



SANFL & COMMUNITY FOOTBALL

RETURN TO PLAY // CONTACT TRAINING

CONTACT FOOTBALL TRAINING CAN COMMENCE IF THE FOLLOWING PROTOCOLS ARE IN PLACE:

COVID SAFE ENVIRONMENTS

- Have a SA Government mandated COVID Safe Plan, which must be presented upon request by SA Police <https://www.covid-19.sa.gov.au/recovery/create-a-covid-safe-plan>
- Have a nominated Club COVID Safe Officer

TRAINING PROTOCOLS

- Strictly adhere to the maximum of 20 players in groups as per the current State Government restrictions. Any official (ie: coach, sports trainer) required for the safe conduct of the activity is not included in the limit, however should be strictly limited to only essential personnel. Up to 4 groups can train at the same time.
- Follow **"Get In, Train, Get Out"** principles
- Physical contact restricted to contact drills, with official, players and umpires to maintain 1.5m distance between each other at all times unless in match simulation
- Access to change rooms and gyms permitted for essential activities, such as medical treatment and physical conditioning, however no more than the 1 person per 4sqm at any given time (maximum of 20 in any given area). No access to wet areas (ie: no showering on site)
- Any training equipment used, including footballs, cones, tackle bags, must be wiped down and sanitised before and after each use. Gym equipment must be wiped down between each user
- A log, or register, of all participants in attendance at each training session **MUST** be maintained and available upon request by either SANFL or SA Health authorities. Participants must remain in the same group, and not switch groups.
- The Return to Training hygiene practices outlined by outlined by SANFL are to be strictly adhered to.

HYGIENE PROTOCOLS FOR A RETURN TO TRAINING

- Alcohol based hand sanitisers must be available for all teams training sessions, with players encouraged to use prior, during and following training.
- There is strictly to be no sharing of water bottles or towels, and it is important to clean and disinfect these items following each training session. Disinfect mouth guards after each session.
- Players and coaches should avoid spitting or clearing nasal passages at training.
- Avoid any unnecessary physical contact such as high fives and hand shakes
- Any area accessed for training (ie: changerooms, gyms, meeting rooms) must be cleaned before and after use. No more than 1 person per 4sqm (up to a maximum of 20) is permitted in an area at any given time
- Club provided footballs to be wiped with antibacterial wipes or alcohol-based sanitiser prior to and after training sessions.
- If you, or people you have been in contact with are sick, please **DO NOT** attend training and advise your coach.

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