



Mount Colah Football Club Inc.

Newsletter Content Sent to all Members – 29th May 2020

Hi All,

I am pleased to announce we are returning to training this coming week from Monday 1st June 2020. It's been a long break since early March, I am sure you are all eager to get back on the field.

Get In, TRAIN, Get Out

This is the new mantra for training during these Covid-19 times. The following information will guide you through how we will be returning to training safely and what you need to do as a player.

Return to Training Requirements

Football as a Sport, NSFA and our Club have been approved to return to training under the framework provided by the Australian Institute of Sport (AIS), the Australian Government Roadmap to a COVIDSafe Australia, and the Public Health COVID-19 Restrictions on Gathering and Movement.

The AIS Framework is a 3 level approach for the Return of Sport for all sports within Australia.

At this stage we are at Level 1 of the AIS Framework. **This means we are able to return to training only.** At this stage we are still waiting for further announcements on any return to competition. Level 1 allows us to return to training under approved guidelines.

Under Football NSW guidelines, approved by the NSW Office of Sport, football training 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.
- 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

- **NO** Contact to contact playing skills such as tackling.
- **NO** Activities involving more than 10 people.
- **NO** Sharing of drink bottles, bibs and gloves.
- **NO** Contact at all, including high fives, fist bumps, shaking hands, etc.

I recommend you watch the following short video on the NSFA Facebook page which summarises the guidelines for Returning to Training

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



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*** Please do not go to training if you are unwell, have a cough, fever, sore throat, or any other symptoms of illness.**

When is My Team Returning to Training?

You will shortly be receiving an email from your Convenor, Coach or Manager which will let you know what date your team will be returning to training.

Our return to training may see a staggered time frame for our teams. We expect most teams will return to training over the next 2 weeks.

Start and Finish times for training have been amended to allow for staggered arrivals and departure of teams at the grounds.

Team training times and ground maps will be published on the Club Website by Sunday Night 31st May.

Preparing for Training

It is important that you prepare for your training session as follows:

- Shower at home before and after you train
- Prepare and dress for training at home
- Prior to training your coach and manager will let you know what training area you will be training in.
 - Your team has been allocated specific areas to train in so we can maintain social distancing of 1.5m.
 - Each area must only have a maximum of 10 participants.

Training areas and times CANNOT be changed - use only the area allocated to your team at the time specified.

When You Arrive at Training

- Go straight to your allocated training area.
 - There will be people at the ground to help you find your allocated training area.
 - You must stay in your allocated training area for the whole training session. No interacting with other training areas is permitted.
- Bring your own drink bottle with your name on it
- Please be on time to training.
 - You must arrive at training no earlier than 5 minutes before your scheduled time.
- Sanitise your hands before you start training.
 - Your Coach and Manager will have hand sanitiser in the training kit
- Parents we encourage you to use the drop off zones to drop off your child at training
 - Please only 1 parent at drop off and pick up
 - Once you have dropped your child we encourage you to leave the ground
 - Parents are not permitted on the ground during training
 - Parents are not permitted to congregate at the fence under current social distancing rules
 - If you need to remain at the ground please remain in your car. Please note car spaces will be limited due to drop zones.



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- For senior players park your car and head straight to your allocated training area.

At Training

- Listen to your Coach and Manager
- Where possible maintain a 1.5m distance from others
- Have fun

When Training is Over

- Sanitise your hands before you leave training
- Leave training immediately
 - Go straight to your drop zone for pickup
 - Parents please be on time for pickup at the drop off zone
 - No congregating and chatting after training
 - For senior players head straight to your car and leave immediately
- Shower when you get home
- Wash your gear
- Join the virtual team huddle if your coach is holding one

Information and Resources

Included is a poster from FNSW with key information for teams and players on the Return to Training – Level 1.

Guidelines, Approved Training Plans, Approved Health and Safety Plans and other information will be published on the Club Website by Sunday Night 31st May.

If you have any questions or concerns please contact myself or Saskia.

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We look forward to seeing you all back at training.

Regards,

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Mount Colah Football Club
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