

# RETURN TO TRAINING & MATCHES

AS AT 27TH JUNE 2020



## FOOTBALL TRAINING AND MATCHES CAN RESUME WITH THE FOLLOWING PROTOCOLS IN PLACE:

1. Clubs / teams can train as per normal. No restrictions are in place on squad sizes on the oval, apart from ensuring 1 person per 2sqm.
2. Contact between players can occur, along with Match Simulation training
3. It is recommended that Social distancing of 1.5m still be maintained where appropriate, along with ensuring only 1 person per 2sqm. This requirement is also for changerooms. As an example, if you have a changeroom that is 10m long by 5m wide equalling 50sqm, then you can have a maximum of 25 people in the changerooms at any one time.
4. Access to clubrooms, changerooms and wet areas is allowed. Appropriate cleaning of high touch surfaces should occur.
5. Footballs and all equipment can be used for all training sessions.
6. A register or log of participants at training or matches is no longer required under the COVID-19 WA State Government restrictions.
7. Good hygiene practices as outlined below should still be followed.
8. Volunteers are still encouraged to undertake COVID-19 online training.

## HYGIENE FACTORS FOR A RETURN TO TRAINING & MATCHES

### Hygiene Protocols for a Return to Training & Matches

- Players should be encouraged to use Alcohol based hand sanitiser or wash their hands thoroughly both before or after 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. Players should disinfect mouth guards after each session.
- Players and coaches should avoid spitting or clearing nasal passages at training.
- It is still recommended to avoid high fives, hand shakes or other physical contact.
- Trainers should maintain strong hygiene practices including washing or disinfecting hands between treating players.
- 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 STILL ENSURE THAT HYGIENE PRACTICES ARE IN PLACE FOR ALL TEAMS THAT ARE EITHER TRAINING OR PLAYING MATCHES.**



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



WEST AUSTRALIAN  
FOOTBALL COMMISSION INC.