

## COVID -19 / CORONAVIRUS INFORMATION TO FOOTBALL CLUBS (as at 11 March 2020)

The purpose of this document is to provide an update in relation to the ongoing situation with coronavirus, **Covid-19** which is the name of the disease caused by coronavirus and give practical measures for Football Clubs to reduce any risks with this outbreak.

If you are unsure about any of the information provided or how it will work in practical terms, please have a discussion with Tom Bottrell, WAFC Executive Manager Country Football & Facilities (email: [tbottrell@wafc.com.au](mailto:tbottrell@wafc.com.au))

### 1. How is this coronavirus spread?

The coronavirus is most likely spread from person-to-person by:

- Direct close contact with a person while they are infectious by droplets that are produced when the person coughs or sneezes,
- Touching surfaces that have been contaminated from a cough or sneeze from a person who has a confirmed infection and then touching your face and mouth.

Symptoms of infection typically begin 2-14 days after exposure and can include fever, fatigue, muscle aches, cough and sometimes diarrhoea. More severe symptoms include difficulty breathing, and pneumonia.

If you have not been in an area where Covid-19 is spreading or been in close contact with someone who has and is now infected, your chances of getting Covid-19 are currently low. However, it's understandable that people may feel anxious about the situation.

It is important that any information you receive with respect to Covid-19 or any other infectious illness comes from a reputable source, such as the [dedicated page set up by the Australian Government's Department of Health](#).

### 2. General Hygiene Practices

The precautions outlined below are recommended to limit your chance of exposure and will help to prevent the spread of germs. We encourage everyone to ensure they are practising frequent hand hygiene and cough etiquette as this is the best defence against most viruses. We therefore ask everyone to comply with the following practices:

- Wash hands with soap and water or use an alcohol-based hand rub (60% alcohol or greater) more frequently than usual and before and after eating and after going to the toilet. Aim to complete hand hygiene in around 20 seconds. Please encourage all players / parents to wash hands regularly in your junior club environment (i.e. training sessions) and also at home.
- Cover coughs and sneezes, dispose of tissues, and use alcohol-based hand sanitiser.
- Cough or sneeze into your elbow or arm if you don't have access to tissues. This will stop you accidentally spreading germs by your hands.
- Avoid basic contact with others (kissing hello, hugging, and hand shaking).
- Avoid contact with sick people and if in contact with sick people maintain a distance of 1.5 m where possible.
- Stay healthy and support your immune system by eating a balanced diet, staying hydrated, exercising, considering vitamin supplements, and getting quality rest.

### 3. Water Bottles

The WACFL recommends that players do not share water bottles with other players, and this may mean players bringing their own bottles to training and games and being vigilant in not sharing it with others.

The WACFL is currently reviewing rules around water carriers for Junior Games and will provide an update on this prior to the Junior season.

### 4. Mouthguards

Please ensure that players follow appropriate hygiene procedures for mouthguards including disinfecting after use.

### 5. Overseas Travel

If you, a family member or friend, who you are in close contact with is:

- traveling overseas
- is currently overseas
- has returned from overseas - Please be mindful of below:

#### Returning from Overseas (current restrictions – please note this may change)

<p>If you have travelled to or transited through <b>Mainland China, Iran, or South Korea</b> (countries listed by the Australian Government) in the last 14 days, you will need to:</p>	<ul style="list-style-type: none"> <li>• stay at home and self-isolate for the next 14 days</li> <li>• monitor your health</li> <li>• seek medical advice and testing ASAP if you have Symptoms</li> <li>• obtain a medical clearance from a doctor before returning to the Club</li> </ul>
<p>If you have travelled to or transited through <b>Italy</b> (countries listed by the Australian Government) in the last 14 days, you will need to:</p>	<ul style="list-style-type: none"> <li>• you will have been met at the border for screening and unless you are instructed to, you do not need to isolate at home, but you must monitor your health for 14 days</li> <li>• seek medical advice and testing ASAP if you have symptoms</li> <li>• obtain a medical clearance from a doctor before returning to the Club</li> </ul>
<p>If you have travelled to or transited through <b>Japan, Cambodia, Hong Kong, Indonesia, Singapore or Thailand</b> in the last 14 days, you will need to:</p>	<ul style="list-style-type: none"> <li>• you must self-monitor your health for 14 days</li> <li>• if you have any symptoms you should seek medical advice ASAP</li> <li>• obtain a medical clearance from a doctor before returning to the Club</li> </ul>

### 6. Feeling Unwell?

If as a club you want to ensure that your players understand their responsibility in self-isolating when unwell then the WAFC would recommend that the following statement be provided to players in respect to their health.

“If you are feeling unwell, we ask that you please seek prompt medical advice and inform the Football Club immediately. Importantly if you are unwell please stay at home for both training and games and follow medical advice.”

## 7. Potential Impact on Football

Currently it is **Business as Usual** for the upcoming football season, however as you would be aware the Australian government has activated plans to deal with Coronavirus (**Covid-19 Plan**). At present, the Government has only updated travel warnings and restrictions for the countries listed above, however various meetings of Government are taking place regularly to monitor any changes in the situation and to consider implementing any further measures which may include the following actions which may affect our industry, and subsequently Junior Football:

- cancelling/restricting large gatherings,
- asking people to work from home,
- bringing in "social distancing" measures (which could include closing schools and workplaces, quarantining people, cancelling events and even shutting down public transport),
- implementing infection control guidelines and healthcare safety and quality standard.

The WAFC, in conjunction with the AFL, will continue to monitor the status of the government Covid-19 planning and update Clubs accordingly. Through the WAFC Covid-19 Working Group, scenario planning is being undertaken to look at all elements of community competitions, and potential impacts that could occur. This planning will focus on matters including looking at processes and requirements around reimbursement of fees if required, representative games, access to AFL Little League and Auskick, etc. This group is undertaking a comprehensive review of all community football competitions and potential impacts. This will be communicated wider as required.

It is important to remember it is **Business as Usual**, but ensure that appropriate hygiene practices are adopted.

## 8. Club Interstate Trips

Currently there are no restrictions on travel domestically in Australia, however for clubs that have trips planned for this upcoming football season, the recommendation of the WAFC is to continue to monitor the situation as it evolves over the coming months. If this situation changes then the WAFC will advise clubs immediately.