



RETURN TO PLAY FRAMEWORK

RETURN TO SMALL GROUP

TRAINING UP-TO 10 PEOPLE

PROTOCOLS

Prepared for NSW Community Football Leagues & Clubs ONLY
Date: May 21



RETURN TO PLAY FRAMEWORK

RETURN TO SMALL GROUP TRAINING UP-TO 10 PEOPLE PROTOCOLS

BACKGROUND

Returning to play in a safe, hygienic and controlled manner is paramount to the AFL. The safety and wellbeing of our participants is our number one priority.

Following the recently revised NSW Public Health (COVID-19 Restrictions on Gathering and Movement) Order (No 2) 2020, AFL NSW/ACT endorse a return to club sanctioned small group training at community football level in NSW from Thursday, May 21, provided Clubs and participants follow the relevant Government guidelines and AFL NSW/ACT's Return to Small Group Training Protocols are implemented.

In advance of training recommencing we encourage Leagues, Clubs and Volunteers to review the following Protocols, undertake an education period to formulate an education and implementation plan for their Club to prepare members for a return to small group training safely.

We will continue to work with the NSW Government to ensure alignment with their advice, and in the event of further easing of restrictions, we hope to be able to return to full training and competition, with hygiene and safety protocols firmly in place.

Our primary focus is to ensure our clubs and Leagues prepare to return to small group training in a safe environment that is a carefully managed. In order for this return to small group training to be successful, it is essential that clubs and individuals work within the protocols and government restrictions and do not move ahead of the current restrictions.

AFL NSW/ACT will continue to follow any direction from government and align with the AIS Framework for Rebooting Sport, to ensure community football activity in NSW/ACT does not compromise the health of individuals or the broader community.

AFL COMMUNITY CLUBS CAN RESUME SMALL GROUP TRAINING (UP TO 10 PEOPLE) IF THE FOLLOWING GUIDELINES AND PROTOCOLS ARE MET:

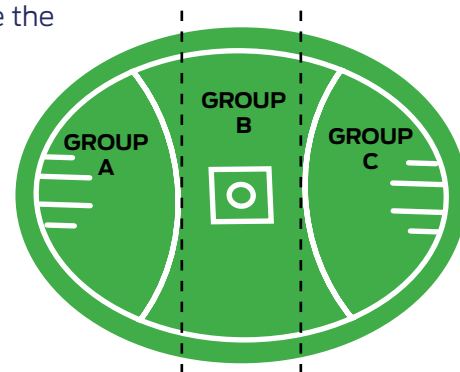
1. Clubs/Teams are to strictly adhere to the maximum of 10 participants per group (inclusive of coaches and support staff), as per the current NSW Government restrictions.
2. Groups of 10 must not mix with each other and must remain distant, with participants not allowed to swap between groups.
3. Strictly no physical contact between players can occur (i.e. no tackling, no bumping, no marking contests).
4. Social distancing of 1.5m must be maintained at all times, along with ensuring only 1 person per 4sqm.
5. Change rooms should remain closed for training except to access toilets if there are no alternative toilet facilities available, or for the purpose of obtaining equipment as detailed in point 6 below.
6. Footballs can be used for small group training, however only limited additional equipment is permitted to be used during training (i.e. field marking cones etc are permitted).
7. Each club must nominate one COVID Safety Officer and as a minimum this person must undertake the free Australian Government [online COVID-19 Infection Control Training](#) prior to recommencement of Club activity. It is also strongly recommended that other club officials also undertake this training. The certificate of completion needs to be emailed to your League Administrator prior to the recommencement of activity. Where possible, we encourage Clubs to have multiple people to take ownership of this role and share the responsibility.
8. A log, or register, using the approved AFL NSW/ACT template, of all participants in attendance at each training session **MUST** be maintained and available upon request by either AFL NSW/ACT or health authorities.
9. Return to Small Group Training will not include NAB AFL Auskick and Umpires at this stage.
10. The Return to Small Group Training hygiene protocols outlined in this document are to be strictly adhered to with no exceptions.

WHAT DOES SMALL GROUP TRAINING LOOK LIKE?

- ▶ Staggered training schedule (start times, different days, potential for different locations).
- ▶ Training groups of no larger than ten (10), including players and officials.
- ▶ Maintain consistent group members and no movement between groups can occur.
- ▶ Training activities must be non-contact (no tackling, bumping etc).
- ▶ Use of equipment to be limited to footballs and marking cones.
- ▶ If pair/group work is required, pairs will be consistent across each training session.
- ▶ Specific group activity footballs can be used but should be wiped down after each session.
- ▶ Any necessary meetings to occur remotely using video technology.
- ▶ Any spectators, including parents or caregivers, must remain outside the boundary line and observe social distancing and we recommend that junior players have a maximum of 1 parent / caregiver present at training.

FIELD LAYOUT FOR SMALL GROUP TRAINING

- ▶ The oval will be divided into three distinct areas where groups of 10 can train.
- ▶ No more than three (3) groups will be permitted per oval.





RETURN TO PLAY FRAMEWORK

RETURN TO SMALL GROUP TRAINING UP-TO 10 PEOPLE PROTOCOLS

HYGIENE PROTOCOLS FOR A RETURN TO SMALL GROUP TRAINING

- ▶ Alcohol based hand sanitisers must be available for all team training sessions, with players encouraged to use prior, during and following training.
- ▶ There is strictly to be no sharing of personal items such as water bottles, food or towels. Personal items need to be easily distinguishable, labelled and kept separate.
- ▶ Maintain high levels of hygiene if using a mouthguard (i.e. limit touching / removing mouthguards during training, clean / sanitise regularly).
- ▶ Players and coaches should avoid spitting or clearing nasal passages at Small Group Training.
- ▶ Avoid high fives, handshakes, or other physical contact.
- ▶ Change rooms and club rooms should remain closed for training, except to access toilets if there are no alternative toilet facilities available, or for the purpose of obtaining equipment i.e. players arrive at venue in football gear and should shower at home.
- ▶ Club provided footballs to be wiped with antibacterial wipes or alcohol-based sanitiser prior to and after Small Group Training sessions.
- ▶ Players are responsible for their own strapping if required. No player massages.
- ▶ If you, or people you have been in contact with are sick, please DO NOT attend training and advise your football coach who is responsible for informing the COVID Safety Officer.

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.
- ▶ Any player or club member that has underlying health conditions or is considered a vulnerable person should consult with a healthcare professional prior to returning to Small Group Training.

COVID SAFETY OFFICER RESPONSIBILITIES

- ▶ Ensuring all players, coaches, officials etc are aware of the Return to Small Group Training Protocols.
- ▶ Ensuring a club's adherence to these protocols and taking immediate steps to correct any identified breaches of the protocols.
- ▶ Developing any processes or initiatives that will aid a club's adherence to the Small Group Training Protocols.
- ▶ Implementing and maintaining the training logs / registers
- ▶ Keeping up to date with any changes to the protocols implemented by the AFL and communicating these to all within the club.
- ▶ Contact point for any questions from club members (players, coaches, officials, spectators etc) relating to Small Group Training Protocols.



RETURN TO PLAY FRAMEWORK

RETURN TO SMALL GROUP TRAINING UP-TO 10 PEOPLE PROTOCOLS

EDUCATION PROTOCOLS - REQUIREMENTS

- ▶ AFL NSW/ACT strongly recommends that community clubs implement a minimum one-week preparation and education phase to ensure clubs undertake the necessary preparations prior to Small Group Training. Clubs must not return to Small Group Training until all items on the Checklist have been completed.
- ▶ Each club must nominate one COVID Safety Officer and as a minimum this person must undertake the free Australian Government [online COVID-19 Infection Control Training](#) prior to recommencement of Club activity. It is strongly recommended that other club officials also undertake this training. The certificate of completion needs to be emailed to your League Administrator prior to the recommencement of activity. Where possible, we encourage Clubs to have multiple people to take ownership of this role and share the responsibility.
- ▶ All players and club officials are encouraged to download the [Government's COVID-19 tracing app](#).
- ▶ Protocol Briefings (as outlined below) must be held in advance of return to small group training for players, coaches and officials.
- ▶ The AFL Community must lead and promote a strong culture of COVID-19 safety for the health and wellbeing of participants and the broader community.

PARTICIPANT BRIEFING	COACHES BRIEFING
<p>Prior to the recommencement of small group training, clubs to provide a briefing to all participants, coaches, volunteers, parents that includes:</p> <ul style="list-style-type: none">▶ Intended training dates, times and procedures established to limit team cross-over on ovals.▶ Hygiene practices that have been implemented by the club, including hygiene procedures around the venue and equipment.▶ Hygiene expectations of all participants.▶ What to do if you are feeling unwell or have been into contact with people who are sick.▶ Opt-out options for individuals who may not yet feel comfortable returning to small group training, and alternative training options available.▶ Measures that the coaches are taking to limit physical contact of players (i.e. social distancing guidelines, limited physical contact drills at training, etc).▶ Restrictions on support staff (i.e. assistant coaches, trainers, etc).▶ Restrictions that are in place on club rooms, changerooms, club gyms, etc.▶ Restrictions on people attending the training venue – i.e. spectators, parents, etc.	<p>Clubs should also brief all coaches on the required expectations as leaders within the club environment, including:</p> <ul style="list-style-type: none">▶ Importance of the required hygiene protocols and practices.▶ Preventing crossover of training groups.▶ Limited use of changerooms, club rooms and club gym facilities.▶ Limiting training drills to be non-contact where applicable.▶ Acceptable skills and drills.▶ Requirement for players to 'get in / get out'▶ Responsibility as Leaders to influence behaviour change.

ALL FOOTBALL CLUBS PLAY AN IMPORTANT ROLE IN:

- ▶ Reducing the spread of COVID-19;
- ▶ Promoting good hygiene practices amongst participants;
- ▶ Adhering to and promoting the NSW Government requirements around social distancing and gatherings;
- ▶ Following the clear protocols and requirements around Return to Small Group Training.

It is important that clubs are respectful in adhering to the protocols outlined as part of Return to Small Group Training, as they form part of the current Government directions, and sanctions can be applied to individuals and to clubs if they are in breach. Every club and individual playing their part in adhering to the protocols, will mean that football would have played its part in the community through a commitment to community health outcomes, but will also improve the opportunity for football to return to play sooner.

CLUBS MUST ENSURE THAT THESE HYGIENE PROTOCOLS ARE IN PLACE FOR ALL TEAMS THAT ARE CONDUCTING SMALL GROUP TRAINING. IF THESE PROTOCOLS CANNOT BE ACHIEVED THEN TRAINING SHOULD NOT PROCEED.



RETURN TO PLAY FRAMEWORK

RETURN TO SMALL GROUP TRAINING UP-TO 10 PEOPLE CHECKLIST

This checklist has been established to support teams 'Returning to Small Group Training' under the current NSW Government COVID-19 restrictions. The Football Club and Teams have an obligation to strictly adhere to these protocols at every training session.

The key principle for training must be **'Get in, Train, Get out'**

SMALL GROUP TRAINING UP-TO 10 PEOPLE

The club can undertake training in groups no larger than 10 people. This includes both players, coaches & football support staff. No more than 3 small training groups per oval at any one time with groups not permitted to interact.

STRICTLY NO CONTACT

The club has advised its participants, coaches, volunteers and parents that all training must be strictly NON-CONTACT (i.e. no tackling, no bumping, no marking contests, etc).

1.5M SOCIAL DISTANCING

The club has advised its participants, coaches, volunteers and parents that all training must strictly observe social distancing requirements of 1.5m and adhere to the requirement of no more than 1 participant per 4sqm.

NO ACCESS TO CHANGEROOMS

The club is aware that change rooms and club rooms should remain closed for training, except to access toilets if there are no alternative toilet facilities available, or for the purpose of obtaining equipment.

FOOTBALLS ALLOWED, BUT NO OTHER EQUIPMENT

The club is aware that footballs can be used for small group training, and only limited additional equipment is permitted (i.e. field marking cones etc are permitted).

CLUBS & TEAMS UNDERSTAND THE RETURN TO SMALL GROUP TRAINING PROTOCOLS

The club and all teams have read, understood and agree to adhere to the Return to Small Group Training Protocols provided by AFL NSW/ACT.

HYGIENE PROTOCOLS ARE IN PLACE

The club has implemented the hygiene protocols as outlined in the Return to Small Group Training Protocols document.

AT LEAST ONE NOMINATED COVID SAFETY OFFICER

At least one nominated Club official has undertaken the Australian Government [online COVID-19 Infection Control Training](#) and submitted a certificate of completion to their League Administrator prior to recommencement of Club activity.

A REGISTER OF PARTICIPANTS

The club has implemented a log, or register, to keep a track of which participants are in attendance at all training sessions, and this is available upon request by AFL NSW/ACT or health authorities.

COVIDSafe APP

The club has encouraged all players, volunteers and families to download the [COVIDSafe App](#) to help in tracing the spread of COVID-19.

LOCAL GOVERNMENT APPROVAL

The club has received approval from the Local Government to access the oval for Small Group Training.

FOLLOW DIRECTIONS

The club and training groups understand that they must follow the direction and advice of local and state authorities at all times.