

COVID-19 RETURN TO TRAINING - SENIOR CONDITIONS

V4.0: 6 November 2020
VALID FROM: 6 November 2020



FOOTBALL
VICTORIA

#LIVELOVEFOOTBALL

OVERVIEW

Football Victoria's priority is to safeguard the health and wellbeing of the football community during the COVID-19 pandemic. **The Victorian State Government has announced the easing of restrictions across Victoria. The updated Government directions allow for the commencement of a cautious return to football across all of Victoria.**

Non-contact outdoor training across all of Victoria may resume for participants aged 19 and over provided certain conditions as determined by the Chief Health Officer are met.

Indoor football and futsal are still not permitted. We will provide an update when government restrictions allow a return to indoor football and futsal.

This document outlines the **conditions that must be met for outdoor training for players aged 19 and over** in order to limit the spread of COVID-19 in line with Federal and Victorian State government guidance.

Breach of these conditions may void insurance policies under the FFA insurance program, may be dealt with under FV's Grievance, Disciplinary and Tribunal Bylaw and may incur substantial fines under the Public Health and Wellbeing Act 2018.

Clubs must source written approval from the landowner eg Council, before training/competition commences.

Note that changes from V3.2 are marked in red



KEY CHANGES



SPECTATORS

Generally not permitted
- limited to parental supervision, and support people for players with additional needs



FACILITIES

Clubrooms,
changerooms and
showers can reopen



GROUPS

Limited to normal squad
sizes



CONTACT

No contact in training

Full details of each change are provided below and must be read carefully

PRINCIPLES

VICTORIAN GOVERNMENT

Restrictions for return to sport across Victoria

- *Outdoor sports venues and physical recreational facilities can open.*
- *Indoor sports venues and physical recreational facilities are only permitted to open in regional Victoria, for non-contact **sport** for participants 18 years and under or non-contact **physical recreation** for participants 19 years and over.*
- *People may not travel between metropolitan Melbourne and regional Victoria to participate in recreational activities or community sport unless they are a permitted worker.*
- *If you live in metropolitan Melbourne, you cannot travel more than 25km from your home to participate in recreational activities or community sport.*
- *Communal facilities, such as clubrooms and change rooms, can open for outdoor sport venues applying the four-square metre rule to each enclosed space. Signage must be displayed at the entry to each indoor space outlining the maximum number of people allowed at a single time.*
- *Shared spaces and spaces open to members of the public at facilities must be cleaned regularly, including at least twice a day for frequently touched surfaces. Ensure changerooms and toilets are cleaned as per cleaning requirements.*
- *Sporting clubs that operate a restaurant, café or canteen within its facility may reopen with take-away and limited dine-in arrangements, provided it strictly adheres to the restrictions on hospitality venues including up to 10 patrons per enclosed space and in groups of up to 10, subject to the four-square metre rule (or two square metre rule for outdoor dining spaces).*
- *All workers, volunteers and participants must wear a face mask at all times. A face mask is not required while engaged in strenuous physical exercise, such as jogging or running. You do have to carry a face mask with you so you can wear it before or after exercising, unless you have a lawful exception.*
- *It is important that you keep at least 1.5 metres between yourself and others while exercising, even when wearing a face covering.*
- *Communal equipment can be used, provided it is cleaned between each use.*
- *Keep records of worker, volunteer, parent, carer and participant details for contact tracing, where person attends work premises for longer than 15 minutes. Operators must collect the following information: first name, contact phone number, time and date in which they visited, and the areas of the premises that they attended.*

For organised community sport activities:

- *Organised non-contact training and competition are allowed for all age groups where participants can stay 1.5 metres apart.*
- *For people aged 18 years and under, full-contact community sport training and competition may resume.*
- *For organised outdoor community sport, the minimum number participants required to conduct the sport should participate in the activity. The rules of the sport governing body (e.g. the State Sporting Association) determine the number that can participate (ie. the number who would normally be involved in a match or training, including players on the field/court and allowed substitutes). This applies even if it exceeds the density quotient or group limit on the venue.*
- *Spectators for outdoor training and competitions, **are only allowed if they are supervising children or supporting players with additional needs**. Spectators must abide by gathering restrictions – spectators should be in groups of no more than 10 and spread out around the ground or venue. The group of 10 does not include those necessary for the activity to occur, such as the umpire or trainer. **Any permitted spectators must wear a face covering, unless they have a lawful reason not to.***
- *All venues and facilities **must** have a COVIDSafe Plan (see FV template in the [COVID-19 Football Portal](#)).*

The following conditions implement these directions for the purposes of football training and competition and form the mandatory requirements for any FV sanctioned training for those aged 19 and over.

PRIOR TO TRAINING



FOOTBALL
VICTORIA

PRIOR TO TRAINING INDIVIDUALS

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

- Have tested positive to COVID-19;
- Have been unwell or had any flu-like or respiratory symptoms (even if mild)*;
- Are living with a diagnosed person;
- Have been in contact with a known or suspected case of COVID-19; or
- Are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions – further **information can be found [here](#)**.

Those with even mild symptoms are strongly encouraged to get tested.

For more information, [click here](#).

It is the responsibility of the club to monitor players on arrival and the individual to self assess if they should attend.

Anyone who has been in isolation/quarantine may return to training only if they have met all DHHS requirements. See [here](#) for further information.

*If you are unwell and you have taken a COVID-19 test which was negative, you should still isolate at home until symptoms have completely gone. Once gone, and subject to any other requirement to isolate/quarantine, you may return to training sooner than 14 days.



PRIOR TO TRAINING CLUB

In advance of commencing training, clubs must:

- ❑ Prepare a COVIDSafe Plan (see FV template on [COVID-19 Football Portal](#))
- ❑ Source written approval from the landowner of your facility e.g. Council – Clubs are not permitted to use venues other than those already agreed in advance of the season
- ❑ Comply with any additional requirements imposed by the landowner
- ❑ Assess any indoor space(s) within their venue (that is not a Food and Drink Facility) eg club room/change room/showers and limit the number of people in each such space in line with the density quotient* with clear signage at the relevant entry point indicating the maximum permitted number and encouraging distancing within (note no access is permitted to saunas/spas)
- ❑ Display signage at any other facility entry points indicating the maximum number permitted in line with the density quotient
- ❑ For venues with multiple separate indoor spaces, ensure there are measures in place to limit close contact between individuals in shared spaces such as foyers
- ❑ Consider closing off sections of seating/benches to help **permitted** spectators to keep a 1.5 metre distance
- ❑ If they intend to open a Food and Drink Facility, comply with applicable requirements (see next page)
- ❑ Use floor markings to promote physical distancing in changerooms and consider closing off some seats/benches, lockers/cubicles to make it clear how many users are allowed in the areas
- ❑ Ensure tight controls on access/keys– this includes keeping a record of the person responsible for access/keys on the list of attendees
- ❑ Ensure the venue meets all conditions in this document
- ❑ Ensure all communications with members aged 19 and over about the return to

training include this document, highlighting the information **regarding** when not to attend training

- ❑ **Ensure** all club officials, coaches and anyone coordinating the training sessions must have read and be familiar with these conditions
- ❑ Ensure that any person who attends training who is known in the last 14 days to have tested positive, have (or had) symptoms, contact with a known/suspected case, is living with a diagnosed person, or be at high risk (further information **here**), is refused entry – see page 6 for full details
- ❑ Ensure that all players and coaches are appropriately registered on PlayFootball

*The **density quotient** limits the number of members of the public that are permitted in a space at any one time to the number calculated by dividing the total publicly accessible space (measured in square metres) by 4.

Example: if an indoor space is 8.5 metres long and 4.5 metres wide, its total area is 38.25 square metres. Its density quotient is 9.56, so no more than 9 members of the public would be permitted to be in the indoor space at the same time.

If a Food and Drink facility is operated and provides outdoor dining (see next page), a density quotient of one person per 2m² will apply to outdoor spaces only.

Example: if an outdoor space is 15 metres long and 8 metres wide, its total area is 120 square metres. Its density quotient is 60, so no more than 60 members of the public would be permitted to be in the outdoor space at the same time. This would exceed the maximum number of people allowed in an outdoor venue in metropolitan Melbourne. Therefore, the venue limit for an outdoor venue of this size in Melbourne is 50, but in regional Victoria the outdoor limit of 60 would apply as it is lower than the usual limit of 70 (see next page).

PRIOR TO TRAINING

FOOD AND DRINK FACILITIES

Sporting clubs that operate a café, restaurant, fast-food store, cafeteria, canteen or licensed premises within its facility may reopen it with limited dine-in arrangements, provided it strictly adheres to the restrictions on hospitality venues.

These include **but are not limited to** limiting the number of members of the public (including those waiting for takeaway) to the lesser of **the maximum applicable number set out in the table below**, or as permitted under the density quotient (see prior page) and no more than 10 **people** per group booking.

	Metropolitan Melbourne	Regional Victoria
Indoor	10 people per enclosed space; 20 people indoors total per venue	10 people per enclosed space; 40 people indoors total per venue
Outdoor	50 people outdoors per venue	70 people outdoors per venue

Detailed guidelines of the requirements for food and drink facilities to reopen, including for takeaway service, are available on the [Business Victoria website](#).

In advance of opening a food and drink facility, clubs must consult the [Industry Restart Guidelines - Hospitality](#) and carry out the actions required included **but not limited to the following:**

- ❑ Create a plan for their business that takes into account these guidelines as well as guidance from WorkSafe Victoria
- ❑ Deep clean the premises before reopening

- ❑ Set up the venue to ensure physical distancing requirements of one person per four square metres (for indoor dining spaces) or one person per two square metres (for outdoor dining spaces) are met and place tables so that any diners on a neighbouring table remain 1.5 metres apart when seated
- ❑ Display hygiene, physical distancing and wayfinding signage to emphasise to staff and patrons the expectation on all of us to stay safe
- ❑ Encourage all staff and managers to complete the Victorian Government online COVID-19 training, including ensuring at least one staff member at the venue has completed the training
- ❑ Maintain a contact register of all visitors to the venue (first name, telephone number, date and time of visit) including patrons, suppliers, maintenance workers to support contact tracing and store it securely on-site for at least 28 days after the visit
- ❑ **Workers must wear face masks (unless an exemption applies) and patrons must wear face masks, unless consuming food or drink (or unless an additional exemption applies)**

HYGIENE



FOOTBALL
VICTORIA

HYGIENE PROTOCOLS

CLUBS

All clubs must ensure, in conjunction with the Council / landowner that:

- Facilities are cleaned at least twice daily when in use, with communal facilities and contact surfaces disinfected – advice on cleaning is found at the DHHS website: <https://www.dhhs.vic.gov.au/cleaning-and-disinfecting-reduce-covid-19-transmission>
- All equipment including balls must be cleaned **and** disinfected before each training session.
- Regular and thorough hand washing is promoted via prominent signage (including at entry and exit points – to be marked as such) around the venue. Signage is available to download via our **Return to Football portal.**
- Prominent signage (including at entry and exit points to be marked as such) around the venue instructing people when not to attend training/competition
- Hand sanitiser dispensers are provided in prominent places around the venue (including entry and exit points) and are regularly refilled
- Soap dispensers in toilets are regularly refilled
- Bins are provided around the venue and regularly emptied
- Prominent signage that not more than 1 person is permitted per toilet facility at any one time

Clubs have access to a complimentary allocation of Two Hands Hand Sanitiser, and a discount on future purchases of Two Hands Hand Sanitiser. Further information is available on the [Football Victoria website.](#)

HYGIENE PROTOCOLS

INDIVIDUALS

All individuals attending training must:

- Wear a face covering when not participating in a training drill**
- 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 or clip boards
- Avoid touching eyes, nose or mouth if your hands are not clean
- Ensure not more than 1 person per toilet facility at any one time
- Shower at home **where possible** to avoid congestion at facilities



ATTENDING TRAINING



FOOTBALL
VICTORIA

TRAINING PROTOCOLS

COACH/CLUB OFFICIAL

When conducting training, the following conditions must be implemented:

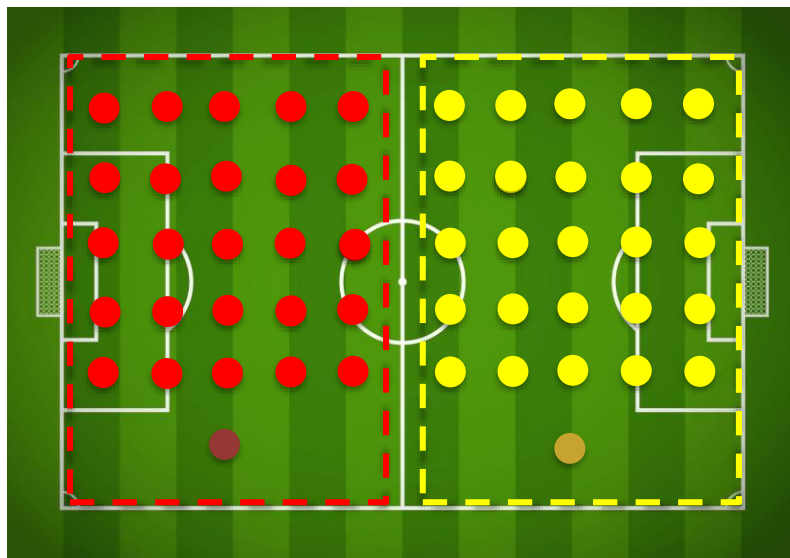
- ❑ Any person who attends a training session must wear a face covering unless they are actively participating in a training drill (excluding providing coaching or instruction) or have a lawful reason not to
- ❑ Entry must be refused to any person who attends training who is known in the last 14 days to have tested positive, have (or had) symptoms, contact with a known/suspected case, is living with a person diagnosed, or be at high risk (further **information here**)
- ❑ If any player presents to training with COVID-like symptoms, they must be immediately isolated and sent home as soon as possible
- ❑ Group sizes are limited to the minimum number of participants required to conduct the sport - FV would expect this to mean normal squad sizes. Support personnel, including coaches, trainers, parents or carers are allowed in addition to the participants
- ❑ Only those necessary to support participation (a parent or guardian providing supervision of their child or supervising a participant with additional needs) are permitted to attend training as a spectator and must abide by gathering restrictions
- ❑ Permitted spectators should be in groups of no more than 10 and spread out around the ground or venue, at least 10 metres apart.
- ❑ Staggered training start times to minimise risk of congregation particularly in communal areas
- ❑ A gap of no less than 15 minutes in between scheduled training sessions to avoid congregation
- ❑ Physical distancing of 1.5 metres must be maintained (with the exception of a parent/carer supporting their child or a person with disability in their care)
- ❑ An accurate record of all attendees (including parents/carers/officials/ workers) who attend for longer than 15 minutes for the purposes of contact tracing **must be kept**, including full name, FFA number, phone number, date and time of attendance, any indoor spaces visited (eg toilets/clubrooms/changerooms), and confirmation whether they have downloaded COVIDSafe (Updated template available **here**) - to be completed by one club official only in line with physical distancing. This record must be kept securely for 28 days and then destroyed and is to be disclosed only to an authorized officer under the Public Health and Wellbeing Act.
- ❑ No heading of the ball can take place during training
- ❑ Activity must be non-contact eg no tackling, no handshakes, high fives or similar
- ❑ Handling of equipment must be minimised e.g. no throw in's
- ❑ Sharing of equipment must be minimised
- ❑ No use of shared equipment that touches the head or face or cannot be effectively cleaned i.e. soft materials or clothing
- ❑ Adherence to the hygiene protocols in this document
- ❑ Regular breaks are to be provided for the purpose of rehydrating and hand sanitising
- ❑ No social activity is to occur at the ground or venue once training has concluded
- ❑ Players are to leave the venue in a staged approach, with sessions concluding in a clockwise manner
- ❑ Any access to equipment storage areas limited to one person
- ❑ All normal safety protocols apply – including Child Safety requirements (WWCC)

TRAINING PROTOCOLS ZONES

When conducting training, the following conditions must be implemented:

- ❑ Training zones must be a minimum of 45m by 45m (being half the FIFA standard full-size pitch)
- ❑ Group sizes are limited to the minimum number of participants required to conduct the sport - FV would expect this to mean normal squad sizes.
- ❑ Groups must not mix with each other and must remain constant, where participants can not swap between groups
- ❑ If a ball from one training zone enters another training zone, players are directed to gently kick the ball back rather than pick it up and throw it
- ❑ Training zones must be clearly marked to ensure groups do not operate closely to each other and all those attending (including permitted spectators) must be notified that they are not to move into any other zone during training

EXAMPLE – 25 PERSON MEN’S AND WOMEN’S SENIOR SQUADS



TRAINING PROTOCOLS

PLAYER/SPECTATOR

When attending training, the following conditions must be observed:

- ❑ Training is strictly non-contact under the State Government's current directions. This means you must maintain 1.5 metres distance from other participants where possible.
- ❑ You must wear a face covering unless you are actively participating in a training drill, or have a lawful reason not to
- ❑ You must not attend training sessions if in the last 14 days you have tested positive, have (or had) symptoms, contact with a known/suspected case, are living with a diagnosed person, or are at high risk (further information [here](#)) – see page 6 for full details
- ❑ You must not attend training sessions in regional Victoria if you live in metropolitan Melbourne. You must not attend training sessions or competition in metropolitan Melbourne if you live in regional Victoria.
- ❑ If you live in metropolitan Melbourne, you must not travel more than 25km from your home to attend football training or matches.
- ❑ You may arrive at the venue a reasonable period of time earlier than the commencement of training for the purposes of warming up provided you do so away from other groups and venue entry and exit points
- ❑ You must not congregate at the entry point
- ❑ You must bring your own drink bottles clearly labelled. No sharing of drink bottles is permitted
- ❑ Only those necessary to support participation (a parent or guardian providing supervision of their child or providing support to a participant with additional needs) are permitted to attend training and must abide by gathering restrictions
- ❑ Permitted spectators should be in groups of no more than 10 and spread out around the ground or venue.
- ❑ If reasonably practical, only one parent/carer to take their child(ren) to training.
- ❑ You must follow the hygiene protocols in this document - regular breaks will be provided for the purpose of rehydrating and hand sanitising
- ❑ Players are encouraged to continue to physically distance (1.5 metres) where reasonably possible during training
- ❑ Handshakes, high fives or similar unnecessary contact are to be avoided
- ❑ Sharing of equipment must be minimised
- ❑ No use of shared equipment that touches the head or face or cannot be effectively cleaned i.e. soft materials or clothing (not including balls)
- ❑ Attendees (including parents/carers/officials) who attend for longer than 15 minutes must provide your details including full name, FFA number, phone number, date and time of attendance, any indoor spaces visited (e.g. toilets/clubrooms/changerooms) and confirmation whether you have downloaded COVIDSafe, to the coach/club official for the purposes of contact tracing
- ❑ You must take your training bib, kit or any other items worn/used during each training session, home to wash individually
- ❑ No social activity is to occur at the ground/venue after training
- ❑ Players are to leave the venue in a staged approach, with sessions concluding in a clockwise manner

This document is current as at **6 November** 2020 and effective from **6 November** 2020. FV will continue to work with the State Government, 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.



**FOOTBALL
VICTORIA**