

NSFA COVID19 Return to Training guidelines



**NORTHERN
SUBURBS
FOOTBALL**
EST. 1957

22/05/2020

Purpose of this document

The following document aims to provide guidance to any football specific matters that **have not been addressed** in the Football NSW 'Return to Training' guidelines.

NSFA adopts the Football NSW 'Return to Training' guidelines, along with enforcing the current NSW Public Health Order.

The following links provide in depth information about our responsibility regarding COVID19 and a safe return to sport.

NSW Health - <https://www.health.nsw.gov.au/Infectious/covid-19/Pages/default.aspx>

Football NSW Return to Training guidelines - <https://footballnsw.com.au/return-to-training/>

NSFA Updates - <https://nsfa.asn.au/>

NSW Office of Sport - <https://sport.nsw.gov.au/novel-coronavirus-covid-19>

A return to football and training is not mandatory.

We believe this should be a decision for everyone to make due to their personal circumstances.

NSFA Clubs understand if some individuals do not wish to immediately return to training.

Please note, this document will be updated and published on the NSFA website. Please visit the website for the latest version.

COVID19 Protocol

Symptoms of COVID19

Symptoms of COVID-19 include **fever, cough, sore/scratchy throat and shortness of breath.**

Other reported symptoms of COVID-19 include **loss of smell, loss of taste, runny nose, muscle pain, joint pain, diarrhoea, nausea/vomiting and loss of appetite.**

If you encounter someone with COVID19

If you have been identified as having had close contact with someone diagnosed with Coronavirus disease (COVID-19) someone from your local public health unit will be in contact with you daily while you are at risk of infection to monitor you for symptoms. You must isolate yourself in your home for 14 days after last contact with the confirmed case.

Please read the following Government Health advice -

https://www.health.gov.au/sites/default/files/documents/2020/04/coronavirus-covid-19-information-for-close-contacts-of-a-confirmed-case_0.pdf

If you are COVID19 positive, please follow the NSFA protocol to ensure we provide a safe environment for all participants.

	Person responsible	Action
Step 1	Player / Parent / Guardian	Contact NSFA Club
Step 2	NSFA Club	Contact NSFA Confirm NSW Health are aware
Step 3	NSFA Club & NSFA	Contact all members that may have come into contact with the positive COVID19 individual NSFA to provide NSW Health, NSFA member information if required NSFA to communicate with FNSW

NSFA Return to Training requirements

As at 22/05/2022 the NSW Public Health Order allows Groups of 10 people to gather outdoors. Social distancing of 1.5m continues to be enforced.

Under Football NSW guidelines, approved by the NSW Office of Sport, football activity must meet the following restrictions:

LEVEL 1 TRAINING – WHAT IS PERMITTED

- Training to be conducted in small groups (no more than 10 players and/or other personnel in total).
- Social distancing of 1.5m between players.
- Spacing so that there is no more than 1 person per 4m².
- Non-contact skill training drills - passing, shooting, headers.
- Some sharing of sporting equipment such as kicking a football, use of a skipping rope, weights, agility equipment.

LEVEL 1 TRAINING – WHAT IS NOT PERMITTED

- Contact to contact playing skills such as tackling.
- Activities involving more than 10 people.

Preparing for training			What you can and can't do	
 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* <small>*Coaches may only coach one squad of 9 at once. They must not work across multiple areas.</small>	 NO SPITTING permitted

Prior to the commencement of training, all NSFA Clubs were required to submit the following documentation:

- Club Training Schedule
- Club Health & Safety guidelines

All Clubs that have met the above-mentioned restrictions will be given approval from NSFA to return to training.

The following page outlines the minimum Club Health and Safety guidelines. This outline works alongside the FNSW guidelines, with both implemented to ensure a safe environment.

NSFA HEALTH AND SAFETY GUIDELINES – COVID19

Effective from 22 May 2020 until further notice.

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 Change rooms MUST be locked and not used*

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

NSFA Club guidelines to be implemented:

Members refers to all coaches, players, parents, guardians.

1. If a member tests positive to COVID19 the Club MUST be notified as soon as possible.
2. We encourage all members to download the COVIDSAFE app from the Australian Government, however, understand we cannot force people to download it.
3. Members feeling ill should not attend training. If a player attends training showing obvious signs (cough, running nose, vomiting, lethargic) of illness they will be sent home.
4. If a player is injured and cannot participate in the session, then they are not required to attend training.
5. We will adhere to the maximum capacity of players/teams per field as outlined in the by FNSW and the NSFA Training Allocation guidelines – COVID19 document.
6. We will adhere to NSW Govt restrictions of 10 person groups within a small area, where each individual has at least 4m² space available.
7. We will implement staggered start times to our training sessions to reduce the gathering of people at venues. Coaches will strictly adhere to start and finish times. Players cannot enter the field early and are requested to leave the field, and the facility immediately after training. Initially training is reduced to two sessions per week for all teams, and training duration per session is reduced, to allow all teams the opportunity to train in a safe environment.
8. We 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 prefer parents and guardians do not gather on the sidelines to watch training and instead stay in the car.
9. NTRA change rooms will be locked; the public toilets will be open.
10. Charles Bean change rooms will be open to access the toilets only; they are not to be used for showers, to get changed, or to store bags/personal belongings.
11. The simple message for training – **"get in, TRAIN, get out"**
12. Coaches will NOT use bibs unless necessary. If bibs are used, they will be freshly laundered and will not be shared by other players.
13. Goalkeepers MUST only use their own gloves.
14. No drink bottles will be shared.
15. Coaches will enforce a strict 'no touching rule' - pre, post and during training sessions.
16. Coaches will conduct sessions that are low contact in compliance with FNSW guidelines.
17. Coaches will apply hand sanitiser before/after sessions, players are recommended to do the same.

COVID-19: Return to Football - Coach Information

Important information

All football participants including coaches, players, 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.

Return to training – Level 1 ‘Get In, Train, Get Out’

Football Safety Requirements

Maximum Groups of 10 – 1 Coach and 9 Players per 1/4 field	Keep a record of attendance through the App your team uses, or by taking a photo of the team each session	Groups to be split into two training groups before players arrive. I.e., Group 1 & Group 2	Deliver non-contact unopposed skill-based training practices
Outline guidelines to all players on arrival before any football commences	Engage players with an arrival activity as soon as they are on the pitch	Drink break stations - Direct players to place their individual bottles in a safe area 1.5metres away from others	Ensure changerooms and showers are not used
Ensure toilets are open and have soap and sanitiser available	Disinfect equipment that you have handled before packing it away	Coach must set-up and pick up all equipment each session	Permitted: Goals, balls, cones, hand sanitizer, tissues, individual bottles, disposable gloves recommended
	Unpermitted: Contact, Small-Sided Games, bibs, no handling balls with bare hands, no throws	One coach per group. All players must be supervised at all times	

Health and Hygiene Requirements

If you have a fever, cough, shortness or breathe, fatigue or sore throat, do not attend training	Use hand sanitizer before and after handling equipment	Cover your coughs and sneezes with your elbow or a tissue	Put used tissues in the bin immediately after use
No sharing of drinks bottles and no spitting	No physical greetings such as handshaking, hugs or fist bumps	Avoid touching eyes, nose or mouths	

Coach session delivery assistance

For session plans, tips and guidance on ensuring your training sessions follow the guidelines and are safe, organised, and enjoyable please sign up for our INSPIRE FC curriculum, free to all NSFA registered coaches <https://nsfa.asn.au/coaches/inspire/>



Treating injured players

NSFA encourages coaches and managers to provide first aid and treatment to players in a safe manner.

If the incident is beyond the capabilities of the person responsible for treatment, it is advised that you contact the players emergency contact (ie. Parent) and if required an ambulance.

If treatment to a player is for minor issues such as a bleeding nose or clash of limbs, gloves are recommended to be used. Coaches should not touch a player unless invited to do so by the injured player or extremely necessary to stem the flow of blood. Please act responsible and use common sense in all scenarios.

Footballs

Coaches and players SHOULD NOT touch footballs with their hands. Please encourage people to only use their feet!

This will be the most important football teaching due to COVID.

- No goalkeepers (unless wearing gloves. If wearing gloves, no spitting or wiping face with glove)
- No throw-ins. Simple play a pass or dribble in

Cleaning equipment

NSFA recommends the following pieces of equipment are cleaned after each session;

- Goals / poles – Simple spray and wipe
- Cones – If sharing, please spray and wipe down before handing to someone else
- Bibs – After each use. Washing machine clean
- Goalkeeper short / gloves – After each use. Washing machine clean

Balls are not required to be cleaned unless players have touched them with their hands.
Do not share whistles.

Hand sanitizer & Player cleanliness

We recommend ALL players and coaches to apply hand sanitizer prior to and after training.

Team managers / Coach should have hand sanitizer available mid-session in case a situation arises where application is required.

All participants are advised to shower after each session and wash their clothes.

Player information

As outlined above, please maintain cleanliness, shower after session and wash your clothes.

Players Guidelines for Training

Prepare and dress for training at home before arrival

Shower at home before and after your training

Wash your hands with sanitizer before and after training

Arrive for training 5 minutes prior to start time

Remain 1.5 metre distance from before, during and after training

Fill, bring and label your own drink bottle from home and do not share with others

Players to leave the venue safely and immediately once training has concluded

Players are advised to use the toilet at home prior to training

Parent Information

Parents on the sideline at training

NSFA and Football NSW do not recommend parents to be present during training sessions unless necessary. It is our duty to ensure we limit the amount of people at, or around council facilities. Parents are advised to wait in their car if picking up young children. Team managers and coaches may request certain parents to be available for sessions to ensure a safe and controlled environment.

Drop Off/Pick Up

We 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 must arrive **only 5 minutes** prior to the start time of training. If you arrive early, please stay in the car.

We prefer if parents and guardians do not gather on the sidelines to watch training. We recommend pick up arrangements are organised prior allowing parents to stay in the car or come back at the end of the session.

For parents of young children we ask for you to drop and collect your child at the correct time to avoid hanging around, please follow social distancing guidelines.

Facilities

Use of changeroom

NSFA has ordered all Clubs to close the changeroom at venues to minimise the spread of COVID19. Toilets that are accessed via changerooms will have a clear sign that indicates the use of the changeroom is not permitted, other than use of the toilet.

Use of toilets

We encourage participants to use their home toilet and bathroom prior to attending training to minimise the use of public toilets and therefore the spread of COVID19.

It is recommended that toilets be regularly 'wiped down' to ensure a safe environment. This involves wiping areas such as cubicle locks, taps and door handles, toilet flush buttons etc with disinfectant wipes or sprayed with Glen20 (or similar) at the conclusion of each night / booking.

Where possible, Clubs will assign a person to be responsible for this at the end of each night / booking. This can be a different person based on who will be present on any given night.

Soap or hand sanitiser should be available within each toilet block to ensure players are washing or sanitising their hands before returning to the group.

NSFA Competition Format

As per our previous update, the Competitions Department have scheduled games for the first weekend of June. This start date is looking increasingly unlikely with NSFA and Football NSW seeking approval to commence competition in early July.

The Competitions Department will strive to deliver a 14 week competition, however, this is largely dependent on the start and end date of the season which is TBC.

The competition structure, final series and promotion and relegation will be determined by the length of the season. We will update you as more information comes to light.

Please keep an eye on the draw for any changes. Clubs will be informing us next week if there are any team withdrawals.