



RETURN TO TRAINING CHECKLIST

LEVEL 1

This checklist has been developed to assist all Associations and Clubs to implement the Return to Training Guidelines.

Everyone has a responsibility to ensure that return to play is achieved safely and this starts with returning to training, this includes Club/Team Officials, parents/carers and participants. As we know – 'We are all in this Together'.

IMPORTANT NOTE

No person should attend training if in the past 14 days they have:

- been unwell or had any flu-like symptoms, or
- been in contact with a known or suspected case of COVID-19, or
- any sudden loss of smell or loss of taste, or
- are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.

Check the [NSW Government website link advice](#) regarding the full list of symptoms associated with COVID-19 infection

CLUBS ARE TO IMPLEMENT THE FOLLOWING GUIDELINES	CHECK
• Only essential personnel are to attend training – players, team officials, essential volunteers	✓
• 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	✓
• Toilets can be open but social distancing of 1.5m and 1 person per 4m ² must be adhered to	✓
• Canteens may be open for take away items only. Social distancing of 1.5m and 1 person per 4m ² must be adhered to	✓
• Soap and hand sanitiser must always be available in toilets	✓
• No social activities to occur once training has concluded	✓
• Surface areas must be wiped down regularly with anti-bacterial disinfectant	✓
• 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	✓
• Provide bins around the venue	✓

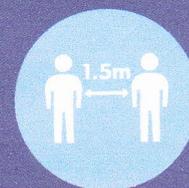


LEVEL 1 TRAINING GUIDELINES TO BE IMPLEMENTED BY ALL CLUBS AND ASSOCIATIONS	CHECK
• A Football pitch is to be split into quarters	✓
• No more than 10 people to be allocated per quarter of the pitch. For example, one coach and nine players	✓
• Social distancing is to be implemented – at least 1.5m between people at all times	✓
• No person to person contact training drills (tackling or challenges) to be conducted	✓
• Any handling of equipment is to be kept to a minimum	✓
• Heading drills must be minimised and picking up the ball and throw ins must be discouraged	✓
• All equipment (e.g. cones, portable goal posts, balls) should be cleaned after usage	✓
• 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	✓
• Players are to enter and leave the pitch in a timely manner minimising social contact and large gatherings	✓

ENSURE THAT THE PLAYERS ADHERE TO THE FOLLOWING GUIDELINES FOR TRAINING	CHECK
• Players should arrive no more than 15 minutes prior to training commencing	✓
• Players should come dressed and prepared to train	✓
• Players are to bring their own clearly labelled drink bottle. No sharing of drink bottles is to be permitted	✓
• Players are to leave the venue immediately once their training session has concluded	✓

PROMOTE GOOD HYGIENE BEHAVIOUR

- Carry and use hand sanitiser on a regular basis.
- If using tissues, place them directly into 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:
<https://www.health.gov.au/resources/collections/coronavirus-covid-19-campaign-resources>

COVIDSAFE

Keep you and your family safe

Download now