# COVIDIO INFORMATION FOR COACHES

## **RETURN TO TRAINING > LEVEL 1**

### WHAT YOU NEED TO KNOW

Coronaviruses are a type of virus that can affect humans and animals. Some coronavirus cause illness similar to the common cold and others cause more serious illness, including Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS).

All football participants including players, coaches, match officials, club officials and any other person at the venue are responsible for stopping the spread of the virus. The following guidelines are designed to assist in understanding ways that you can help.

#### **Preparing for training**



Maintain attendance records

Be punctual and aim to

avoid any contact with

other training sessions



Ensure changerooms and showers are not used.



Maintain a 1.5m distance between participants on and off-field



Ensure toilets are open and have soap and sanitiser.



Provide regular breaks for hydration and hand sanitising

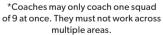


What you can and can't do

Non-contact skill training drills such as passing, shooting, heading



10 participants at one time including coach\* \*Coaches may only coach one squad





Contact-to-contact playing skills such as tackling are not permitted



NO SPITTING permitted

#### Do not come to training if you exhibit any of these symptoms



#### For more information go to www.footballnsw.com.au