

VICTORIAN CHURCHES FOOTBALL ASSOCIATION

RETURN TO TRAINING

8TH JUNE 2020



VCFA'S PRIORITY IS TO SAFEGUARD THE HEALTH AND WELLBEING OF THE FOOTBALL COMMUNITY DURING THE COVID-19 PANDEMIC.

We acknowledge that sport is very important to the overall wellbeing and mental health of our players and their families. As much as we would love to return to normality, the landscape in this this global pandemic is constantly changing and it would be remiss of the Association not to put the well-being of our community front and centre.

We hope you appreciate and understand the cautious course of action we are taking.

The Federal and Victorian State governments have announced a roadmap to cautiously reintroduce community sport in a staged approach. The first stage is a limited return to training, at the discretion of each club.

This document outlines the conditions that must be met during this stage in order to limit the spread of COVID-19 in line with Federal and Victorian State government guidance.





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INDIVIDUAL REQUIREMENTS

You must not attend training if in the past 14 days you:

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

Those with even mild symptoms are strongly encouraged to get tested. For more information, [click here](#).



HYGIENE PROTOCOLS FOR INDIVIDUALS

All individuals attending training must:

- Wash hands with hand sanitiser immediately before and after training and during scheduled breaks in training
- Not spit at any time
- Not share drink bottles and clearly label their own bottle
- Take their training bib or any other items worn/used during training, home to wash individually
- Carry hand sanitiser in order to enable good personal hygiene
- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze and place tissues directly in bins
- Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly
- Not share pens, clip boards or other such items
- Avoid touching eyes, nose or mouth if your hands are not clean
- Shower at home before and after training
- Ensure not more than 1 person per toilet facility at any one time



TRAINING PROTOCOLS FOR PLAYERS & PARENTS

When attending training, the following conditions must be observed:

- You must not arrive more than 10 minutes prior to training commencing
- You must not congregate at the entry point
- You must arrive prepared to train – changing rooms will not be in use
- You must bring your own drink bottles clearly labelled. No sharing of drink bottles is permitted
- If reasonably practical, only one parent/carer to take their child(ren) to training
- Parents/carers to keep a reasonable distance from the pitch – those that remain with their child(ren) during training will be considered part of the group of 20, unless they are formally coaching or instructing the activity
- You must follow the hygiene protocols in this document – regular breaks will to be provided for the purpose of rehydrating and hand sanitising
- Physical distancing of 1.5 metres must be maintained (No more than 1 person per 4m)
- No heading of the ball can take place during training
- Activity must be non-contact e.g. no tackling, no heading, no handshakes, high fives or similar
- Handling of equipment must be minimized e.g. no throw ins
- No use of shared equipment that touches the head or face or cannot be effectively cleaned i.e. soft materials or clothing
- You must provide your details including full name, phone number, date and time of attendance, and confirmation whether you have downloaded COVIDSafe, to the coach/club official for the purposes of contact tracing for each session
- If training bibs are used, you will be allocated a bib and you must take it home and wash it
- You must leave the venue immediately once training has concluded – no social activity is to occur



THE VCFA WILL CONTINUE TO WORK WITH THE STATE GOVERNMENT, CFFA, FV, FFA, COUNCILS AND OTHER BODIES REGARDING THE SAFE RESUMPTION OF FOOTBALL.

The document is subject to change including upon the advice of government and clubs are expected to remain up-to-date with the latest advice.

Further information guide(s) will be published in line with government advice in the event of any further staged return to playing football.

Failure to meet these conditions may void your insurance under our insurance policies, may be dealt with under VCFA's Judicial Tribunal, and may delay the return to competition.

Clubs must source written approval from the landowner e.g. Council, before training commences.

This document is current as at 3rd June 2020

