



RETURN TO **TRAINING** GUIDELINES

LAST UPDATED MAY 18, 2020



COVIDSafe APP

To aid the fight against COVID-19, Football Queensland supports the COVIDSafe app and 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.



OVERVIEW

Football Queensland's priority is to safeguard the health and wellbeing of the football community and wider public during the COVID-19 pandemic.

The Federal and Queensland State governments have announced a roadmap to cautiously reintroduce football in a staged approach.

Stage 1 of the Queensland Government's Return to Play Guide outlines that no indoor or outdoor formal organised individual or team community sport or training will be permitted. All football and futsal activity across the state therefore remains suspended until June 12.

Stage 2 commences on June 12, when non-contact activity will be permitted for up to 20 people and clubs may resume training sessions only as per these Return to Training guidelines.

This document outlines the conditions that must be met throughout Stage 2 for any return to training to occur from June 12, 2020, to limit the spread of COVID-19 in line with Federal and Queensland State government guidance.

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

Clubs must source written approval from the landowner e.g. Council, before training commences.



PRINCIPLES

FEDERAL GOVERNMENT

Football Queensland 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 [here](#).



Australian Government



PRINCIPLES

QUEENSLAND GOVERNMENT



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

STAGE ONE

FROM 15 MAY

Indoor - Including Team, Individual, Contact and Non-contact activities

- No indoor activity permitted, except for pools, which can operate for up to 10 people until Stage 2.
- No formal organised individual or team community sport or training (unless an exemption is approved).
- The following activities are exempt from the health directives: golf, tennis and lawn bowls.

Outdoor - Including Team, Individual, Contact and Non-contact activities

- No formal organised individual or team community sport or training unless an exemption is approved by the Chief Health Officer.
- Non-contact informal activity permitted for up to 10 people.
- Pools can operate for up to 10 people.
- Communal swimming pools are open for recreation, training and rehabilitation purposes, ensuring the following rules:
 - a maximum of 10 swimmers per pool
 - no spectators, except for up to one parent/carer per child, if necessary
 - communal showers and change rooms are closed, toilets may remain open
 - minimise the use of communal facilities.
- Shower with soap before and after swimming (at home, not at the pool).
- The following activities are exempt from the health directives: golf, tennis and lawn bowls.

STAGE TWO

FROM 12 JUNE

- Non-contact activity permitted for up to 20 people.
- Pools can operate for up to 20 people.

STAGE THREE

FROM 10 JULY

- Standard activity permitted to occur for up to 100 people.

WE ARE HERE

FUTURE STAGES

FUTURE STAGES



PRIOR TO TRAINING

STAGE 2 JUNE 12, 2020



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;
- ☐ 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.

Those with even mild symptoms are strongly encouraged to get tested.



PRIOR TO TRAINING

CLUBS

In advance of commencing training, clubs must:

- ☐ Source written approval from the landowner of your facility e.g. Council – Clubs are not permitted to use venues other than those already agreed in advance of the season
- ☐ Comply with any additional 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 conditions in this document including particularly hygiene and pitch marking
- ☐ Ensure all communications with members about the return to training include 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



HYGIENE PROTOCOLS



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

HYGIENE PROTOCOLS

INDIVIDUALS

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 in order to enable good personal hygiene
- ☐ Cover mouth and nose with a tissue or your elbow (not your hands) when you 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 your hands are not clean
- ☐ Shower at home before and after training
- ☐ Ensure not more than 1 person per toilet facility at any one time



ATTENDING TRAINING

FROM JUNE 12, 2020



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 (Template available here) - to be completed only by the coach in line with physical distancing
- ☐ If any player presents to training with COVID-like symptoms, they must be immediately isolated and sent home as soon as possible
- ☐ Player groups of no more than 20 including coach or support staff reasonably required to run the activity
- ☐ 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 e.g. no throw in's

TRAINING PROTOCOLS

COACH/CLUB OFFICIAL CONT

- ☐ 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 must leave promptly in a staged approach
- ☐ Any access to equipment storage areas limited to one person
- ☐ All normal safety protocols apply – including Child Safety requirements (WWCC)



TRAINING PROTOCOLS

PLAYER/PARENT

When attending training, the following conditions must be observed:

- ☐ You must not arrive more than 25 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 20
- ☐ 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
- ☐ No heading of the ball can take place during training
- ☐ Activity must be non-contact eg no tackling, no heading, no handshakes, high fives or similar
- ☐ Handling of equipment must be minimized e.g. no throw ins
- ☐ 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

TRAINING PROTOCOLS

PLAYER/PARENT CONT

- ☐ 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 coach/club official for the purposes of contact tracing.
- ☐ If training bibs are used, you will be allocated a bib and you must take it home and wash it
- ☐ You must leave promptly in a staged approach



This document is current as at 18 May 2020. FQ is in the advanced stages of scenario planning and will continue to work with the State Government, FFA, Councils and other bodies regarding the safe resumption of football. The document is subject to change including upon the advice of government and clubs are expected to remain up-to-date with the latest advice.

Further information guide(s) will be published in line with government advice in the event of any further staged return to playing football.

RESOURCES

Queensland Government Return to Play Guide: [CLICK HERE](#)

Queensland Government Return to Play Readiness Checklist: [CLICK HERE](#)

Queensland Health Resources and Fact Sheets: [CLICK HERE](#)

Return to Training Portal: [CLICK HERE](#)

