

COVID-19 STAGE 3 - RETURN TO TRAINING - SENIOR CONDITIONS

V3.1: 6 July 2020
VALID FROM: 6 July 2020



**FOOTBALL
VICTORIA**

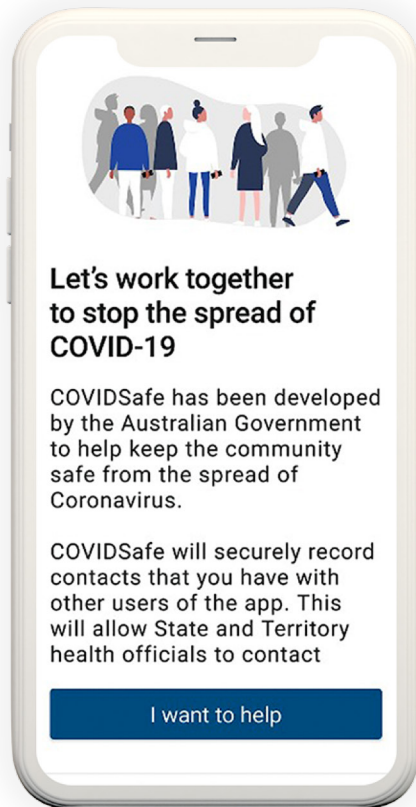
#LIVELOVEFOOTBALL

COVIDSafe APP

To aid the fight against COVID-19, Football Victoria supports the COVIDSafe app and strongly encourages the football community to get behind this initiative.

It represents our best chance to get back to football quickly.

Download from the Apple App store and Google Play.



OVERVIEW

Football Victoria's priority is to safeguard the health and wellbeing of the football community during the COVID-19 pandemic. The Federal and Victorian State governments have announced a roadmap to cautiously reintroduce football in a staged approach. The first stage was a limited return to training. The second stage extended the number of players who could train. The third stage now splits player activity based on age.

This document outlines the **conditions that must be met for outdoor training** during this stage in order to limit the spread of COVID-19 in line with Federal and Victorian State government guidance.

Breach of these conditions may void your insurance policies under the national insurance program, may be dealt with under FV's Grievance, Disciplinary and Tribunal Bylaw, and may incur substantial fines under the Public Health and Wellbeing Act 2018.

Clubs must source written approval from the landowner eg Council, before training commences.

Note that changes from V3.0 are marked in red



KEY CHANGES



SPECTATORS

Groups of up to 10 people outdoors spread out around the ground/venue



FACILITIES

Clubrooms, changerooms and showers can reopen



GROUPS

Limited to normal squad sizes

Full details of each change are provided below and must be read carefully

PRINCIPLES FEDERAL GOVERNMENT

Football Victoria is following the framework provided by the Australian Institute of Sport (AIS) and is implementing the training conditions in this document for those aged 19 and over in line with Level B.

The AIS Framework document can be found [here](#).



PRINCIPLES VICTORIAN GOVERNMENT

The Victorian Government has announced the next stage of restrictions from 11:59pm on Wednesday 1 July 2020. These apply to the whole state except for Melbourne's restricted postcodes

- Outdoor and indoor sports venues and physical recreational facilities (for example, gyms, health clubs, class-based fitness studios, dance studios and personal training facilities) can open.
- Communal facilities, such as clubrooms and change rooms, can now open for indoor and outdoor sport venues applying the four-square metre rule to each enclosed space. Signage must be displayed at the entry to each indoor space outlining the maximum number of people allowed at a single time.
- Sporting clubs that operate a restaurant, café or canteen within its facility may reopen with take-away and limited dine-in arrangements, provided it strictly adheres to the restrictions on hospitality venues including up to 20 patrons per enclosed space and in groups of up to 10, subject to the four-square metre rule.

For organised community sport activities:

- Organised non-contact training and competition are allowed for all age groups where participants can stay 1.5 metres apart.
- For people aged 18 years and under, full-contact community sport training and competition may resume.
- For organised community sport, both indoors and outdoors, the minimum number participants required to conduct the sport should participate in the activity. The rules of the sport governing body (e.g. the State Sporting Association) determine the number that can participate (ie. the number who

would normally be involved in a match or training, including players on the field/court and allowed substitutes). This applies even if it exceeds the density quotient or group limit on the venue.

- Spectators for outdoor training and competitions must abide by gathering restrictions – spectators should be in groups of no more than 10 and spread out around the ground or venue. The group of 10 does not include those necessary for the activity to occur, such as the umpire or trainer and a parent or carer supporting a person with a disability to participate.

This easing of restrictions is permitted further to directions issued by the Victorian Deputy Chief Health Officer including the *Restricted Activity Direction (No 11)* and the *Stay Safe Direction (No 3)*.

The following conditions implement these rules for the purposes of football and form the mandatory requirements from Football Victoria for any FV sanctioned training involving only players aged 19 or over.

PRINCIPLES RESTRICTED POSTCODES

The Victorian Government has announced a series of restrictions that apply to activity within, and residents of, certain postcodes in Victoria

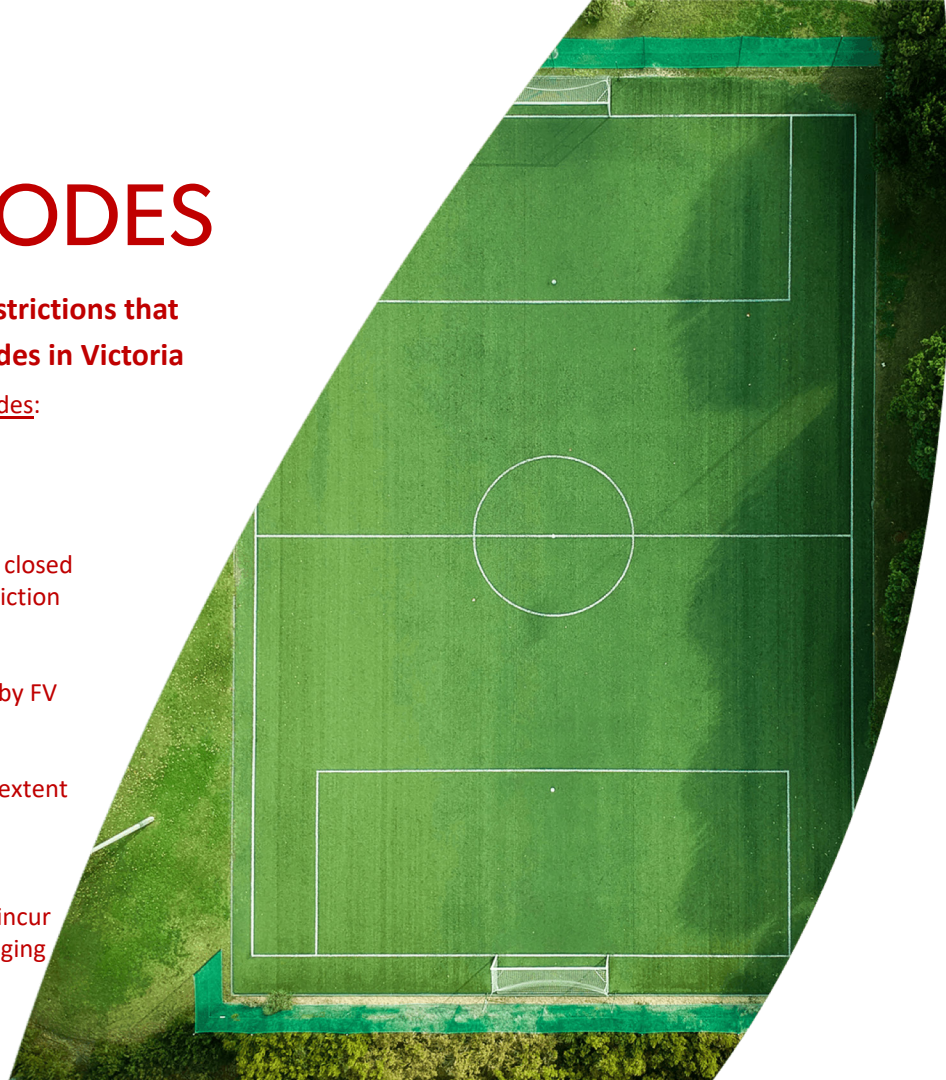
DHHS have confirmed that from 11:59pm, 1 July in restricted postcodes:

- community sport training and competition cannot occur
- if you live in a restricted postcode you cannot participate in community sport elsewhere
- indoor sports centres including gyms and training facilities will be closed
- people aged 18 years and younger are not exempt from this restriction
- outdoor sport facilities will be closed

Community sport comprises all competition and training sanctioned by FV (including NPL).

The conditions in this document are subject to the above and to the extent of any inconsistency, the above statements have priority.

Clubs and individuals found to be breaching government directions regarding restricted postcodes may face sanctions from FV and may incur substantial fines under the Public Health and Wellbeing Act 2008 ranging up to **\$20,000** for individuals and **\$100,000** for clubs.



PRIOR TO TRAINING



PRIOR TO TRAINING INDIVIDUALS

You **must not attend training** if in the past 14 days you:

- ☐ Have been unwell or had any flu-like or respiratory symptoms (even if mild)*;
- ☐ Are living with a diagnosed person;
- ☐ Have been in contact with a known or suspected case of COVID-19;
- ☐ Have had any respiratory symptoms (even if mild); or
- ☐ Are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions – further **information can be found [here](#)**.

Those with even mild symptoms are strongly encouraged to get tested.

For more information, **[click here](#)**.

It is the responsibility of the club to monitor players on arrival and the individual to self assess if they should attend.

Anyone who has been in isolation/quarantine may return to training only if they have met all DHHS requirements. See [here](#) for further information.

*If you are unwell (first category above only) and you have taken a COVID-19 test which was negative, you should still isolate at home until symptoms have completely gone. Once gone, and subject to any other requirement to isolate/quarantine, you may return to training sooner than 14 days.



PRIOR TO TRAINING CLUB

In advance of commencing training, clubs must:

- ❑ Source written approval from the landowner of your facility e.g. Council – Clubs are not permitted to use venues other than those already agreed in advance of the season
- ❑ Comply with any additional requirements imposed by the landowner
- ❑ Assess any indoor space(s) within their venue (that is not a Food and Drink Facility) eg club room/change room/showers and limit the number of people in each such space in line with the density quotient* with clear signage at the relevant entry point indicating the maximum permitted number and encouraging distancing within (note no access is permitted to saunas/spas)
- ❑ For venues with multiple separate indoor spaces, ensure there are measures in place to limit close contact between individuals in shared spaces such as foyers
- ❑ Consider closing off sections of seating/benches to help spectators to keep a 1.5 metre distance
- ❑ If they intend to open a Food and Drink Facility, comply with applicable requirements (see next slide)
- ❑ Use floor markings to promote physical distancing in changerooms and consider closing off some seats/benches, lockers/cubicles to make it clear how many users are allowed in the areas
- ❑ Ensure tight controls on access/keys – this includes keeping a record of

the person responsible for access/keys on the list of attendees

- ❑ Ensure the venue meets all conditions in this document including particularly hygiene and pitch marking
- ❑ Ensure all communications with members aged 19 and over about the return to training include this document, highlighting the information when not to attend training
- ❑ All club officials, coaches and anyone coordinating the training sessions must have read and be familiar with these conditions
- ❑ Ensure that any person who attends training who is known in the last 14 days to have (or had) symptoms, contact with a known/suspected case, is living with a diagnosed person, or be at high risk (further information [here](#)), is refused entry – **see slide 9 for full details**
- ❑ Ensure that all players and coaches are appropriately registered on PlayFootball

*The density quotient limits the number of members of the public that are permitted in a space at any one time to the number calculated by dividing the total publicly accessible space (measured in square metres) by 4.

Example: if an indoor space is 8.5 metres long and 4.5 metres wide, its total area is 38.25 square metres. Its density quotient is 9.56, so no more than 9 members of the public would be permitted to be in the indoor space at the same time.

PRIOR TO TRAINING

FOOD AND DRINK FACILITIES

Sporting clubs that operate a café, restaurant, fast-food store, cafeteria, canteen or licensed premises within its facility may reopen it with limited dine-in arrangements, provided it strictly adheres to the restrictions on hospitality venues.

These include **but are not limited to** limiting the number of members of the public (including those waiting for takeaway) to the lesser of 20 or as permitted under the density quotient (see prior slide) and no more than 10 per group booking.

Detailed guidelines of the requirements for food and drink facilities to reopen, including for takeaway service, are available on the [Business Victoria website](#).

In advance of opening, clubs must consult the [Hospitality Industry Guidelines for Coronavirus \(COVID-19\)](#) and carry out the actions required included but not limited to the following:

- ☐ create a plan for their business that takes into account these guidelines as well as guidance from WorkSafe Victoria
- ☐ deep clean the premises before reopening
- ☐ set up the venue to ensure physical distancing requirements of one person per four square metres are met and place tables so that any diners on a neighbouring table remain 1.5 metres apart when seated
- ☐ display hygiene, physical distancing and wayfinding signage to emphasise to staff and patrons the expectation on all of us to stay safe
- ☐ encourage all staff and managers to complete the Victorian Government online COVID-19 training, including ensuring at least one staff member at the venue has completed the training
- ☐ maintain a contact register of all visitors to the venue (first name, telephone number, date and time of visit) including patrons, suppliers, maintenance workers to support contact tracing and store it securely on-site for at least 28 days after the visit

HYGIENE



HYGIENE PROTOCOLS

CLUBS

All clubs must ensure, in conjunction with the Council / landowner that:

- ☐ Facilities are cleaned at least twice daily when in use, with communal facilities and contact surfaces disinfected – advice on cleaning is found at the DHHS website: <https://www.dhhs.vic.gov.au/cleaning-and-disinfecting-reduce-covid-19-transmission>
- ☐ **All equipment including balls must be cleaned and disinfected at least twice a day – before and after use.**
- ☐ Regular and thorough hand washing is promoted via prominent signage (including at entry and exit points – to be marked as such) around the venue. Signage is available to download via our **Return to Football portal.**
- ☐ Prominent signage (including at entry and exit points to be marked as such) around the venue instructing people when not to attend training
- ☐ Hand sanitiser dispensers are provided in prominent places around the venue (including entry and exit points) and are regularly refilled
- ☐ Soap dispensers in toilets are regularly refilled
- ☐ Bins are provided around the venue and regularly emptied
- ☐ Prominent signage that not more than 1 person is permitted per toilet facility at any one time

HYGIENE PROTOCOLS

INDIVIDUALS

All individuals attending training must:

- ☐ Wash hands with hand sanitiser immediately before and after training and during scheduled breaks in training
- ☐ Not spit at any time
- ☐ Not share drink bottles and clearly label their own bottle
- ☐ Take their training bib or any other items worn/used during training, home to wash individually
- ☐ Carry hand sanitiser in order to enable good personal hygiene
- ☐ Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze and place tissues directly in bins
- ☐ Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly
- ☐ Not share pens or clip boards
- ☐ Avoid touching eyes, nose or mouth if your hands are not clean
- ☐ Ensure not more than 1 person per toilet facility at any one time
- ☐ Are encouraged to shower at home to avoid congestion at facilities



ATTENDING TRAINING



TRAINING PROTOCOLS

COACH/CLUB OFFICIAL

When conducting training, the following conditions must be implemented:

- ☐ Entry must be refused to any person who attends training who is known in the last 14 days to have (or had) symptoms, contact with a known/suspected case, is living with a person diagnosed, or be at high risk (further **information [here](#)**)
- ☐ If any player presents to training with COVID-like symptoms, they must be immediately isolated and sent home as soon as possible
- ☐ Group sizes are limited to the minimum number of participants required to conduct the sport - FV would expect this to mean normal squad sizes. Support personnel, including coaches, trainers, parents or carers are allowed in addition to the participants
- ☐ Only those necessary to support participation should attend training and must abide by gathering restrictions.
- ☐ Spectators should be in groups of no more than 10 and spread out around the ground or venue. The group of 10 does not include those necessary for the activity to occur, such as the referee or trainer and a parent or carer supporting a person with a disability to participate.
- ☐ Staggered training start times to minimise risk of congregation particularly in communal areas
- ☐ A gap of no less than 15 minutes in between scheduled training sessions to avoid congregation
- ☐ An accurate record of attendees for the purposes of contact tracing is encouraged, including full name, FFA number, phone number, date and time of attendance and confirmation whether they have downloaded COVIDSafe (Template available **[here](#)**) - to be completed only by the coach in line with physical distancing
- ☐ Physical distancing of 1.5 metres must be maintained (with the exception of a parent/carer supporting a person with disability)
- ☐ No heading of the ball can take place during training
- ☐ Activity must be non-contact eg no tackling, no handshakes, high fives or similar
- ☐ Handling of equipment must be minimized eg no throw in's
- ☐ Sharing of equipment must be minimised
- ☐ No use of shared equipment that touches the head or face or cannot be effectively cleaned i.e. soft materials or clothing
- ☐ Adherence to the hygiene protocols in this document
- ☐ Regular breaks are to be provided for the purpose of rehydrating and hand sanitising
- ☐ No social activity is to occur once training has concluded
- ☐ Players are to leave the venue in a staged approach, with sessions concluding in a clockwise manner
- ☐ Any access to equipment storage areas limited to one person
- ☐ All normal safety protocols apply – including Child Safety requirements (WWCC)

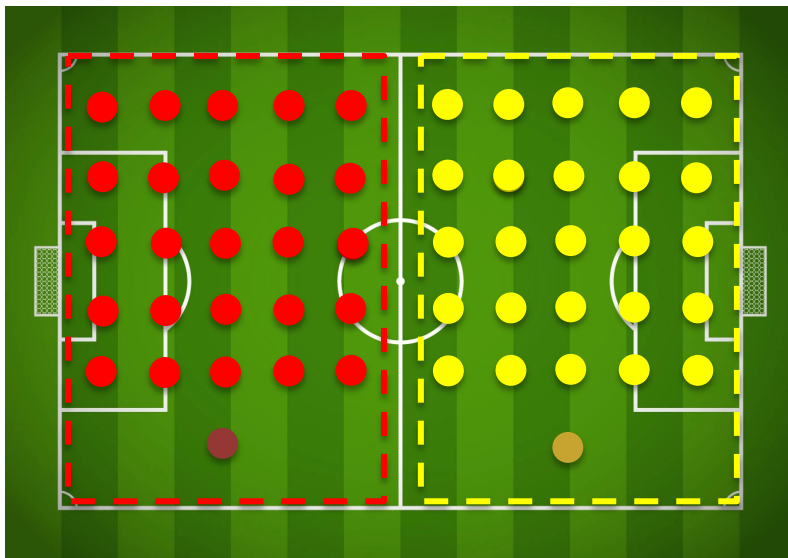
TRAINING PROTOCOLS

ZONES

When conducting training, the following conditions must be implemented:

- ❑ Training zones must be a minimum of 45m by 45m (being half the FIFA standard full-size pitch)
- ❑ Group sizes are limited to the minimum number of participants required to conduct the sport - FV would expect this to mean normal squad sizes.
- ❑ Groups must not mix with each other and must remain constant, where participants can not swap between groups
- ❑ If a ball from one training zone enters another training zone, players are directed to gently kick the ball back rather than pick it up and throw it
- ❑ Training zones must be clearly marked **to ensure groups do not operate closely to each other** and all those attending (including spectators) must be notified that they are not to move into any other zone during training

EXAMPLE – 25 PERSON MEN’S AND WOMEN’S SENIOR SQUADS



TRAINING PROTOCOLS

PLAYER/SPECTATOR

When attending training, the following conditions must be observed:

- ☐ You must not arrive **at the pitch** more than 10 minutes prior to training commencing – **warm-ups may occur away from other groups**
- ☐ You must not congregate at the entry point
- ☐ You must bring your own drink bottles clearly labelled. No sharing of drink bottles is permitted
- ☐ Only those necessary to support participation should attend training and must abide by gathering restrictions.
- ☐ Spectators should be in groups of no more than 10 and spread out around the ground or venue. The group of 10 does not include those necessary for the activity to occur, such as the referee or trainer and a parent or carer supporting a person with a disability to participate.
- ☐ You must follow the hygiene protocols in this document - regular breaks will to be provided for the purpose of rehydrating and hand sanitising
- ☐ Physical distancing of 1.5 metres must be maintained (with the exception of a parent/carer supporting a person with disability)
- ☐ No heading of the ball can take place during training
- ☐ Activity must be non-contact eg no tackling, no heading, no handshakes, high fives or similar
- ☐ Handling of equipment must be minimized eg no throw in's
- ☐ Sharing of equipment must be minimised
- ☐ No use of shared equipment that touches the head or face or cannot be effectively cleaned i.e. soft materials or clothing
- ☐ Attendees are encouraged to provide your details including full name, FFA number, phone number, date and time of attendance, and confirmation whether you have downloaded COVIDSafe, to the coach/club official for the purposes of contact tracing.
- ☐ You must take your training bib, kit or any other items worn/used during each training session, home to wash individually
- ☐ You must leave the venue immediately once training has concluded - no social activity is to occur
- ☐ Players are to leave the venue in a staged approach, with sessions concluding in a clockwise manner

This document is current as at 6 July 2020 and effective from 6 July 2020. FV is in the advanced stages of scenario planning and will continue to work with the State Government, FFA, Councils and other bodies regarding the safe resumption of football.

The document is subject to change including upon the advice of government and clubs are expected to remain up-to-date with the latest advice.

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



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