

HORNSBY HEIGHTS FOOTBALL CLUB



Return to Training Guidelines

V2-22/05/2020

The purpose of this document is to provide the members of Hornsby Heights Football Club with required guidelines for the safe return to training. These have been adapted from the NSFA and Football NSW 'Return to Training' guidelines and are intended to enforce the NSW Public Health Order.

The following links provide further information in relation to the requirements:

NSW Health - <https://www.health.nsw.gov.au/Infectious/covid-19/Pages/default.aspx>

FNSW Return to Training guidelines – <https://footballnsw.com.au/return-to-training/>

NSFA Updates - <https://nsfa.asn.au/>

NSW Office of Sport - <https://sport.nsw.gov.au/novel-coronavirus-covid-19>

A return to football and training is not mandatory.

Hornsby Heights Football Club understands that some individuals may not wish to return to training at this current time. Please inform your team coach or manager of your decision as they will need to manage any current training requirements surrounding COVID19 number restrictions.

COMPLIANCE

NSFA have provided clear instructions with regards to non-compliance of guidelines for training.

Should a team or teams fail to comply with directives and guidelines, NSFA has indicated the following sanctions will apply:

- **Failure to adhere to protocols will result in lights being switched off the following week on the same training night as the breach.**

This will not only affect a team but all teams that train on that same night and no teams will be able to train on that night.

Club officials and/or delegated persons will be at Montview and Rofe each training night from the first session until the conclusion of the last.

COVID19 PROTOCOL

Symptoms of COVID-19 include **fever, cough, sore/scratchy throat and shortness of breath.**

Other reported symptoms of COVID-19 include **loss of smell, loss of taste, runny nose, muscle pain, joint pain, diarrhoea, nausea/vomiting and loss of appetite.**

If you experience any of the above symptom's even mildly, please do not attend your usual training session and inform your coach/manager that you will not be in attendance.

Please read the following Government Health advice if you have come in close contact with someone diagnosed with COVID-19:

https://www.health.gov.au/sites/default/files/documents/2020/04/coronavirus-covid-19-information-for-close-contacts-of-a-confirmed-case_0.pdf

If you are diagnosed as COVID-19 positive, please follow the NSFA protocol to ensure we provide a safe environment for all participants.

	Person Responsible	Action
Step 1	Player/Parent/Guardian	Contact HHFC President
Step 2	HHFC President & NSFA	Contact all members that may have come into contact with the positive COVID-19 individual. NSFA to provide NWS Health, NSFA member information if required. NSFA to communicate with FNSW.

NSFA RETURN TO TRAINING REQUIREMENTS

As of 22 May 2020 the NSW Public Order allows groups of 10 people to gather outdoors. Social distancing of 1.5m continues to be enforced.

Under Football NSW guidelines, approved by the NSW Office of Sport, football activity must meet the following restrictions:

LEVEL 1 TRAINING – WHAT IS PERMITTED

- Training to be conducted in small groups (no more than 10 players and/or other personnel in total).
- Social distancing of 1.5m between players.
- Spacing so that there is no more than 1 person per 4m².
- Non-contact skill training drills - passing, shooting, headers.
- Some sharing of sporting equipment such as kicking a football, use of a skipping rope, weights, agility equipment.

LEVEL 1 TRAINING – WHAT IS NOT PERMITTED

- Contact to contact playing skills such as tackling.
- Activities involving more than 10 people.

Preparing for training



Maintain attendance records



Ensure changerooms and showers are not used.



Ensure toilets are open and have soap and sanitiser.



Be punctual and aim to avoid any contact with other training sessions



Maintain a 1.5m distance between participants on and off-field



Provide regular breaks for hydration and hand sanitising

What you can and can't do



Non-contact skill training drills such as passing, shooting, heading



Contact-to-contact playing skills such as tackling are not permitted



10 participants at one time including coach*

*Coaches may only coach one squad of 9 at once. They must not work across multiple areas.



NO SPITTING permitted

HORNSBY HEIGHST FOOTBALL CLUB HEALTH AND SAFETY GUIDELINES – COVID19



Effective from May 22, 2020 until further notice.

As a Club, we commit to the following practices to ensure the football environment we provide our members adheres to NSW State Government restrictions and to take the following health and safety practices to ensure our members health. The following document applies to training.

NSFA Health & Safety requirements

All Changerooms MUST be locked and not used*

*If toilet facilities at a venue are located within a changeroom, we permit the changeroom to be open. However, a laminated sign MUST be displayed outside the changeroom to indicate 'no use of changeroom, other than for toilet use.'

HORNSBY HEIGHST FOOTBALL CLUB guidelines to be implemented

1. We will adhere to the maximum capacity of players/teams per field as outlined in the NSFA Training Allocation guidelines – COVID19 document
2. We will adhere to NSW Govt restrictions of 10 person groups within a small area, where each individual has at least 4m² space available.
3. Where required, we will implement staggered start times to our training session to reduce the gathering of people at venues
4. We will urge members to 'travel light' with only required persons attending drop off & pick up for training (ie. One parent, no siblings, no dogs etc..)
5. In our communication we will convey the following messages to all members on a regular basis:
 - a. We will communicate the 'get in, TRAIN, get out' tagline from the Australian Government
 - b. Parent/guardians are not permitted to gather along the outside of the training field
 - c. Members are not to use showers or changerooms at venues
 - d. Members are expected to leave the venue as soon as possible post-training
 - e. Members feeling ill will be encouraged to stay home and not attend training
6. Players with signs of illness or cold symptoms will be directed NOT to train and sent home immediately
7. Recommendation of coaches NOT to use bibs or goalkeeper gloves
8. No drink bottles can be shared
9. Coaches must strictly keep to their start and finish times, no extensions.
10. Coaches will enforce a strict 'no touching rule', including high fives, fist bumps, celebrations etc.. pre, post and during training sessions
11. Coaches will conduct sessions that are low contact. We have recommended coaches to conduct technique and skill exercises, with reference to the INSPIRE COVIDSAFE – curriculum to be released by NSFA - <https://nsfa.asn.au/coaches/inspire/>
12. As a Club, we will provide teams with hand sanitiser to be kept with the kitbag / team manager. This will become our 'second first aid kit'
13. We will encourage all members to download the COVIDSAFE app from the Australian Government, however, understand we cannot force people to download it
14. We will publish the NSFA COVID training guidelines Image/PDF on our website, social media platforms and circulate to all club members once it has been created (expected on Tuesday 12th May).

COACH INFORMATION

All football participants including coaches, players, match officials, club officials and any other person at the venue are responsible for stopping the spread of the virus. The following guidelines are designed to assist in understanding ways that can help.

Return to training – Level 1

Football Safety Requirements

Maximum Groups of 10 – 1 Coach and 9 Players per 1/4 field	Keep a record of attendance through the App your team uses, or by taking a photo of the team each session	Groups to be split into two training groups before players arrive. I.e., Group 1 & Group 2	Deliver non-contact unopposed skill-based training practices
Outline guidelines to all players on arrival before any football commences	Engage players with an arrival activity as soon as they are on the pitch	Drink break stations - Direct players to place their individual bottles in a safe area 1.5metres away from others	Ensure changerooms and showers are not used
Ensure toilets are open and have soap and sanitiser available	Disinfect equipment that you have handled before packing it away	Coach must set-up and pick up all equipment each session	Permitted: Goals, balls, cones, hand sanitizer, tissues, individual bottles, disposable gloves recommended
	Unpermitted: Contact, Small-Sided Games, bibs, no handling balls with bare hands, no throws	One coach per group. All players must be supervised at all times	

Health and Hygiene Requirements

If you have a fever, cough, shortness or breathe, fatigue or sore throat, do not attend training	Use hand sanitizer before and after handling equipment	Cover your coughs and sneezes with your elbow or a tissue	Put used tissues in the bin immediately after use
No sharing of drinks bottles and no spitting	No physical greetings such as handshaking, hugs or fist bumps	Avoid touching eyes, nose or mouths	

COACHING SESSIONS

Mini-Roo's sessions will be delivered by T3 coaches. Should you have any concerns with the T3 sessions please contact Andrew Third, our Mini-Roo's co-ordinator or Cathy Ruggero, Club President.

Andrew Third – MiniRoos@hhfc.org.au

Cathy Ruggero – President@hhfc.org.au

All other team coaches are directed to follow session plans, tips and guidance of the INSPIRE program. The program is free to all NSFA registered coaches with no cost involved and details can be found by visiting <https://nsfa.asn.au/coaches/inspire/>

Each coach must record player attendance for each training session and email the list to the following email: attendance@hhfc.org.au. Please include the following details

each week in your attendance emails:

Date/Time of training, Team Name, Coach/and or Manager, Team members and any other person in attendance within your group.

This is important for tracking purposes and must be completed after each training session until further notice.

TREATING INJURED PLAYERS

HHFC encourages coaches and managers to provide first aid and treatment to players, as may be required, in a safe manner. If the incident is beyond the capabilities of the person responsible for treatment, it is advised that you contact the players emergency contact (i.e. Parent/Guardian) and if required an ambulance.

If treatment to a player is for minor issues such as bleeding nose or clash of limbs, gloves are recommended to be used. Coaches should not touch a player unless invited to do so by the injured player or through extreme necessity to stem the flow of blood. Please act responsibly and apply common sense in all scenarios.

FOOTBALLS

Coaches and players **SHOULD NOT** touch footballs with their hands. Please encourage people to only use their feet.

This will be the most important football teaching due to COVID-19.

- No goalkeepers (unless wearing gloves. If wearing gloves, no spitting or wiping face with the glove)
- No throw-ins. Simple play a pass or dribble in.

CLEANING EQUIPMENT

HHFC recommends the following pieces of equipment are cleaned after each session:

- Goals / poles – use disinfectant spray and paper towel available at the cleaning station at the oval.
- Cones – if sharing, please use spray and wipe down before handling to someone else.
- Bibs – It is recommended that bibs not be used.
- Goalkeeper shorts/gloves – no sharing of goalkeeper gloves, we recommend that goalkeepers purchase/use their own goalkeeper gloves and wash after each training session.

Balls are not required to be cleaned unless players have touched them with their hands.

DO NOT SHARE WHISTLES

It is recommended that **ALL PLAYERS** and **COACHES** apply hand sanitiser prior to and after training. Team managers /coach should have hand sanitiser available at any time during the session in case a situation arises where application is required.

HHFC will supply each team with a 500ml bottle of hand sanitiser. Please inform Cathy Ruggero via email at president@hhfc.org.au if you have not received any or require a refill.

All participants are advised to shower after each session and wash their clothes.

PLAYER INFORMATION

All players are required to maintain cleanliness, shower after each session and wash your clothes.

Players guide for training

- Prepare and dress for training at home before arrival
- Shower at home before and after training
- Wash your hands with sanitizer before and after training
- Arrive for training 5 minutes prior to start time
- Remain 1.5 metre distance from before, during and after training
- Fill, bring and label your own drink bottle from and do not share with others
- Players to leave the venue safely and immediately once training has concluded
- Players are advised to use the toilet at home prior to training

PARENT INFORMATION

Parents on the sideline at training

It is recommended by all governing bodies including NSFA and FNSW that parents are not present during training sessions unless necessary. It is our duty to ensure we limit the amount of people at, or around council facilities. Parents are advised to wait in their cars if picking up young children. Team managers and coaches may request certain parents to be available to ensure a safe and controlled environment.

Drop off/Pick up

We urge that members 'travel light' with only required persons attending drop off & pick up for training (i.e. one parent, no siblings, no dogs etc)

Players must arrive only 5 minutes prior to the start time of training. If you arrive early, please stay in the car.

It is requested that parents/guardians do not gather on the sidelines or at the venue to watch training or to socialise. If we have groups of people congregating, we will be

required to minimise the groups training due to the requirements of only a certain amount of people in a space at one time.

For parents of young children, we ask for you to drop off and collect your child at the correct time to avoid waiting around and please follow social distancing guidelines.

FACILITIES

CHANGEROOMS

The changerooms at Montview and Rofe Park will be locked to minimise the spread of COVID-19.

USE OF TOILETS

We encourage all members to use their home toilet and bathroom prior to attending training to minimise the use of public toilets. Please encourage your children to use the bathroom just before coming to training.