



RETURN TO PLAY FRAMEWORK

RETURN TO CONTACT TRAINING

PROTOCOLS

Prepared for ACT Community Football Leagues & Clubs only
Date: June 19



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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 ACT Government restrictions easing to stage 2.2 (outlined below), AFL NSW/ACT endorse a return to club sanctioned contact training at community football level in ACT from 12:00pm Friday, June 19, provided Clubs and participants follow the relevant Government guidelines and AFL NSW/ACT's Return to Contact Training Protocols are implemented.

In advance of contact 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 contact training safely.

We will continue to work with the ACT Government to ensure alignment with their advice in the event of further easing of restrictions, with hygiene and safety protocols firmly in place.

Our primary focus is to ensure our Clubs and Leagues prepare to return to contact training in a safe environment that is a carefully managed. In order for this 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.

ACT STAGE 2.2 CONTACT TRAINING ALTERATIONS

From 12:00pm Friday June 19, clubs within the ACT can conduct contact training for groups of up to 100 people, below are the major alterations from stage 2.1 to stage 2.2

1. Groups have been extended to include 100 people. This means that teams are able to have groups of 100 people with this number including coaches, officials, players and volunteers.
2. 1 parent per participant is still allowed for Junior training, parents are to remain off the field of play and adhere to social distancing requirements.
3. Contact training can occur. This includes incidental or deliberate contact as per a normal training session. Players are still required to adhere to hygiene and social distancing requirements pre and post training.
4. Clubs can run a canteen at training sessions with social distancing and strict hygiene protocols in place.
5. Changerooms and indoor community facilities can now be accessed by your patrons. Clubs must assess any risk and implement strict cleaning regimes. The use of changerooms is still subject to 1 person per 4 squared metres rule with no access to showers. Clubs should aim to minimise use of change rooms and strongly encourage participants to shower / change at home where possible.



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AFL COMMUNITY CLUBS CAN RESUME CONTACT TRAINING (ACT STAGE 2.2 FROM 12PM 19 JUNE) IF THE FOLLOWING GUIDELINES AND PROTOCOLS ARE MET:

1. Each Club, standalone NAB AFL Auskick Centre and Umpire Group 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.
2. A log, or register, using the approved AFL NSW/ACT template, or an online app or similar, of all participants, officials and volunteers in attendance at each training session **MUST** be maintained for a period of at least 28 days following each activity and available upon request by either AFL NSW/ACT or health authorities.
3. Ensure the number of people in a facility, including communal facilities such as showers and change rooms, does not exceed one person per four square metres (including participants, officials, volunteers & parents). This includes the placement of clearly identifiable signage at the entrance of any such area.
4. Ensure the number of participants (including players, coaches, officials and volunteers) does not exceed 100 people per field. Junior participants may have 1 parent per participant attend training whilst remaining off the oval and adhering to social distancing requirements.
5. Ensure any spectators and participants before and after contact training comply with social distancing requirement of 1.5m at all times.
6. Ensure conditions of entry for each venue are clearly visible and promoted through websites and social media.
7. The Return to Contact Training hygiene protocols outlined in this document are to be strictly adhered to with no exceptions.

ADDITIONAL RECOMMENDATIONS TO PROMOTE A COVID SAFE ENVIRONMENT

- ▶ Minimise co-mingling of participants and spectators from different training timeslots where possible.
- ▶ Minimise use of change rooms and strongly encourage participants to shower / change at home where possible.
- ▶ Reduce the sharing of equipment where practical and ensure any equipment used is cleaned with detergent and disinfectant after each use.
- ▶ Implement strategies to reduce potential gatherings immediately outside the facility such as drop off / pick up zones in carparks as well as staggering start and finish times of training.
- ▶ Reduce crowding wherever possible and promote physical distancing with markers on the floor where applicable.
- ▶ Any necessary meetings to occur remotely using video technology.
- ▶ Encourage contactless payment options for canteens and registration fees.



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HYGIENE PROTOCOLS FOR CONTACT TRAINING

- ▶ Alcohol based hand sanitisers must be available at the venue entry and throughout the facility for all training sessions, with participants encouraged to use prior, during and following activity.
- ▶ Ensure bathrooms are well stocked with hand soap and paper towels.
- ▶ Provide visual aids above hand wash basins to support effective hand washing.
- ▶ 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 when using a mouthguard (i.e. limit touching / removing mouthguards during training, clean / sanitise regularly).
- ▶ Players and coaches should avoid spitting or clearing nasal passages.
- ▶ Avoid high fives and handshakes.
- ▶ Ensure processes are in place to launder shared uniform items such as guernseys or bibs after use
- ▶ Change rooms and club rooms can be utilised however the number of people cannot exceed one person per four square metres (including participants, officials, volunteers and parents)
- ▶ Club provided footballs to be wiped with antibacterial wipes or alcohol-based sanitiser prior to and after each training session.
- ▶ Clean frequently used hard surface areas, including communal facilities, with detergent and disinfectant.
- ▶ 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 Club activities.

COVID SAFETY OFFICER RESPONSIBILITIES

- ▶ Ensuring all players, coaches, officials etc are aware of the Return to Contact 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 Return to Contact 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 Return to Contact Training Protocols.

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



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EDUCATION PROTOCOLS - REQUIREMENTS

- ▶ AFL NSW/ACT strongly recommends that community clubs implement a minimum one-week preparation and education phase to ensure they undertake the necessary preparations prior to Contact Training. Clubs must not return to Contact 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, umpires and 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 contact training for players, coaches, umpires 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 contact training, clubs to provide a briefing to all participants, coaches, coordinators, umpires, 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 contact training.▶ Restrictions that are in place on club rooms, changerooms, club gyms, etc.▶ Restrictions on people attending the training or competition 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 different teams.▶ Limited use of changerooms, club rooms and club gym facilities.▶ 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 ACT Government requirements around social distancing and gatherings;
- ▶ Following the clear protocols and requirements around Return to Contact Training, Competition and NAB AFL Auskick.

It is important that clubs and groups are respectful in adhering to the protocols outlined as part of Return to Contact 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.

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RETURN TO CONTACT TRAINING CHECKLIST

This checklist has been established to support teams returning to 'Contact Training' under the current ACT Government COVID-19 restrictions. The Football Club and Teams have an obligation to strictly adhere to these protocols at every Club activity.

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

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, OFFICIALS & VOLUNTEERS

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

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 person per 4sqm.

CONDITIONS OF VENUE ENTRY

The conditions of entry for each venue are clearly visible and have been promoted through websites and social media.

SIGNAGE AT ENTRY OF ANY COMMUNAL AREAS

Clearly identifiable signage will be placed at the entry of any communal facilities such as change rooms and club rooms, to ensure all areas do not exceed one person per four square metres (including participants, officials, volunteers & spectators).

CLUB UNDERSTAND THE CONTACT TRAINING & COMPETITION PROTOCOLS

The Club and all teams have read, understood and agree to adhere to the Return to Contact 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 Contact Training, Competition Protocols document.

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 Contact Training & Competition matches.

FOLLOW DIRECTIONS

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