

27<sup>th</sup> May 2020

## **North Ryde Dockers AFL Training Resumption Guidelines for Club Officials including Committee Members, Coaches, Managers, Ground Officials and all other Volunteers**

This document comprises of 8 sections. Please ensure that you've read each section thoroughly and have a clear understanding of all processes and protocols to be followed. If you have any questions, please feel free to reach out to Kash Patel, our COVID Safety Officer or one of our Committee Members at North Ryde Dockers. Contact details of all Committee Members are provided at the end of this document.

### **Requirements to follow before resuming training for each squad:**

#### **Section 1:** Infection Control Training

Please note that the AFL requires all Support Staff involved in conducting training and volunteering at the grounds in other capacities as Managers, Ground Officials to complete the [COVID-19 infection control training](#). This training module is run online by the Australian Government and takes less than 15 minutes to complete. Please click on the Blue Hyperlink above to access the site. Once you have completed this training, please an email to [kashpatel@hotmail.com](mailto:kashpatel@hotmail.com) and [govers@inet.com.au](mailto:govers@inet.com.au) with your certificate of completion attached as well as your full name, your role at North Ryde Dockers and the squad you are involved with (if any).

#### **Section 2:** COVID Safety Officer Training: COVID Safety Protocols

Kash Patel ([kashpatel@hotmail.com](mailto:kashpatel@hotmail.com)) is the club's COVID Safety Officer. The AFL however, highly recommends that each club appoints multiple volunteers as COVID Safety Officers and share responsibilities and also be ready to step in, as required. With this in mind, we would like to ask you all to step forward and complete the additional training module, apart from the Infection Control Training in Section 1 above. This module takes less than 10 minutes to complete. The link for this training module can be found here:

<https://www.qlbs.com.au/AFLHealthCheck/Assessment/AFLReturntoPlay?IsNew=Y>

Please note that all individuals acting in COVID Safety roles will be covered under the Community Football Public Liability Insurance Policy.

The work involved is quite simple:

1. Maintaining the player attendance register (Kash is currently looking into the possibility of us using Team App to track this. We will update you shortly).
2. Ensuring non-contact and social distancing measures are maintained by teams at training.
3. Ensuring anyone with the mildest of symptoms is asked to go for COVID-19 testing, self-isolate and only return to training once they have the all clear from medical teams.
4. Urging vulnerable groups (70 years plus) or those with any underlying health issues such as respiratory illnesses to stay away from training for their own safety.

Anyone willing to help out please send an email to [kashpatel@hotmail.com](mailto:kashpatel@hotmail.com) or call him on 0426 217 434 if you have any questions. If you choose to complete the training for Section 2 in addition to Section 1, similarly. send an email with the attached AFL protocols certificate to [kashpatel@hotmail.com](mailto:kashpatel@hotmail.com).

We would like at least one of Coach or Manager from each our club's teams to complete the COVID Safety Officer training as it will be an immense help in our efforts to comply with AFL and State government requirements.

Now to the exciting part! The resumption of training for our kids. We must warn you that some of the steps outlined below might sound laborious or even an overkill. However, in the interest of safety for all, we must collectively adopt the rules under this 'New Normal'.

### **Section 3: Education and Expertise**

As a club we are collectively responsible to ensure we lead a strong culture of COVID-19 Safety for the health and well-being of all our members and our local community. To ensure this happens, we must adhere to the following educational protocols as part of our return to training:

1. As detailed in Section 1 all Club Officials including coaches, managers, ground staff and other volunteers must undertake [COVID-19 infection control training](#).
2. As detailed in Section 2, we encourage all of you to also complete the additional training of COVID Safety Officer.
3. Posters provided by AFL with COVID Safety messages will have to be displayed at each entry and exit point during training. We will ensure this is done by co-ordinating with the the Managers and Coaches of each side.
4. It is strongly recommended that all players and officials download the Government's [COVIDSAFE app](#).

**Participant Briefing (Please ensure all players, coaches, volunteers and parents, etc are briefed on the topics below):**

1. Intended training dates, times and procedures to limit team cross-over on ovals (Further information in Section 7 below).
2. Hygiene practices and expectations to be adhered to by all. (Further information in section 4 below).
3. Hygiene procedures RE: equipment and venue (Further information in section 4 below).
4. What to do if you or others are unwell or have been in contact with someone who is unwell. (Further information in section 5 below).
5. Opt-out options for individuals who may not yet feel comfortable returning to training, and alternative training options available. (Further information in section 6 below).
6. Restrictions on people attending the training venue – i.e. no spectators, parents, etc. (Further information in section 5 below).

## **Coaches Briefing**

As leaders for their respective teams, Coaches and Managers are expected to ensure all standards as outlined by the NSW Government and the AFL are adhered to at all times including:

1. Importance of the required hygiene protocols and practices to be followed.
2. Limiting crossover of teams. Currently only 3 groups of 10 are allowed to train at an AFL sized oval. This number includes the Coach. Our training co-ordinator will get in touch with each team's manager to work out the necessary logistics including rostering of children on different days if required.
3. Limited use of changerooms, club rooms and club gym facilities. With our Clubhouse out of action this rule is not applicable currently. However, if kids need to use the toilets, they must ensure social distancing rules are followed.
4. Acceptable skills and drills: Coaches to strictly follow non-contact training and ask kids to adhere to social distancing measures. No deliberate contact allowed at any time.
5. Ensure players follow the Get in/Train/Get out policy by not hanging around the grounds with their mates before or after training.

Coaches, Managers and other volunteers should ensure they use their responsibility as leaders to influence positive behaviour amongst all participants in following the COVID Safety guidelines.

### **Section 4: Hygiene**

In line with government advice, the following hygiene practices will always apply to players and officials:

1. Wash your hands often with soap and water for at least 20 seconds.
2. Wash or sanitise your hands before eating (all players and official should have personalised hand sanitiser).
3. If soap and water are not available, use an alcohol-based hand sanitiser.
4. Avoid touching your eyes, nose and mouth.
5. Avoid close contact with people who are sick.
6. Cover your mouth to cough or sneeze (using your elbow).
7. No sharing of towels/water bottles/food, including lolly or fruit bowls.
8. Any areas (e.g. meeting rooms, treatment rooms, change rooms) accessed by players and officials must be comprehensively cleaned and sanitised after each use.
9. Clubs must take steps to adequately clean and disinfect player facilities before use (prior to player arrival). The club must ensure that frequently touched surfaces and objects are cleaned regularly when in use (e.g. tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household detergent and water. In some instances, change rooms may need to be cleaned more regularly and clubs should be monitoring or adjusting cleaning arrangements as required.

In addition to the above, following training and match hygiene requirements must also be followed:

1. Alcohol based hand sanitisers must be available on the interchange bench.
2. All players must sit/stand 1.5 metres apart.
3. Mouthguards are not to be removed during training or play and must be sealed away when not in use.
4. Disinfect mouth guards after each session and ensure they are appropriately stored.
5. Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings not permitted. Use a tissue to spit into or clear nasal passages and dispose off in waste bins appropriately.
6. Avoid high fives, handshakes or other physical contact. Here's a link to a video showing alternate ways of greeting:  
<https://www.youtube.com/watch?v=aP2xcQKkzZI>
7. Footballs to be wiped with antibacterial wipes or alcohol-based sanitiser prior to and after each use (do not immerse footballs in water) including at each break during matches.
8. Used towels to be placed in plastic bins provided in interchange benches and changerooms or players to keep their towels in their own bags. Towels must not be left on any other surface.

### **Section 5: Social Distancing, Contact Tracing, etc.**

We must adhere to the following requirements Re: Social Distancing, Contact Tracing and others:

#### **Social Distancing:**

Players and officials must continue to follow State Government mandated social distancing restrictions. These currently require all individuals to stay at a distance of at least 1.5 metres, the guideline being to maintain a distance of two arms length with another individual.

#### **Contact Tracing**

1. All players and officials are strongly encouraged to subscribe to the Government's [COVIDSAFE app](#).
2. Records of attendance at training and matches must be maintained. Link to download the attendance sheet template is here:  
<https://www.afl.com.au/clubhelp/covid-19/faqs/return-resources>
3. Records of attendance of spectators at training and matches should also be maintained where possible.

#### **Testing of unwell players / officials**

1. Anyone who has a fever or respiratory symptoms consistent with coronavirus, no matter how mild, is strongly recommended to attend a COVID-19 clinic, or their GP, for assessment and testing.

2. Monitor for symptoms such as fever, cough or shortness of breath. Other early symptoms to watch for are chills and body aches or muscle pain, a sore throat, headaches, runny nose, diarrhoea or unexplained loss of taste or smell.
3. If it is determined the player or official is to undertake a test, following the test they must self-isolate by immediately going home and resting while they wait for the test result (which they should usually get within 2 days). Whilst they are waiting, they must stay at home (i.e. not attend work, school/university or training), wash their hands often with soap and water, cough and sneeze into a clean tissue or their elbow and avoid close contact with others, including members of their household.
4. The COVID-SAFE Officer present at the ground or Kash Patel (Mob: 0426 217 434/Email: [kashpatel@hotmail.com](mailto:kashpatel@hotmail.com)) must be notified that they have undertaken a COVID-19 test. The club will then notify our League official who will advise on next steps.
5. If they receive a positive test result, they must strictly follow all instructions to self-quarantine as well as inform Kash Patel at the Club of the positive result.
6. They will also be contacted by relevant authorities to help contact trace their close contacts.
7. Similarly, all league and the club must also follow the advice of authorities with regard to any suspension of training / games, as advised.
8. It is recommended that where possible, players and officials are subject to temperature checks before training or matches. We will discuss this advice as a committee and determine if this particular recommendation is implemented at a later date.
9. A player/official member is also not allowed to join the training environment if in the last 14 days they have been unwell or had contact with a known or suspected case of COVID-19.

### **Vulnerable cohorts**

Any player or official member that has underlying health conditions or is considered a vulnerable person should consult with a healthcare professional prior to returning to the training or match day environment. Vulnerable cohorts (including those over 70 years of age) should remain 1.5m from all persons other than those with whom they share a household. This distancing requirement may prevent some volunteers from undertaking some of the roles they may normally undertake within our Club. If you have any underlying health conditions or you become aware of any players on your team with underlying health conditions, which make them more vulnerable, please advise Kash Patel, our COVID Safety Officer and advise the official/player to stay away from training until there is a change in advice from the AFL.

### **Selling food & beverage and organising functions / events**

1. Food and beverage sales at each venue are subject to the restrictions in place by State Government and can only operate with official approval from State/Local Government. As such there be no sales of beverages at our training sessions and you must advise all players to bring their own drink bottles. They should also ensure they don't share their drink bottles with others.

2. Any organisation of formal community club functions and events will be strictly guided by government directions and restrictions. No social gatherings will be planned until there is a change in directives from the government.

### **Section 6: Principles for training/playing**

Clubs should operate on a 'get in and get out' basis and the following guidelines apply:

1. Players should shower before training, get dressed to train at home and shower at home on completion.
2. Subject to easing of Government restrictions, change rooms should remain closed for training except to access toilets if there are no alternative toilet facilities available. Strict social distancing measures must be applied with access to toilets or medical facilities.
3. 1.5m distancing must be maintained during huddles. Try and reduce the number of huddles to a minimum
4. Any tasks that can be done at home, must be done at home (e.g. recovery sessions, online meetings).
5. Specific to Junior Football, parents and/or care givers should limit their person-to-person contact on site when taking their child/children. Parents and/or care givers should also prepare their child/children for training in accordance with the above principles.

### **In addition to the above guidelines for parents/guardians:**

1. Parents/Guardians are advised to limit drop-off/pick-up to only one parent/guardian and other dependants, as required and necessary.
2. Parents/Guardians are also discouraged from staying at training and if they do stay, to maintain appropriate social distancing measures when interacting with others.
3. There should be no mingling or play before or after training or competition.

The following advice must be adhered to:

1. Staggered training schedule (start times, different days, potential for different locations). Further advice will be provided to all Coaches and Managers by the Training Co-ordinator to plan schedules according to current requirements. This includes training of no more than 3 groups of 10 (including the Coach in the group).
2. Consistency in group member numbers must be maintained and no movement between groups is allowed to reduce risk of cross-contamination
3. Only 3 groups of 10 people separated into each third of the ground are allowed to train during one session. No exception to this rule is allowed until Government advice changes.

### **Section 7: On Training and Match Days**

Based on all the information above, the following protocols needs to be followed by each squad before, during and after training, led by their Coach or Manager.

### **Before Training:**

1. Coaches and Managers are to arrive 15 minutes before training commences to ensure that all the equipment to be used during training is sanitised with the disinfectant provided to them by the club.
2. Coaches are requested to ensure that the hand sanitizer bottle provided to them for the squad's usage is available for use by players/officials if required.
3. Coaches or Managers to provide a brief reminder to all the participants to continue to follow the COVID Safety protocols prior to the start of training.
4. Coaches or Managers to take attendance on the attendance register provided to them by the club. The link to download and print the attendance register can be found here: <https://www.afl.com.au/clubhelp/covid-19/faqs/return-resources>. (Note: you will be advised in due course if we adapt to using Team App for attendance registration purposes for each session).
5. Coaches or Managers to ensure that no one has presented with any suspected symptoms of COVID19. If anyone has symptoms, the steps listed in Section 5, Subheading: Testing of Unwell Players/Officials (page 5 of this document) must be followed.

### **During Training:**

1. Coach to ensure that there is no more than 10 participants (including the coach) in each training session.
2. Coach to ensure that all drills are non-contact and no deliberate contact is allowed.
3. Coach to ensure team huddles are done while maintaining social distance of at least 1.5 meters.
4. Coach to ensure all guidelines under Section 6, Principles of training/play (Pages 6 & 7), are adhered to.
5. Coach to co-ordinate with the other 2 squad coaches training on the ground to avoid cross-over and to train in their own designated training area.

### **After Training:**

1. Coaches and/or Managers to ensure all squad members leave training immediately after training ends in accordance with the "Get in, Train, Get Out" protocol.
2. Coach or Manager to hand over the training register for the day to the COVID Safety Officer present at training. If not COVID Safety Officer is present, they must either WhatsApp: 0426 217 434 or email: [kashpatel@hotmail.com](mailto:kashpatel@hotmail.com), a copy of the training sheet to Kash.
3. Coach and/or Manager to deep clean all the equipment used for training before returning it to the designated club official for storage.

Please refer to a separate document, Return to Small Group Training Checklist, to ensure you have covered all the steps prior to commencing your first training session.

Please note, above protocols must be followed at each and every session, every single time. If you have any questions, please feel free to get in touch with either Club President Doug Whiteford, COVID Safety Officer Kash Patel, Samantha (Training Co-ordinator: [govers@iinte.com.au](mailto:govers@iinte.com.au)) or any other Committee member.

Please also read: Return to Small Group Training FAQs, attached separately.

### **Section 8: Useful Links and Resources:**

1. Link to Infection Control Training Module: <https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>
2. Link to AFL COVID Safety Education Modules: <https://aflnswact.com.au/return-to-play/education-modules-2/>
3. Link to AFL Return to training resources: <https://www.afl.com.au/clubhelp/covid-19/faqs/return-resources>
4. Link to AFL Return to Play: <https://aflnswact.com.au/return-to-play/>
5. Link to Return to Community Football FAQs: <https://www.afl.com.au/clubhelp/covid-19/faqs/return-fags>

Lastly, if anyone of you has any suggestions or feedback that will help us to run things more smoothly for all, please feel free to reach out to either Doug, Kash or any of the Committee members. As requested at the beginning of the documents, we would like more of you to help complete the 2 modules to comply with COVID Safety officer requirements. We will continue to inform you of any changes as new information comes to hand. We look forward to working with all of you and our club and local communities to a safe return to footy for all.

Doug Whiteford/President/North Ryde Dockers