

# COVID-19

## INFORMATION FOR CDSFA CLUBS



### 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).
- Currently there is no cure, and is potentially fatal.
- 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 or a identifying photograph.



Ensure changerooms and showers are not used.



Ensure toilets (if open) have soap and sanitiser.



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



Non-contact skill training drills such as passing and shooting.



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



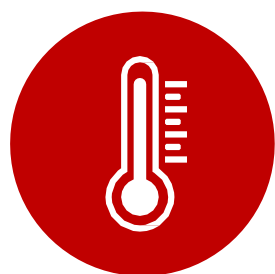
10 participants at one time including coach\*

\*Coaches may only coach one squad of 9 at once. They must not work across multiple areas.



NO SPITTING permitted

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



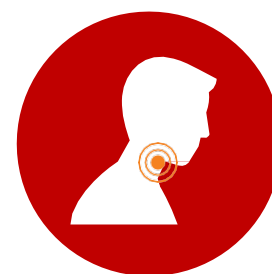
Fever



Cough



Fatigue



Sore throat



Shortness of breath

For more information go to [www.FootballCanterbury.com.au](http://www.FootballCanterbury.com.au)