**RETURN TO TRAINING REQUIREMENTS CHECKLIST**

This checklist has been developed to assist all clubs and associations to implement the Return to Training Requirements. Everyone has a responsibility to ensure that return to play is achieved safely this includes Club/Team Officials, parents/carers, and participants. As we know – **‘We are all in this Together’.**

**Important Note:**

\***No person** should 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 heath conditions.

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| REQUIREMENTS | CHECK |
| Clubs are to implement the following:   * Only essential personnel are to attend training – players, team officials, essential volunteers. * No usage of Changing Rooms, wet areas, gyms or inside areas. * Toilets can be open but social distancing of 1.5m and 1 person per 4m² must be adhered to. * Canteen may be open for take away items only. Social distancing of 1.5m and 1 person per 4m² must be adhered to. * Soap and hand sanitiser must always be available in the toilet. * No social activities to occur once training has concluded. * Surface area must be wiped down regularly with anti-bacterial/disinfectant. * Promote education around hand washing guidance to all club stakeholders. * Provide hand sanitising in prominent areas of the venue and ensure they are kept refilled. * Provide bins around the venue. |  |
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| Step 1 Training Requirements – To be implemented by all Clubs and Associations:   * + A Football Field is to be split into Thirds.   + No more than 10 players and 1 coach to be allocated per third of the field. This is to ensure density requirements are met – 1 person per 4m²   + Social distancing is to be implemented – 1.5m between players at all times.   + No person to person contact training drills to be conducted.   + 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.   + Regular breaks are provided so that players can hydrate and use hand sanitiser.   + If Training Bibs are being used, each individual player is to be allocated a bib and they are responsible for taking the bib home to wash and return.   + Players to leave the field in a staged approached, for example sessions concluding in a clockwise manner. |  |
| REQUIREMENTS | **CHECK** |
| Ensure that the Players adhere to the following requirements for training:   * Players must not arrive more than 15 minutes prior to training commencing and remain in the car 5 minutes prior to training commencing 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. |  |
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| Promote good hygiene behaviour to all Stakeholders:   * Carry and use hand sanitiser on a regular basis. * If using tissues, place them directly into the bin after use. * Wash hands frequently with soap and water, before and after eating and after using the toilet. * No sharing of pens or clip boards, individuals must provide their own. * Seek to avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly. * Do not touch eyes, nose, or mouth if your hands are not clean. * No spitting at any time. * Do not share drink bottles. * Practice social distancing – 1.5m. |  |

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.



Stop the Spread Resources can be obtained [**here**](https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/protecting+your+health/preventing+disease+and+infection/stop+the+spread/stop+the+spread+resources?wcmitemid=0c5883b5-bf11-4048-a474-5fd5987463d2&wcm_)