



**FOOTBALL
TASMANIA**

RETURN TO FOOTBALL GUIDELINES

(Applicable to all levels of football)



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Football Tasmania, along with FFA and the other Member Federations, is extremely happy to be planning to have football back and be back at our local clubs rebuilding our community.

However, this crisis is not over, and we have a responsibility to conduct ourselves in a manner which protects not only our football community, but the community as a whole, from any possible further outbreaks where possible.

There is no doubt this will require more planning and a change in attitude and behaviour from every participant in our game, however, if we do not adapt, we risk losing more football than we already have.



INTRODUCTION

The impact of COVID-19 has resulted in the suspension of all football activities since early March. Since that time, the priority of FFA and the Member Federations has been to safeguard the health and wellbeing of the community and to undertake their social responsibility to do everything they can to slow down the spread of COVID-19.

The resumption of football activities is subject to the provisions of Tasmanian State Government. It is important to note that clubs and associations are required to comply with all the public health advice from the Tasmanian Government

COVIDSafe App

Football Tasmania supports the Australian Government's COVIDSafe app and we strongly encourage all members of the football community to download the app. For more information including where to download the app please visit:

<https://www.health.gov.au/resources/apps-and-tools/covidsafe-app>



GOVERNMENT LEADERSHIP

The National Cabinet approved the AIS Framework for Rebooting Sport in a COVID-19 Environment and the National Principles for the Resumption of Sport and Recreation Activities on Friday 1 May 2020.

On Friday 8 May 2020, Tasmania's Premier, Peter Gutwein, released Tasmania's Plan to Rebuild a Stronger Tasmania. The Plan has three Stages in its Roadmap to Recovery, with the easing of restrictions guided by Public Health and reviews in place to support the health and safety of all Tasmanians. The Plan refers to the AIS Framework as a guide for the resumption of sport and recreation in Tasmania.



CURRENT TIMEFRAMES

Stage One (AIS Level B)

- From 18 May 2020 park exercise equipment and playgrounds, pools and boot camps for up to ten people.
- Vulnerable people are encouraged to stay home and protect their health.

Stage Two - subject to Public Health Advice

- From 15 June 2020 gyms and boot camps for up to 20 people are allowed.
- Park exercise equipment and playgrounds for up to twenty people.
- Vulnerable people are encouraged to stay home and protect their health.

Stage Three – subject to Public Health Advice (AIS Level C)

- Outdoor community sport to resume, with numbers to be guided by Public Health
- Indoor sport and recreation, including pools with numbers to be guided by Public Health
- Vulnerable people are encouraged to stay home and protect their health.



OUR OBJECTIVES

Safe and secure return to football training and competitions in Tasmania.

To meet our obligations to the safety and welfare of ALL participants and the wider Tasmanian community.

To ensure adherence to the Recommencement of Football Training Guidelines.

To encourage ALL in Tasmanian football to support the Australian Government's COVIDSafe app and strongly encourage our members to get behind this health initiative to identify, isolate, trace and manage any future COVID-19 outbreaks. The app can be downloaded from the Apple App store and Google Play.



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RESTART TRAINING

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GUIDELINES FOR RETURN TO TRAINING

In line with the advice from Government, Football Tasmania is following the framework provided by the Australian Institute of Sport (AIS) and is implementing **Level B** training requirements from **Monday May 18, 2020** (subject to the approval of the club Response Management Plan and approval from the landholder/local council).

The AIS Framework document can be found at:

<https://www.pm.gov.au/sites/default/files/files/attachb-ais-framework-rebooting-sport.pdf>



CLUB PLAN & CHECKLIST

- Our Return to Training Plan will be reviewed prior to the commencement of Stage 2 on June 15.
- To recommence football activities, each club will need to submit a Response Management plan that outlines the measures that will be taken in the club environment to support a safe and structured return to activities in Stage 1 of the return to training and play.
- The RMP will be made available to clubs. Contact competitions@footballfedtas.com.au if you need a copy.
- The plan must be returned to competitions@footballfedtas.com.au before any organized training resumes.



TRAINING LEVEL B – 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.
- Some sharing of sporting equipment such as kicking a football, use of a skipping rope, weights, agility equipment.



TRAINING LEVEL B – WHAT IS TO BE AVOIDED

- Contact to contact playing skills such as tackling.
- Activities involving more than 10 people.
- Handling of the equipment (minimal).



ORGANISATION OF TRAINING SESSIONS

- To ensure that the Level B Training Requirements are being met, football fields are to be divided into 4 spaces whereby no more than 10 people can gather to ensure the density requirement is adhered to.
- A plan of entry and exit points to minimize gatherings of players should be considered.
- Please see the following examples.

EXAMPLE 1



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Session 1
Group 4

Session 2
Group 1

Session 1
Group 1

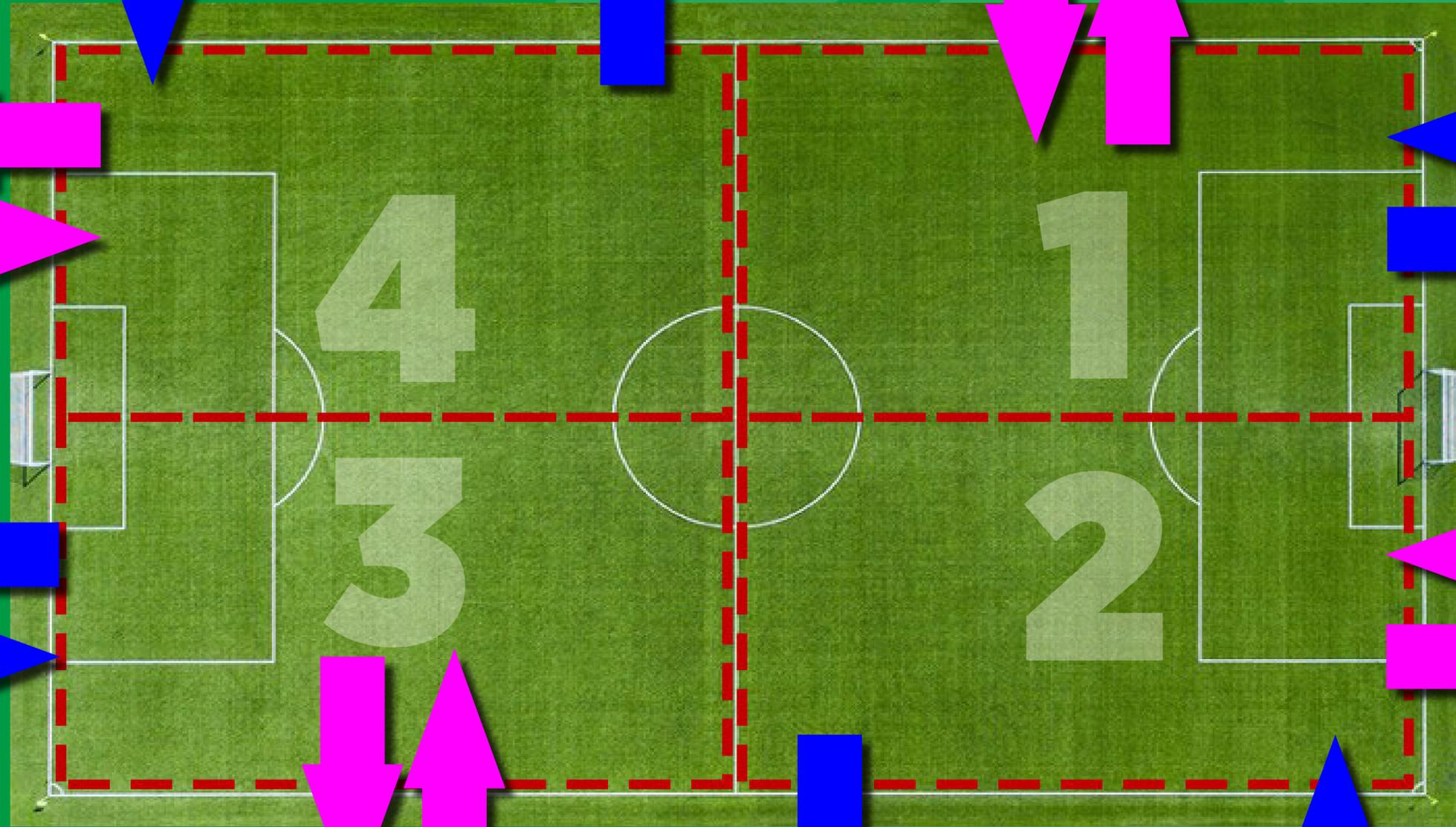
Session 2
Group 2

Session 1
Group 2

Session 2
Group 3

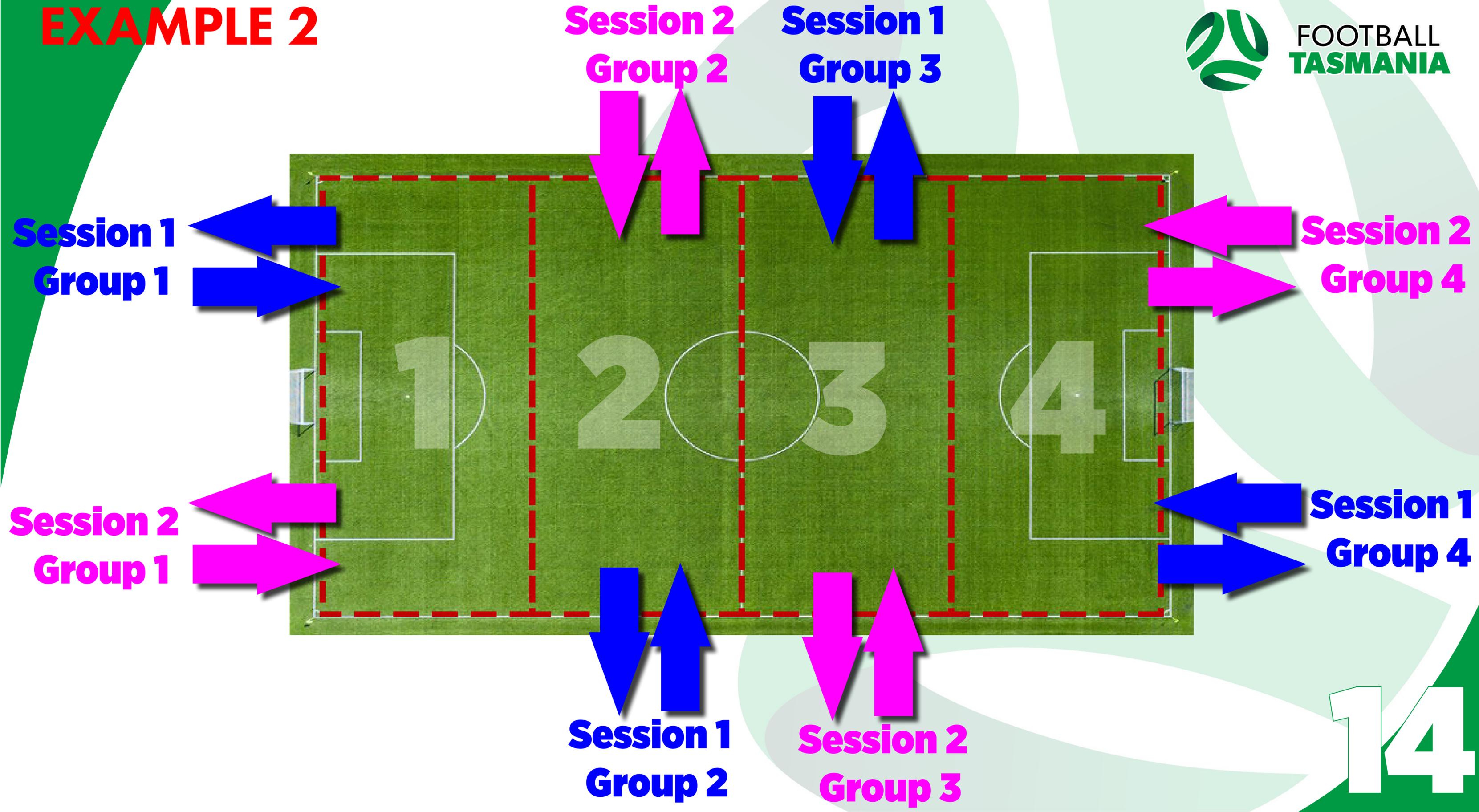
Session 2
Group 4

Session 1
Group 3



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EXAMPLE 2





STRUCTURE OF TRAINING SESSIONS

When planning and conducting training in accordance with the Level B guidelines, the Club TDs and Coaches are to consider the following conditions:

- No person to person contact training drills to be conducted.
- No more than 10 people to be involved in the drill. For example one coach, nine players.
- Social distancing to be implemented – 1.5m.
- 10 people to be in a spacing so that there is no more than 1 person per 4m².
- Any handling of equipment is to be kept to a minimal.
- Heading of a ball may occur during the natural process of a drill, for example a ball being crossed. However, practising of heading by picking up the ball and throwing should be discouraged.
- Throw ins are to be discouraged.



STRUCTURE OF TRAINING SESSIONS

When planning and conducting training in accordance with the Level B guidelines, the Club TDs and Coaches are to consider the following conditions:

- Only essential people are to attend training sessions (i.e. players, coaches, and volunteers involved in operations and one parents/carer of participants).
- If training bibs are used, each individual player is to be allocated a bib and each player is required to take the bib home and wash.
- Regular breaks are to be provided for the purpose of rehydrating and hand sanitising.
- Toilets are to be open for use.
 - Restriction on the number of people using the toilets at any one time to apply dependent upon the size of the amenities.
 - Soap and sanitiser to be available in the toilets at all times.
- Players are to leave the venue in a staged approach, with staggered sessions end-times recommended.



PLAYER RESPONSIBILITIES

PRIOR TO ATTENDING TRAINING

Before participating in football activities participants should not attend training if in the past 14 days they have:

- Been unwell or had any flu-like symptoms.
- Been in contact with a known or suspected case of COVID-19.
- 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.



PLAYER RESPONSIBILITIES

When participating in Level B training sessions, the following conditions are to be implemented by the Player/Parent:

- Players must not arrive more than 15 minutes prior to training commencing.
- Players are to come already prepared to train – changing rooms will not be in use.
- Players are to bring their own drink bottles and they are to be clearly labelled. No sharing of drink bottles is to be permitted.
- Only one Parent/caregiver is to take their child to training. The parent/caregiver is then encouraged to return to their car or ensure social distancing is observed.
- Players are to leave the venue immediately once their training session has concluded.



CLUB RESPONSIBILITIES

- No social activity is to occur during the training period or once training has concluded.
- A canteen may only be open for take away items. Clubs must ensure social distancing is being followed and density requirements of 1 person per 4m².
- Ensure spaces at each facility, surfaces and objects are regularly cleaned with disinfectant.
- Provide hand washing guidance to all participants and volunteers
http://www.who.int/gpsc/clean_hands_protection/en/
- Promote regular and thorough hand washing by volunteers and participants.
- Provide sanitising hand rub dispensers in prominent places around the venue at entry and exit points.
- Ensure sanitising hand rub dispensers are regularly refilled.
- Ensure soap dispensers in toilets are regularly refilled.
- Ensure bins are provided around the venue.



GENERAL BEHAVIOURS

- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.
- Wash hands with soap and water often.
- Use hand sanitiser gel if soap and water are not available
- Do not touch your eyes, nose or mouth if your hands are not clean.
- **No spitting at any time.**



GENERAL BEHAVIOURS

- Wipe down all surfaces and objects with appropriate anti-bacterial / disinfectant wipes or soap, particularly those frequently touched. This includes door handles, light switches, kitchen surfaces, bathroom surface, phones, remote controls and any other high touch areas.
- Do not share drink bottles.
- Practice social distancing. If someone comes and stand next to you, move around the field and ensure you implement social distancing requirements.



EDUCATION AND SUPPORT

- Football Tasmania will undertake the following education activities to assist with the education of football stakeholders on the requirements of returning to training:
- Continuation of regular zoom meetings with all Club Presidents to outline the conditions of returning to training.
- Continuation of regular zoom meetings with coaches and TDs to outline the conditions and requirements training.
- Football Tasmania will provide examples of coaching activities that can be conducted.
- Football Tasmania will utilise social media and website to promote the requirements associated with returning to training.
- Production of communication materials that can be used at football facilities, including a comprehensive checklist (provided with this plan for review)



RETURN TO COMPETITION

Advice from Government and Health Authorities will be the guide when determining the return to competition timeframe.

Moving to Level C of the AIS Guidelines will require a great deal of further planning and logistical co-ordination.

Football Tasmania will advise clubs as soon as possible on the strategies, requirements and timelines for the return to competition.



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