



Mount Colah Football Club

Return to Training

Covid-19 Safe Training

June 2020



Agenda

- Introduction
- Training Plan
 - Grounds
 - Get In, Train, Get Out
 - Attendance Records
- Health and Safety Plan
- Training Drills and Plans
- Q&A





Introduction

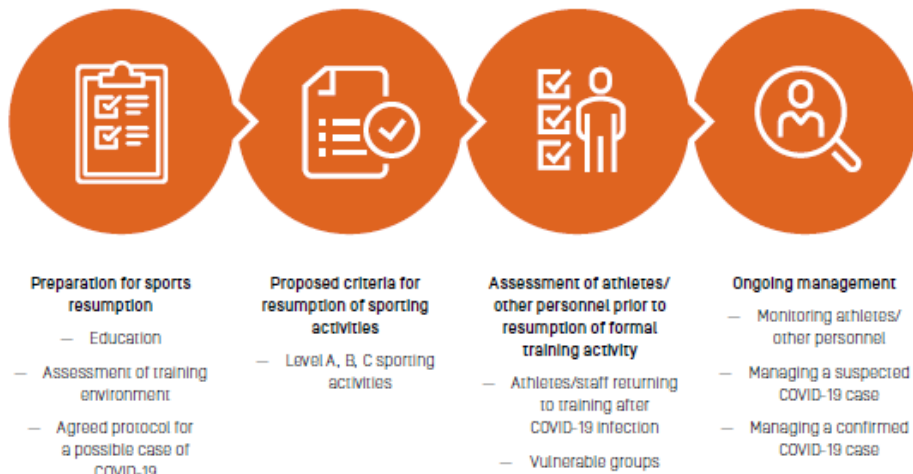
<https://www.facebook.com/NSFAssociation/videos/307324170287080/>



Introduction – AIS Return to Sport Framework



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





Training Plan Grounds



GET IN, TRAIN & GET OUT



FOOTBALL
NSW

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.



Ground Capacities for Training

Training plans and capacities follow this recommended approach from FNSW:

- 2 teams per field (1/2 each)
- Subdivision of each half into quarters, max of 10 people in each
- No Interaction between each area

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

Each team is allocated half a pitch each, with a further sub-division of each team occurring to ensure that no more than 10 people (players and coaches) are provided the equivalent of a 1/4 of a pitch each.

The groups of 10 people should not mix with each other.





Foxglove Oval

- Capacity
 - 16 ¼ field training areas
 - 160 people max
 - 8 teams max
- Use Drop off Zones for pickup for drop off and pickup
- Please be on time for drop off and pickup
- Arrive no earlier than 5 mins before your training starts
- Parents are advised to drop and go, similar to schools.
- 1 Parent only for drop off and pick up (No siblings, dogs, etc.)
- Parents and spectators not allowed on the field.
- If a parent needs to remain at the ground they must remain in their car (Note: Parking will be limited).
- Parents and spectators must not congregate at the fence.
- Parking only for coaches, managers, volunteers and officials.

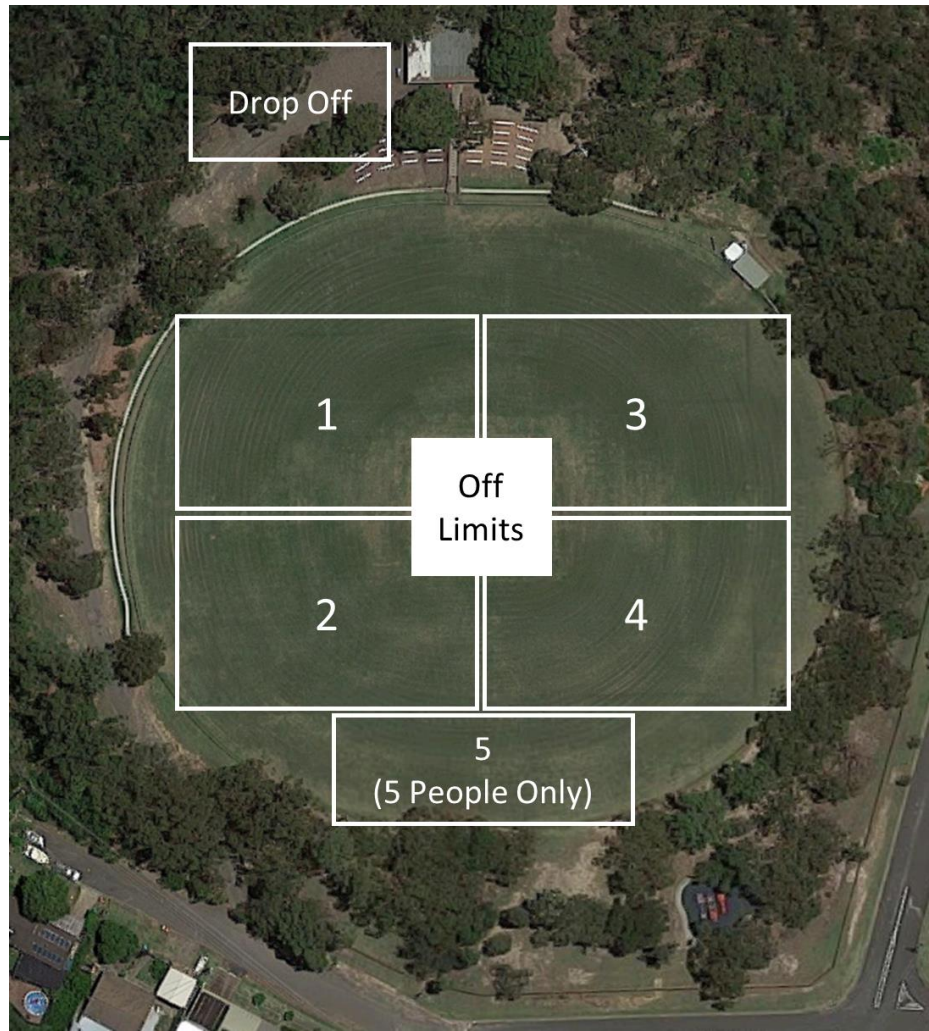


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Parklands Oval

- Capacity
 - 4 ¼ field training areas
 - 40 people max (Additional 5 person space for goalie training only)
 - 2 teams max
- Use Drop off Zones for pickup for drop off and pickup
- Please be on time for drop off and pickup
- Arrive no earlier than 5 mins before your training starts
- Parents are advised to drop and go, similar to schools.
- 1 Parent only for drop off and pick up (No siblings, dogs, etc.)
- Parents and spectators not allowed on the field.
- If a parent needs to remain at the ground they must remain in their car (Note: Parking will be limited).
- Parents and spectators must not congregate at the fence.
- Parking only for coaches, managers, volunteers and officials.





Parklands Oval - Training Allocations

Parklands Tuesday	Available 5:00pm - 9:00pm																					
	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	8:45	9:00					
Parklands 1	U08 SAP (5:00pm - 6:00pm)					U10 SAP (6:15pm - 7:15pm)					MAA1 (7:30pm - 9:00pm)											
Parklands 2																						
Parklands 3	U09 SAP (5:00pm - 6:00pm)					U11 SAP (6:15pm - 7:15pm)																
Parklands 4																						
Parklands 5						Goalie Training - 5 People Max (6:15pm - 7:30pm)																

Parklands Wednesday	Available 6:00pm - 9:00pm																	
	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	8:45	9:00	
Parklands 1											M45							
Parklands 2											(7:30pm - 9:00pm)							
Parklands 3					U14A						M35							
Parklands 4					(6:00pm - 7:15pm)						(7:30pm - 9:00pm)							
Parklands 5																		

Parklands Thursday	Available 5:00pm - 9:00pm																	
	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	8:45	9:00	
Parklands 1	U08 SAP (5:00pm - 6:00pm)					U10 SAP (6:15pm - 7:15pm)					MAA1 (7:30pm - 9:00pm)							
Parklands 2																		
Parklands 3	U09 SAP (5:00pm - 6:00pm)					U11 SAP (6:15pm - 7:15pm)												
Parklands 4																		
Parklands 5																		



Berry Park

- Capacity
 - 4 ¼ field training areas
 - 40 people max
 - 2 teams max
- Use Drop off Zones for pickup for drop off and pickup
- Please be on time for drop off and pickup
- Arrive no earlier than 5 mins before your training starts
- Parents are advised to drop and go, similar to schools.
- 1 Parent only for drop off and pick up (No siblings, dogs, etc.)
- Parents and spectators not allowed on the field.
- If a parent needs to remain at the ground they must remain in their car (Note: Parking will be limited).
- Parents and spectators must not congregate at the fence.
- Parking only for coaches, managers, volunteers and officials.





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																	



Training Plan

Get In, TRAIN, Get Out

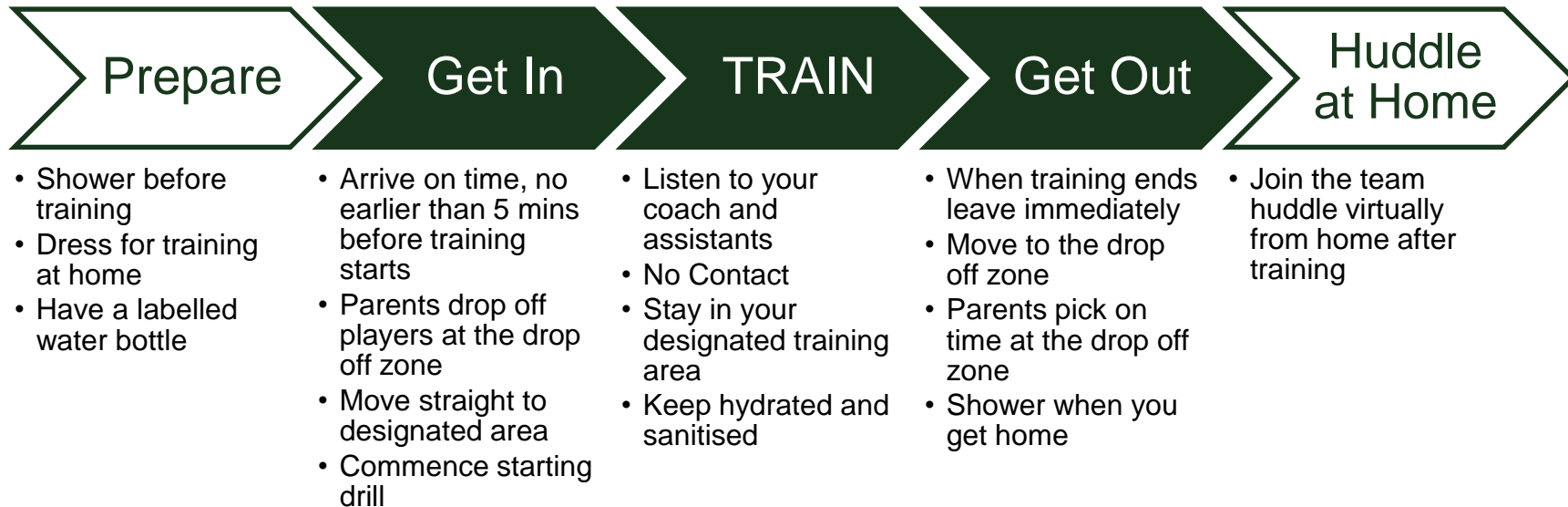


Get In, TRAIN, Get Out (Coach)





Get In, TRAIN, Get Out (Junior Player)





Get In, TRAIN, Get Out (Senior Player)





Ground Marshals and Assistance

- Ground Coordinators will be present at Foxglove
- Roving Ground Coordinators will be present at Parklands and Berry.
- Ground Coordinators are there to help with the movement of players in and out of training
- If you have a problem at training contact:
 - Ground Coordinator at the ground
 - Paul Ferry (Club President) 0411 439 461
 - Or a member of the Club Exec (contact details on Club Website)



Training Plan

Attendance Records



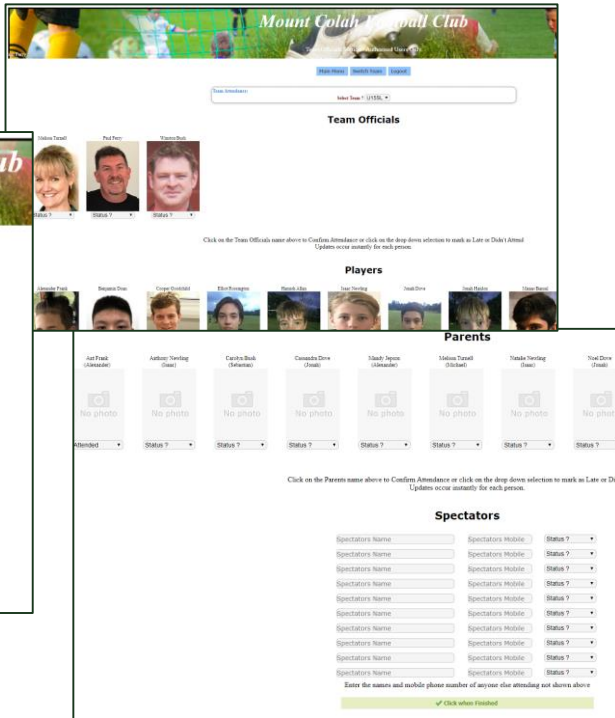
Attendance Recording

- **Attendance Records are Mandatory**
- **Attendance Must be Submitted on the Day of Training**
 - (It cannot be submitted retrospectively)
- Attendance at training must be recorded for every player, coach, manager and assistant
- There are 2 methods to record attendance:
 - Method 1 (Preferred): MyClubMate (Calford Green)
 - Training attendance has been enabled in your team competition login on MyClubMate
 - Method 2: FNSW Attendance Form
 - This can be prefilled at home, saved and printed.
 - Tick off attendees at Training
 - Lodge the form via "Hubdoc"
- Coaches may use parents as assistants under the following conditions
 - Entered on the Attendance Record
 - Included with in the 10 person per training area rule
 - 1 parent assistant per training area
 - The registered Coach and Manager are to provide all directions
 - Parent helpers must abide by the approved Health and Safety Plan

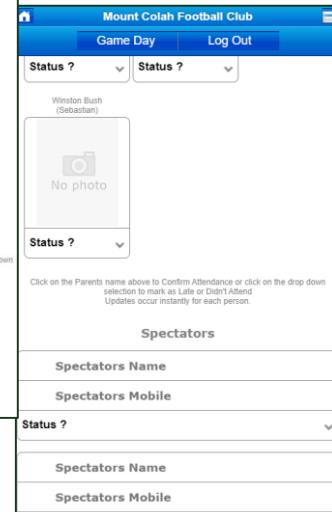
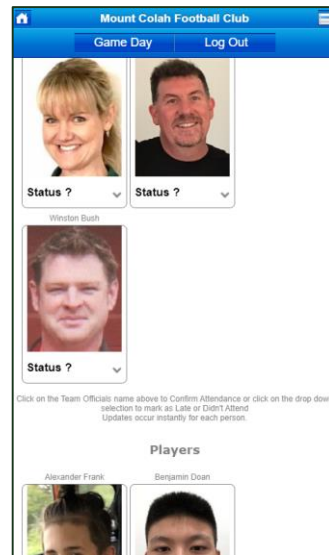


Attendance via “MyClubMate” (Demo)

PC Version:



Mobile Version:



<https://nsfamtclh.myclubmate.com.au/teammanagers/Default.asp>



Attendance via FNSW Attendance Form (Demo)



RETURN TO TRAINING - RECORD OF ATTENDANCE

All trainings must be conducted in accordance with the Football NSW Return to Training Guidelines - Level 1

Name of Club:

Team/Age Group:

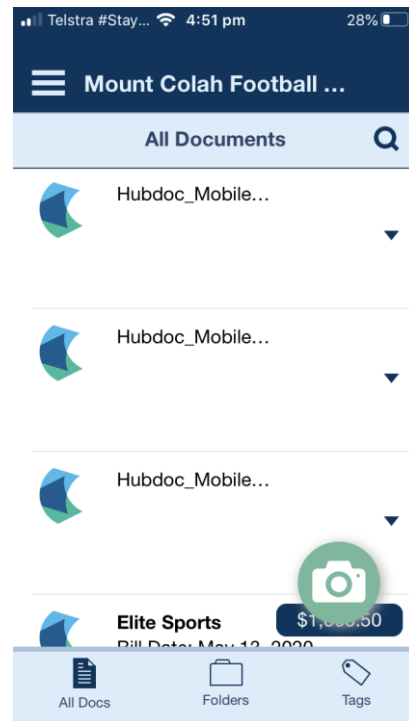
Week commencing date:

Completed by:

ALL PERSONS ATTENDING MUST BE RECORDED (INCLUDES COACH, PLAYERS, PARENTS, CARERS, OFFICIALS, SPECTATORS, VOLUNTEERS)

	NAME		FFA #	COVIDSAFE APP?	ARRIVAL TIME	DEPARTURE TIME
	First	Surname				
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

To further aid 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.





Health and Safety Plan

Covid-19 Safe Training



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.
- Don't Fall into Old Habits
- Success in Level 1 is a necessary step to the return of Competition



Covid-19 Health and Safety Plan

- We will adhere to the maximum capacity of players/teams per field as outlined in the NSFA Training Allocation guidelines – COVID19 document
- We will adhere to NSW Govt restrictions of 10 person groups within a small area, where each individual has at least 4m² space available.
- 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..)
- We will communicate the 'get in, TRAIN, get out' tagline from the Australian Government
- Parent/guardians are not permitted to gather along the outside of the training field
- Members are not to use showers or changerooms at venues
- Members are expected to leave the venue as soon as possible post-training
- Members feeling ill will be asked to stay home and not attend training
- Players with signs of illness or cold symptoms will be directed NOT to train and sent home immediately



Covid-19 Health and Safety Plan

- Recommendation of coaches NOT to use bibs or goalkeeper gloves. If bibs are used, they will be freshly laundered and will not be shared by other players.
- Goalkeepers MUST only use their own gloves.
- No drink bottles can be shared
- Coaches must strictly keep to their start and finish times, no extensions.
- Coaches must ensure that everyone stays within their allocated area. There is no interaction allowed across areas, this includes coaches.
- Coaches will enforce a strict 'no touching rule', including high fives, fist bumps, celebrations etc.. pre, post and during training sessions
- 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/>
- 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 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).



COVID-19

INFORMATION FOR COACHES



FNSW – Info for Coaches

RETURN TO TRAINING > LEVEL 1

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.



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



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



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



10 participants at one time including coach*

*Coaches may only coach one squad at a time. They must not coach across multiple squads.



NO SPITTING permitted

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



Fever



Cough



Fatigue



Sore throat



Shortness of breath



FNSW – Info for Players

COVID-19 INFORMATION FOR PLAYERS & TEAMS



RETURN TO TRAINING > LEVEL 1

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



Prepare and dress for training at home



Shower at home before and after your training



Wash or sanitise your hands before and after your training



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



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



Arrive for your training 5 minutes prior



Where possible maintain a 1.5m distance from others



Fill and bring your own clearly labelled drink bottle from home



10 participants at one time including coach*
*Coaches may only coach one squad of 5 players. They must not work across multiple squads.



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



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)





Training Drills and Plans

Covid-19 Safe



Tips for Covid-19 Safe Training

- Prepare your training session in advance
- Pre-allocate your players and coaching team to a training area (No more than 10 in an area)
 - Email player areas in advance
 - No interacting in other training areas
- Have a starting Drill
- No Friendly Matches at training or externally
- Maintain record of attendance
- Maintain the Health and Safety Plan
- Regular water and sanitising breaks
- Conduct your team huddles virtually
- Challenge your players
- Make it fun
- **Remember: Get In, TRAIN, Get Out**



NSFA Inspire – Sample Drill

SKILL PRACTICE – TARGET BALL

Purpose - Conduct fun football exercises

PRACTICE TIME - 15 minutes

SET-UP:

Set up two lines of cones 5m apart and 12m in length. Position players along each line facing their partner with a gate (two cones) between each pair.

If odd number, create a group of 3 players – In a group of 3 players swap after each turn - as per diagram.

EXERCISE:

1. One player in the partnership must pass the ball at a time.
2. Their aim is to pass the ball through the middle of the gate.
3. Challenge the players! How many times can they pass the ball through the middle of the gate in 60 seconds?
4. Make it a competition! Which pair can pass through the gate the most times in 60 seconds!

PROGRESSION:

5. Pass with Right foot only
6. Pass with Left foot only
7. Swap partners
8. Players have 5 seconds to control the ball then pass!
9. Players must control the ball, do 5 sole touches or toe taps then attempt to pass through the gate.
10. Make it harder by – making the gate smaller or moving the players further away.

END OF SESSION

WRAP UP:

At the end of the session ask the players what they have enjoyed and learnt from the session.



COACHING POINTS:

See key coaching points below for passing technique.
Accuracy over power!

Physical Literacy Elements

Physical – Challenge the players to control the ball and pass through the gate quickly!

Psychological – Challenge players to beat their previous scores!

Social – Get players to communicate to each other, giving praise when they pass through the gate!

SAFETY:

- NO physical contact during sessions and maintain 1.5 metres distance.
- NO touching footballs with hands.
- NO sharing of bibs and drink bottles.
- Ensure everyone uses hand sanitiser/washes their hands.
- Disinfect gear that has been used.
- No loitering – all players and coaches to leave the ground straight after their session.

KEY COACHING POINTS

Ball Mastery - When dribbling take lots of small touches.

Ball Mastery - Use the RIGHT and LEFT foot when dribbling.

Striking the ball Technique – 3-4 steps for run up, inside of the foot strike, lock ankle when striking the ball, standing foot facing towards target, swing leg back and follow through after contact with the ball.

First Touch – Cushion the ball when controlling it by slightly drawing your foot back upon contact.

First Touch - Can players take their first touch in the direction they want to go, into space and away from defenders?

COACH REFLECTION

What worked/did not work?

What would you do differently next time?



Resource Library

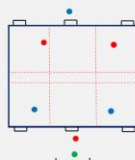
We have assembled a library of Covid-19 Safe Drills and Plans from several sources

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

THE RETURN TO COACHING:
IDEAS FOR COACHING
UNDER COVID-19
RESTRICTIONS



#MONDAYNIGHTCC



Exercise 11

2v2 (+1) game. Reds try to score on mini goals or play to end red who can receive and must score within 3 touches maximum, blues block their goals. Roles swap when ball is lost/blocked.

Progressions - 2 points for scoring with a disguised pass. Coach plays extra ball to striker after ball is passed through mini goals.

- Coaching points
- Disguised passing
 - Checking for gaps
 - Playing first time passes
 - Movement to receive
 - Shift/shoot for strikers

DNB

ELITE

REBOOTING FOOTBALL

AIS Level 8 Guidelines: Small groups (no more than 10 athletes/staff in total); 1.5m social distancing; activities must be non-contact



Activity #1: 'Tekkers grid'

- Create 4m x 4m grid per player; each with a ball
 - Instruct/demonstrate a skill for players to practise within grid
- Progressions/variations:**
- Instruct players to dribble within their 4m x 4m grid to spell: their name; favourite team/food/colour; month of birth, etc.
 - Juggle within grid (cater for all abilities)



Activity #2: 'Football tennis'

- Create 4m x 4m grids with 1.5m spaces between grids
 - Rules: 1 bounce; unlimited touches (modify to cater for all)
- Progressions/variations:**
- Change the size of the ball: football size 5; 4; or, 3.
 - Make it co-operative: Longest rally between pairs
 - Make it competitive: 'King/Queen of the court'



Activity #3: 'Shooting relay'

- Create 3 teams of three; position players & GKs as illustrated
 - Coach calls out number "1" or "2"
 - Player from each team (1 or 2) to run with the ball around their marker on top of grid then shot before 1.5 metre zone
- Scoring system:**
- 2 points for first player to score; 1 point for any goal scored; 1 point for a save by goalkeeper (rotate role of GKs)



Activity #4: 'Cross the mines'

- Create 4m x 4m grids with 1.5m spaces between grids
- Split group into three equal teams (3 x 3)
- Teams on outside combine and play the ball 'cross the mines' to the opposite side for a point.
- Defenders (middle team) get a point for intercepting
- Swap the role of middle team frequently



We have included all the guidelines and Health & Safety material as well.

<https://mountcolahcolts.com/cv19-l1/>

NSFA COVID19 Return to Training guidelines



22/05/2020





INFORMATION FOR PLAYERS & TEAMS



FOOTBALL
NSW

RETURN TO TRAINING > LEVEL 1

WHAT YOU NEED TO KNOW

Coronavirus is a type of virus that can affect humans and animals. Some symptoms include a fever, cough and others. Some cases may be more serious than others. Including Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS).

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

Preparing for training

- 

Prepare and dress before arriving at home
- 

Shower at home before and after your training
- 

Wash or soothe your hands before and after your training
- 

Monitor for your training - take a fever
- 

When possible monitor at 5 or 6 times a day
- 

Fill and bring your own drink, avoid shared bottles from home

What you can and can't do

- 

Non-contact ball training skills such as passing, heading, shooting
- 

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

Participation at all times including contact
- 

NO HITTING 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



In Summary

The Key Things we Need to Do



In Summary

- **Get In, TRAIN, Get Out**
- If you are unwell do not attend training
- Prepare for Training and arrive on time
- Take Attendance at training
- Training to be conducted in groups of no more than 10
- Keep within allocated training areas
- No Contact – Maintain Social Distancing of 1.5m
- No sharing of drink bottles, bibs, gloves
- Sanitise and hydrate regularly
- Get Out straight after training
- Make it fun. Challenge your team with Covid-19 safe drills.



Next Steps

- All Coaches, Managers and Convenors must complete their registration on PlayFootball and provide their WWC's
- All Coaches, Managers and Convenors to complete this training
- You will be notified when your team is approved to Return to training and on what date



Key Contacts

- Paul Ferry – Club President
 - 0411 439 461
 - president@mtcolahfc.org.au
- Saskia Lawler – Member Protection Officer
 - 0424 736 612
 - mpo@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

RETURN TO TRAINING GUIDELINES

STAGE 1

Get in, train, get out!

- 🚫 If you are feeling unwell, do not attend training
- 🚫 Training to be conducted in groups no larger than 10 people, coaches included
- 🚫 Travel light - only required persons for drop-off and pick-up
- 🚫 Maintain physical distancing of 1.5m
- 🚫 No sharing of bibs, gloves, drink bottles etc.
- 🚫 No loitering before or after sessions



The Australian Government also recommends downloading the COVIDSafe app to help stop the spread.





Q & A