



# RETURN TO TRAINING REQUIREMENTS STEP 1 (Due to COVID-19)

(Applicable to all levels of outdoor Football)

As of 13 May 2020

Version 3



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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 Football South Australia 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 halted in South Australia, 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.

To further aid the fight against COVID-19, Football SA 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.



**COVIDSAFE**

**Keep you and your family safe**

**Download now**

Download on the **App Store** | **Google play**

Help stop the spread and save lives.

The advertisement features a green background. At the top right, the word 'COVIDSAFE' is written in white on a green rectangular background. Below this, the text 'Keep you and your family safe' is written in large, bold, white letters. Underneath that, 'Download now' is written in smaller white letters. At the bottom left, there are two black buttons: one with the Apple logo and 'Download on the App Store' text, and another with the Google Play logo and 'Google play' text. On the right side, there is a white smartphone held by a hand. The screen of the phone displays the COVIDSAFE app logo, which consists of a circular arrangement of the word 'COVIDSAFE' around a central green checkmark, and the text 'Help stop the spread and save lives.' below it.

# 1. RESTARTING TRAINING



Football SA is following the framework provided by the **Australian Institute of Sport (AIS) Level B** and is implementing *Step 1* of the **South Australian Roadmap for Easing COVID-19 Restrictions**, as of Monday 11 May 2020.

The AIS Framework document can be found at:

<https://www.pm.gov.au/sites/default/files/files/attachb-ais-framework-rebooting-sport.pdf>

Step 1 of the South Australia Roadmap can be found here:

[https://www.covid-19.sa.gov.au/\\_data/assets/pdf\\_file/0012/195879/FINAL-DPC\\_RoadMap\\_FINAL.pdf](https://www.covid-19.sa.gov.au/_data/assets/pdf_file/0012/195879/FINAL-DPC_RoadMap_FINAL.pdf)

## Step 1 Training – What is Permitted

- Training to be conducted in small groups (no more than 10 players and one coach in total).
- Social distancing of 1.5m between players.
- Spacing so that there is no more than 1 person per 4m<sup>2</sup>.
- 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.

## Step 1 Training – What is Not Permitted

- Contact to contact playing skills such as tackling.
- Activities involving more than 10 players and 1 coach.
- Handling of the equipment (minimal).

# 2. 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;
- been in contact with a known or suspected case of COVID-19;
- any respiratory symptoms (even if mild); or
- are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.

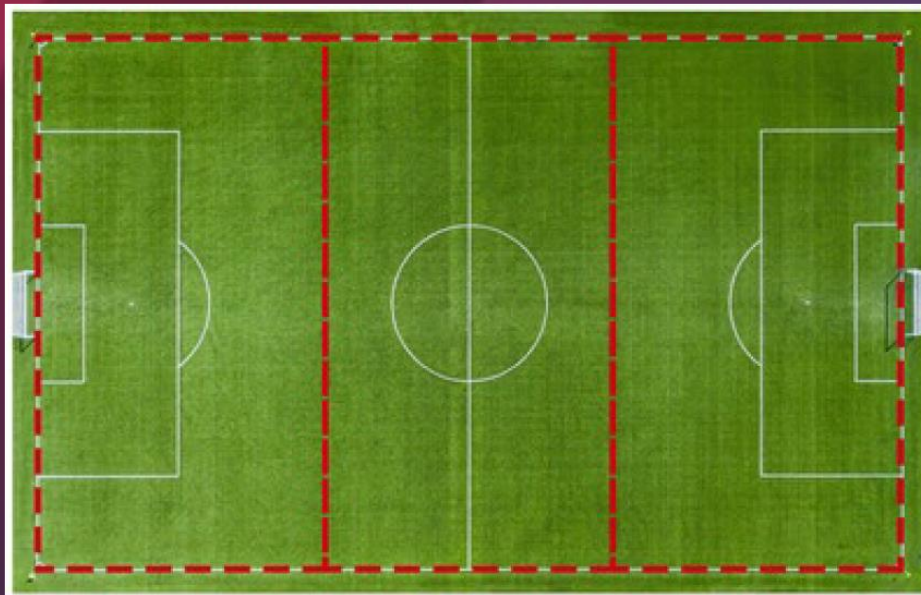
### 3. ORGANISING TRAINING SESSIONS



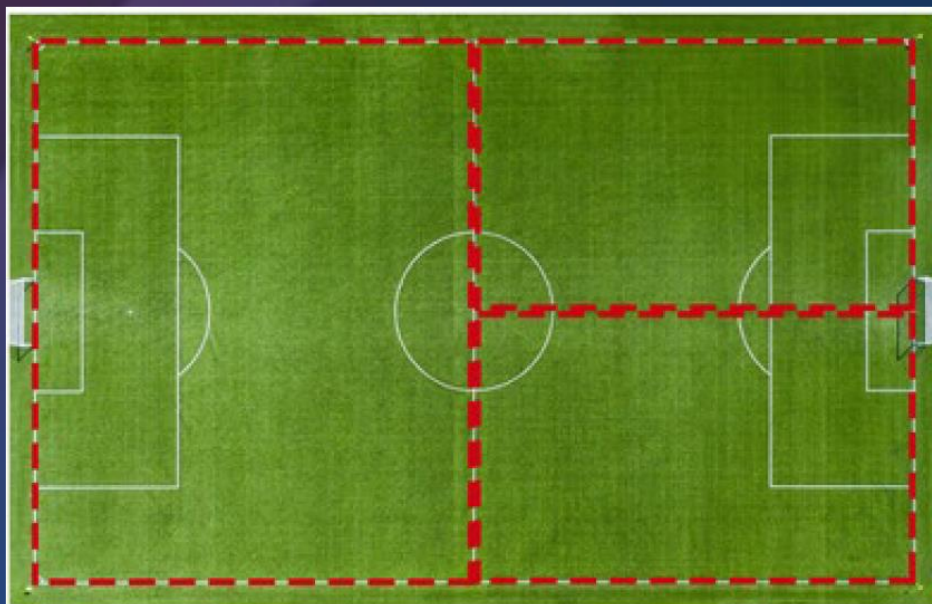
To ensure that the Step 1 Requirements are being met, football fields are to be divided into 3 spaces whereby no more than 10 players and 1 coach per third can gather to ensure the density requirement is adhered to. Please see examples below.

*Examples of how football fields are to be divided for training purposes.*

*Example 1*



*Example 2*



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.

## 4. CONDITIONS AND REQUIREMENTS OF TRAINING



When conducting training, the following conditions are to be implemented by the **Coach/Club Official**:

- Training Requirements:
  - Records of attendance at training are maintained.
  - No person to person contact training drills to be conducted.
  - No more than 10 players to be involved in the drill. For example, one coach, ten players.
  - Social distancing to be implemented – 1.5m.
  - 10 players and 1 coach to be in a spacing so that there is no more than 1 person per 4m<sup>2</sup>.
  - Any handling of equipment is to be kept to a minimal.
  - 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 parent/carer of participants).
- Spectators are not permitted. One Parent/caregiver is permitted for supervision purposes and if feasible they are encouraged to wait in the 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 leave the venue in a staged approach, with sessions concluding in a clockwise manner.
- No social activity is to occur once training has concluded.
- A canteen may only be open for take away items. Food is not to be consumed on premises. The sale of alcohol is prohibited. Clubs must ensure social distancing is being followed and density requirements of 1 person per 4m<sup>2</sup>.

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 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.

## 5. GENERAL SAFEGUARDS



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/](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.





## 6. EDUCATION

Football SA will undertake the following education activities to assist with the education of football stakeholders on the requirements of returning to training:

- A zoom meeting will be conducted with all Club Presidents to outline the conditions of returning to training.
- A coaches' forum will be conducted via zoom to outline the conditions and requirements of Training Requirements.
- Football SA Coaching and Development Department will compile examples of coaching activities that can be conducted under Training Requirements. These will be distributed electronically to coaches and clubs.
- Football SA will utilise social media and website to promote the conditions associated with returning to training.
- Social Media will be utilised to educate players on their requirements to return to training.

Full Resources can be found at

<https://www.footballsouthaustralia.com.au/return-to-training-hub>