

RETURN TO TRAINING GUIDELINES

LEVEL 1

**DUE TO COVID-19
(APPLICABLE TO ALL LEVELS OF OUTDOOR FOOTBALL)
AS OF MAY 2020**



**NORTHERN
NSW
FOOTBALL**

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INTRODUCTION

The impact of COVID-19 has resulted in the suspension of all football activities since early March. Since this time, the priority of **Northern NSW Football** has been to safeguard the health and wellbeing of the community and to undertake its social responsibility to do everything it can to slow down the spread of COVID-19.

COVID-19 is mostly likely spread through direct close contact with a person while they are infectious (usually face to face contact for at least 15 minutes; or being in the same closed space for at least 2 hours). Given that football is played outdoors, the risk of infection through playing sport is minimal, and now with the rate of infection greatly reduced, it is time to cautiously reintroduce football related activity in a staged approach.

The conditions set out in this document are in line with government directions as at the date stated above. This document and its conditions will be amended in accordance with any future government directives.

These guidelines provide for the limited return of football training. Training for groups greater than 10 people and playing matches is still not permitted under public health guidelines and is not sanctioned by **Northern NSW Football**.

In starting training, we need to satisfy participants, volunteers and their families that it is safe to do so, and to ensure that venue operators (typically local councils) and others are satisfied that your club is taking reasonable steps to keep people safe.

We want to give you a clear set of steps that will allow clubs to ensure that they meet the requirements to:

- Have gatherings of no more than 10 people at any time,
- Have appropriate social distancing of at least 1.5m between people at all times,
- Allow for at least 4m² for all participants at all times, and;
- Maintain reasonable levels of hygiene to minimise the risk of infection.

These are guidelines, not regulations.

Our duty of care to our participants is to take all reasonable care to keep them safe. Clubs need to be able to demonstrate that they have done so and our guidelines and complementary resources are designed to help them with that process.

To further aid the fight against COVID-19, **Northern NSW Football** supports the Australian Government's COVIDSafe app and strongly encourages all members of the football community to get behind this initiative. The app can be downloaded from the Apple App store and Google Play."



RESTARTING TRAINING

Football is following the framework provided by the Australian Institute of Sport (AIS) Level B and is implementing Level 1 of the Australian Government Roadmap to a COVIDSafe Australia, and the Public Health (COVID-19 Restrictions on Gathering and Movement) Order (No 2) 2020 as issued on Friday 15 May 2020.

• **The AIS Framework document can be found at:**

https://ais.gov.au/__data/assets/pdf_file/0008/730376/35845_AIS-Framework-for-rebooting-sport_FA.pdf

• **The Australian Government Roadmap can be found here:**

<https://www.pm.gov.au/sites/default/files/files/covid-safe-australia-roadmap.pdf>

• **The NSW Public Health (COVID-19 Restrictions on Gathering and Movement) Order (No 2) 2020 can be found here:**

https://gazette.legislation.nsw.gov.au/so/download.w3p?id=Gazette_2020_2020-99.pdf

LEVEL 1 TRAINING – WHAT IS PERMITTED

- Training to be conducted in small groups (no more than 10 players and/or other personnel in total).
- Social distancing of 1.5m between players.
- Spacing so that there is no more than 1 person per 4m².
- Non-contact skill training drills – passing, shooting, headers.
- Some sharing of sporting equipment such as kicking a football, use of a skipping rope, weights, agility equipment.

LEVEL 1 TRAINING – WHAT IS NOT PERMITTED

- Contact to contact playing skills such as tackling.
- Activities involving more than 10 people.

Preparing for training



Maintain attendance records



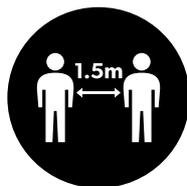
Ensure changerooms and showers are not used.



Ensure toilets are open and have soap and sanitiser.



Be punctual and aim to avoid any contact with other training sessions



Maintain a 1.5m distance between participants on and off-field



Provide regular breaks for hydration and hand sanitising

What you can and can't do



Non-contact skill training drills such as passing, shooting, heading



Contact-to-contact playing skills such as tackling are not permitted



10 participants at one time including coach*

*Coaches may only coach one squad of 9 at once. They must not work across multiple areas.



NO SPITTING permitted

PRIOR TO ATTENDING TRAINING

Before participating in football activities participants should not attend training if in the past 14 days they have:

- been unwell or had any flu-like symptoms, or**
- been in contact with a known or suspected case of COVID-19, or**
- any sudden loss of smell or loss of taste, or**
- are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.**

Check the NSW Government website link advice regarding the full list of symptoms associated with COVID-19 infection: <https://www.nsw.gov.au/covid-19/symptoms-and-testing>

ORGANISING TRAINING SESSIONS

The minimal space for 10 people (players and coaches) is approximately 50 x 30 metres which equates to ¼ of a pitch. Therefore if a club has a full pitch available to it this provides training space for 4 groups of no more than 10 people per group.

For example, a MiniRoos team where there are less than 10 players and coaches requires ¼ pitch.

A Youth or Senior team where there may be 16-20 players and coaches will require a minimum ½ a pitch which is then subdivided into 2 with no more than 10 players or coaches per subdivision.

As depicted in the following diagrams a club should divide each pitch into 4 and ensure that no more than 10 people are in each quarter at any one time. That is, a maximum of 40 people can be on a full size pitch that has been subdivided into 4 quarters.

Northern NSW Football recommends that clubs nominate a jacketed official who will act as a COVID-19 Marshal at each training session. The Marshal's role will be to remind people of their responsibilities to follow these guidelines.

Example 1

TWO YOUTH/SENIOR TEAMS ARE ALLOCATED ONE FULL PITCH TO TRAIN ON

Each team is allocated half a pitch each, with a further sub-division of each team occurring to ensure that no more than 10 people (players and coaches) are provided the equivalent of a ¼ of a pitch each.

The groups of 10 people should not mix with each other.



All training sessions are to be non-contact skills training. Non-contact skill training drills can include passing, shooting, headers. Accidental contact may occur during drills, however no deliberate body contact drills such as tackling is permitted.

Example 2

TWO TO FOUR JUNIOR (MINIROOS) TEAMS HAVE BEEN ALLOCATED ONE PITCH TO TRAIN ON

Each team is allocated a quarter of a pitch each, ensuring that no more than 10 people (players and coaches) train within this space.



Example 3

A YOUTH OR SENIOR TEAM (OF 16-20 PEOPLE INCLUDING PLAYERS AND COACHES) IS ALLOCATED ONE FULL PITCH TO TRAIN ON

The squad should be divided in half with ten people allocated to half a pitch each.
The groups of 10 people should not mix with each other.



CONDITIONS AND GUIDELINES FOR RETURN TO TRAINING

These are the steps that **Northern NSW Football** recommend that clubs take to ensure that they keep their participants and their families safe.

WHEN CONDUCTING TRAINING, THE FOLLOWING CONDITIONS ARE TO BE IMPLEMENTED BY THE COACH/CLUB OFFICIAL:

- Records of attendance at training are maintained and coordinated by a nominated member of each club.
- No person to person contact training drills to be conducted.
- No more than 10 people to be involved in the drill. For example, one coach, nine players.
- Social distancing to be implemented – 1.5m.
- 10 people to be in a spacing so that there is no more than 1 person per 4m².
- Any handling of equipment is to be kept to a minimum.
- Heading of a ball may occur during the natural process of a drill, for example a ball being crossed. However, practising of heading by picking up the ball and throwing should be discouraged.
- Throw ins are to be discouraged.
- No usage of changerooms, gym, wet or inside areas.
- Only essential people are to attend training sessions (i.e. players, coaches, and volunteers involved in operations and one parents/carer of participants).
- Spectators are not permitted. One Parents/caregivers is permitted for supervision purposes and if feasible they are encouraged to wait in car / outside venue to avoid gatherings.
- If training bibs are used, each individual player is to be allocated a bib and each player is required to take the bib home and wash.
- Regular breaks are to be provided for the purpose of rehydrating and hand sanitising.
- Toilets are to be open for use.
- Restriction on the number of people using the toilets at any one time to apply dependent upon the size of the amenities.
- Soap and sanitiser to be available in the toilets at all times.
- Players are to enter and leave the pitch and venue in a coordinated manner minimising contact with others and not gathering in large groups.
- No social activity is to occur once training has concluded.

WHEN PARTICIPATING IN TRAINING SESSIONS, THE FOLLOWING CONDITIONS ARE TO BE IMPLEMENTED BY THE PLAYER/PARENT:

- Players must not arrive more than 15 minutes prior to training commencing, and if arriving by car, remain in the car until 5 minutes before training to avoid gatherings.
- Players are to come already prepared to train – changing rooms will not be in use.
- Players are to bring their own drink bottles and they are to be clearly labelled. No sharing of drink bottles is to be permitted.
- Players are to leave the venue immediately once their training session has concluded.

In addition to the conditions outlined above for training, it is recommended that everyone involved in football continue to practise good hygiene by implementing the following measures:

HYGIENE – CLUBS

- Ensure spaces at each facility, surfaces and objects are regularly cleaned with disinfectant.
- Provide hand washing guidance to all participants and volunteers (http://www.who.int/gpsc/clean_hands_protection/en/).
- Promote regular and thorough hand washing by volunteers and participants.
- Provide sanitising hand rub dispensers in prominent places around the venue.
- Ensure sanitising hand rub dispensers are regularly refilled.
- Ensure soap dispensers in toilets are regularly refilled.
- Ensure bins are provided around the venue.

HYGIENE – INDIVIDUALS

- Players, officials, volunteers and/or their parents/carers should carry hand sanitiser on their person in order to enable good personal hygiene.
- If using tissues, place them directly in the bins provided.
- Seek to avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.
- Each participant is to provide their own drink bottle that is clearly labelled and is only used by that individual. No sharing of drink bottles.
- Each participant is to take their training bib home to wash individually.
- No sharing of pens or clip boards, each volunteer must bring their own to venues.
- Wash your hands frequently with soap and water, before and after eating, and after going to the toilet.

BEHAVIOUR

- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.
- Wash hands with soap and water often.
- Use hand sanitiser gel if soap and water are not available
- Do not touch your eyes, nose or mouth if your hands are not clean.
- No spitting at any time.
- Wipe down all surfaces and objects with appropriate anti-bacterial/disinfectant wipes or soap, particularly those frequently touched. This includes door handles, light switches, kitchen surfaces, bathroom surface, phones, remote controls and any other high touch areas.
- Do not share drink bottles.
- Practice social distancing. If someone comes and stand next to you, move around the field and ensure you implement social distancing requirements.



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