

COVID-19

STAGE 1 - RETURN TO TRAINING CONDITIONS

V1.4 - May 28, 2020



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COVIDSafe APP

To aid the fight against COVID-19, CDSFA 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.



COVIDSafe APP

CLUB COLATERAL

To assist in the management of club members, the CDSFA has produced and will distribute posters for your A frame displays that can be placed in prominent positions at your fields to assist in the current restrictions to fight COVID-19.

On the CDSFA site(Click COVID) there will be links to other collateral that clubs may use.

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

COVID 19 WARNING

POTENTIALLY LETHAL DISEASE




- Social Distancing of 1.5m.
- Arrive, Train, Leave.
- Do Not share drink bottles.
- No Spitting at any time.
- Please Wash your Hands.
- Wash your own training bib.
- Do not share goal keeper gloves.
- Heading activities avoided.
- Do not attend training if you have symptoms, or have been in contact with others that may have, or be a high risk.
- Don't touch your face if hands are unclean.
- No more than one at a time in bathrooms.
- Download the Aust Govt COVID App.
- Penalties exist for non compliance.



FOOTBALL
NSW



NSW
GOVERNMENT



AIS

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OVERVIEW

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

The Federal and NSW State governments have announced a roadmap to cautiously reintroduce football in a staged approach. The first stage is a limited return to training, at the discretion of each Association, from 23 May 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 NSW State government guidance.

Failure to meet these conditions may void your insurance policies under the national insurance program, may be dealt with under CDSFA's Disciplinary committee, and critically, may delay the return to competition.

Clubs must source written approval from their particular Local Council, before training commences.



COVIDSafe

PRINCIPLES FEDERAL GOVERNMENT

Football NSW 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 on the CDSFA website under COVID.



PRINCIPLES

NSW GOVERNMENT

The Chief Health Officer of NSW has approved that some sport and recreation activities can resume according to the following rules:

- Participants gather outdoors in groups of no more than 10 (or people from the same household).
- Parents or other people are required to keep a reasonable distance or will be included in the group of 10.
- 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.
- No outdoor or indoor swimming pools can be used.
- No use of communal facilities, except for toilets.
- If the activity is run by an operator of an indoor physical recreation facility (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 including first name, phone number, date and time of attendance.
- No use of 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 New South Wales for any Club sanctioned training.

PRIOR TO TRAINING



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PRIOR TO TRAINING CLUB

In advance of commencing training, clubs must:

- Source written approval from the owner of your facility e.g. Council – Clubs are not permitted to use venues until permission is granted by compliance of all requirements, including those already agreed in advance of the season with any additional requirements imposed by your local council and the CDSFA.
- The Club has submitted to the CDSFA a return to training plan that shows protocols in place, and how the club will monitor compliance.
- Ensure all facilities/buildings within the venue (including canteens) are closed and not-accessible during training except for toilet facilities through tight controls on keys and access – this includes keeping a record of the person responsible for access and key on the list (Photo) of attendees.
- Ensure the venue meets all conditions in this document including **hygiene** and pitch markings.
- Ensure all communications with members about the return to training include information in 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, is refused entry.
- Ensure that all players and coaches are appropriately registered on **PlayFootball** and **Dribl**.
- Ensure all hygiene protocols are followed thoroughly.

COVID SAFETY OFFICER CLUB

In advance of commencing training, clubs must:

Your Club needs to appoint a COVID-19 SAFETY COORDINATOR.

The COVID-19 Safety Coordinator will be your key resources and central point of contact for all matters COVID-19 for your organisation.

The Safety Coordinator will be responsible for liaising with the CDSFA, and other relevant stakeholders in relation to your Club's response to COVID-19.

To assist clubs in appointing the right person for this role, below is a list of the responsibilities for your COVID-19 Safety Coordinator (the Club President will be the default until the club nominates an alternative).

COVID-19 Safety Coordinator Roles and Responsibilities

Complete the relevant **Return to Sport Checklist(s)** by considering the actions set out in each checklist and implementing (or arranging to implement) relevant considerations in your Club and documenting justifications for not undertaking particular actions.

Oversee the development and implementation of the organisation's return to sport arrangements by documenting those arrangements in a COVID 19 Safety plan.

The COVID-19 Safety Plan should address: Downloads available ex CDSFA website Click COVID.

- Points of COVID-19 transmission risk;

- Transmission controls;

- Hygiene and behaviour requirements;

- Physical and fitness preparations before a restart; and

- Education and communication to relevant personnel.

Periodically review the effectiveness of the COVID-19 Safety Plan for your club and amend, update or improve as necessary.

Act as the contact point for your club's members and participants and to the other relevant stakeholders including the CDSFA.

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 and have any sudden loss of taste or smell.
- Have had any respiratory symptoms (even if mild) or are at a high risk from a health perspective, including the elderly.
- Those with pre-existing medical health conditions, including those you may come in contact with.

Those with even mild symptoms are strongly encouraged to get tested. For more information, check the govt health websites.



PRIOR TO TRAINING

HYGIENE



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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..
- 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.

Signage is available to download via the FNSW & CDSFA websites.

HYGIENE PROTOCOLS

INDIVIDUALS

All individuals attending training must:

- Wash hands with hand sanitiser immediately before and after training and during scheduled breaks in training.
- Shower at home before and after training.
- Carry hand sanitiser in order to enable your own good personal hygiene.
- DO NOT share drink bottles and clearly label your own bottle.
- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze and place tissues directly in bins.
- Take your own training bib or any other items worn/used during training, home to wash individually.
- Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.
- DO NOT share pens or clip boards.
- Avoid touching eyes, nose or mouth if your hands are not clean.
- No spitting at any time.
- Ensure not more than 1 person per toilet facility at any one time.
- Practice social distancing. If someone comes and stands next to you, move around the field and ensure you implement social distancing requirements.
- Don't get to fields early & leave directly after training.
- Arrive / Train / Leave.
- Any breach of these requirements or a return to training prematurely may result in the player, group of players, team and those responsible being de-registered immediately, and not being able to register for season 2021 in the CDSFA.

ATTENDING TRAINING



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SOCIAL & PSYCHOLOGICAL TEAMS RETURN

For everyone coming back to training and seeing their friends for the first time in several months, there will be a tendency to have the training session being used as more of a social catch up. This is not only relevant to the younger of our returning footballers but will be representative of all age groups. You must try and ensure the social distancing protocols but don't worry about the initial wayward sessions. In several countries that have already returned to training this has been a significant observation and shows how much football means to us in our society.



RETURN TO PLAY

PHYSICAL PLAYERS RETURN

Each day presents new developments concerning Covid-19 and in the last weeks we have seen how all football stakeholders are not only affected by the situation, but also how they are reacting to it. We have seen and learnt from other countries returning to sport including Football. It is important that we seek urgent action from players, coaches and clubs to ensure they implement comprehensive back to training programs, specific targeted measures to ensure player safety and not rush back into sport, to prevent muscle injuries.

With our physical preparedness to return to play we are witnessing, including the top leagues, more than usual injuries, and we will see it within the CDSFA so prepare and continue with the home stretching and continued wellness benefits to protect everyone going forward.

Our younger players will be very excited as they require an hour of activity every day.



RETURN TO PLAY



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.
- 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 (available CDSFA website) - to be completed only by the coach in line with physical distancing. Or take a clear photo of attendees and send to club official.
- If any player presents to training with COVID-like symptoms, they must be immediately isolated and sent home ASAP.
- Player groups of no more than 10 inclusive of a coach & any support staff reasonably required to run the activity – CDSFA would expect that no more than a single coach is required unless exceptional circumstances apply.
- Parents or other people are required to keep a reasonable distance or will be included in the group of 10.
- Physical distancing of 1.5 metres must be maintained.
- No more than 1 person per 4m².
- 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 minimised 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 staggered 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).

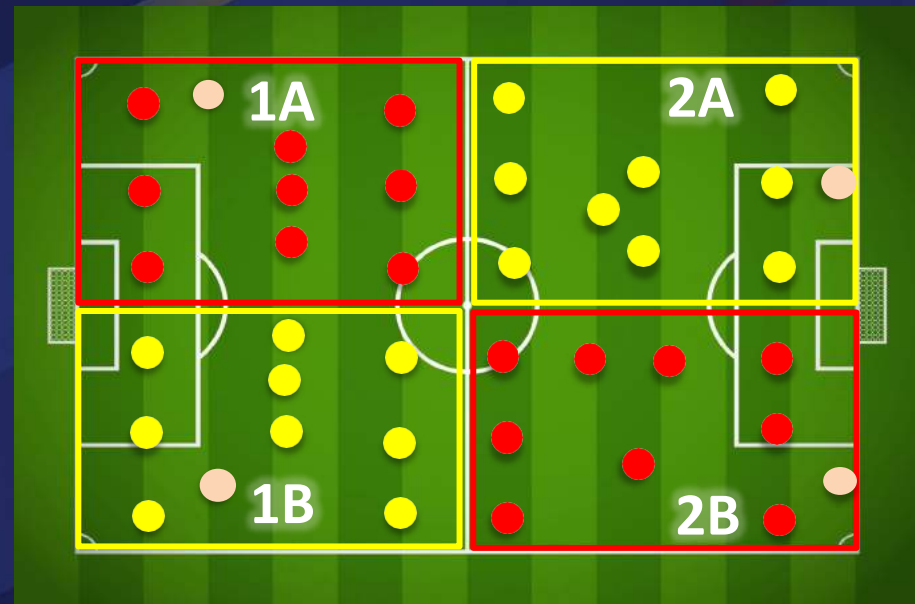


TRAINING PROTOCOLS

ZONES

When conducting training, the following conditions must be implemented:

- Training zones must be a minimum of 50x30m (being 1/4 the FIFA standard full-size pitch).
- 10 players including the coach can be in each zone.
- Groups of 10 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, and we would prefer them to drop off and not stay.



EXAMPLE OF A FIELD LAYOUT

All training sessions are to be non-contact skills training. Non-contact skill training drills can include passing and shooting. Accidental contact may occur during drills, however no deliberate body contact drills such as tackling is permitted.

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 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 to keep a reasonable distance from the pitch, those that remain with their child(ren) during training will be considered part of the group of 10.
- You must follow the hygiene protocols in this document - regular breaks will be provided for the purpose of rehydrating and hand sanitising.
- Physical distancing of 1.5 metres must be maintained.
- No more than 1 person per 4m².
- Activities must be non-contact eg no tackling, no heading, no handshakes, high fives or similar.
- Handling and 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, goalkeeper gloves.
- 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 coaches/club official for the purpose of contact tracing.
- You must make yourself **available** for a photograph to be used for contact tracing.
- If any player presents to training with COVID-like symptoms, they must be immediately isolated and sent home ASAP.

CDSFA FOOTBALL

SOME THINGS DON'T CHANGE

Remember some things have not changed: Be Courteous and respect the rules of the Association. We are all here to enjoy ourselves whether we are players, coaches, parents, referees, administrators, club volunteers and spectators. Any abuse of these simple principles may result in severe implications for you and potentially your child's participation.

Coaches need to be qualified as do our referees and are determined to do the best job possible. Ensure that we continue to grow the game and continue the good work with inclusiveness and growth of the woman's game within the CDSFA.



PRINCIPLES

TRAINING SESSIONS



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FIRST AID

INJURIES DURING COVID

Firstly, prevention is always better than the cure!

When providing any form of first aid or injury treatment, always think of each situation as potentially infectious. Remember that you may be dealing with a player that has copious amounts of bodily fluids - blood, sweat or saliva – present, so do not to take any risks. As a first responder, your initial priority is always to minimise the risk of danger to yourself before you help someone else.

That rule never changes regardless of the fact we are in a COVID-19 pandemic. We simply need to continue treating every situation as if every injured player is infected and implement these safeguards when rendering first aid and especially CPR.

If a player goes down injured – in training or whilst playing a game – take extra precaution as you run on to the pitch to deal with them. Follow protection measures listed in more detail on the CDSFA website.

Clubs, teams, coaches, players and parents should read, understand and follow these Guidelines as they begin to ‘return to train’, and when full restrictions have been lifted, as they ‘return to play’.



TRAINING SESSIONS

AGE GROUP relevant

Pass through the Gates (5-10min).



CORE SKILLS: FT, STB, RWB.

KEY ASPECTS: Body shape to receive, control with the inside of the foot, lock the ankle, pace on the ball.

INSTRUCTIONS:

Ingredients: Ball per pair, cones to create gates/goals, bibs.

Set up:

Marked field of approx. 1/3 of full field. Also with varied width gates of different colours. Players in pairs, if uneven one group of three.

DESCRIPTION and PROGRESSIONS

This activity is played in rounds of 1min approx. At the end of each round the coach gathers players together (SDA) to give coaching points and extra motivation.

Round 1: To get everyone going, ask players to go through as many gates as possible. **COUNT THEM!**

Round 2: Get players to partner up and ask them to do 5 passes through a gate and then move to a different gate and do it again.

Round 3: Can you beat your record of passes?

Round 4: Only weak foot pass.

Round 5: After getting 5 passes on one gate the next gate has to have a different colour.

Coaching Point:

MINIMUM TWO TOUCHES: CONTROL, LOOK AND PASS

Open your body to receive facing where you want to play the ball.

Use the inside of your foot to control and then to pass.

SDA = Social Distancing Awareness

**THIS WILL BE
CONTINUALLY
UPDATED (CDSFA
WEBSITE) & WE
WELCOME TO INCLUDE
YOUR SUGGESTED
SESSIONS**

All training sessions are to be non-contact skills training. Non-contact skill training drills can include passing and shooting. Accidental contact may occur during drills, however no deliberate body contact drills such as tackling is permitted.



FINAL STAGE



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SEASON 2020

WHEN DO WE PLAY FOOTBALL

Our best chance to get back to play football this current season.

While negotiations are still being finalised, there is a strong possibility that competitive (contact) football at most grounds will commence early July and continue until the first week in October, with no finals series (First past the post deemed league winner) to maximise the number of games.

With the above in mind, the CDSFA is aware that some members would want to not participate in this modified season and they have been afforded the opportunity to de-register, and will be refunded fees, to the amount dependent on their respective Clubs, please contact your club directly to discuss or organize if this is what you wish. For those that may have used the \$100 Active Kids Voucher, this is not part of the total amount and remains with the club, as it's a govt grant to sporting organisations and not currency.

Once playing resumes the reality is that we will need to modify the way we schedule, prepare, play, train, referee, coach, socialise and celebrate to ensure we comply and keep our vast football family safe and healthy. It is the intention that these guidelines will align with the AIS Framework for Rebooting Sport which were released mid May. These guidelines, which are specific to football, are available to all members.

IT IS IMPORTANT TO REALISE THAT ALTHOUGH RETURN TO TRAINING IN SMALL GROUPS IS NOW PERMITTED, IT WILL STILL BE SOME TIME BEFORE FOOTBALL RETURNS TO PLAY. WITH A NUMBER OF GOVERNMENT RESTRICTIONS REQUIRED TO BE LIFTED BEFORE THIS OCCURS.

This information will be updated as information comes to hand via the CDSFA clubs.

This document is current as at 01 June 2020. CDSFA 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 and continuation 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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