

THE FUTURE IS FOOTBALL
REDBACKS FOOTBALL
elthamredbacksfc.org.au



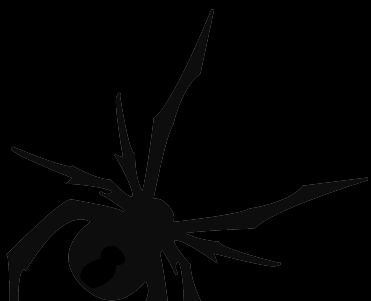
COVID-19

Stage 1

Member

Return to Training Plan

V1.0 – 27 May 2020



OVERVIEW

Eltham Redbacks Football Club's (ERFC's) first priority is to safeguard the health and wellbeing of the Redbacks community during the Coronavirus (COVID-19) pandemic. As the Club moves to reintroduce community football in a staged approach, beginning with a limited return to training from 18 May 2020, the Club Committee has designed return to training conditions specific to the Club, which are contained herein.

All members are required to comply with these conditions during the return to training phase.

These conditions comply with Football Victoria's *Return to Training Conditions* (15 May 2020), which members must also comply with during the return to training phase. [Those conditions can be viewed here.](#)



Return to Training Conditions – All Members

In addition to the conditions set out by Football Victoria in their *Return to Training Conditions*, **all ERFC Members** must:

All members **are required** to bring their own supply of hand sanitiser to each training session.

Before training:

- Stay at home if you feel unwell or have been exposed to someone who is ill
- **Use the bathroom at home.** Nillumbik Council has temporarily prohibited access to club facilities
- Arrive on time but no more than 10 minutes early
- Sign in at the designated sign in point
- Sanitise your hands

During training:

- **Practice** social distancing of 1.5m from others
- **Practice** good hygiene

After training:

- Sanitise your hands
- Leave immediately. Do not socialise or discuss football with others in person



Return to Training Conditions – All Members

In the event of a confirmed or suspected case of COVID-19 at our Club:

- The Club will take a highly conservative approach by suspending training for all players in as many squads as we deem appropriate for as long as we deem appropriate **or as long as we are advised to by the authorities**
- Engage with all relevant authorities to inform them about the confirmed or potential existence of COVID-19 at our Club
- Use sign in records for **contract** tracing purposes
- Follow the instructions of all relevant authorities



Return to Training Conditions – Players

In addition to the conditions set out by Football Victoria in their *Return to Training Conditions* and the ERFC Return to Training Conditions that apply to all members, ***all ERFC players*** must:

Before training:

- [Register](#) through *Play Football* as required by Football Victoria
- Wear your red kit to training. Nillumbik Council has prohibited access to the changerooms
- Bring your blue kit (if you have one). It may be required to assist with forming teams in training as the sharing of bibs is not allowed
- Bring all your required equipment. Without it, you will be prevented from participating. Note that different requirements exist for each age group

During training:

- Practice social distancing on the pitch. No high fives or similar. No contests for the football
- Do not head the ball or throw the ball in
- Practice good hygiene. **No spitting**
- Refrain from sharing equipment

After training:

- Pack up and vacate the pitch quickly



Return to Training Conditions – Parents and Caregivers

In addition to the conditions set out by Football Victoria in their *Return to Training Conditions* and the ERFC Return to Training Conditions that apply to all members, ***all ERFC parents and caregivers*** must:

Before training:

- Ensure your child is well
- Ensure your child is familiar with their responsibilities while attending training
- Make a plan for timely drop offs and pick ups
- Assist your child with ensuring they have all the equipment they need. Without it, they will be denied participation

During training:

- Practice social distancing on the sidelines.
- Remain off the pitch and stay 1.5m away from others

After training:

- Collect your child promptly
- Do not stay to socialise
- Leave immediately



Return to Training Conditions – Coaches

In addition to the conditions set out by Football Victoria in their *Return to Training Conditions* and the ERFC Return to Training Conditions that apply to all members, **all ERFC coaches** must:

Before training:

- Prepare training according to the updated guidelines provided and the coaching provided to you by the club. No physical contests until further notice. No two players standing alongside one another. No headers or throw ins. Limit the sharing of footballs
- Ensure all participants have the equipment required
- Ensure all participants have **checked in** via the [Record of Attendance](#)

During training:

- No team huddles or discussions. Coach 'on the run' or with players spread out
- No sharing of equipment that touches the head or face
- Set regular breaks for hand sanitising and drinks

After training:

- Finish on time, no less than 15 minutes before the next scheduled session
- Stagger leave times to prevent congregation
- Pack up quickly and vacate the pitch



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This document is current as at 20 May 2020. ERFC will continue to work with Football Victoria, Nillumbik Shire Council and other bodies regarding the safe resumption of football.

The document is subject to change including upon the advice of Football Victoria. Players, coaches, club officials and parents are expected to remain up-to-date with the latest advice.

Further information guide(s) will be published in line with Football Victoria advice in the event of any further staged return to playing football.

