



## BALMAIN & DISTRICT FOOTBALL CLUB

### COVID-19 Return to training framework

Purpose	This policy has been developed to ensure BDFC can return to football training in line with the ease of restrictions announced by the NSW government at the end of May 2020.
Objective	<p>The aim of this policy is to ensure:</p> <ul style="list-style-type: none"> <li>The safety of all players, players family, volunteers, club employees and members of the broader community</li> <li>That the club, its volunteers, employees and players adhere to the guidelines for the return of community sport outlined in FNSW Return to Training Guidelines and CDSFA COVID Protocols</li> </ul>
Dates effective	1 June 2020 until further notice
Relevant legislation/ regulations	<p><a href="#">FNSW Return to Training Guidelines</a></p> <p><a href="#">CDSFA Covid-19 Stage 1 Return to Training Conditions</a></p> <p><a href="#">FNSW Responding to Football Injuries during Covid-19</a></p> <p><a href="#">Public Health (COVID-19 Restrictions on Gathering and Movement) Order (No 2) 2020</a></p>
Training attendance guidelines	<ul style="list-style-type: none"> <li>Only essential personnel are to attend training – players, team officials, essential volunteers</li> <li>Players should attend no more than 5 minutes prior to the commencement of training</li> <li>Anyone who is unwell, has COVID19 symptoms or is awaiting COVID19 test results must not attend training</li> <li>Players are to enter and leave the pitch in a timely manner minimising contact and large gathering. No social activities to occur once training has concluded.</li> </ul>
Training guidelines	<ul style="list-style-type: none"> <li>Football pitches are to be split into quarters, with no more than 10 people allocated per quarter of the pitch. For example, one coach and nine players. Players, coaches &amp; volunteers, once allocated to a quarter pitch are unable to move to another pitch or co-mingle with participants from another group.</li> <li>Social distancing is to be maintained – at least 1.5m between people at all times</li> <li>No person to person contact training drills (tackling or challenges) to be conducted</li> <li>Heading drills must be minimised and picking up the ball and throw ins must be discouraged</li> <li>Regular breaks are provided so that players can hydrate and use hand sanitiser</li> </ul>
Equipment guidelines	<ul style="list-style-type: none"> <li>Any handling of equipment is to be kept to a minimum</li> <li>All equipment (e.g. cones, portable goal posts, balls) should be cleaned after usage</li> <li>If training bibs are used, each individual player is to be allocated a bib and they are responsible for taking the bib home to wash and return</li> </ul>
Facilities	<ul style="list-style-type: none"> <li>Changing rooms will not be open.</li> <li>Canteens will not be open during this period</li> </ul>



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	<ul style="list-style-type: none"> <li>Toilets will be opened by Inner West Council but social distancing of 1.5m and 1 person per 4m<sup>2</sup> must be adhered to</li> <li>Soap and hand sanitiser must always be available in toilets</li> <li>Surface areas must be wiped down regularly with anti-bacterial disinfectant</li> <li>Provide bins around the venue</li> </ul>
New training field allocations	<ul style="list-style-type: none"> <li>To enable training to be limited to 10 participants per quarter field, a new training timetable has been issued providing each team with a half field.</li> <li>Teams are required to train in groups of no more than 10 participants (including the coach and manager). Each group is to be allocated to a quarter of the field. Players &amp; coaches are not permitted to move between the quarter fields.</li> </ul>
Additional requirement for coaches	<p>Coaches are required to comply with the training &amp; equipment guidelines. They will need to:</p> <ul style="list-style-type: none"> <li>Familiarise themselves with the relevant legislation and guidelines in this document</li> <li>Note amended <a href="#">training schedule and pitch locations</a></li> <li>Base their training plans on 2 groups of nine or less</li> <li>Organise their team manager or another volunteer to run the training drills with the second group of players</li> <li>Bring hand sanitiser to training for the use of volunteers and players</li> <li>Sanitise balls at the start/end of training</li> </ul> <p>Additional information on conducting COVID19 safe drills and training sessions are available for coaches.</p>
Additional requirements for managers	<p>Managers are required to:</p> <ul style="list-style-type: none"> <li>Familiarise themselves with the relevant legislation and guidelines in this document</li> <li>Organise their team into 2 groups of nine or less to split across the two allocated half pitches</li> <li>Advise players of revised <a href="#">training schedule and pitch locations</a></li> <li>Keep a record of player and volunteer attendance at each training session</li> </ul>
Requirements for players	<p>Players are required to:</p> <ul style="list-style-type: none"> <li>Familiarise themselves with the relevant legislation and guidelines in this document</li> <li>Arrive no more than 5 minutes prior to training commencing</li> <li>Come dressed and prepared to train</li> <li>Bring their own clearly labelled drink bottle. Sharing of drink bottles is not permitted</li> <li>Leave the training venue immediately once their training session has concluded</li> <li>Wash or sanitise hands before and after, and during breaks in training.</li> </ul>
Requirement for parents/carers	<p>Parents and carers have a responsibility to support their children to adhere to these guidelines. They will need to:</p> <ul style="list-style-type: none"> <li>Familiarise themselves with the relevant legislation and guidelines</li> </ul>



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	<ul style="list-style-type: none"><li>For parents accompanying young juniors (8-12) they will need to limit their attendance to drop off and pick up and refrain from socialising with other parents/carers.</li></ul>
Further information	Balmain & District Football Club <a href="#">COVID website page</a> BDFC General Manager & Covid19 Safety Officer: <a href="#">Matteo Maiorana</a>
Additional resources	<a href="#">NSW Office of Sport Novel Corona Virus Update</a>