

RETURN TO TRAINING

FREQUENTLY ASKED QUESTIONS



Who can attend training?

A maximum of **ten** participants inclusive of **players and coaches** may attend a training session at one time. Coaches cannot interact with more than one session at one time.

It is essential coaches sort their teams into groups and advise participants when to arrive, **PRIOR** to the session. If you are splitting your team in two, it is best to have them in two sessions one after the other.

Due to social distancing, parents are asked to not attend coaching sessions. If it is necessary for them to attend, it is recommended they remain in their car, stand away from the session and/or continue to practice social distancing from other parents (at least 1.5m).

When will my club return to training?

This will be different for each club. Whilst the we can return to training, it may take time for your local Councils, Zones and Clubs to be ready to return.

It is not compulsory for everyone to return to training immediately. We recommend you follow your club on its social media channels and if you have time, volunteer to help your club get ready for training wherever possible. Be patient – we're all working to get back on the pitch.

Can we play matches in training, trial matches etc?

No. Skills based training only.

Is there any guide on how to safely sanitise equipment such as balls, poles, markers etc?

Not specifically. We do recommend discouraging players to not handle equipment with their hands as much as possible. Avoid practicing throw-ins etc.

We also recommend not asking players to assist with set-up and pack down to minimise handling and to encourage goal keepers to wash their hands often, not spit in their gloves and to wash/sanitise gloves after every session.

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Are these Guidelines or Requirements?

The only requirements clubs MUST abide by are the [NSW Public Health Order](#) which includes maintaining 1.5m distance and no groups larger than ten.

The NNSWF [Return to Training Guidelines and Resources](#) are provided by NNSWF to clubs as a best practice guide to an easier, more practical way of implementing the requirements, to place clubs in the best position to abide by the NSW Public Health Order and protect players and volunteers.

In many cases, these guidelines may also be provided to Councils and Venue Administrators to demonstrate what the club is doing to mitigate the risk at its venue.

My Council is asking for a COVID-19 Coordinator to be appointed, why do we have to do this?

Requirements differ from Council to Council. In this case, Councils are ensuring Clubs are undertaking reasonable actions to minimise risk and have a direct contact if they need to touch base with someone at the club.

Clubs are encouraged to use the [Return to Training Guidelines and Resources](#) as a starting point with local Councils to show you have processes in place.

What is a Coach or Club's responsibility if one of our players or volunteers tests positive to COVID-19?

NSW Health has a stringent and proven process in following up all positive COVID-19 cases.

When the person is identified as being positive, NSW Health representatives will take all appropriate actions in identifying and contacting anyone required.

In some cases, NSW Health may request from the club, information surrounding attendance at training sessions, which is where the [Register of Attendance Template](#) on the [Return to Training Portal](#), may be a useful tool for your club.

Under no circumstances should any cases be shared on social media or among teams or parents unless otherwise advised by NSW Health.

Do the guidelines differ between different age-groups training?

No. All requirements are relevant for all levels of football and all age groups.

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Are there any notable differences in specialist training such as goal keeping training?

No. All training is encompassed in these guidelines. We do recommend you encourage goal keepers to wash their hands often, not spit in their gloves and to wash/sanitise gloves after every session.

If parents must attend training, where can they stand?

It is understood in some cases, parents will simply not be able to drop their children off and leave the venue. Where possible, we recommend only one parent attend and if possible, remain in their car. If outside the car, please stand away from the coaching session and maintain social distancing of 1.5m from all other people. Parents should assist club volunteers by following signage, keeping your distance and listening to club volunteer requests or instructions.

Why do we have such strong restrictions and schools don't?

A reminder, we can return to training under the guidance of the NSW Public Health Order. Schools are back in session, however, also have several guidelines they need to implement to encourage social distancing within classrooms and playgrounds. Inter-school sport is still not allowed under the current NSW Public Health Order.

Are there time restraints on coaching sessions?

Not specifically, however clubs will have thought through the groupings of players, and timings when they scheduled training. It is imperative players arrive as close to their training time as possible and leave immediately after to minimise contact with other people. Training sessions should be staggered to avoid cross-over as much as possible.

When waiting for their session, players should maintain social distancing (1.5m) and not congregate in car parks, on fields or in any small spaces.

Can a coach interact with multiple sessions at one time?

A coach is not able to undertake two sessions at once. They must remain with the same group for that session. These groups should be communicated to players prior to the session and players can not cross over groups on the same session either.

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What skills and training can we do?

Non-contact skills are allowed. Social distancing must always be maintained.

The Return to Training Guidelines provide direction on space requirements, however coaches are invited to attend an online webinar or to visit the [Coach Resources](#) on the [Return to Training Portal](#) for session plans developed by Northern NSW Football and Football Federation Australia.

When can we play matches?

NNSWF is currently working with our southern colleagues at Football NSW to seek an exemption from NSW Government to commence play at the beginning of July.

In the meantime, your local Competition Administrators (Zones) will be liaising with Clubs directly to ascertain how the season will look for 2020 and the structure of the competition.

As a volunteer, or club will I be held accountable if a case of COVID-19 is discovered at my club?

According to the advice we have received, as long as you and your club have undertaken **reasonable** steps to implement the guidelines, there will be no repercussions for individuals or Club officials, if a case of COVID-19 is found within your membership base.

Who do I contact if I have further queries?

Newcastle Football	admin@newcastlefootball.com.au
Hunter Valley Football	officemanager@huntervalleyfootball.net.au
Macquarie Football	mfl@macquariefootball.com
Northern Inland Football	operations@northerninlandfootball.com.au
Football Far North Coast	general.manager@ffnc.net.au
North Coast Football	admin@northcoastfootball.com.au
Football Mid North Coast	gfmfnc@footballmidnorthcoast.com
NNSWF Premier Competitions (NPL / WPL / NL1)	competitions@northernnswfootball.com.au

Or submit a query to the Northern NSW Football [Return to Training Support Desk](#).