



Brunswick
Zebras
2020 Return to
Play



Guiding Principles to mitigate Covid-19 (Coronavirus)

- Community safety first
- Highly contagious so there is a need to minimise opportunity for transmission
 - DO NOT COME IF UNWELL
 - Social distancing of 1.5m at all times
 - Clean hand hygiene with sanitiser
 - Cover your mouth with your elbow to cough or sneeze
 - Avoid touching your eyes, nose and mouth
 - Players and coaches must not spit or clear nasal passages at small outdoor group training
 - Minimise social interaction
- Get in get out – **ABSOLUTELY NO** use of change rooms or social club, sanctions may be imposed if found to be using in breach of this rule
- Our Responsibility as leaders in the club is to influence behaviours



Covid-19 Compliance Officer

- Brunswick Zebra's Designated Compliance Officer is Mike Mead – 0414 828 340
 - Ensuring all players, coaches, officials, etc. are aware of the Return to Training Plan (on Brunswick Zebras website)
 - Ensuring a club's adherence to these protocols and taking immediate steps to correct any identified breaches of the protocols.
 - Developing any processes or initiatives that will aid a club's adherence to the Return to Training Plan
 - Implementing and maintaining training logs
 - Keeping up to date with any changes to the protocols implemented by Football Victoria and communicating these to all within the club
 - Contact point for any questions from club members (e.g. players, coaches, officials, spectators, etc.)
- **Brunswick Zebras to have multiple people to take ownership of this role and share the responsibility, feeding back to the Club Covid Safe Officer.**



Player Participation & Management

- Choice to participate will depend on
 - levels of fitness
 - levels of anxiety
 - levels of mental adaptability
- Registrations are **MANDATORY** for insurance, no registration - no training/games
- Allocations to groups of 20 people AND 1 coach (incl parents and officials)
 - This needs to be communicated to families on how these groupings will be managed per team
- Roll must be taken and submitted via Google sheets
- **NO ONE** is to attend training if unwell (including coaches)

If you, or people you have been in contact with are sick, **DO NOT** attend training/games and advise your Coach/Covid Officer who is responsible for informing the Club COVID Safety Officer. This **includes** staying away if waiting on test results.



Training Times/Dates

- You will be allocated a time/day for training
- All players must not arrive more than 10 minutes before the start of training, and must leave within 5 minutes after their training session
- All players must arrive in training/game gear, no changing clothes
- You will be advised where to enter and leave each training session (at different gates)



Equipment

- Balls must be cleaned prior to and at the end of sessions with spray sanitiser (spray and leave), including between subsequent groups of same team
- No equipment that involves contact can be used (eg, bibs)
- Cones can be used
- No shared water bottles



Pre-training

- Only one parent/guardian to drop off players
- Players to be “ready” for training, with own labelled water bottle (no changing clothes on arrival/departure)
- Meet social distancing at designated entry area
- They will be marked off the roll by Covid Officers using the Google Sheets list and update at the conclusion of training.
- All players, coaches, assistants will have used hand sanitiser



Training

- Groups will head to separate ends of the ground
- Groups must not interact
- Each group to be led by coach
- Coaches/Volunteers/Covid Officers to have WWC at minimum and be registered
- Drills need to account for lack of fitness and consider injury prevention
- Drills can be sourced at [Football Victoria](#) and from Robbie
- Only one person at a time may use the toilet, to be managed by Covid Officer.
- Regular hand sanitising to be undertaken during training



Post - Training

- Leave ground from designated exit
- Use hand sanitiser
- Clean balls and any other equipment
- No handshakes, hi-5s, or other physical contact
- No use of change rooms or club rooms
- Make sure that the list of attendees is updated on Google Sheets



Summary – Get in, Get Out!

- COVID-19 is highly contagious
- Discourage anyone who is not feeling 100% not to attend training
- Follow all Victorian Health Guidelines
- Practice good hand hygiene and cleaning of equipment for safety of all
- If there is an outbreak severe enough, we could all be locked down again
- It is suggested you download the **COVIDSafe** app and make sure it is activated

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