

Thanks for joining us!
**Please mute your microphone & turn your
camera off.**



Return to Training Agenda - 4 June 20

- **Opening – Rosalie Viney**
- **Return to Training Conditions – Terry Wong**
 - **Return to Playing - Rosalie**

*Questions will be fielded at the end of each section. Please insert your question in the Chat.
This session will be recorded and made available.*

COVID-19 STAGE 1 - RETURN TO TRAINING CONDITIONS

V1.4 - May 28, 2020



1958-1973



COVIDSafe APP

To aid the fight against COVID-19, CDSFA supports the COVIDSafe app and strongly encourages the football community to get behind this initiative.

It represents our best chance to get back to football quickly.

Download from the Apple App store and Google Play.



COVIDSafe APP

HPW Highlights

We encourage all players, parents and officials to download the COVIDSafe App.



OVERVIEW

CDSFA's priority is to safeguard the health and wellbeing of the football community during the COVID-19 pandemic.

The Federal and NSW State governments have announced a roadmap to cautiously reintroduce football in a staged approach. The first stage is a limited return to training, at the discretion of each Association, from 23 May 2020.

This document outlines the **conditions that must be met** during this stage in order to limit the spread of COVID-19 in line with Federal and NSW State government guidance.

Failure to meet these conditions may void your insurance policies under the national insurance program, may be dealt with under CDSFA's Disciplinary committee, and critically, may delay the return to competition.

Clubs must source written approval from their particular Local Council, before training commences.



COVIDSafe



PRINCIPLES FEDERAL GOVERNMENT

Football NSW is following the framework provided by the Australian Institute of Sport (AIS) and is implementing the training conditions in this document in line with Level B.

The AIS Framework document can be found on the CDSFA website under COVID.



PRINCIPLES



PRINCIPLES NSW GOVERNMENT

The Chief Health Officer of NSW has approved that some sport and recreation activities can resume according to the following rules:

- Participants gather outdoors in groups of no more than 10 (or people from the same household).
- Parents or other people are required to keep a reasonable distance or will be included in the group of 10.
- No indoor activity – indoor physical recreation facilities must remain closed.
- Maintain physical distancing of 1.5 metres wherever reasonably possible.
- All activity and training must be non-contact, and no competitions are to take place. Contact sports must be modified so that you can maintain 1.5m distance.
- No outdoor or indoor swimming pools can be used.
- No use of communal facilities, except for toilets.
- If the activity is run by an operator of an indoor physical recreation facility (such as a gym, health club or fitness centre), a personal training facility (indoors or outdoors) or an arena or stadium, then the operator must keep a record of attendees including first name, phone number, date and time of attendance.
- No use of shared equipment that touches the head or face or cannot be effectively cleaned i.e. soft materials or clothing.
- Hand hygiene, frequent environmental cleaning and disinfection, use of own equipment where possible and minimise sharing of equipment.

The following conditions implement these rules for the purposes of football and form the mandatory requirements from Football New South Wales for any Club sanctioned training.

HPW Highlights

The most relevant rules by the NSW Government that apply to us returning to training are:

Groups of no more than 10 people

Maintain 1.5m physical distancing (ie. non-contact)

List of attendees must be kept

Hand hygiene



PRINCIPLES



PRIOR TO TRAINING



PRIOR TO TRAINING CLUB

In advance of commencing training, clubs must:

- Source written approval from the owner of your facility e.g. Council – Clubs are not permitted to use venues until permission is granted by compliance of all requirements, including those already agreed in advance of the season with any additional requirements imposed by your local council and the CDSFA.
- The Club has submitted to the CDSFA a return to training plan that shows protocols in place, and how the club will monitor compliance.
- Ensure all facilities/buildings within the venue (including canteens) are closed and not-accessible during training except for toilet facilities through tight controls on keys and access – this includes keeping a record of the person responsible for access and key on the list (Photo) of attendees.
- Ensure the venue meets all conditions in this document including **hygiene** and pitch markings.
- Ensure all communications with members about the return to training include information in this document, highlighting the information when **not** to attend training.
- All club officials, coaches and anyone coordinating the training sessions must have read and be familiar with these guidelines.
- Ensure that any person who attends training who is known in the last 14 days to have (or had) symptoms, contact with a known/suspected case, or be at high risk, is refused entry.
- Ensure that all players and coaches are appropriately registered on **PlayFootball** and **Dribl**.
- Ensure all hygiene protocols are followed thoroughly.

HPW Highlights

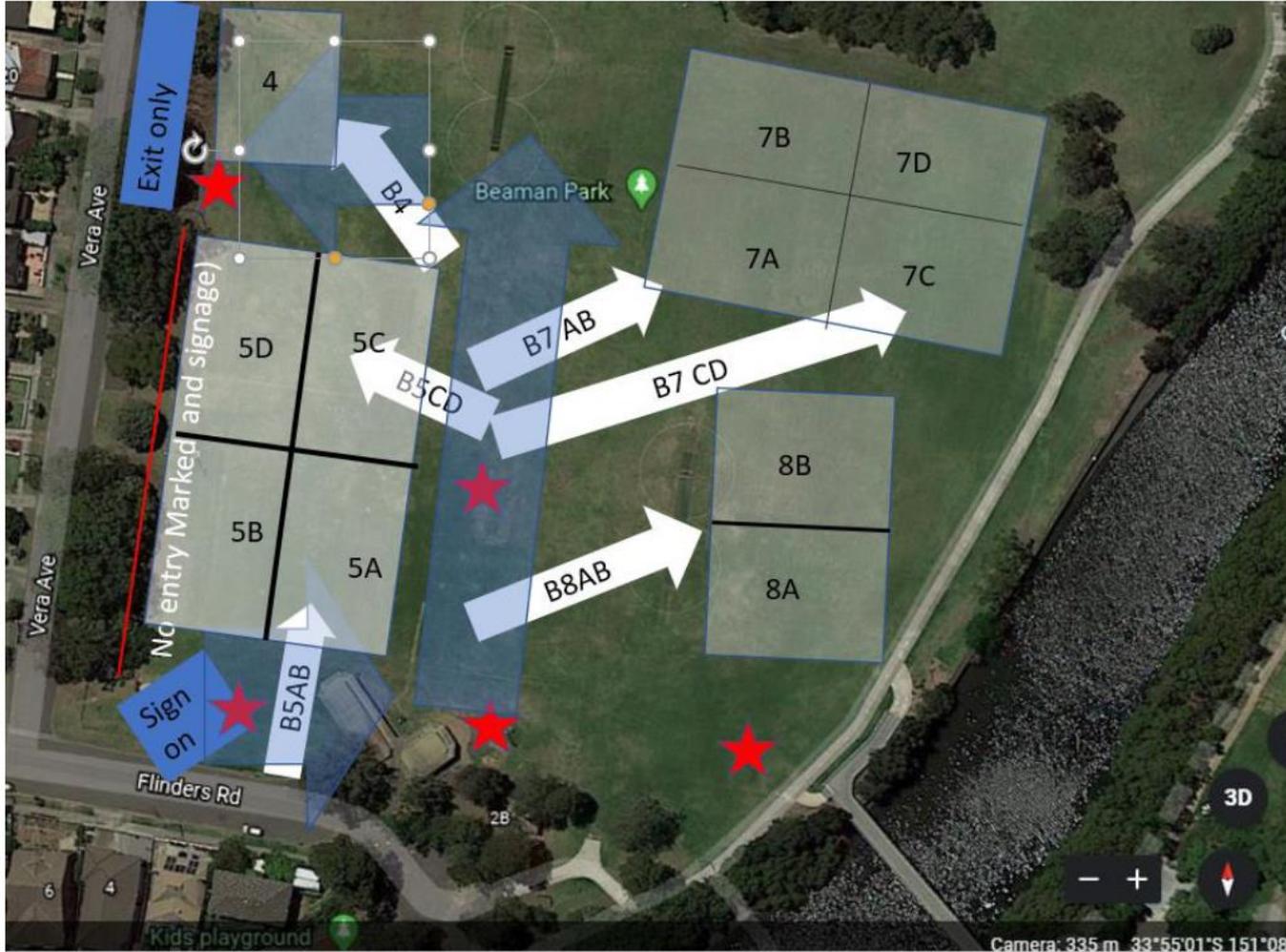
If we want to continue to play, we **MUST** abide by the Council's requirements.

Failure to do so, jeopardises the opportunity to play for ALL!



PRIOR TO TRAINING





Beaman Park

- ENTRY via Flinders Rd
- EXIT via Vera Ave
- 5 hand sanitisation points
- 3m wide channels between training spaces
- 15 minute changeover period between sessions
- Official vested marshals at entry/exit points



COVID SAFETY OFFICER CLUB

In advance of commencing training, clubs must:

Your Club needs to appoint a COVID-19 SAFETY COORDINATOR.

The COVID-19 Safety Coordinator will be your key resources and central point of contact for all matters COVID-19 for your organisation.

The Safety Coordinator will be responsible for liaising with the CDSFA, and other relevant stakeholders in relation to your Club's response to COVID-19.

To assist clubs in appointing the right person for this role, below is a list of the responsibilities for your COVID-19 Safety Coordinator (the Club President will be the default until the club nominates an alternative).

COVID-19 Safety Coordinator Roles and Responsibilities

Complete the relevant **Return to Sport Checklist(s)** by considering the actions set out in each checklist and implementing (or arranging to implement) relevant considerations in your Club and documenting justifications for not undertaking particular actions.

Oversee the development and implementation of the organisation's return to sport arrangements by documenting those arrangements in a COVID 19 Safety plan.

The COVID-19 Safety Plan should address: Downloads available ex CDSFA website Click COVID.

- Points of COVID-19 transmission risk;

- Transmission controls;

- Hygiene and behaviour requirements;

- Physical and fitness preparations before a restart; and

- Education and communication to relevant personnel.

Periodically review the effectiveness of the COVID-19 Safety Plan for your club and amend, update or improve as necessary.

Act as the contact point for your club's members and participants and to the other relevant stakeholders including the CDSFA.

HPW Highlights

Our COVID-19
Safety Coordinator
is Rosalie Viney
president@hurlstonepark
wanderers.com.au

Steve Cumming
MPIO@hurlstoneparkwan
derers.com.au



PRIOR TO TRAINING



PRIOR TO TRAINING INDIVIDUALS

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

- Have been unwell or had any flu-like symptoms.
- Have been in contact with a known or suspected case of COVID-19 and have any sudden loss of taste or smell.
- Have had any respiratory symptoms (even if mild) or are at a high risk from a health perspective, including the elderly.
- Those with pre-existing medical health conditions, including those you may come in contact with.

Those with even mild symptoms are strongly encouraged to get tested. For more information, check the govt health websites.



PRIOR TO TRAINING



HYGIENE



HYGIENE PROTOCOLS

CLUBS

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

- All surfaces, equipment and objects (including around entry points) are wiped down after each training session with appropriate anti-bacterial / disinfectant wipes or soap, particularly those frequently touched –this includes door handles, light switches, phones, remote controls, pitch entry points and any other high touch areas as well as all equipment including balls.
- Regular and thorough hand washing is promoted via prominent signage (including at entry and exit points..
- Prominent signage (including at entry and exit points to be marked as such) around the venue instructing people when not to attend training.
- 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.
- Toilet facilities are regularly cleaned with disinfectant- advice on cleaning is available from the **Department of Health and Human Services**.
- Prominent signage that not more than 1 person is permitted per toilet facility at any one time.

Signage is available to download via the FNSW & CDSFA websites.

HPW Highlights

Coaches are to clean equipment at the end of every session.

Hand sanitiser stations will be available at the park.

HYGIENE - CLUBS



HYGIENE PROTOCOLS

INDIVIDUALS

All individuals attending training must:

- Wash hands with hand sanitiser immediately before and after training and during scheduled breaks in training.
- Shower at home before and after training.
- Carry hand sanitiser in order to enable your own good personal hygiene.
- DO NOT share drink bottles and clearly label your own bottle.
- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze and place tissues directly in bins.
- Take your own training bib or any other items worn/used during training, home to wash individually.
- Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.
- DO NOT share pens or clip boards.
- Avoid touching eyes, nose or mouth if your hands are not clean.
- No spitting at any time.
- Ensure not more than 1 person per toilet facility at any one time.
- Practice social distancing. If someone comes and stands next to you, move around the field and ensure you implement social distancing requirements.
- Don't get to fields early & leave directly after training.
- Arrive / Train / Leave.
- Any breach of these requirements or a return to training prematurely may result in the player, group of players, team and those responsible being de-registered immediately, and not being able to register for season 2021 in the CDSFA.

HPW Highlights

Players are encouraged to have personal hand sanitiser with them.

Players are not to share bottles.

Players are to arrive to training 5 minutes before the session starts, and leave immediately when it finishes.



HYGIENE - INDIVIDUALS



ATTENDING TRAINING



Est. 1923



SOCIAL & PSYCHOLOGICAL TEAMS RETURN

For everyone coming back to training and seeing their friends for the first time in several months, there will be a tendency to have the training session being used as more of a social catch up. This is not only relevant to the younger of our returning footballers but will be representative of all age groups. You must try to ensure the social distancing protocols but don't worry about the initial wayward sessions. In several countries that have already returned to training this has been a significant observation and shows how much football means to us in our society.



RERETURN TO PLAY



PHYSICAL PLAYERS RETURN

Each day presents new developments concerning Covid-19 and in the last weeks we have seen how all football stakeholders are not only affected by the situation, but also how they are reacting to it. We have seen and learnt from other countries returning to sport including Football. It is important that we seek urgent action from players, coaches and clubs to ensure they implement comprehensive back to training programs, specific targeted measures to ensure player safety and not rush back into sport, to prevent muscle injuries.

With our physical preparedness to return to play we are witnessing, including the top leagues, more than usual injuries, and we will see it within the CDSFA so prepare and continue with the home stretching and continued wellness benefits to protect everyone going forward.

Our younger players will be very excited as they require an hour of activity every day.



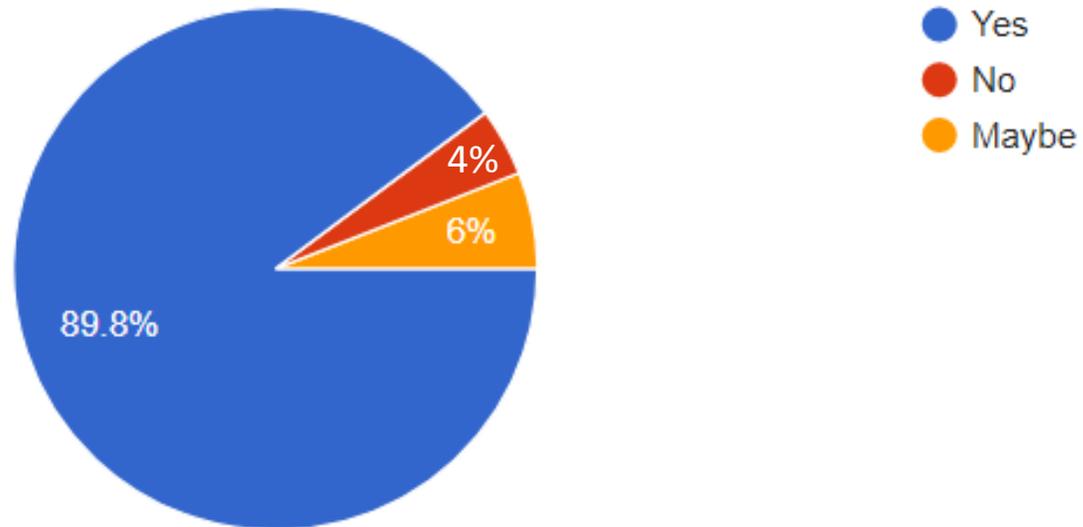
RETURN TO PLAY



Return to Training Player Survey

I am willing and able to return to training/for my child to return training during this phase of Return to Football (1 June to 30 June)

736 responses



TRAINING PROTOCOLS

COACH/CLUB OFFICIAL

When conducting training, the following conditions must be implemented:

- Entry must be refused to any person who attends training who is known in the last 14 days to have (or had) symptoms, contact with a known/suspected case, or be at high risk.
- Staggered training start times to minimise risk of congregation.
- A gap of no less than 15 minutes in between scheduled training sessions to avoid congregation.
- An accurate record of all attendees (including parents & carers) for the purposes of contact tracing must be kept, including full name, FFA number, phone number, date and time of attendance and confirmation whether they have downloaded COVIDSafe (available CDSFA website) - to be completed only by the coach in line with physical distancing. Or take a clear photo of attendees and send to club official.
- If any player presents to training with COVID-like symptoms, they must be immediately isolated and sent home ASAP.
- Player groups of no more than 10 inclusive of a coach & any support staff reasonably required to run the activity – CDSFA would expect that no more than a single coach is required unless exceptional circumstances apply.
- Parents or other people are required to keep a reasonable distance or will be included in the group of 10.
- Physical distancing of 1.5 metres must be maintained.
- No more than 1 person per 4m².
- 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 eg 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 once training has concluded.
- Players are to leave the venue in a staggered 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).

HPW Highlights

Training sessions are on the half hour and will run for 45 minutes.

Training attendance must be recorded by the Coach.

Groups must no more than 10 (including the Coach)

Avoid any contact including throw ins and headers.



Training Attendance Record

- Coach/Manager to complete the Record of Attendance form
- At the end of each session, send photo to attendance@hurlstoneparkwanderers.com.au



RECORD OF ATTENDANCE

All training and related sessions must be conducted in accordance with the Football NSW & CDSFA Return to Training & Playing Guidelines.

Age Group/Team: _____ Training location (Park & Training Space code): _____ Coach: _____

ALL PERSONS ATTENDING THE SESSION MUST BE RECORDED (INCLUDES COACH, MANAGERS, PLAYERS, PARENTS, SPECTATORS, OFFICIALS)

Name	FFA Number	CovidSafe Y/N	Date: _____ Start: _____ End: _____	Date: _____ Start: _____ End: _____	Date: _____ Start: _____ End: _____	Date: _____ Start: _____ End: _____	Date: _____ Start: _____ End: _____
1. Coach							
2. Player 2							
3. Player 3							
4. Player 4							
5. Player 5							
6. Player 6							
7. Player 7							
8. Player 8							
9. Player 9							
10. Player 10							

Please submit a photo of this sheet to attendance@hurlstoneparkwanderers.com.au at the end of your session. Failure to do so may jeopardise your team's ability to train and play.

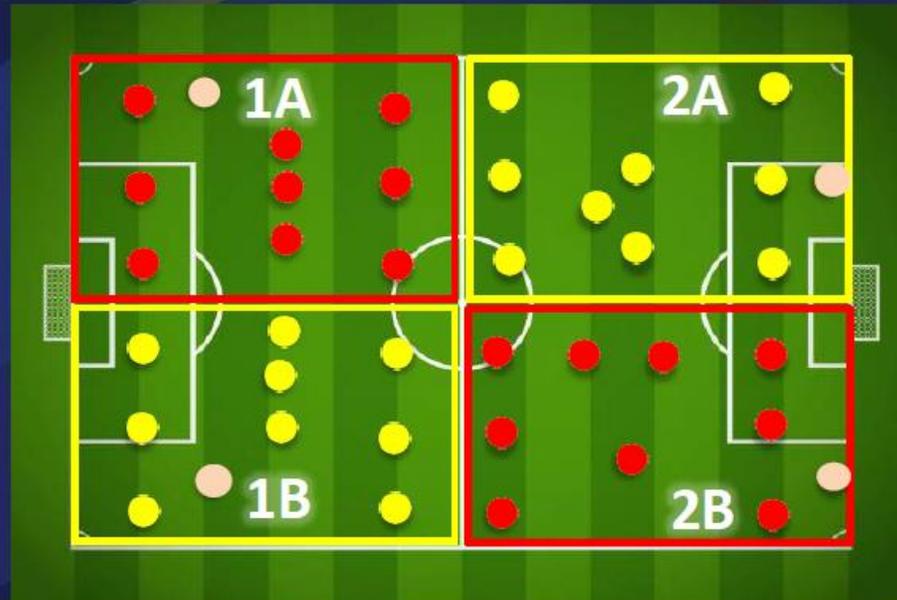


TRAINING PROTOCOLS

ZONES

When conducting training, the following conditions must be implemented:

- Training zones must be a minimum of 50x30m (being 1/4 the FIFA standard full-size pitch).
- 10 players including the coach can be in each zone.
- Groups of 10 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 and participants and parents/guardians must be notified that they are not to move into any other zone during training, and we would prefer them to drop off and not stay.



EXAMPLE OF A FIELD LAYOUT

All training sessions are to be non-contact skills training. Non-contact skill training drills can include passing and shooting. Accidental contact may occur during drills, however no deliberate body contact drills such as tackling is permitted.

HPW Highlights

Teams of >9 players will need to be split into 2 groups.

Groups of 10 MUST NOT mix during a session.

Coach Steve will be in attendance on training nights to provide support and guidance.



TRAINING-ZONES



Training Plan

- Starts 9 June
- Beaman Park
- 45 minute sessions @ 5:30pm, 6:30pm, 7:30pm, 8:30pm
- Will be released to you very soon!

	Monday	Monday	Monday	Monday	Tuesday	Tuesday	Tuesday	Tuesday	Wednesday	Wednesday	Wednesday	Wednesday	Thursday	Thursday	Thursday	Thursday
	5:30pm-6:00pm	6:30pm-7:00pm	7:30pm-8:00pm	8:30pm-9:00pm	5:30pm-6:00pm	6:30pm-7:00pm	7:30pm-8:00pm	8:30pm-9:00pm	5:30pm-6:00pm	6:30pm-7:00pm	7:30pm-8:00pm	8:30pm-9:00pm	5:30pm-6:00pm	6:30pm-7:00pm	7:30pm-8:00pm	8:30pm-9:00pm
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TRAINING PROTOCOLS

PLAYER/PARENT

When attending training, the following conditions must be observed:

- You must not arrive more than 10 minutes prior to training commencing.
- You must not congregate at the entry point.
- You must arrive prepared to train – changing rooms will not be in use.
- You must bring your own drink bottles clearly labelled. No sharing of drink bottles is permitted.
- If reasonably practical, only one parent/carer to take their child(ren) to training.
- Parents/carers to keep a reasonable distance from the pitch, those that remain with their child(ren) during training will be considered part of the group of 10.
- You must follow the hygiene protocols in this document - regular breaks will be provided for the purpose of rehydrating and hand sanitising.
- Physical distancing of 1.5 metres must be maintained.
- No more than 1 person per 4m².
- Activities must be non-contact eg no tackling, no heading, no handshakes, high fives or similar.
- Handling and 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, goalkeeper gloves.
- You must provide your details including full name, FFA number, phone number, date and time of attendance, and confirmation whether you have downloaded COVIDSafe, to the coaches/club official for the purpose of contact tracing.
- You must make yourself available for a photograph to be used for contact tracing.
- If any player presents to training with COVID-like symptoms, they must be immediately isolated and sent home ASAP.

HPW Highlights

Parents are encouraged to stay in the car where appropriate and must abide by social distancing.

TRAINING – PLAYER / PARENT



CDSFA FOOTBALL

SOME THINGS DON'T CHANGE

Remember some things have not changed: Be Courteous and respect the rules of the Association. We are all here to enjoy ourselves whether we are players, coaches, parents, referees, administrators, club volunteers and spectators. Any abuse of these simple principles may result in severe implications for you and potentially your child's participation.

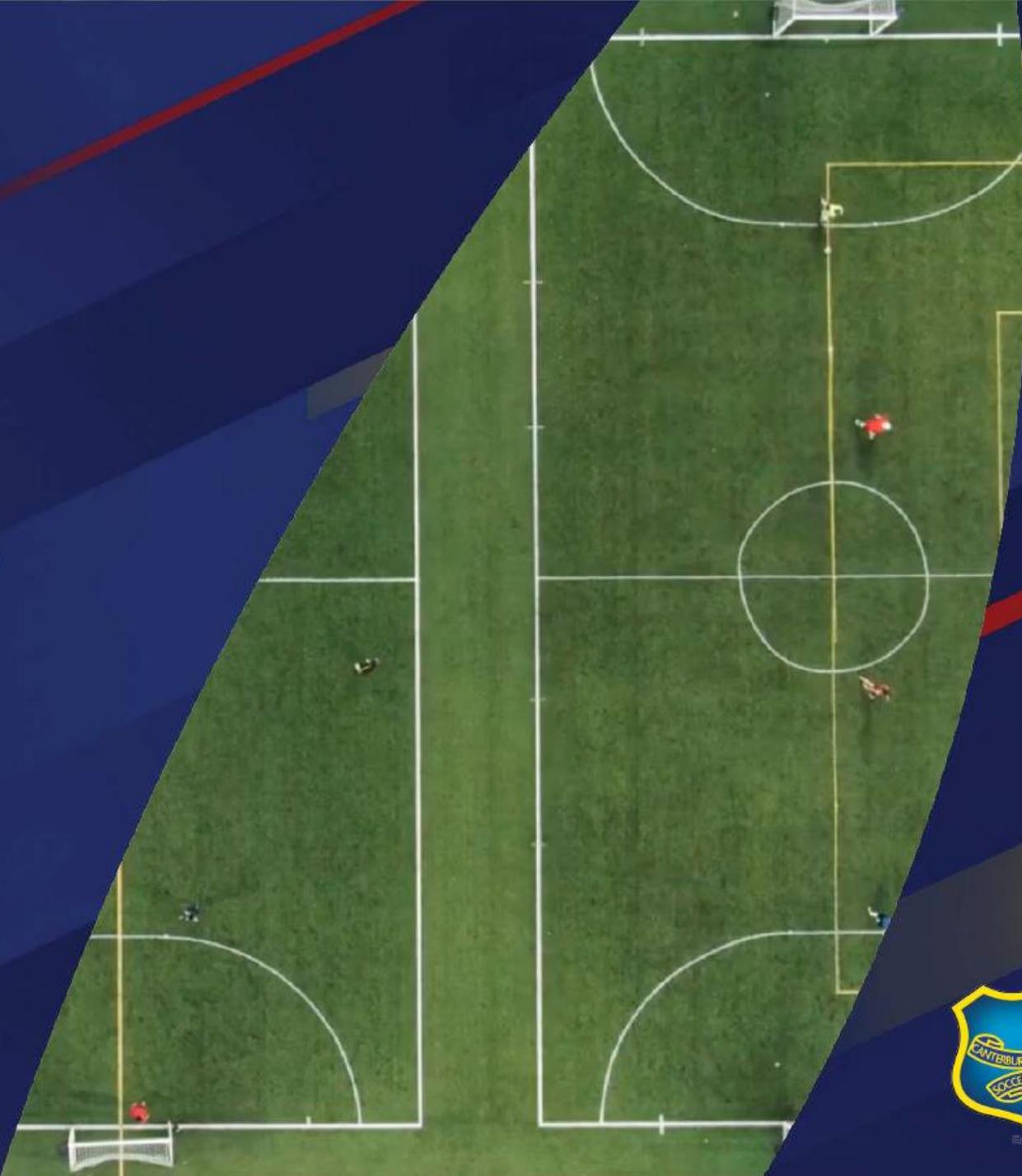
Coaches need to be qualified as do our referees and are determined to do the best job possible. Ensure that we continue to grow the game and continue the good work with inclusiveness and growth of the woman's game within the CDSFA.



PRINCIPLES



TRAINING SESSIONS



Est. 1923



FIRST AID

INJURIES DURING COVID

Firstly, prevention is always better than the cure!

When providing any form of first aid or injury treatment, always think of each situation as potentially infectious. Remember that you may be dealing with a player that has copious amounts of bodily fluids - blood, sweat or saliva – present, so do not take any risks. As a first responder, your initial priority is always to minimise the risk of danger to yourself before you help someone else.

That rule never changes regardless of the fact we are in a COVID-19 pandemic. We simply need to continue treating every situation as if every injured player is infected and implement these safeguards when rendering first aid and especially CPR.

If a player goes down injured – in training or whilst playing a game – take extra precaution as you run on to the pitch to deal with them. Follow protection measures listed in more detail on the CDSFA website.

Clubs, teams, coaches, players and parents should read, understand and follow these Guidelines as they begin to ‘return to train’, and when full restrictions have been lifted, as they ‘return to play’.



FIRST AID



Injury Prevention & Conditioning

To minimise the chance of injury given the likely short turnaround to full contact, consider the following:



FIFA 11+

Poster

https://hurlstoneparkwanderers.com.au/wp-content/uploads/2018/04/FIFA-11_Poster.pdf

Manual -

https://hurlstoneparkwanderers.com.au/wp-content/uploads/2018/04/FIFA-11_Manual.pdf



For a copy of the program

<https://www.russellafrancemd.com/pdf/acl-prevention-program.pdf>

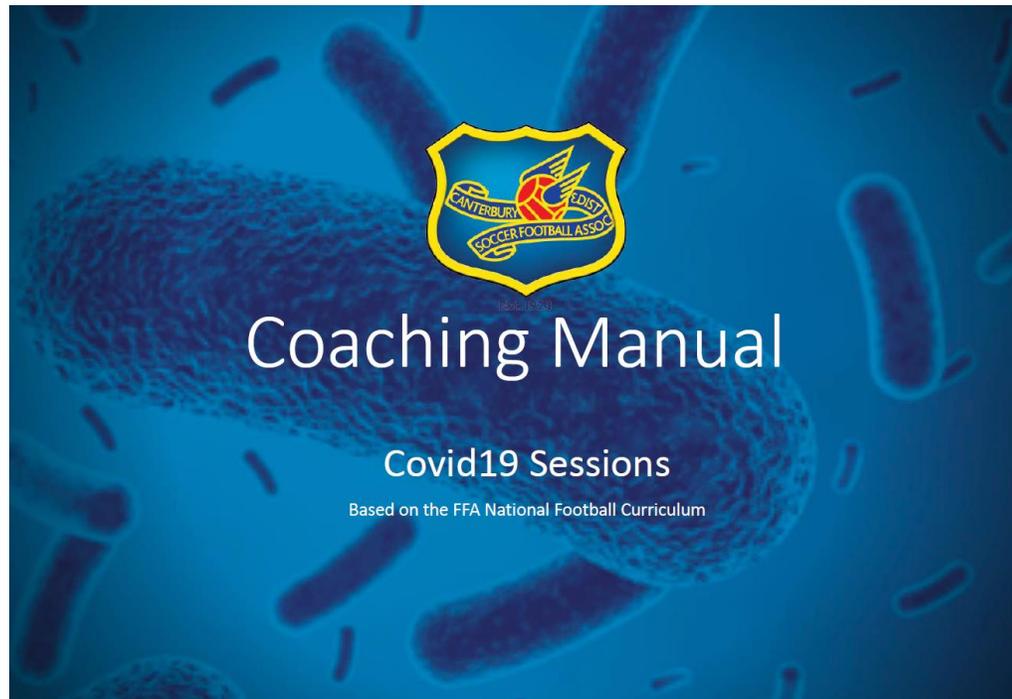
For a video of the PEP

<https://www.youtube.com/watch?v=7Lag8uNU6AQ>



For Training Session Plans

For specific training sessions plans that cater to RTT restrictions, go to:



Covid Sessions CDSFA

<https://www.footballcanterbury.com.au/scripts/download/file/&id=nnonitn8tfo4lapu>

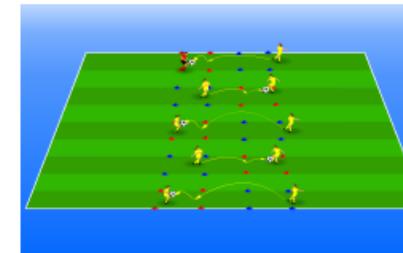
REBOOTING FOOTBALL

AIS Level B Guidelines: Small groups (no more than 10 athletes/staff in total); 1.5m social distancing; activities must be non-contact



Activity #1: 'Tekkers grid'

- 🏆 Create 4m x 4m grid per player, each with a ball
 - 🏆 Instruct/demonstrate a skill for players to practise within grid
- Progressions/variations:**
- 🏆 Instruct players to dribble within their 4m x 4m grid to spell: their name; favourite team/ food/colour; month of birth, etc.
 - 🏆 Juggle within grid (cater for all abilities)



Activity #2: 'Football tennis'

- 🏆 Create 4m x 4m grids with 1.5m spaces between grids
 - 🏆 Rules: 1 bounce; unlimited touches (modify to cater for all)
- Progressions/variations:**
- 🏆 Change the size of the ball: football size 5; 4; or, 3.
 - 🏆 Make it co-operative: Longest rally between pairs
 - 🏆 Make it competitive: 'King/Queen of the court'

FFA – Rebooting Football Activities

<https://www.playfootball.com.au/coach/resources/rebooting-football>



Questions?

Return to Playing for u8-18

Key points about the season:

- The season will commence on the weekend of 4th/5th July
- It will conclude on 3rd/4th October
- There will be no weekends off (for long weekends and school holidays)
- Washed out rounds will not be re-played
- There will be no finals for the competition age groups (first past the post)
- No word about age groups >u18 as yet



What we need to do NOW ...

- We need each team manager/coach to confirm the players that will play in the season, and then that the team has sufficient players to remain in the competition. We need this information ASAP.
- Anyone who is not willing to play must deregister by 11th June (next Thursday).
- We will offer a refund to players who deregister by this date, subject to an administration fee of \$25.
- The admin fee will be waived for (1) players with a season ending injury or who have moved out of area (eg interstate) and (2) players who cannot be placed in a team.
- We are not legally able to refund the Active Kids Voucher to players.
- Refunds will be processed in a batch – so while players must deregister by the 11th June, we will not be able to process refunds until a later date (planned to happen in July).
- We will send the refund form ASAP (it needs updating) and post it on our website.
- Where teams are not viable but there are players wishing to play, we will ask Age Coordinators to do their best to accommodate the players. Any player who is unable to be placed in a team will receive a full refund.



Questions?

Thanks for joining us!
*We hope to see you on the pitch
soon!*

