



COVID-19 Return to Play Procedure – 4 & 5 July

This procedure has been developed in conjunction with the FNSW 'Return to Play' Guidelines and the NSW Government Health Orders in place at the time.

PLAYERS

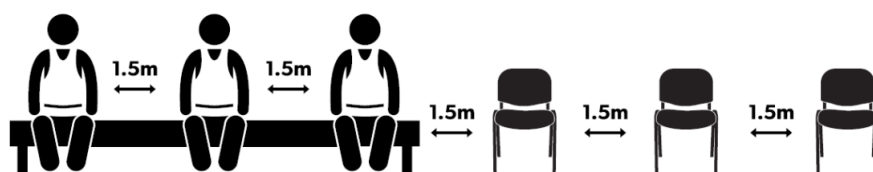
- Before participating in any football activity, coaches, players, team officials, parents/carers and other club members must not attend training or matches, if in the past 14 days they have:
 - been unwell or had any flu-like symptoms, or
 - been in contact with a known or suspected case of COVID-19, or
 - any sudden loss of smell or loss of taste, or
 - are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.

Check the NSW Government website for advice regarding the full list of symptoms associated with COVID-19 infection:

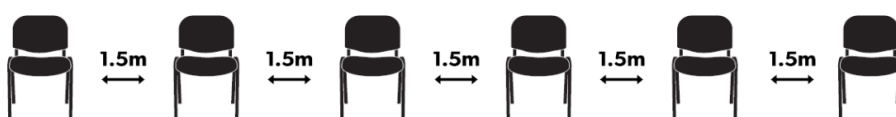
- <https://www.nsw.gov.au/covid-19/symptoms-and-testing>

- Social Distancing:

- Where team benches are permanent (fixed), the total number of seats will be limited to ensure a minimum of 1.5 metres between each member of the coaching staff and substitutes. Where possible, seats will be marked with masking tape and if necessary, additional seats provided to extend the length of the bench.



- Where team benches are made up of plastic/other moveable chairs, they will be positioned so that they are at least 1.5 metres apart. Further, signage will be placed in technical areas promoting social distancing and reposition the chairs at the required distance between matches.





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- Players and spectators are encouraged to leave the facility as soon as possible following the conclusion of their training/games.
- Ensure personal equipment and bags are arranged to maintain physical distancing of participants (> 1.5 metres) and separation between teams.
- Players understand the importance of social distancing of 1.5 metres between others.
- We understand the number of people that can occupy indoor spaces in accordance with the 4m² guideline including toilets, change rooms, canteens etc.
- All participants are encouraged to shower/change at home where possible. You are encouraged to come to the game prepared to play, if possible.
- Hand washing guidance for all participants (https://www.who.int/gpsc/clean_hands_protection/en/)
- Regular and thorough hand washing by all participants is recommended.
- Players, officials, volunteers, and/or their parents/carers are encouraged to carry clearly labelled drink bottles and personal hand sanitiser to enable good personal hygiene.
- All participants understand the importance of not sharing any food or drinks.
- Players are encouraged to be responsible for the cleaning of their own playing and training strip (including bibs) and will avoid the sharing of articles of clothing.
- Where it is not possible for individuals to wash individual items, we encourage safe processes are in place to launder shared uniform items such as non-contact collection of these items (ie. players to place gear directly into a plastic bag) and the wearing of gloves when laundering.
- Within the constraints of the game, we will implement arrangements to minimise the shared use of equipment where possible.
- Players and coaching staff will be encouraged to not share personal equipment including playing equipment, playing kits, bibs, drink bottles and towels.
- Players should avoid:
 - Team handshakes prior to kick-off
 - Team huddles, handshakes and high fives
 - Multiplayer goal celebrations
 - Spitting



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- Personal Hygiene:
 - Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze
 - Wash hands with soap and water often
 - Use hand sanitiser gel if soap and water are not available
 - Do not touch your eyes, nose if your hands are not clean
 - Not spitting at any time
 - Practice social distancing. If someone comes and stands next to you, move around the field and ensure you implement social distancing requirements.

- To further aid the fight against COVID-19, Football NSW supports the Australian Government's COVIDSafe app and has strongly encouraged all members of the football community to get behind this initiative.

- All participants are encouraged to download the COVIDSafe App.

- We commit to cooperate fully with NSW Health if contacted in relation to a positive case of COVID-19 and notify SafeWork NSW on 13 10 50.

- Players are encouraged to use the following resources and websites in order to obtain accurate information:
 - Australian Government Department of Health: <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>
 - NSW Government Department of Health: <https://www.health.nsw.gov.au/Infectious/covid-19/Pages/default.aspx>
 - World Health Organisation: <https://www.who.int/>
 - Australian Institute of Sport: <https://ais.gov.au/health-wellbeing/covid-19>
 - Sport Australia: <https://www.sportaus.gov.au/>