

# COVID-19 STAGE 2 - RETURN TO TRAINING CONDITIONS

V2.1 – June 4, 2020

**VALID FROM: JUNE 4, 2020**



**FOOTBALL  
VICTORIA**

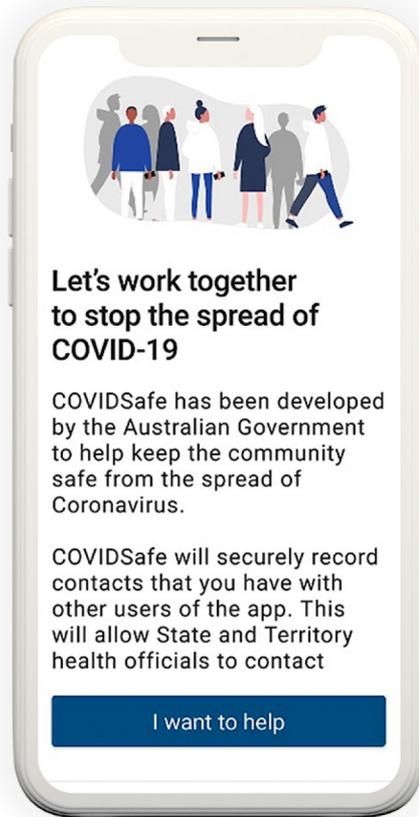
#LIVELOVEFOOTBALL

# COVIDSafe APP

To aid the fight against COVID-19, Football Victoria supports the COVIDSafe app and strongly encourages the football community to get behind this initiative.

**It represents our best chance to get back to football quickly.**

Download from the Apple App store and Google Play.



# OVERVIEW

Football Victoria's priority is to safeguard the health and wellbeing of the football community during the COVID-19 pandemic.

The Federal and Victorian State governments have announced a roadmap to cautiously reintroduce football in a staged approach. **The first stage was a limited return to training from 18 May 2020. The second stage is an extension to the number of players who can train. Details were announced by the State Government on 2/3 June 2020 and this document will be effective from 4 June 2020.**

This document outlines the **conditions that must be met** during this stage in order to limit the spread of COVID-19 in line with Federal and Victorian State government guidance.

**Failure to meet these conditions may void your insurance policies under the national insurance program, may be dealt with under FV's Grievance, Disciplinary and Tribunal Bylaw, and critically, may delay the return to competition.**

Clubs must source written approval from the landowner eg Council, before training commences.



# PRINCIPLES FEDERAL GOVERNMENT

Football Victoria is following the framework provided by the Australian Institute of Sport (AIS) and is implementing the training conditions in this document in line with Level B.

The AIS Framework document can be found [here](#).



# PRINCIPLES

## VICTORIAN GOVERNMENT

**From 1 June 2020, the Victorian Chief Health Officer has approved all community sport and recreation activities can resume according to the following rules:**

- Groups of up to 20 people are permitted outdoors (or people from the same household), **plus** a coach/instructor or the minimum number of support staff reasonably required to run the activity.
- Parents or other people are required to keep a reasonable distance from groups in an outdoor setting or will be included in the group of 20.
- No indoor activity – indoor physical recreation facilities must remain closed.
- Maintain physical distancing of 1.5 metres wherever reasonably possible.
- All activity and training must be non-contact, and no competitions are to take place. Contact sports must be modified so that you can maintain 1.5m distance.
- Outdoor communal gyms, playgrounds or skateparks are open. People cannot gather in groups of more than 20.
- Outdoor and indoor swimming pools can operate with a maximum of 20 people and a limit of three people per lane of each pool.
- Club houses may reopen with a maximum of 20 people in a single indoor space and subject to the one person per four square metre rule to operate a restaurant, canteen or cafe within these facilities and must adhere to the restrictions on restaurants and cafes. Facility operator must remain on site whenever open to ensure group numbers do not exceed capacity.
- No use of communal showers or change rooms, however toilets can open.
- Saunas and spas remain closed.
- If the activity is run by an operator of a physical recreation facility predominantly used for indoor physical recreation (such as a gym, health club or fitness centre), a personal training facility (indoors or outdoors) or an arena or stadium, then the operator must keep a record of attendees.
- No shared equipment that touches the head or face or cannot be effectively cleaned i.e. soft materials or clothing.
- Hand hygiene, frequent environmental cleaning and disinfection, use of own equipment where possible and minimise sharing of equipment.

**The following conditions implement these rules for the purposes of football and form the mandatory requirements from Football Victoria for any Club sanctioned training.**

# PRIOR TO TRAINING

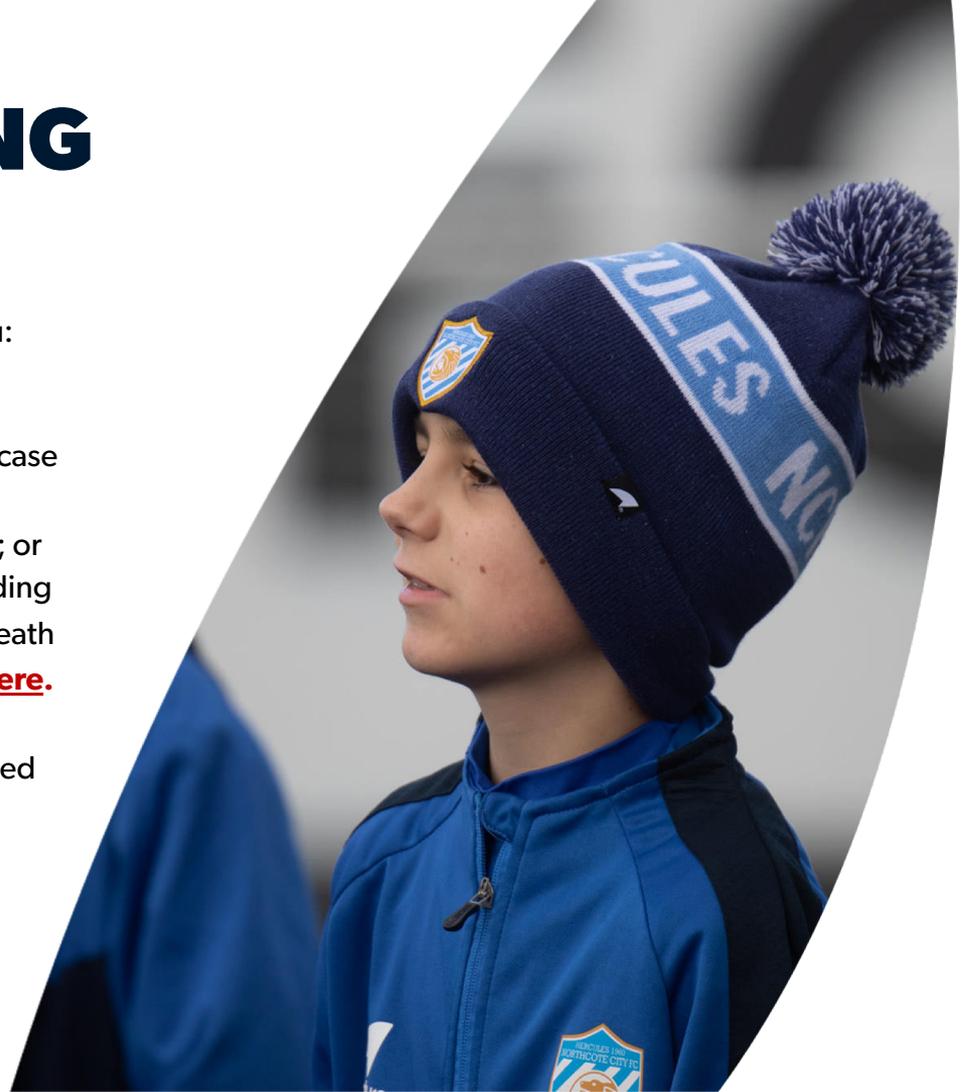


# PRIOR TO TRAINING INDIVIDUALS

You **must not attend training** if in the past 14 days you:

- Have been unwell or had any flu-like symptoms;
- Have been in contact with a known or suspected case of COVID-19;
- Have had any respiratory symptoms (even if mild); or
- Are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions – **further information can be found [here](#)**.

Those with even mild symptoms are strongly encouraged to get tested. For more information, **[click here](#)**.



# PRIOR TO TRAINING CLUB

## In advance of commencing training, clubs must:

- ❑ Source written approval from the landowner of your facility e.g. Council – Clubs are not permitted to use venues other than those already agreed in advance of the season
- ❑ Comply with any additional requirements imposed by the landowner
- ❑ Ensure all facilities/buildings within the venue (including change rooms/showers) will be closed and not-accessible except for:
  - ❑ Toilet facilities
  - ❑ Clubhouses for the purposes of operating a Food and Drink Facility (see next slide)
- ❑ Ensure tight controls on keys and access to toilets/Food and Drink Facilities – this includes keeping a record of the person responsible for access and keys on the list of attendees
- ❑ If they intend to open a Food and Drink Facility, comply with applicable requirements (see next slide)
- ❑ Ensure the venue meets all conditions in this document including particularly hygiene and pitch marking
- ❑ Ensure all communications with members about the return to training include this document, highlighting the information when not to attend training
- ❑ All club officials, coaches and anyone coordinating the training sessions must have read and be familiar with these guidelines
- ❑ Ensure that any person who attends training who is known in the last 14 days to have (or had) symptoms, contact with a known/suspected case, or be at high risk ([further information here](#)), is refused entry
- ❑ Ensure that all players and coaches are appropriately registered on PlayFootball

# PRIOR TO TRAINING

## FOOD AND DRINK FACILITIES

**Sporting clubs that operate a café, restaurant, fast-food store, cafeteria, canteen or licensed premises within its facility may reopen it with limited dine-in arrangements, provided it strictly adheres to the restrictions on hospitality venues.**

These include **but are not limited to** only 20 patrons per enclosed space, the four square metre density rule, no more than 6 persons per table and no service of alcohol unless the person has also ordered a meal.

Detailed guidelines of the requirements for food and drink facilities to reopen, including for takeaway service, are available on the [Business Victoria website](#).

**In advance of opening, clubs must consult the Hospitality Industry Guidelines for Coronavirus (COVID-19) and carry out the actions required included but not limited to the following:**

- create a plan for their business that takes into account these guidelines as well as guidance from WorkSafe Victoria
- deep clean the premises before reopening
- set up the venue to ensure physical distancing requirements of one person per four square metres are met and place tables so that any diners on a neighbouring table remain 1.5 metres apart when seated
- display hygiene, physical distancing and wayfinding signage to emphasise to staff and patrons the expectation on all of us to stay safe
- encourage all staff and managers to complete the Victorian Government online COVID-19 training, including ensuring at least one staff member at the venue has completed the training
- maintain a contact register of all visitors to the venue (first name, telephone number, date and time of visit) including patrons, suppliers, maintenance workers to support contact tracing and store it securely on-site for at least 28 days after the visit

# HYGIENE



# HYGIENE PROTOCOLS

## CLUBS

**All clubs must ensure, in conjunction with the Council / landowner that:**

- All surfaces, equipment and objects (including around entry points) are wiped down after each training session with appropriate anti-bacterial / disinfectant wipes or soap, particularly those frequently touched – this includes door handles, light switches, phones, remote controls, pitch entry points and any other high touch areas as well as all equipment including balls
- Regular and thorough hand washing is promoted via prominent signage (including at entry and exit points – to be marked as such) around the venue. Signage is available to download via our **Return to Football portal**.
- Prominent signage (including at entry and exit points to be marked as such) around the venue instructing people when not to attend training
- Hand sanitiser dispensers are provided in prominent places around the venue (including entry and exit points) and are regularly refilled
- Soap dispensers in toilets are regularly refilled
- Bins are provided around the venue and regularly emptied
- Toilet facilities are regularly cleaned with disinfectant - advice on cleaning is available from the **Department of Health and Human Services**
- Prominent signage that not more than 1 person is permitted per toilet facility at any one time

# HYGIENE PROTOCOLS

## INDIVIDUALS

### All individuals attending training must:

- Wash hands with hand sanitiser immediately before and after training and during scheduled breaks in training
- Not spit at any time
- Not share drink bottles and clearly label their own bottle
- Take their training bib or any other items worn/used during training, home to wash individually
- Carry hand sanitiser in order to enable good personal hygiene
- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze and place tissues directly in bins
- Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly
- Not share pens or clip boards
- Avoid touching eyes, nose or mouth if your hands are not clean
- Shower at home before and after training
- Ensure not more than 1 person per toilet facility at any one time

# ATTENDING TRAINING



# TRAINING PROTOCOLS

## COACH/CLUB OFFICIAL

### When conducting training, the following conditions must be implemented:

- Entry must be refused to any person who attends training who is known in the last 14 days to have (or had) symptoms, contact with a known/suspected case, or be at high risk (**further information here**)
- Staggered training start times to minimise risk of congregation
- A gap of no less than 15 minutes in between scheduled training sessions to avoid congregation
- An accurate record of all attendees (including parents/carers) for the purposes of contact tracing must be kept, including full name, FFA number, phone number, date and time of attendance and confirmation whether they have downloaded COVIDSafe (Template available **here**) - to be completed only by the coach in line with physical distancing
- If any player presents to training with COVID-like symptoms, they must be immediately isolated and sent home as soon as possible
- Player groups of no more than 20 plus a coach or the minimum number of support staff reasonably required to run the activity – FV would expect that no more than a single coach is required unless exceptional circumstances apply**
- Parents/carers that remain with their children during training will be considered part of the group of up to 20 people, unless they are formally coaching or instructing the activity**
- Spectators are not allowed to attend training - only people with an essential role in conducting the training should attend**
- Physical distancing of 1.5 metres must be maintained (**with the exception of a parent/carer supporting a person with disability**)
- No heading of the ball can take place during training
- Activity must be non-contact eg no tackling, no handshakes, high fives or similar
- Handling of equipment must be minimized eg no throw in's
- Sharing of equipment must be minimised
- No use of shared equipment that touches the head or face or cannot be effectively cleaned i.e. soft materials or clothing
- Adherence to the hygiene protocols in this document
- Regular breaks are to be provided for the purpose of rehydrating and hand sanitising
- No social activity is to occur once training has concluded
- Players are to leave the venue in a staged approach, with sessions concluding in a clockwise manner
- Any access to equipment storage areas limited to one person
- All normal safety protocols apply – including Child Safety requirements (WWCC)
- People failing to observe public gathering restrictions risk being issued an on the spot fine by Victoria Police**

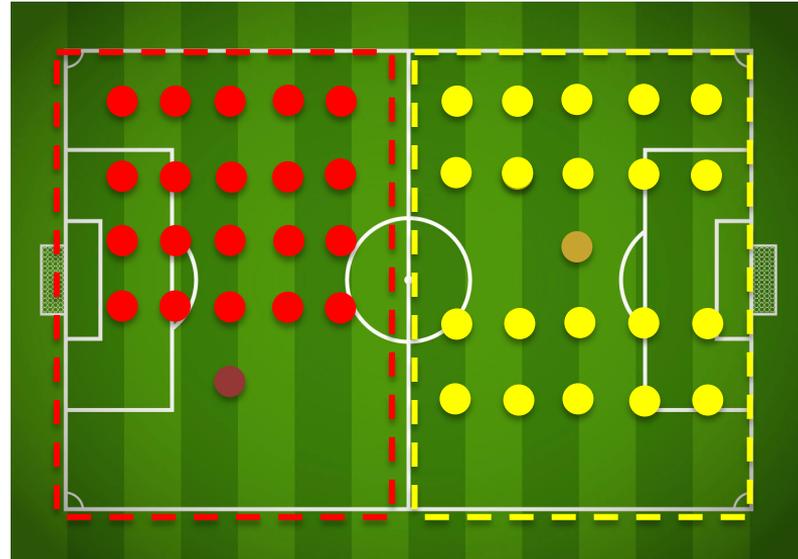
# TRAINING PROTOCOLS

## ZONES

When conducting training, the following conditions must be implemented:

- ❑ Training zones must be a minimum of 45m by 45m (being half the FIFA standard full-size pitch)
- ❑ Player groups of no more than 20 **plus** a coach or the minimum number of support staff reasonably required to run the activity – FV would expect no more than a single coach is required unless exceptional circumstances apply
- ❑ Groups of 20 and coaches/support staff must not mix with each other and must remain constant, where participants can not swap between groups
- ❑ If a ball from one training zone enters another training zone, players are directed to gently kick the ball back rather than pick it up and throw it
- ❑ Training zones must be clearly marked and participants and parents/guardians must be notified that they are not to move into any other zone during training

### EXAMPLE



# TRAINING PROTOCOLS

## PLAYER/PARENT

### When attending training, the following conditions must be observed:

- You must not arrive more than 10 minutes prior to training commencing
- You must not congregate at the entry point
- You must arrive prepared to train – changing rooms **and showers** will not be in use
- You must bring your own drink bottles clearly labelled. No sharing of drink bottles is permitted
- If reasonably practical, only one parent/carer to take their child(ren) to training
- Parents/carers that remain with their children during training will be considered part of the group of up to 20 people, unless they are formally coaching or instructing the activity**
- Spectators are not allowed to attend training - only people with an essential role in conducting the training should attend**
- You must follow the hygiene protocols in this document - regular breaks will to be provided for the purpose of rehydrating and hand sanitising
- Physical distancing of 1.5 metres must be maintained **(with the exception of a parent/carer supporting a person with disability)**
- No heading of the ball can take place during training
- Activity must be non-contact eg no tackling, no heading, no handshakes, high fives or similar
- Handling of equipment must be minimized eg no throw in's
- Sharing of equipment must be minimised
- No use of shared equipment that touches the head or face or cannot be effectively cleaned i.e. soft materials or clothing
- You must provide your details including full name, FFA number, phone number, date and time of attendance, and confirmation whether you have downloaded COVIDSafe, to the coach/club official for the purposes of contact tracing.
- If training bibs are used, you will be allocated a bib and you must take it home and wash it
- You must leave the venue immediately once training has concluded - no social activity is to occur
- People failing to observe public gathering restrictions risk being issued an on the spot fine by Victoria Police**

This document is current as at **4 June 2020 and effective from 4 June 2020**. FV is in the advanced stages of scenario planning and will continue to work with the State Government, FFA, Councils and other bodies regarding the safe resumption of football.

The document is subject to change including upon the advice of government and clubs are expected to remain up-to-date with the latest advice.

Further information guide(s) will be published in line with government advice in the event of any further staged return to playing football.



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