

MOUNT COLAH FOOTBALL CLUB – HEALTH AND SAFETY GUIDELINES – COVID19

As a Club, we commit to the following practices to ensure the football environment we provide our members adheres to NSW State Government restrictions and to take the following health and safety practices to ensure our members health. The following document applies to training.

NSFA Health & Safety requirements

All Changerooms MUST be locked and not used*

*- If toilet facilities at a venue are located via the changeroom, we permit the changeroom to be open, however a laminated sign MUST be displayed outside the changeroom to indicate 'no use of changeroom, other than for toilet use'

Mount Colah Football Club guidelines to be implemented

1. We will adhere to the maximum capacity of players/teams per field as outlined in the NSFA Training Allocation guidelines – COVID19 document
2. We will adhere to NSW Govt restrictions of 10 person groups within a small area, where each individual has at least 4m² space available.
3. Where required, we will implement staggered start times to our training session to reduce the gathering of people at venues
4. We will urge members to 'travel light' with only required persons attending drop off & pick up for training (ie. One parent, no siblings, no dogs etc..)
5. In our communication we will convey the following messages to all members on a regular basis;
 - a. We will communicate the 'get in, TRAIN, get out' tagline from the Australian Government
 - b. Parent/guardians are not permitted to gather along the outside of the training field
 - c. Members are not to use showers or changerooms at venues
 - d. Members are expected to leave the venue as soon as possible post-training
 - e. Members feeling ill will be encouraged to stay home and not attend training
6. Players with signs of illness or cold symptoms will be directed NOT to train and sent home immediately
7. Recommendation of coaches NOT to use bibs or goalkeeper gloves
8. No drink bottles can be shared
9. Coaches must strictly keep to their start and finish times, no extensions.
10. Coaches will enforce a strict 'no touching rule', including high fives, fist bumps, celebrations etc. pre, post and during training sessions
11. Coaches will conduct sessions that are low contact. We have recommended coaches to conduct technique and skill exercises, with reference to the INSPIRE COVIDSAFE – curriculum to be released by NSFA - <https://nsfa.asn.au/coaches/inspire/>
12. As a Club, we will provide teams with hand sanitiser to be kept with the kitbag / team manager. This will become our 'second first aid kit'
13. We will encourage all members to download the COVIDSAFE app from the Australian Government, however, understand we cannot force people to download it
14. We will publish the NSFA COVID training guidelines Image/PDF on our website, social media platforms and circulate to all club members once it has been created (expected on Tuesday 12th May).