



# RETURN TO TRAINING REQUIREMENTS

## STEP 2

(Due to COVID-19)

(Applicable to all levels of outdoor Football)

As of 2 June 2020

Version 1



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# INTRODUCTION

The impact of COVID-19 resulted in the suspension of all football activities in early March. Since this time, Football South Australia has been working with Government Departments to reboot the sport.

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, football is being reintroduced in a staged approach.

The conditions set out in this document are in line with government directions as at the date of issue. 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



On 11 May 2020 Football SA introduced Step 1 of Returning to Training, permitting clubs to return to non-contact training. The next stage of returning to training will involve contact training and will be introduced as of 1 June 2020. This is in accordance with Step 2 of the **South Australian Roadmap for Easing COVID-19 Restrictions**.

Step 2 of the South Australia Roadmap can be found here:

[https://www.covid-19.sa.gov.au/\\_data/assets/pdf\\_file/0012/195879/200059.4-COVID-19-RoadMap-25May-3.pdf](https://www.covid-19.sa.gov.au/_data/assets/pdf_file/0012/195879/200059.4-COVID-19-RoadMap-25May-3.pdf)

Prior to commencing Step 2 Training all clubs must complete a COVID-Safe Plan. Information relating to this plan can be obtained [here](#).

### Step 2 Training – What is Permitted

- Contact training permitted.
- Football field to be split in half with a maximum of 20 players (excluding coaches) per half of field.
- Venues that have multiple fields can use all fields based on 20 players per half of field.

### Step 1 Training – What is Not Permitted

- Any activity involving more than 20 players.
- 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 2 requirements are being met, football fields are to be divided into two (2) spaces whereby no more than 20 players (excluding coaches) per half can gather to ensure the density requirement is adhered to. Please see example below.



## 4. CONDITIONS AND REQUIREMENTS OF TRAINING



When conducting Step 2 training requirements, the following conditions are to be implemented by the Coach/Club Official:

- Training Requirements:
  - Records of attendance at training are to be maintained.
  - Contact training can be conducted.
  - No more than 20 players per half of the field (excluding coaches).
  - Any handling of equipment is to be kept to a minimal.
  - Maintain social distancing during breaks in training or when not training.
- 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).
- One Parent/caregiver is permitted for supervision purposes and if feasible they are encouraged to wait in their 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.
- Social activity is to be discouraged once training has concluded.
- A canteen may only be open for take away items. Food is not to be consumed at or near the canteen.
- Clubrooms may be open with a maximum of 20 people per area or separate room, to a maximum of 80 patrons. Social distancing is to be maintained 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 to continue to observe social distancing during breaks in training or when not training.
- 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.

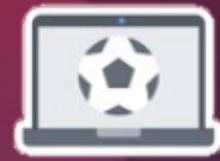
## Hygiene – Individuals

- Players, officials, volunteers, and/or their parents/carers should carry hand sanitiser on their person in order to maintain 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 labeled 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:

- Zoom meetings will be conducted with all Clubs and Associations outlining the conditions of returning to training.
- A coaches' forum will be conducted via zoom to outline the conditions and requirements of training.
- 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.