



RETURN TO TRAINING PLAN

Brunswick Zebras FC

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Football Victoria Guidelines – Stage 2

https://www.footballvictoria.com.au/sites/ffv/files/2020-05/FV_Return_To_Training_V2-0_0.pdf

1. Hygiene

All individuals attending training must:

- 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 to enable good personal hygiene
- Cover mouth and nose with a tissue or their elbow (not hands) when they 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 hands are not clean
- Shower at home before and after training
- Ensure not more than 1 person per toilet facility at any one time
- Brunswick Zebras FC SC must ensure, in conjunction with the Council / landowner that:
- 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.
- 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 made 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

Regular breaks are to be provided for the purpose of hand sanitising.

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Regular breaks are to be provided for the purpose of hand sanitising

Brunswick Zebras FC SC 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
- 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 made 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

In advance of commencing training, Brunswick Zebras FC SC must:

- Source written approval from the landowner e.g. Council
- Comply with any additional hygiene requirements imposed by the landowner
- Ensure all facilities/buildings within the venue (including canteens) will be 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 of attendees

Ensure the venue meets all hygiene conditions as per FV guidelines and State Government.

2. Physical contact activities

When conducting training, the following conditions must be implemented by the coach:

- Player groups of no more than 20 plus a coach or the minimum number of support staff reasonably required to run the activity – FV 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 20
- 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 minimized eg no throw in's
- Training zones must be a minimum of 45m by 45m (being half the FIFA standard full-size pitch)
- 20 players and a coach can be within each zone
- Groups of 20 must not mix with each other and must remain constant, where participants cannot 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

3. Arrival and departure of participants, officials, parents or carers

When conducting training, the following conditions must be implemented by the coach:

- 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) to be completed only by the coach in line with physical distancing
- Player groups of no more than 20 plus a coach or the minimum number of support staff reasonably required to run the activity – FV 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 20
- Physical distancing of 1.5 metres must be maintained
- No more than 1 person per 4m²
- No social activity is to occur once training has concluded
- Players are to leave the venue in a staged approach, with sessions concluding in a clockwise manner

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

- You must leave the venue immediately once training has concluded - no social activity is to occur

4. Spectators/gatherings

When conducting training, the following conditions must be implemented by the coach:

- Parents or other people are required to keep a reasonable distance or will be included in the group of 20
- Training zones must be a minimum of 45m by 45m (being half the FIFA standard full-size pitch) with only the 20 players and a coach within each zone
- 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

When attending training, the following conditions must be observed:

- You must not congregate at the entry point
- 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 20, unless they are formally coaching or instructing the activity
- Physical distancing of 1.5 metres must be maintained

No more than 1 person per 4m²

5. Sharing equipment

When conducting training, the following conditions must be implemented by the coach:

- The record of all attendees (including parents/carers) for the purposes of contact tracing is completed only by the coach in line with physical distancing
- No heading of the ball can take place during training
- Handling of equipment must be minimized eg no throw in's
- Sharing of equipment must be minimised
- Any access to equipment storage areas limited to one person

All individuals attending training must:

- Wash hands with hand sanitiser immediately before and after training and during scheduled breaks in training
- 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

Brunswick Zebras FC 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 – to be marked as such) around the venue. Signage is available to download via our Return to Football portal.

- 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

6. Group/team activity

7. [Restricted Activity Directions and Stay at Home Directions](#) currently limit gatherings to up to 20 people outdoors (plus a coach or the minimum number of support staff reasonably required to manage the activity) which impacts team or group activities.

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| For team activities, what protocols are in place to enable a staged return to activities of small groups (up to 20) in non-contact formats? |
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| See question 2. |
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8. Indoor facilities (PLEASE NOTE THAT INDOOR ACTIVITY IS CURRENTLY PROHIBITED)

The Restricted Activities Direction prohibits the use of indoor facilities such as club rooms, change rooms, and showers. Only toilets can remain open. Brunswick Zebras FC SC will access the inside toilets with a COVID Officer situated in the front of facilities entry to ensure 1 person at one time has access to the bathroom,

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| How will you ensure that indoor facilities, other than toilets, remains closed? |
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| In advance of commencing training, clubs must ensure all facilities/buildings within the venue (including canteens) will be 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 of attendees. |
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| Clubs are also required to comply with any additional requirements imposed by the landowner. |
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9. Travel

To prevent the spread of coronavirus (COVID-19), the Stay at Home Direction restricts travel to participate in sport and recreation activities to day trips only.

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| How can your return to play plan ensure travel is minimised and participants stay in the local neighbourhoods and towns? |
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| In terms of sanctioned club training, participants are restricted to training at their regular home venue. |
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8. High injury risk activity

To reduce the strain on Victoria’s health and emergency services, common sense should be used in avoiding activities that have a high risk of injury that may result in hospitalisation.

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| What measures are in place for high injury risk activities that may result in hospitalisation? |
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Non-contact training drills would not constitute high injury risk activities.

Any injuries would be dealt with according to club medical protocols.

9. Protocols

See Question 1 for hygiene protocols.

When conducting training, the following conditions must be implemented by the coach:

- 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
- If any player presents to training with COVID-like symptoms, they must be immediately isolated and sent home as soon as possible

Brunswick Zebras FC SC must ensure, in conjunction with the Council / landowner that prominent signage (including at entry and exit points to be marked as such) around the venue instructing people when not to attend training.

In advance of commencing training, Brunswick Zebras FC SC must:

- Ensure all communications with members about the return to training include the Return to Train Conditions, strongly encourage those with mild symptoms to get tested and highlight information as to when not to attend training - ie:
 - Have been unwell or had any flu-like symptoms.
 - Have been in contact with a known or suspected case of COVID-19.
 - Have had any respiratory symptoms (even if mild); or
 - Are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.
- 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.

When conducting training, the following conditions must be implemented by the coach:

- 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
- If any player presents to training with COVID-like symptoms, they must be immediately isolated and sent home as soon as possible

A full communications plan, including direct emails and social media has been enacted to disseminate the Return to Train Conditions to Brunswick Zebras FC SC. This is possible due to the database of Brunswick Zebras FC SC and individual contact details held by Brunswick Zebras FC SC.

Any changes and updates, including in response to SRV feedback or as we move through the relaxation of restrictions, will be similarly enacted.

10. Communication

Communicating coronavirus (COVID-19) risk mitigation strategies to participants is vital. Setting and promoting expectations for required behaviours prior to recommencing activities will be crucial to ensuring activities are safe to return to and remain free of further restrictions. This includes communicating current restrictions, improved health literacy of participants and social distancing measures.

In addition to direct emails and social media publication, Brunswick Zebras FC SC has an allocated COVID19 Officer who will assist with guidance. We are currently also considering a forum for Brunswick Zebras FC SC members to ask questions via Whats App or FaceBook Messenger

Brunswick Zebras FC SC will serve to encourage compliance as per SRV and FV Guidelines and kept up to date with State Government announcement.