. Players & coaches should refrain from sharing equipment such as drink bottle, bibs (where possible);
12. All attended at the facility are encouraged to wash their hands and maintain general hygiene in line with government recommendations;
13. Parents are encouraged to sit / stand outside throughout the venue and practice social distancing where possible i.e. keep a minimum of 1.5m apart.

### **Further Information for Football Fives**

1. Only players who will be taking the field should attend the Football Fives games;
2. No spectators will be permitted for Football Fives games;
3. Fixtures kick off times may be altered to help manage the number of persons within the venue at any one time;

For further information on COVID-19 please see the below from NSW Government.

<https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>

Participants are encouraged to keep up to date with the latest information on both FFA and Northern NSW Football's website.