



# SANFL & COMMUNITY FOOTBALL **RETURN TO PLAY** SEASON 2022

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### INTRODUCTION

We have recently seen the removal of almost all of the COVID restrictions that impact the operations of our football clubs and leagues.

While this is welcome and will allow football clubs and venues to operate more normally, COVID continues to present ongoing health risks for our community, as well as disruption linked to government mandated testing and isolation requirements.

The protocols included in this document are recommended to help protect the community, but it may also limit the number of persons needing to enter isolation should there be a positive case at your club/venue.

Clubs should use best endeavours to continue to provide a COVIDSafe environment for players, officials and spectators, and should consider continued implementation of the following best practice health advice.

### RECENTLY REMOVED RESTRICTIONS

The following restrictions have now been removed:

- COVID Safe Plan | Football Clubs & Licenced Venues no longer need to have a COVIDSafe Plan
- COVID Management Plans | COVID Management Plans are no longer required for events for over 1,000 persons

No other previous activity restrictions remain in place.

However, isolation requirements and some restrictions still remain for COVID positive persons and close contacts.

### TESTING

SA Health directions should be followed as follows:

#### PCR Tests

- Individuals should get a PCR test as soon as possible if experiencing COVID-19 symptoms.
- Individuals should get a PCR test if they have COVID-19 symptoms and test negative on a rapid antigen test.
- People must also get a PCR test if they are directed to by SA Health or SA Police. This includes if you are a close contact with COVID-19 symptoms or you are a close contact and cannot access a RAT Collection Point.

#### Rapid Antigen Testing (RAT)

- If you have been advised you are a close contact of a person with COVID-19 and have no symptoms, you can access free rapid antigen tests from RAT Collection Points across the state.
- If you test positive in a rapid antigen test, you do not need to get a PCR test to confirm the result. You are required to report positive results using the [online form](#).
  - It is recommended that you also report your negative and invalid results to help provide a full picture of rates of COVID-19 testing in the state.
- If you have COVID-19 symptoms and test negative using a rapid antigen test, you need to get a PCR test to confirm your result.



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### COVID POSITIVE & CLOSE CONTACT RESTRICTIONS

#### COVID Positive Requirements

Upon receipt of a positive test result you must:

- Isolate yourself away from other people as much as you can, including other people in your household.
- You must isolate for 7 days after you had your positive COVID-19 PCR test taken or tested positive using a rapid antigen test. You can only leave isolation after 7 days if you do not have acute symptoms, including a sore throat, runny nose, cough, or shortness of breath. You should remain in isolation until 24 hours after symptoms have resolved

On days 8 to 10 after finishing isolation, you should:

- wear a mask when around other people
- not visit a high risk settings (aged care, hospitals, disability care, correctional services)

You must also notify your close contacts of your infection (refer definition below)

#### Close Contact Definition

In South Australia a 'close contact' is defined as:

- a household member or intimate partner of a person with COVID-19 during their infectious period
- someone who has had close personal interaction with a person with COVID-19 during their infectious period:
  - for 4 (four) hours or more and
  - where masks are not worn by the person and the COVID-19 case and
  - in close physical proximity (within 1.5 metres) and
  - in an indoor setting
- someone who has been notified by SA Health that they are a close contact
- someone who has been to an exposure site listed on the SA Health website

People with COVID-19 are considered infectious two days before their symptoms started or if they didn't have any noticeable symptoms, they are considered infectious two days before they had their positive COVID-19 test taken.

#### Close Contact Testing & Isolation Requirements

Close contacts are no longer subject to quarantine requirements, provided they undertake the following:

- wear a mask when leaving the house for 7 days after your exposure date (12 years and older)
- undertake 5 rapid antigen tests over the 7 days after the exposure date (with at least 24 hours between tests and one test on day 7)
- report rapid antigen test results if the event of a positive test
- not attend high risk settings
- notify employer or school or early childcare settings of close contact status

In addition to the above mandatory requirements, it is strongly recommended that persons:

- avoid non-essential gatherings for 7 days after exposure date
- avoid contact with people at risk of severe illness for 7 days after exposure date
- work from home where possible
- report your rapid antigen test results even if you test negative



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#### Classroom Contacts

Students are a classroom contact if they shared a classroom or interacted with someone who has tested positive for COVID-19 (teacher, SSO, ancillary staff or student).

If identified students are notified they are a classroom contact they must follow the following guidelines:

- If the student has symptoms, they must not attend school and get tested as soon as possible
- Students (aside from the positive case/s) will be encouraged to continue attending school if they don't have any symptoms
- Student attendance at OSHC should be avoided where possible for 7 days
- Students should avoid attending school related extra-curricular activities for 7 days (such as camps, excursions, interschool sport, combined choir etc)
- avoid non-essential gatherings for 7 days after exposure date
- avoid contact with people at risk of severe illness for 7 days after exposure date

#### Previous Infection

If you have previously tested positive to COVID-19, you will not be considered a close contact for 12 weeks after you finish isolation. After this period, you will be considered a close contact if you are re-exposed to COVID-19.

#### Non-Essential Gatherings & Participation in Community Sport

SA Health defines non-essential gatherings as including but are not exclusive of:

- Weddings and other large family gatherings/events
- COVID Management Plan events
- Concerts, music festivals and other indoor entertainment
- Restaurants, hotels, pubs and nightclubs
- Attending the gym and indoor sport
- Conference and professional development not essential for work

There is no direction stating that close contacts (including classroom contacts) cannot attend and participate in outdoor community sport.

However, if a person who is a close contact elects to participate, the following should be observed:

- Wear a mask at all times
- Not attend club social functions or gatherings
- Avoid changerooms and other shared indoor spaces
- SANFL encourages all individuals, families and caregivers to assess the risk that your or your child's attendance at training or match day may have, particularly on vulnerable members of your club community.
- Notify your club or program coordinator that you or your child is a close contact so that risk assessment can occur, and any additional protocols implemented to deliver a COVIDSafe environment for all participants and staff/volunteers

#### **MASKS**

Face masks are an additional physical barrier to help stop the spread of COVID-19.

There is no longer any government direction for masks, however SANFL recommends masks are worn inside changerooms and other indoor football environments, such as coaches boxes in order to limit the number of persons needing to enter isolation should there be a positive case at your club/venue.



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### RECOMMENDED TRAINING & MATCH DAY PROTOCOLS

Clubs should use best endeavours to continue to provide a COVIDSafe environment for players and officials, and should consider continued implementation of the following best practice health advice.

#### Key Principles

- Maintaining 1.5m apart where possible
- Routine cleaning and sanitisation
- Masks encouraged when indoors and unable to physically distance
- Avoid sharing of equipment, in particular drink bottles

#### Changerooms

Access to changerooms is permitted. Each team and umpires should be allocated a changeroom for their exclusive use. Access to change rooms should be limited to essential personnel only.

Access to treatment rooms for strapping, massage etc is also allowed.

The following behaviours should be encouraged:

- Maintain 1.5m from others where possible
- Arrive dressed to train/play where possible
- Limit time coming together in larger groups (ie: match briefings)
- Wear masks when indoors, in particular when unable to physically distance

The following should be avoided due to increased risk of transmission:

- Avoid warm-up or drills in changerooms
- Avoid singing club song in changerooms

Change rooms, and any other areas should be regularly cleaned and sanitised before and after each training, and spot cleaned between user groups

#### Gyms

- Access to gyms permitted, however due to the high risk environment the following is recommended:
  - Staggered gym/weights schedule
  - Any gym equipment to be wiped down before and after each session, including in between change over of users on equipment
  - Mask wearing encouraged when not exercising

#### Showers & Wet Areas

Showers are permitted, with the following best practice health advice encouraged:

- Avoid sharing of hard soaps (pump bottles permitted)
- Avoid sharing of towels
- Spot cleaning following each user, and routine cleaning following each training/match day
- Ice baths permitted

#### Coaches Box & Bench

- Coaches can access coaches' box, however masks wearing is encouraged
- Hand sanitiser and sanitising wipes to be available on the bench and in coaches boxes



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### RECOMMENDED SPECTATOR MANAGEMENT PROTOCOLS

Clubs should use best endeavours to continue to provide a COVIDSafe environment for spectators, and should consider continued implementation of the following best practice health advice:

#### Entry/Exit Gates

- Multiple gates open (where possible) to allow for consistent ingress and spreading of crowd
- Queuing lanes should be implemented if required for ticket sales and entry, with points marked out on the ground 1.5m apart
- Where possible, cashless payments should be used to collect payment for entry (if relevant)

#### Spectator Seating, Standing & Parking Areas

- Patrons/groups of patrons not known to each other should be seated or standing 1.5m apart where possible
- Patrons encouraged to bring their own chairs to sit in
- Patrons encouraged to spread around ground as much as possible
- Car parking around ovals is permitted at relevant venues

#### Oval Access

- At the discretion of the officiating League, Spectators/Patrons may enter the oval to participate in kick and catch. Participants should try and maintain 1.5m from those not known to them while participating in kick and catch activities
- Spectators/Patrons should maintain physical distance from players and officials, and should avoid gathering around huddles during breaks in play

#### Food & Beverage

- There is no longer any restriction on the types of food and beverage that can be available (including buffets)
- Standing consumption is permitted, both indoors and outside
- Queuing lanes should be implemented for bars and kiosks if required
- Where possible, cashless payments should be used to pay for food and drink

#### Cleaning & Hygiene Provisions

- High traffic surface areas such as handrails, entry points, door handles, canteen surfaces, should be regularly wiped down
- Soap, water and disposable hand towel or dryers must 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
- If possible, clubs can provide hand sanitiser at entry points and food/drink service points



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## **COVID IMPACTED COMPETITION MANAGEMENT GUIDE**

SANFL has developed a COVID Impacted Competition Management Guide to support community leagues and competitions navigate through the challenges that COVID may present in the management of fixturing and re-scheduling.

It aims to remove ambiguity around decision making, reduce the stress and anxiety on administrators/volunteers and clearly outline a way forward in a simple, concise, and easy to understand format.

SANFL has provided to Leagues and suggested that they adopt the recommendations within, or develop their own set of agreed guidelines and communicate to clubs prior to the season commencing.

A copy of the guide is available on the SANFL Return to Play website.