

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.



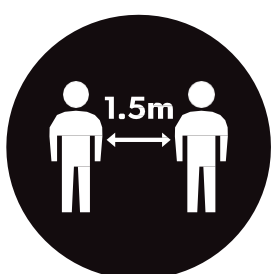
Ensure changerooms and showers are not used.



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



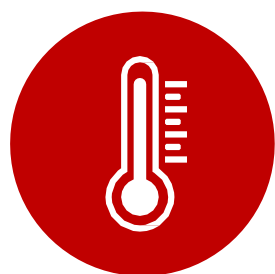
10 participants at one time including coach*

*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



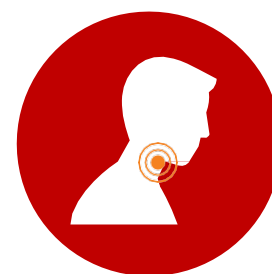
Fever



Cough



Fatigue



Sore throat



Shortness of breath

For more information go to www.FootballCanterbury.com.au

LEVEL 1 TRAINING GUIDELINES

TO BE IMPLEMENTED BY ALL CDSFA CLUBS AND TEAMS

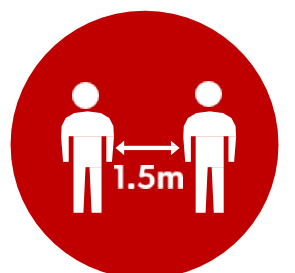
- No person to person contact training drills (tackling or challenges) to be conducted.
- A Football pitch is to be split into quarters.
- No more than 10 people to be allocated per quarter of the pitch. For example, one coach and nine players.
- Social distancing is to be implemented – at least 1.5m between people at all times.
- No person to person contact training activities (tackling or challenges) to be conducted.
- Any handling of equipment is to be kept to a minimum.
- All equipment (e.g. cones, portable goal posts, balls) should be cleaned after usage.
- Heading and picking up the ball to throw in must be discouraged, just use kick in's.
- Change rooms are not to be open, and only may only be used if it is the toilet area or to treat an injured player.
- Toilets can be open but social distancing of 1.5m and 1 person per 4m² must be adhered to.
- Regular breaks are provided so that players can hydrate and use hand sanitiser.
- Only essential people at training, players, team officials, essential volunteers ARRIVE – TRAIN - LEAVE.
- Regular breaks are provided so that players can hydrate and use hand sanitiser
- If training bibs are used, each individual player is to be allocated a bib and they are responsible for taking the bib home to wash and return.
- Changing rooms are not to be open. Changing rooms may only be used if it is the toilet area or to treat an injured player. Soap and hand sanitiser must always be available in toilets.
- Surface areas must be wiped down regularly with anti-bacterial disinfectant
- Provide bins around the venue
- Promote education around hand washing guidance to all club members
- Provide hand sanitisers in prominent areas of the venue and ensure they are kept filled

TO ENSURE THAT PLAYERS SHOULD ADHERE TO THE FOLLOWING

- Players should arrive no more than 15 minutes prior to training commencing. dressed ready to train.
- No social activities to occur once training has concluded.
- Players are to leave the venue immediately once their training session has concluded.
- Players are to bring their own clearly labelled drink bottle. No sharing of drink bottles is to be permitted.
- 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.

PROMOTE GOOD HYGENE BEHAVIOUR

- **Carry and use hand sanitizer on a regular basis.**
- **If using tissues place them directly in the bin after use.**
- **Wash hands frequently with soap and water, before and after eating and after using the toilet.**
- **No sharing of pens or clip boards, individuals must provide their own.**
- **Seek to avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.**
- **Do not touch eyes, nose, or mouth if your hands are not clean.**
- **No spitting at any time.**
- **Do not share drink bottles.**
- **Practice social distancing maintaining at least 1.5m from others.**



To further aid the fight against COVID-19, we support the Australian Government's COVIDSafe app and strongly encourage all members of the football community to get behind this initiative.

The app can be downloaded from the Apple App store and Google Play.

Stop the Spread Resources can be obtained here:

