

WODEN VALLEY SOCCER CLUB – RETURN TO FOOTBALL PLAN

May 2020

A) PRELIMINARY MATTERS FOR THE RETURN TO FOOTBALL

- **BACKGROUND:** Information on resumption of training was sent to all parents/players/coaches/manager (18 May 2020), including
 - How training will be arranged
 - Reassurance that all health guidelines will be followed
 - There is no pressure on players to train
 - Parents with any concerns should not send their children to training
 - Parents sending children are deemed to be accepting conditions for restarting training
 - Coaches have final say on players training
 - Link to Capital Football guidelines circulated:
<https://capitalfootball.com.au/wp-content/uploads/2020/05/20200515-POL-Return-to-Play-Guidelines-v5.pdf>
- **BOOKINGS REQUIRED:** Commencement dependent on grounds being booked (and lights working for evening training). Otherwise, teams are encouraged to restart training as soon as feasible
- **EQUIPMENT:** Times to be allocated for coaches or managers to collect training equipment
 - Soccer balls, cones, first aid kits, pumps only – no jerseys distributed
 - Keep equipment for training to a minimum:
 - If used, clean and disinfect equipment before and between sessions
- **GENERAL TRAINING PERIODS:** Allocation of training times and areas to teams
 - Please avoid gatherings
 - Teams to stay in allocated areas
 - Teams to be allocated up to two training slots each week
 - Training to be made available to be conducted each weeknight and the weekend
 - Under 10s-13s: 5:30-6:30pm weekdays
 - Arrival time: 5:15pm
 - Start time: 5:30pm
 - Finish time: 6:30pm (and to leave by 6:40pm)
 - Under 14s-18s (including NPLY): 7:00-8:00pm weekdays
 - Arrival time: 6:45pm
 - Start time: 7:00pm
 - Finish time: 8:00pm (and to leave by 8:10pm)
 - PeeWees and Under 7s-9s: Saturday morning
 - Arrival time: 9am
 - Start time: 9:15am
 - Finish time: 9:45am (and to leave by 10am)
 - State League: Saturday afternoon
 - Arrival time: 12:45pm
 - Start time: 1:00pm
 - Finish time: 2:00pm (and to leave by 2:10pm)
 - Masters: Sunday morning
 - Arrival time: 9am
 - Start time: 9:15am
 - Finish time: 9:45am (and to leave by 10am)

- Overflow (if needed): Sunday afternoon
 - Arrival time: 12:45pm
 - Start time: 1:00pm
 - Finish time: 2:00pm (and to leave by 2:10pm)
- No Club sanctioned training to occur outside approved training times
 - This includes insurance implications.
- **PROCESS FOR ALLOCATING TEAMS TO TRAINING TIMES:** VPs and Coordinators will contact teams about restarting training and see who expects to train under these circumstances

B) GENERAL MATTERS

- **PARTICIPATION GENERALLY:** There is no pressure on players to train
 - Parents with any concerns should not send their children to training
 - ▶ Parents/guardians sending children to training do so on the basis that they accept these conditions
 - One parent/guardian to drop off and pick up a player from Mawson Playing Fields (NOTING a player can be accompanied by siblings in travelling to/from their venue)
 - Only essential participants to attend football activities
 - ▶ These comprise players, coaches, managers, team members (up to 10 including the coach)
- **TRANSPORT:** In short, ***please get in – train – get out***
 - Avoid carpooling to and from training
 - Players not to turn up until 15 minutes prior to the start of training
 - Designated entry and exit areas must be followed
 - ▶ See the attached map (**Attachment A**) of the Mawson Playing Fields with:
 - ▶ vehicle and pedestrian entry and egress points and
 - ▶ pedestrian pathways
 - Where possible, parents/guardians are encouraged to remain in the car
- **HYGIENE:** Players should wash hands with soap and water often before and after training
 - Arrangements are being made to have hand-sanitiser available at training
 - ▶ Coaches or managers to dispense sanitiser
 - There is to be no sharing of drink bottles, towels, or bibs
 - No handshakes, high-fives or body contact
 - There will be no canteen, and no use of change rooms
 - Only toilets to be used if necessary – open by the ACT Government as part of grounds bookings (and they will also therefore supply soap and paper etc)
 - ▶ Club House will only be open in limited circumstances, consistent with Capital Football guidelines (eg club officials accessing equipment)
 - Players, staff and parents to leave Mawson Playing Fields immediately after training

C) TRAINING

- **PARTICIPATION SPECIFICALLY:** Players or their family should let a coach and/or manager know if a player won't be at a planned training session for their squad
 - Players should ***not participate or attend training*** if
 - ***unwell*** and especially if a player has ***flu-like symptoms***

- has ***travelled internationally*** or been ***exposed to a person with COVID-19*** in the preceding **14 days**
 - is at a ***high risk*** from a health perspective (including the ***elderly*** and those with ***pre-existing medical health conditions***)
- **TRAINING AREA:** Division of fields into training areas (as per Capital Football guidelines)
 - Training areas to be marked out
 - PeeWees and Under 7s-11s to use quarter fields
 - Under 12s-18s (including NPLY), State League and Masters to use half fields
- **NUMBERS:** Training to be restricted to 10 people – including coaches and any official/manager.
 - Teams of more than 10 players will be split into 2 groups and typically train on different days of the week.
 - Where a team has 2 coaches available (and sufficient grounds are available) the Club will schedule the 2 groups from that team to train on the same night if possible.
 - A coach can only run session (consistent with ACT Government advice).
 - For clarity, a coach cannot run two sessions at different times of an afternoon/evening, even with different groups of players
 - Further, coaches cannot work with more than one group in a 24 hour period
- **DRILLS:** Non-contact skills only, such as:
 - Striking the ball, running with the ball, first touch, conditioning
 - No physical contact or tackling
 - Games not permitted
 - Drills will be prepared for the use of coaches (on request, noting many coaches will have drills ready to go)
- **DISTANCING APPLIES:** Social distancing rules still apply
 - Players and coaching staff to be kept 1.5 metres apart (cones can be used locations)
 - Adequate spacing for each player and staff (applying the 1.5 metre social distancing rule and 4 square metres per person)
 - Anyone observing training from sidelines should maintain social distancing rules.
- **FOOTBALLS AND KEEPERS' GLOVES:**
 - Players can bring their own footballs if it makes them feel more comfortable
 - Players should avoid touching footballs with their bare hand(s)
 - Goalkeepers should use gloves: either their own or a designated set for that player
 - Heading of the ball may occur during the natural process of a skill.
 - But not practicing headers by picking up the ball and throwing
- **TIMING:** Training time to be kept to one hour, including warm ups
- **NO EXTRANEOUS ACTIVITY:** No team meetings / tactical discussions at training
 - These activities can be conducted separately, online or through phone meetings etc
- **COVIDSafe:** All people attending training are encouraged to download and activate the Australian Government's "COVIDSafe" app on their mobile phone.

- **REGISTERING ATTENDANCE:** Players or their family should let a coach and/or manager know if a player won't be at a planned training session for their squad
 - Players should ***not participate or attend training*** if
 - ***unwell*** and especially if a player has ***flu-like symptoms***
 - has ***travelled internationally*** or been ***exposed to a person with COVID-19*** in the preceding ***14 days***
 - is at a ***high risk*** from a health perspective (including the ***elderly*** and those with ***pre-existing medical health conditions***)

D) Recording Attendance and Incident Management

- If a COVID-19 positive result occurs within the football family, our clubs may be required to support contact tracing efforts by ACT Health (including access to records related to training and groupings)
- To enable this, the coach for each session must record attendance at training
 - This means they must record the details of any person attending training sessions, including players and parents/guardians.
 - The details of those attendees should be emailed to the Club as soon as feasible (ideally the same day), or at least by midday the next day
 - Names can be sent in an email or a clearly legible photograph of a written sheet and emailed to: ***admin@wvsc.org.au***
- Protocols will apply related to quarantine/self isolation for anyone and those contacts considered at risk

E) REVIEW

- **REVIEW OF THIS PLAN:** This plan to be reviewed regularly, including when affected by any Government or Capital Football announcements
 - Comments from parents, players, coaches, managers and other members are welcome
- **CONCERNS/ISSUES:** This is a challenging time and some people will be feeling cautious about a return to training.
 - Players and members of our community have to make the best decision for themselves and their family, in terms of whether they can participate in training, and those decisions will be respected.
 - Please raise any concerns or queries with the club.

We are working together as a community to return to football.

Thank you

Woden Valley Soccer Club



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- **(Attachment A)** of the Mawson Playing Fields has:
 - vehicle and pedestrian entry and egress points and
 - pedestrian pathways