

# RETURN TO TRAINING

AS AT 18TH MAY 2020



## FOOTBALL TRAINING CAN RESUME IF THE FOLLOWING PROTOCOLS ARE IN PLACE:

1. Clubs / teams strictly adhere to the maximum of 20 participants (inclusive of coaches), as per the current State Government restrictions, and following the principle of **'Get in, Train, Get out'**.
2. Strictly no physical contact between players can occur (i.e. no tackling, no bumping, no marking contests).
3. Social distancing of 1.5m must be maintained at all times, along with ensuring only 1 person per 4sqm.
4. No access to club rooms, changerooms or wet areas can occur.
5. Footballs can be used for small group training, however no additional equipment (i.e. bump bags, weights, etc.) can be used during training.
6. A log, or register, of all participants in attendance at each training session **MUST** be maintained and available upon request by either the WAFC or Health authorities. Participants must remain in the same group, and not switch groups.
7. The Return to Training hygiene practices outlined in this document are to be strictly adhered to.
8. Online education is completed by coaches, presidents and other club personnel.

## HYGIENE FACTORS FOR A RETURN TO TRAINING

### Hygiene Protocols for a Return to Training

- Alcohol based hand sanitisers must be available for all teams training sessions, with players encouraged to use prior, during and following training.
- There is strictly to be no sharing of water bottles or towels, and it is important to clean and disinfect these items following each training session. Disinfect mouth guards after each session.
- Players and coaches should avoid spitting or clearing nasal passages at training.
- Avoid high fives, hand shakes or other physical contact.
- Changerooms, Club Rooms and wet areas are not to be utilised for training i.e. players arrive at venue in football gear.
- Club provided footballs to be wiped with antibacterial wipes or alcohol-based sanitiser prior to and after training sessions.
- Players are responsible for their own strapping if required. No player massages.
- If you, or people you have been in contact with are sick, please **DO NOT** attend training and advise the football coach.

### General Hygiene Practices

- Wash your hands often with soap and water for at least 20 seconds - If soap and water are not available, use an alcohol-based hand sanitiser
- Avoid touching your eyes, nose and mouth
- Avoid close contact with people who are sick
- Stay home and seek medical treatment when you are sick
- Cover your mouth to cough or sneeze

**CLUBS MUST ENSURE THAT THESE HYGIENE PROTOCOLS ARE IN PLACE FOR ALL TEAMS THAT ARE TRAINING.**

**IF THESE PROTOCOLS CANNOT BE ACHIEVED THEN TRAINING SHOULD NOT PROCEED.**



**THE WAFC STRONGLY RECOMMENDS THAT CLUBS AND PLAYERS UTILISE THE COVIDSAFE APP TO ASSIST WITH TRACKING THE VIRUS.**

