



RETURN TO TRAINING REQUIREMENTS

STEP 3

(Due to COVID-19)

(Applicable to all levels of outdoor Football)

As of 29 June 2020

Version 1



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INTRODUCTION

Football has returned to competition level following the COVID-19 pandemic. The Football Community has worked together to ensure the safe return of participants to the sporting field and it is important that we all continue to practise safeguards to prevent a second wave.

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, many of the restrictions placed on sport have been eased.

However, it is important that all stakeholders continue to follow the directions outlined by Football SA and the SA Government through the club's COVID-19 Safe Plan. This document outline the conditions of training as of 29 June 2020.

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, 'Download now' is written in smaller white text. 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. 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.

2. ORGANISING TRAINING SESSIONS

The organising of training sessions is now at the discretion of the clubs ensuring that they adhere to the density requirements of 1 person per 2m² and their SA Government COVID-19 Safe Plan.



3. CONDITIONS AND REQUIREMENTS OF TRAINING

The following conditions are to be implemented by the Coach/Club Official:

- Clubs **are not** required to keep a registry of people attending training.
- Contact training can be conducted.
- Medical and massage treatment can be provided ensuring general hygiene requirements are implemented.
- Maintain social distancing during breaks in training or when not training.
- Changerooms can be used **including** shower areas. Minimise time spent in changing rooms.
- Parents in attendance must continue to adhere to social distancing – 1.5m.
- If training bibs are used, it is recommended that each individual player is allocated a bib and each player is required to take the bib home and wash.
- Soap and sanitiser to be available in the changing room and toilets at all times.
- Clubrooms are to operate in accordance with the club's SA Government COVID-19 Safe Plan.

4. 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/qpsc/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 maintain good personal hygiene.
- If using tissues, place them directly in the bins provided.
- Each participant is to provide their own drink bottle that is clearly labeled and is only used by that individual. No sharing of drink bottles.
- Each participant is to supply their own recovery food.
- 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.