



TRAINING SESSION AND MATCH DAY PROTOCOLS

FOOTBALL TRAINING AND MATCHES NEED TO ADHERE TO THE FOLLOWING PROTOCOLS:

1. Use of Face Masks
 - a. In line with the Current WA Government mandate, masks are mandatory in public indoor settings across WA. This includes club rooms and changing rooms.
 - b. Masks are not required to be worn outdoors.
2. Clubs/ teams can train as per normal.
3. Contact between players can occur, along with Match Simulation training.
4. It is recommended that social distancing of 1.5m still be maintained where appropriate. This requirement is also for changerooms.
5. Access to clubrooms, changerooms and wet areas is allowed whilst adhering to mask wearing requirements. Appropriate cleaning of high touch surfaces should occur.
6. Footballs and all equipment can be used for all training sessions.
7. Good hygiene practices as outlined below should be followed.

HYGIENE FACTORS FOR TRAINING & MATCHES

Regularly use alcohol-based hand sanitisers, especially after touching any equipment.

- Where possible, hand sanitizer is made available to all teams.
- Hand sanitizer should be available and accessible at the football club.
- Players are encouraged to use Alcohol based hand sanitizer or wash their hands thoroughly both before and after training.

Strictly no sharing products including:

- Water bottles or towels, and it is important to clean and disinfect these items following each training session. Players should disinfect mouth guards after each session.

Physical contact

- It is still recommended to avoid high fives, handshakes, or other physical contact.
- Where reasonable and practical, maintain a physical distance of 1.5m.
- Players and coaches should avoid spitting or clearing nasal passages at training.
- Trainers should maintain strong hygiene practices including washing or disinfecting hands between treating players.

Food & Drink

- Players **MUST** provide and use their own drink bottle.
- BYO food is encouraged.
- All food handlers are advised to always wear gloves while preparing and serving food.

If you, or people you have been in contact with are sick, please DO NOT attend training and advise the football coach.

CLUBS MUST STILL ENSURE THAT HYGIENCE PRACTICES ARE IN PLACE FOR ALL TEAMS THAT ARE EITHER TRAINING OR PLAYING MATCHES.