



FOOTBALL  
NSW



VALENTINE  
SPORTS PARK

# RETURN TO TRAINING GUIDELINES

AS OF 13 JUNE 2020



LEVEL B

# **CONTENTS**

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- Introduction ..... 3**
- Restarting Training ..... 4**
- Conditions of Hirer ..... 5**
- Organising Training Sessions..... 6**
- Hygiene Factors for a Return to Training ..... 8**

# 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 NSW 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 most 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 21 May 2020. 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 at Valentine Sports Park (VSP). Training for groups greater than 20 people and playing matches is still not permitted under public health order and is not sanctioned by Football NSW.

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

VSP strongly recommends that cClubs and players utilise the CovidSafe app to assist with tracking the virus.

The app can be downloaded from the Apple App store and Google Play.



# RESTARTING TRAINING

## FOOTBALL TRAINING CAN RESUME AT VSP IF THE FOLLOWING PROTOCOLS ARE IN PLACE:

1. Clubs / teams strictly adhere to the maximum of 20 participants (inclusive of coaches), as per the current State Government restrictions, and following the principle of 'Get in, Train, Get out'.
2. Strictly no physical contact between players can occur (i.e. no tackling, no bumping, no marking contests).
3. Social distancing of 1.5m must be maintained at all times, along with ensuring only 1 person per 4sqm.
4. No access to meeting rooms, changerooms or wet areas can occur.
5. Some sharing of sporting equipment such as kicking a football, use of a skipping rope, weights, agility equipment is permitted. All equipment to be wiped clean before and after use.
6. A log, or register, of all participants in attendance at each training session MUST be maintained and available upon request by VSP or Health authorities. Participants must remain in the same group, and not switch groups.
7. The Hirers' Conditions of Hire under COVID-19 Restrictions in this document are to be strictly adhered to.
8. The Return to Training hygiene practices outlined in this document are to be strictly adhered to.
9. Online education is completed by players, coaches and other club personnel, in preparation for the return to training:
  - [Covid-19 Infection Control Training](#)
  - [Hand washing guidance](#)
  - [Keep that cough under cover](#)
  - [Self-isolation \(self-quarantine\) for coronavirus \(COVID-19\)](#)
  - [Advice for people at risk of coronavirus \(COVID-19\)](#)
  - [Coronavirus \(COVID-19\) resources](#)



## VSP CONDITIONS OF HIRER UNDER COVID-19 RESTRICTIONS

1. Only Synthetic Fields will be available for hire. Fields must be booked prior to use.
2. Hirers will need to consider bump in and bump out time when booking a hire session.
3. Only outdoor sporting activities are permitted.
4. A coach or club official will be required to contact VSP Operations on 0458 091 700 on arrival to be given access to the fields. Access will only be given at the start of the hire session.
5. 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 commences to avoid gatherings.
6. Players will be required to wait outside the gates of the Home of Football building, while maintaining social distancing requirements of 1.5 metres, until a coach or club official meets the players. Players will not be allowed to enter without being accompanied to the fields. Social distancing markers and signage will be in place outside the gates.
7. Parents and other visitors will not be permitted to enter and will be required to wait in their vehicles within the main carpark.
8. Only essential people are to participate in training sessions.
9. Spectators are not permitted.
10. At all times while on site, staff, coaches, club officials and players are to maintain social distancing requirements of 1.5 metres.
11. All staff and patrons entering the site will be required to use hand sanitiser which will be provided by VSP.
12. The toilets near the lift on the concourse level will be open for use. Staff and patrons will be required to use hand sanitiser before entering the toilets and to wash their hands with soap provided upon exiting the toilets. Only 3 people may use the toilets at any one time.
13. There will be no access to the grandstand or dugouts.
14. Access to fields will be restricted via the stairs from the concourse to Field 2. Access to Field 3 will be via Field 2 so as to minimise touching of railings.
15. No players are to access the tunnel or change rooms – players are to arrive dressed and ready to train. Players are not to change out of their training gear at VSP and must leave the venue immediately after training has finished.
16. Only authorised coaches and club officials will have access to the storage areas behind the change rooms. This access will be monitored by VSP Operations staff.
17. Only authorised hirers will have access to portable goals. VSP will provide gloves, paper towel and Virasan to wipe portable goals down before and after use. It will be the hirer's responsibility to wipe down portable goals. The use of portable goals must comply with the Portable Goal Handling Procedure, see Appendix 1.
18. VSP will provide gloves, paper towel and Virasan to wipe down equipment used for training before and after use. It will be the hirer's responsibility to wipe down their own equipment.
19. No social activity is to occur once training has concluded, VSP Operations staff have the authority to request people to leave the site.
20. The minimal space for 20 people (players and coaches) is approximately 50 x 30 metres which equates to  $\frac{1}{4}$  of a pitch. Therefore, if a hirer has a full pitch, this provides training space for 4 groups of no more than 20 people per group. For example:
  - a) a team where there are no more than 20 players and coaches, requires  $\frac{1}{4}$  pitch.
  - b) a Youth or Senior team where there may be 16-20 players and coaches will require a minimum  $\frac{1}{2}$  a pitch.

As depicted in the following diagrams, the hirer will be responsible for dividing the pitch and for ensuring that no more than 20 people are in each quarter at any one time. That is, a maximum of 80 people can be on a full-size pitch that has been subdivided.

# ORGANISING TRAINING SESSIONS

## Example 1

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

Each team is allocated half a pitch each, ensuring that no more than 20 people (players and coaches) are provided the equivalent of a half pitch each.

The groups of 20 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 20 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 full team can train together on the one pitch.



# HYGIENE FACTORS FOR A RETURN TO TRAINING

## HYGIENE PROTOCOLS FOR A RETURN TO TRAINING

- 'Get in, train and get out'.
- Be prepared for training prior to arriving at venue – arrive dressed.
- Alcohol based hand sanitisers will be available for all team training sessions, with players encouraged to use prior, during and following training.
- Players are to bring their own drink bottles and they are to be clearly labelled. There is strictly to be no sharing of water bottles or towels, and it is important to clean and disinfect these items following each training session.
- Players and coaches must not spit or clear nasal passages at training.
- No high fives, hand shakes or other physical contact.
- Players are to enter and leave the pitch and venue in a coordinated manner minimising contact with others and not gathering in groups.
- Changerooms, Meeting Rooms and wet areas are not to be utilised for training i.e. players arrive at venue in football gear.
- Club provided footballs are to be wiped with Virasan prior to and after each training session. Virasan, gloves and paper towel will be provided by VSP and should be disposed of appropriately in the bins provided.
- No social activity is to occur once training has concluded and patrons must leave the venue immediately after training has finished.
- Players are responsible for their own strapping (if required).
- There must not be any player massages.

Do not attend training if you have been unwell or had any flu like symptoms, or been in contact with a known or suspected case of COVID-19, or had 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 health conditions. If you become unwell during training, advise the coach or manager.

## GENERAL HYGIENE PRACTICES

- Wash your hands often with soap and water for at least 20 seconds – VSP will provide toilets near the lifts on the concourse level, use the alcohol-based hand sanitiser prior to entering toilets and wash hands thoroughly after using the toilets.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact with people who are sick.
- Stay home and seek medical treatment when you are sick.
- Always cough or sneeze into your arm or a tissue and put the tissue in the bin straight away. Wash your hands with soap and water for at least 20 seconds afterwards.

**Hirers must ensure that these hygiene protocols are in place and adhered to by all teams training at VSP.**

**If these protocols cannot be achieved then training must not proceed.**

# COVID-19

## INFORMATION FOR COACHES



### RETURN TO TRAINING > LEVEL B

## WHAT YOU NEED TO KNOW

Coronaviruses are a type of virus that can affect humans and animals. Some coronavirus cause illness similar to the common cold and others cause more serious illness, including Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS).

All football participants including players, coaches, match officials, club officials and any other person at the venue are responsible for stopping the spread of the virus. The following guidelines are designed to assist in understanding ways that you can help.

#### Preparing for training



Maintain attendance records



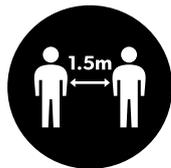
Ensure changerooms and showers are not used.



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



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



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



20 participants at one time including coach\*

\*Coaches may only coach one squad of 19 at once. They must not work across multiple areas.



NO SPITTING permitted

#### Do not come to training if you exhibit any of these symptoms



Fever



Cough



Fatigue



Sore throat



Shortness of breath

For more information go to [www.footballnsw.com.au](http://www.footballnsw.com.au)



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