



SANFL & COMMUNITY FOOTBALL RETURN TO PLAY // CONTACT TRAINING

INTRODUCTION

Football Clubs across the state have done tremendous work to return to training safely since Monday 18 May.

The hard work and dedication from our Leagues and Clubs adhering to Level B Return to Training protocols have demonstrated that we are capable of delivering the required safeguards to move into the next stage of our roadmap, with a transition to Stage 3 permitted from Monday 1 June.

It has also announced that competitions for outdoor contact sports can also commence/resume from Friday, 26 June 2020. SANFL will confirm protocols relating to this once further clarification and advice is confirmed from the State Government.

While we have yet to receive confirmation on the ability for spectators to attend matches, we are buoyed by the early relaxation of restrictions, as well as the increase of patrons permitted inside venues. We are confident that this will be considered favourably in future.



SANFL & COMMUNITY FOOTBALL // RETURN TO PLAY ROADMAP

Strict hygiene & social distancing protocols apply at all stages.

STAGE 1.

PREPARATION
& EDUCATION

- Keep your community safe, download the COVID Safe App
- Prepare Safe Venues
- Education

STAGE 2.

From Monday 18 May

LEVEL B
RETURN TO
TRAINING

- Non-contact training
- Groups of up to 10
- Additional protocols as per Return to Play document

STAGE 3.

From Monday 1 June

LEVEL C
CONTINUE
TRAINING

- Contact permitted in match simulation and drills
- Groups of up to 20
- Additional protocols as per Return to Play document

STAGE 4.

From Friday 26 June

LEVEL C
CONTACT
TRAINING &
COMPETITION

- Full squad training with contact
- Matches or trial matches can occur without crowds
- Additional protocols as per Return to Play document

STAGE 5.

Date to be confirmed

COMPETITION
WITH
SPECTATORS

- Full squad training with contact continues
- Matches can be played in front of crowds
- Additional protocols as per Return to Play document

SANFL to review activities directed by State Government at any time.

Any COVID-19 confirmed cases in a football environment will result in immediate review of training/competition with SA Health.



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PROTOCOLS TO SUPPORT STAGE 3 TRANSITION

SANFL and Community Clubs have implemented a number of risk mitigation strategies and interventions to prevent the spread of COVID-19 as part of its Stage 1 and 2 Return to Play plans.

The following protocols continue to apply, with details included later in this document:

- “Get In, Train, Get Out” Principles
- Strict hygiene and social distancing requirements
- Maintaining records of attendance at training to assist in contact tracing efforts
- Testing and Training Assessments

KEY CHANGES BETWEEN STAGES 2 & 3

The above protocols remain the same across the stages, however key changes as we transition to Stage 3 are:

- Umpires can commence/resume group training
- Increased number permitted in groups (up to 20 players/umpires)
- Ability for up to four (4) groups to train on an oval (maximum of 80 people)
- Access to change rooms and gyms (strict limits on numbers and hygiene apply)
- Increased servicing by Medical Support Staff
- Clubs must complete State Government mandated COVID Safe Plan by 1 June (or before they commence training, if yet to do so)

COVID SAFE PLAN

The State Government has introduced a COVID Safe Plan to assist businesses (including sporting organisations) with compliance with COVID Safe protocols.

Any business/industry that was previously directed to close, must complete a plan before they reopen or continue operation (including football club training venues and operation of licenced venue).

The protocols and strategies provided by SANFL for clubs, if followed, will enable clubs to meet all obligations detailed in the plan for provision of a COVID Safe environment for training. SANFL recommends Clubs adopt recommendations from Clubs SA to deliver a COVID Safe environment for their licenced venue.

Requirement → Any Club that has resumed training and wishes to continue training **MUST** complete their plan before 1 June. This includes continuing operation of their licenced venue.

Requirement → Clubs that have yet to commence training **MUST** complete their plan before they resume training/operation of their licenced venue.

Please see overleaf for details on information and obligations to complete your club’s COVID Safe Plan



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COVID SAFE PLAN (CONT)

The form should only take 10 to 15 minutes to complete, but it's important that clubs take the time to review the content in it and ensure they can deliver on the obligations detailed therein.

The form must be completed by someone that has the authority to sign legal documents on behalf of the club.

If clubs have multiple premises (such as multiple training venues, or a licenced venue separate to the training venue), they must complete a plan for each separate premise.

The form contains information/or asks for detail as follows:

- Key contact information
 - As above, this should be someone who has authority to sign legal documents on the club's behalf
- Details on size and designated areas of a venue (indoor and outdoor spaces)
 - You must enter room dimensions into this section, and it will automatically generate the number of persons that can be in any given space (so will be valuable for knowing how many a change room can fit)
- Details obligations of a business (including a checkbox that you understand the obligations, including that failure to comply can result in a fine)
- Details of general principles and ideas of how business can manage certain COVID Safe principles such as social distancing, hygiene, staff training etc:
 - Includes a re-open checklist (including who you need to give you completed form to, and where to display it)
 - Includes information on how to deal with a suspected case in your premise
- Review content entered and complete declaration

Failure to complete and have plans available at your premises, or non-compliance with current directions, may result in fines.

For more information, and to complete your club's plan visit <https://www.covid-19.sa.gov.au/recovery/create-a-covid-safe-plan>



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STAGE 3 | CONTACT TRAINING PROTOCOLS

This stage aims to prepare players for the commencement/resumption of competition with larger group training sessions (including tackling and contact), match simulation and greater support from key medical and support personnel.

Access to gym for physical conditioning will also be permitted, subject to strict hygiene and social distancing protocols.

This stage also sees the return of group training for umpires.

Hygiene, social distancing, monitoring and testing protocols previously implemented will still apply.

Protocols include:

- Training groups of no larger than twenty (20) players/umpires
 - Consistent group members and no movement between groups to reduce risk of cross-contamination and ability to more easily perform contact tracing
 - Up to four groups may train on an oval (up to 80 players/umpires)
 - Staggered training schedule should be maintained to avoid mass gatherings on arrival and departure
- Players/umpires arrive dressed and ready to train
- Full training activities to resume, including contact activities (tackling, bumping etc)
- Physical contact restricted to the above or similar training activities, with official, players and umpires to maintain 1.5m distance between each other at all times unless in match simulation
- Limit the coming together in tight huddles during training
- No access to wet areas (ie: no showering on site) permitted
- 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)
- Access to greater support and treatment staff for strapping, massage etc (protocols outlined in Medical Support fact sheet to be observed)
- Access to the gym permitted for essential physical conditioning that cannot be achieved by the player or umpire at home
 - Staggered gym/weights schedule ensuring no more than the 1 person per 4sqm, up to 20 people is in a gym at any given time
 - Any gym equipment to be wiped down before and after each session, including in between change over of users on equipment
- Any necessary meetings to occur remotely using video technology, or in venues where the minimum person per 4 square metre ruling can be followed



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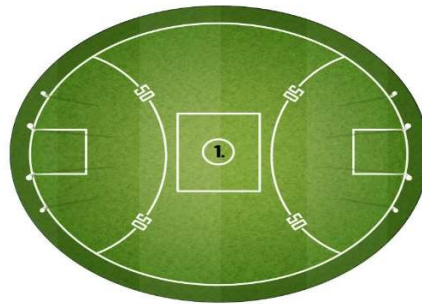
APPROVED OVAL CONFIGURATIONS FOR TRAINING

Up to four (4) groups can train on an oval in Stage 3, provided there is no more than 80 players/umpires on the field at any given time. Coaches and other required staff/volunteers are not included in this number, but should be limited to essential personnel only.

Staggered training start and finish times are again encouraged to minimise risk of large groups coming together before and after training.

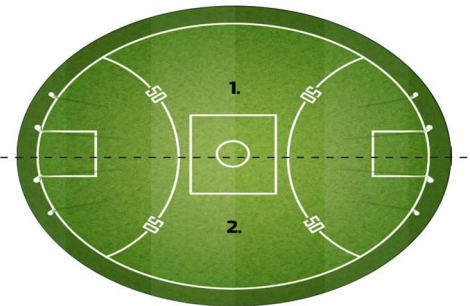
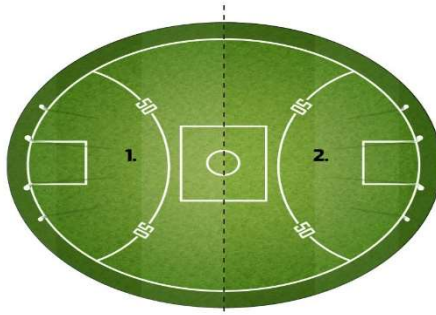
The following are approved training configurations:

1 Group of 20



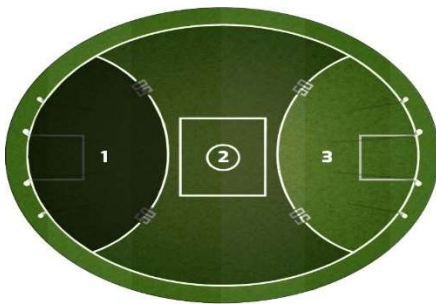
2 Groups of 20

40 in Total



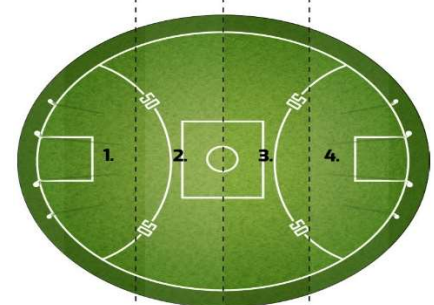
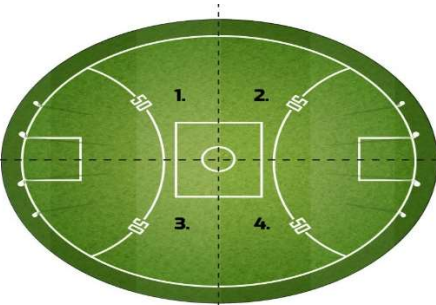
3 Groups of 20

60 in Total



4 Groups of 20

80 in Total





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GET IN, TRAIN AND GET OUT

Players and umpires should prepare for exercise at home, minimising need to congregate in change rooms/sporting facilities. Players and umpires should get dressed to train at home and shower at home on completion.

Strategies to limit time and person-to-person contact on site – promoting social distancing – should be implemented:

- Arrive dressed and ready to train
- Minimise use of change rooms, bathrooms and communal areas
- Showering at home instead of at training venues
- Between training efforts, maintain at least 1.5m apart
- Any tasks that can be done at home, should be done at home (e.g. recovery sessions, online meetings).

Junior Football

Specific to Junior Football, parents and/or care givers should limit their person-to-person contact on site when taking their child/children. Parents and/or care givers should also prepare their child/children for training in accordance with the above principles.

- Parents/Guardians will be encouraged to limit drop-off/pick-up to only one parent/guardian and other dependants as required and necessary.

HYGIENE

The following general hygiene practices for players, umpires and official apply at all times, in line with Government advice:

- Wash your hands often with soap and water for at least 20 seconds;
- Wash or sanitise your hands before eating (all players and official should have personalised hand sanitiser);
- 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;
- Cover your mouth to cough or sneeze (using your elbow);
- No sharing of towels/water bottles/food, including lolly or fruit bowls;
- Any areas (meeting rooms, treatment rooms, change rooms etc) accessed by players and officials to be comprehensibly cleaned and sanitised after each use;
- Clubs to take steps to adequately clean and disinfect player facilities before use (prior to player arrival)
- Clubs must do all they can to reinforce the above precautions, including making available appropriate hand washing facilities, as well as the provision of alcohol-based hand sanitiser and tissues
- Medical official must follow protocols as outlined in infection control training (ie: disposal of gloves in between treatments, wearing of face masks)



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Additional training hygiene

- Mouthguards are not to be removed during training or play and must be sealed away when not in use;
- Disinfect mouth guards after each session and ensure they are appropriately stored;
- Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings not permitted;
- No sharing of headsets or computer screens/ipads;
- All playing kit and equipment to be cleaned and disinfected between training sessions and matches;
- Avoid high fives, handshakes or other unnecessary physical contact;
- Training and Gym equipment to be wiped with antibacterial wipes or alcohol-based sanitiser prior to and after each use (Do not immerse footballs in water)

Toilets

- Hand sanitiser should be available outside of each bathroom, with people encouraged to use hand sanitiser prior to entering.
- Soap and paper towels will be available in all bathrooms.
- Routine cleaning will occur, with particular focus on frequently touched surfaces such as door locks, toilet buttons, sinks and tapware.

SOCIAL DISTANCING

Players, umpires, coaches and staff must continue to follow State Government mandated social distancing, and only engage in approved activities as per the SA Government Roadmap.

CONTACT TRACING

Contact tracing is a way of slowing the spread of infections by identifying people who have been in contact with an infected person.

Requirement → All players, umpires and officials are encouraged to subscribe to the Government's COVID-19 tracing app.

Requirement → Records of attendance at training to be maintained.

TESTING

Any advice on testing for COVID-19 will be guided by the State Government and Health officials.

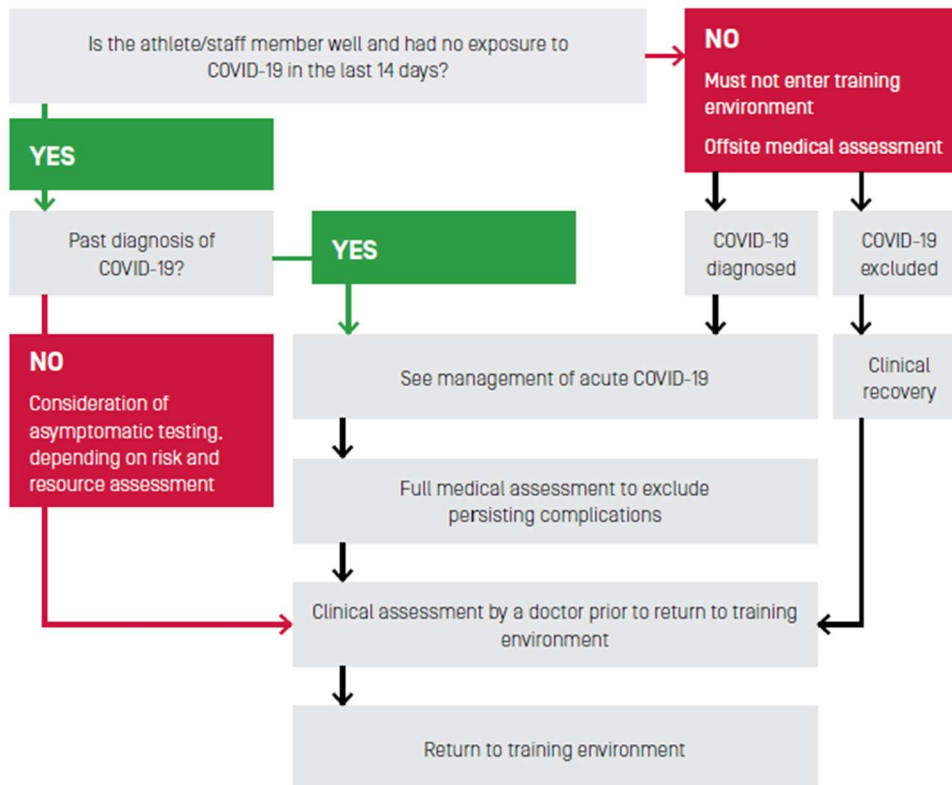
Requirement → Any symptomatic players or official must undergo relevant testing and follow isolation procedures until the results of the tests are available.



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TRAINING ASSESSMENT

A player/umpire/official member must not join the training environment if in the last 14 days they have been unwell or had contact with a known or suspected case of COVID-19.



Symptom monitoring should also occur, and anyone feeling unwell (particularly with the symptoms below) should not attend training.

- Cough
- Sore Throat
- Runny Nose
- Shortness of Breath
- Unexplained Loss of Taste and/or Smell
- Fever
- Any Other Health Concerns (Upset Stomach, Headache)

Individuals should seek medical advice if they have any symptoms.