



Mount Colah Football Club

Return to Play

Covid-19 Level C – Training & Games

1st July 2020



Agenda

- Introduction
- Training Grounds
- Return to Training – Level C
- Return to Play – Level C
- Health and Safety Plan
- Resource Library and Contacts
- Q&A



FNSW and NSFA move to Level C on 1 July 2020



Introduction – AIS Return to Sport Framework



Figure 5. Framework for resumption of sport in a COVID-19 environment.





Training Grounds – Level C



Berry Park - Training Allocations



Berry Monday	Available 5:00pm - 7:00pm																	
	4:30	4:45	5:00	5:15	5:30	5:45	6:00	6:15	6:30	6:45	7:00	7:15	7:30	7:45	8:00	8:15	8:30	
Berry 1			U10 SAP (5:00pm - 6:15pm)															
Berry 2																		
Berry 3			U11 SAP (5:00pm - 6:15pm)															
Berry 4																		

Berry Tuesday	Available 7:00pm - 8:30pm																
	4:30	4:45	5:00	5:15	5:30	5:45	6:00	6:15	6:30	6:45	7:00	7:15	7:30	7:45	8:00	8:15	8:30
Berry 1	ARL										U15A (SL) (7:00pm - 8:15pm)						
Berry 2																	
Berry 3											U18B (7:15pm - 8:30pm)						
Berry 4																	

Berry Thursday	Available 7:00pm - 8:30pm																
	4:30	4:45	5:00	5:15	5:30	5:45	6:00	6:15	6:30	6:45	7:00	7:15	7:30	7:45	8:00	8:15	8:30
Berry 1	ARL										MAA6 (7:00pm - 8:30pm)						
Berry 2																	
Berry 3																	
Berry 4																	



Return to Training – Level C



Level C Training – What is Permitted

LEVEL B - TRAINING
Football training to be conducted in small groups of no more than 20 people (including coaching personnel)
Social distancing of 1.5 metres between players
Non-contact skills training such as kicking/passing/shooting
No contact (e.g. no tackling or challenges) is permitted
Minimise sharing of equipment such as footballs, cones, skipping ropes, weights, agility training
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.
Use of Changerooms is not permitted
No use of communal facilities (e.g. gym)
No social activity is to occur once training has concluded

LEVEL C - TRAINING
Full squad training is now allowed
Full competitive training with no restrictions is allowed
Training/friendly matches now allowed
All skills/techniques training is allowed
Body Contact – through tackling and challenges – is now allowed
Sharing of equipment is allowed however continue to maintain cleaning and disinfectant measures
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.
Change Rooms to remain closed – NSFA requirement. Toilets will be open.
Return to full use of sporting facilities is permitted
Once training has concluded, social activity should be limited to essential activities



Level C – What Has Changed

- Full squad training is now allowed
- Full competitive training with no restrictions is allowed
- Training/friendly matches are now allowed
- All skills/techniques are now allowed
- Body Contact – through tackling and challenges – is now allowed
- Sharing of equipment is allowed however continue to maintain cleaning and disinfectant measures
- 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
- Once training has concluded, social activity should be limited to essential activities only
- Attendance Records are Now Team Based
 - Teams must train at the allocated time and venue, no changes allowed
 - Coaches and Managers must record visitors (Not on the team list) and send these to president@mtcolahfc.org.au with the team and date.



Level C – What Has NOT Changed

- **Arrival and Departure**
 - Players to arrive no earlier than 5 mins before training starts
 - Players should arrive dressed to train, no changing on the field
 - Change rooms are still closed, toilets are available for use
 - Drop off zones are no longer in use
 - Parents can still drop and go, similar to schools
 - Teams should leave the field straight after training
- **Grounds**
 - Teams must train during their allocated time on their allocated training ground
- **Contact and Sharing**
 - No unnecessary contact (hand shaking, fist bumps, high fives, etc)
 - Players are to bring their own labelled water bottles
- **Social Distancing is still in place**
 - When not training teams and players must observe social distancing
 - Parents and spectators not allowed to congregate on the field
 - Parents and spectators not allowed not congregate at the fence
- **Health and Safety**
 - All coaches, managers and players must adhere to the health and safety plan
 - If you are unwell do not attend training
 - No sharing of drink bottles, bibs, gloves
 - Sanitise and hydrate regularly



Training Information for Players and Parents

- Players should not arrive more than 15 minutes prior to training commencing
- If arriving by car, remain in the car until 5 minutes before training starts to avoid gatherings.
- Players are to come already dressed and prepared to train.
- Players should bring their own clearly labelled drink bottle. No sharing of drink bottles is permitted.
- Players should continue to keep 1.5m apart and observe the 4sqm rule when off the field
- Players should leave the venue as swiftly as possible once their training session has concluded.



Return to Play – Level C



Level C Playing – What is Permitted

LEVEL B - TRAINING

No football games – training, friendly or competitive – are permitted

LEVEL C PLAYING - WHAT SHOULD BE AVOIDED?

- Team handshakes prior to kick-off
- Team huddles, handshakes and high fives
- Multiplayer goal celebrations
- Spitting

LEVEL C - PLAYING

Full competitive matches permitted within the normal Laws of the Game

Training/friendly matches now allowed

Full football activities conducted at all levels (MiniRoos, 7v7, 9v9 or 11v11)

Team benches organised to ensure 1.5 metres between coaching staff & substitutes

Match fixturing and pitch allocations to be arranged to maximise spaces between pitches

Social distancing of 1.5 metre between spectators (e.g. parents)

Competitions, Leagues and Tournaments permitted

Change Rooms to remain closed – NSFA requirement.
Toilets will be open.



Pitch Layout

PROPOSED TOTAL NUMBERS PER MATCH

(note, suggested numbers are approximate per category and may vary in accor with the 1.5m between spectators and the 4m² per person guidelines – **numbers are provided for illustrative purposes for possible pitch layout**)

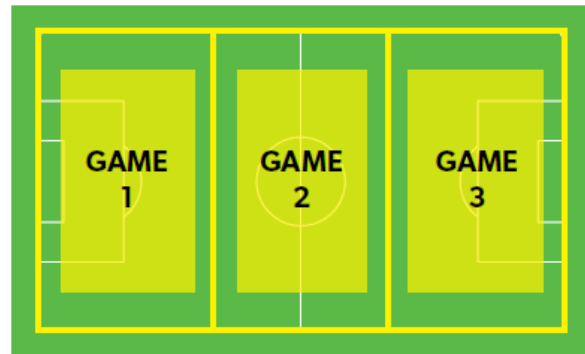
MINIROOS MATCH - 4 V 4

Players (4) and substitutes (3) x 2	14
Coaches and Team Staff (2 per team)	4
Game Leader and other volunteers	1
Parents/Spectators (two per player)	28
SUM OF PEOPLE PER MATCH	47
Suggested number of games per pitch	4



MINIROOS MATCH - 7 V 7

Players (7) and substitutes (3) x 2	20
Coaches and Team Staff (2 per team)	4
Game Leader and other volunteers	2
Parents/Spectators (two per player)	40
SUM OF PEOPLE PER MATCH	66
Suggested number of games per pitch	3

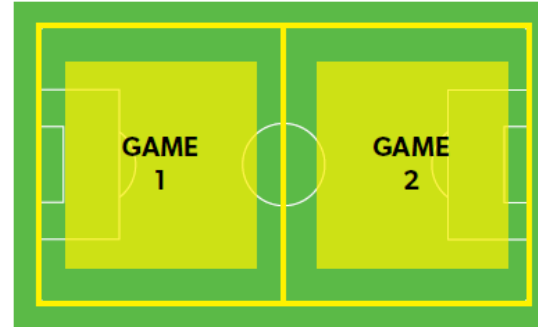




Pitch Layout

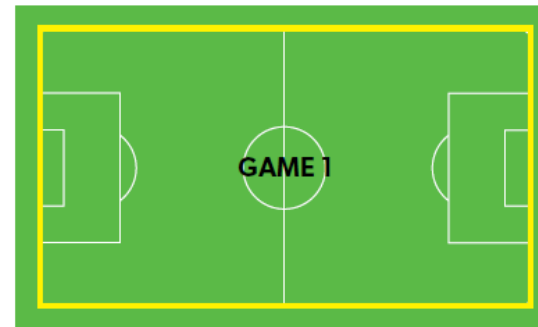
MINIROOS MATCH - 9 V 9

Players (9) and substitutes (2) x 2	22
Coaches and Team Staff (2 per team)	4
Game Leader and other volunteers	2
Parents/Spectators (two per player)	44
SUM OF PEOPLE PER MATCH	72
Suggested number of games per pitch	2



FULL SIZE MATCH - 11 V 11

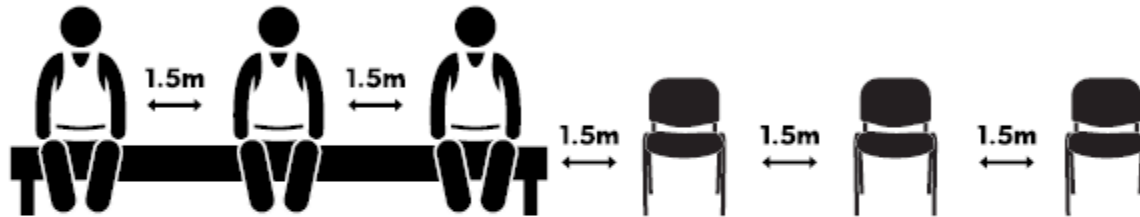
Players (11) and substitutes (5) x 2	32
Coaches and Team Staff (3 per team)	6
Match Officials	3
Club/venue staff & volunteers	3
Parents/Spectators (two per player)	64
SUM OF PEOPLE PER MATCH	108
Suggested number of games per pitch	1



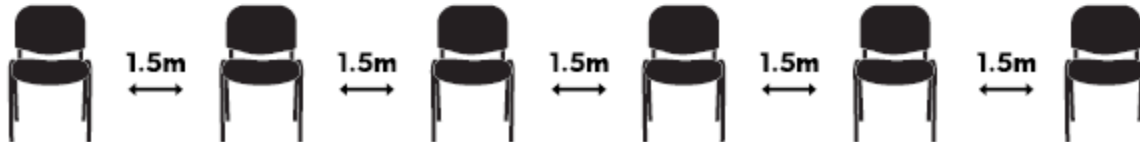


Organisation of Team Benches

Where team benches are permanent (fixed), limit number of seats to ensure 1.5 metres between member of the coaching staff and substitutes. Where possible, mark seats with masking tape. If necessary, provide additional seats to extend the length of the bench.



Where team benches are made up of plastic/other moveable chairs, position these so that those seated are at least 1.5 metres apart. Ensure these chairs remain at the required distance apart during and between matches.





Game Day Guidelines

- Preparation
 - Players to arrive dressed for the game – no changing on the field
 - Sanitise before the game
 - Do not participate in a game if you are unwell.
- On the field
 - Full contact games as normal
 - No unnecessary contact (including hand shaking, fist bumps, high fives, celebrations, etc)
 - Sanitise before entering the field and when you come off the field
 - No Spitting
 - No sharing of clothing, gloves, bibs, etc
 - Balls should be wiped down regularly where possible



Game Day Guidelines

- Off the Field
 - Players and team Officials to keep 1.5m apart and observe the 4sqm rule
 - Personal equipment should be kept 1.5m apart. No sharing of personal equipment
 - Players must bring their own labelled drink bottle
 - No sharing of food and drinks permitted. Players should bring their own fruit and snacks.
 - 2 Coach / Team Officials per Team (Non-Competition)
 - 3 Coach / Team Officials per Team (Competition)
 - 2 spectators per player. Spectators should keep 1.5m apart and observe the 4sqm rule
 - Players and Team Officials only in the technical area. No spectators allowed
- After the Game
 - Sanitise and leave the field immediately
 - No congregating on the field after the game. Social activities are best held elsewhere and should observe all social distancing requirements



Club Strip – Game Jerseys

- Our usual policy with the Club Strip is for it to be collected at the end of the game and washed by one person.
- **For the immediate future, players should be responsible for the cleaning of their own playing and training strip (including bibs).**
- Collective washing and sharing of laundry duties should be avoided.



Club Strip – Game Jerseys Processes

- All Team Managers can collect their Team Strip from Foxglove Oval Store prior to their training this week.
- Russ Ansems (equipment officer) will be present to allocate and record the issue of the Team Strip to the Team Manager
- Team Manager responsibilities:
 - Issue 1 jersey to each player
 - Record the Jersey Number issued to each player in MyClubMate
 - Complete the Team equipment spreadsheet (to be sent by the Equipment Officer) and return this completed to the Equipment Officer
 - Remind players and parents of Player responsibilities below
 - Ensure all Jerseys are collected and returned to the Equipment Officer at the end of the season.
- Player Responsibilities
 - Wash the Jersey immediately after each game
 - Jerseys may only be worn to the game, at the game and on the way home from the game
 - Jerseys are not to be worn as regular clothing
 - Wash and return the Jersey to the Team Manager at the end of the season
- All Jerseys remain the property of MCFC.



NSFA Match Day Protocols

Dressing Rooms & Referee's Rooms: All Changeroom facilities will remain closed until further notice, including both day and night.

Toilet Facilities: Will remain open. We recommend that individuals bring their own hand sanitiser to grounds as we cannot guarantee that facilities will have cleaning products in place.

Technical Area: Where team benches are permanent, the number of seats will be limited to ensure a minimum of 1.5 metres between each member of the coaching staff and substitutes. Where team benches are made up of moveable chairs, they will need to be positioned so that those seated are at least 1.5 metres apart.

Players: Players are expected to arrive in full kit, ready to play.

Spectators: May attend games but must adhere to social distancing requirements. Players and spectators are to leave the facility as soon as possible following the conclusion of their match.

Hygiene: The team manager is responsible for bringing hand sanitiser to each match. Hand sanitiser must be applied to all players and officials prior to the start of the match.

Drink Bottles: All participants are to provide their own clearly labelled drink bottle that is only used by that individual. No sharing of drink bottles will be permitted. Bubblers are off-limits; however, drink bottles can be refilled from a tap.

Ceremonial Walkout – Premier League, Super League & Diamond League

The walkout will still take place for Premier League, Super League & Diamond League. Players will enter the field of play with the match officials. Players will form one line; however, handshakes will not take place.



NSFA Match Day Protocols

Mens All Age Premier League & Division 2

- Interchange will be in place for the first Four (4) weeks of the PL season instead of substitution. This is to help players make the transition into competition football and to build up match fitness. From round Five (5), or July 27th, substitutions will be reimplemented as per Competition Regulations.
- MAA PL Only - During the first four weeks of the season, whilst the interchange rule is in place, only one stoppage of time is permitted in the last 10 minutes. During this stoppage, the team can make as many interchanges as they like. If a player is injured within the last 10 minutes and the team has used their interchange, they are not permitted to replace the injured player on the field (interchange) unless that player is the goalkeeper. This rule is to stop 'time wasting'.
- No NSFA Premier League / AA2 squad are permitted more than Four (4) players that have been registered for a National Premier League (NPL) Club in the calendar year of 2020. NSFA Clubs are required to submit to the NSFA Competitions Department details of any NPL players they wish to register prior to the players first match.

Player Eligibility

- Players can now play up to eight (8) matches in a higher division in the same age group than that in which they are registered and continue to play in their registered team/squad. The limit was previously set to six (6) matches.
- As per the regulations Senior Mixed Over 35 and Over 45 may play an unlimited number of matches in a higher division as they are currently in a trial period as they transition from squads to single teams.



Game Information for Players and Parents

- Players are to come already dressed in full kit and ready to play
- Players should bring their own clearly labelled drink bottle. No sharing of drink bottles is permitted
- No sharing of food is permitted. Players should bring their own fruit and snacks.
- Players should continue to keep 1.5m apart and observe the 4sqm rule when off the field
- 2 spectators per player. Spectators should keep 1.5m apart and observe the 4sqm rule
- Only Players and Team Officials are permitted in the technical area. No parents or spectators allowed
- Players should leave the venue as swiftly as possible once their game has concluded
- Players should Wash their Jersey and other gear immediately after each game



Health and Safety Plan

Level C



Covid-19 Health and Safety Plan

- All Coaches, Managers, Players and Assistants must follow the Approved Health and Safety Plan

- MCFC Health and Safety Plan is based on the FNSW requirements and has been approved by NSFA.



Covid-19 Health and Safety Plan

- We will adhere to the maximum capacity of players/teams per field as outlined in the FNSW Return to Play Level C document
- We will implement staggered start times to our training session to reduce the gathering of people at venues. Players cannot enter the field early and are requested to leave the field immediately after training.
- 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..)
- Players are to come already dressed and ready to train for training – no changing on the field
- Players are to come already dressed in full kit and ready to play at games – no changing on the field
- We will communicate the 'get in, TRAIN, get out' tagline from the Australian Government
- Players are required to keep 1.5m apart and observe the 4sqm rule when not on the field
- Parent/guardians and spectators are required to keep 1.5m apart and observe the 4sqm rule
- Members are not to use showers or changerooms at venues
- Members are expected to leave the venue as soon as possible post-training and after games
- Members feeling ill will be asked to stay home and not attend training or participate in games
- Players with signs of illness or cold symptoms will be directed NOT to train and sent home immediately



Covid-19 Health and Safety Plan

- Bibs and clothing must not be shared. Bibs and clothing must be washed after each use.
- Goalkeepers MUST only use their own gloves.
- No drink bottles can be shared
- No sharing of food, Players should bring their own fruit and snacks.
- Coaches must strictly keep to their start and finish times, no extensions.
- No unnecessary contact including high fives, fist bumps, celebrations etc.
- Players must wash their training kit straight after training
- Players must wash their Jersey and other kit straight after the game
- As a Club, we will provide teams with hand sanitiser to be kept with the kitbag / team manager.
- We will encourage all members to download the COVIDSAFE app from the Australian Government, however, understand we cannot force people to download it
- We will publish the NSFA COVID guidelines Image/PDF on our website, social media platforms and circulate to all club members.



Responding to Injuries During COVID-19

- Prevent First
 - Maintain the Health and Safety Guidelines
 - People with High Risk conditions should not attend
 - Minimise high risk activities
- First Aid
 - Take extra precaution
 - Where disposable gloves and wash hands
 - Initial assessment from 1.5m
 - Use the players own water bottle
 - We must always provide assistance within our own First Aid capabilities
 - The usual first aid treatment rules apply for injuries that we would usually apply.
 - For serious injuries call an ambulance
- FNSW Responding to Injuries During COVID-19 will be published on the Club Website.
- Remember to log an injury report in “MyClubMate” (Calford Green)





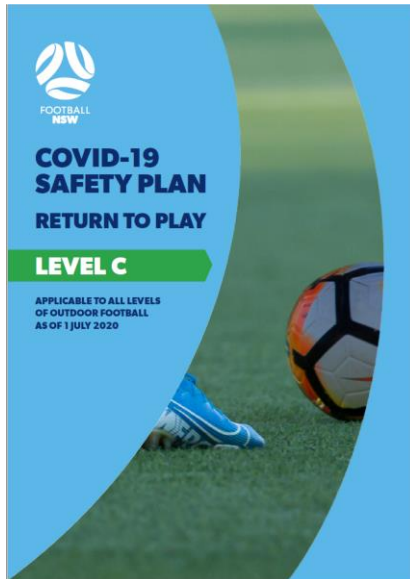
Resource Library & Contacts



Resource Library

All resources, guidelines and Health & Safety material are published in the COVIDsafe resource library on the Club Website.

<https://mountcolahcolts.com/cv19-11/>



COVID-19 Safety Plan

Effective 1 July 2020

Community sporting competitions and full training activities

We've developed this COVID-19 Safety Plan to help you create and maintain a safe environment for you, your workers, volunteers and your visitors.

Complete this plan in consultation with your workers and volunteers then share it with them. This will help slow the spread of COVID-19 and reassure your visitors that they can safely participate in activities. You may need to update the plan in the future, as restrictions and advice changes.

Organisations must follow the current COVID-19 Public Health Orders and manage risks to staff and other people in accordance with Work Health and Safety laws. For more information and specific advice for your industry go to www.nsw.gov.au



ORGANISATION DETAILS	
Organisation name:	Northern Suburbs Football Association
Plan completed by:	Paul Orgad
In alignment with:	The Return to Play Guidelines developed by Football NSW



COVID 19 Match Day Protocols

Northern Suburbs Football Association adopts the Football NSW Level C 'Return to Play' framework and guidelines. [Please click here to view.](#)

The following NSFA Match day protocols have been put in place to specifically refer to our football landscape.

Dressing Rooms & Referee's Rooms: All Changeroom facilities will remain closed until further notice, including both day and night.

Toilet Facilities: Will remain open. We recommend that individuals bring their own hand sanitiser to grounds as we cannot guarantee that facilities will have cleaning products in place.

Technical Area: Where team benches are permanent, the number of seats will be limited to ensure a minimum of 1.5 metres between each member of the coaching staff and substitutes. Where team benches are made up of moveable chairs, they will need to be positioned so that those seated are at least 1.5 metres apart.

Players: Players are expected to arrive in full kit, ready to play.

Spectators: May attend games but must adhere to social distancing requirements. Players and spectators are to leave the facility as soon as possible following the conclusion of their match.

Hygiene: The team manager is responsible for bringing hand sanitiser to each match. Hand sanitiser must be applied to all players and officials prior to the start of the match.

Drink Bottles: All participants are to provide their own clearly labelled drink bottle that is only used by that individual. No sharing of drink bottles will be permitted. Rubblers are off-limits however



Key Contacts

- Paul Ferry – Club President
 - 0411 439 461
 - president@mtcolahfc.org.au
- Saskia Lawler – Member Protection Officer
 - 0424 736 612
 - mpe@mtcolahfc.org.au
- Winston Bush – Club Coaching Coordinator
 - coaching@mtcolahfc.org.au
- Christine Freer – Club Secretary
 - secretary@mtcolahfc.org.au
- Helmut Hiebl – Club Registrar and Technical Officer
 - registrar@mtcolahfc.org.au



Q & A