

RETURN TO TRAINING

AS AT 6TH JUNE 2020



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

1. Clubs / teams can undertake full training (including contact), as per the current State Government restrictions which has a maximum of 100 people per oval. It is recommended that clubs still follow the principle of **'Get in, Train, Get out'**.
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.
4. Access to club rooms, changerooms or wet areas is allowed, however appropriate cleaning of venues must occur.
5. Footballs and all equipment can be used for all training seasons. Equipment must be cleaned after every session.
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.
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. 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.
- Changerooms, Club Rooms and wet areas can be accessed, although the principle of 'Get in, Train, Get Out' should still be followed.
- Footballs and equipment should be cleaned following each session.
- Trainers are allowed to attend training / games. They should maintain really high hygiene principles.
- 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.

