



RETURN TO **TRAINING** GUIDELINES

LAST UPDATED JUNE 5, 2020



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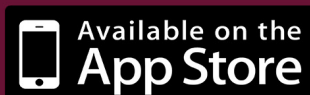
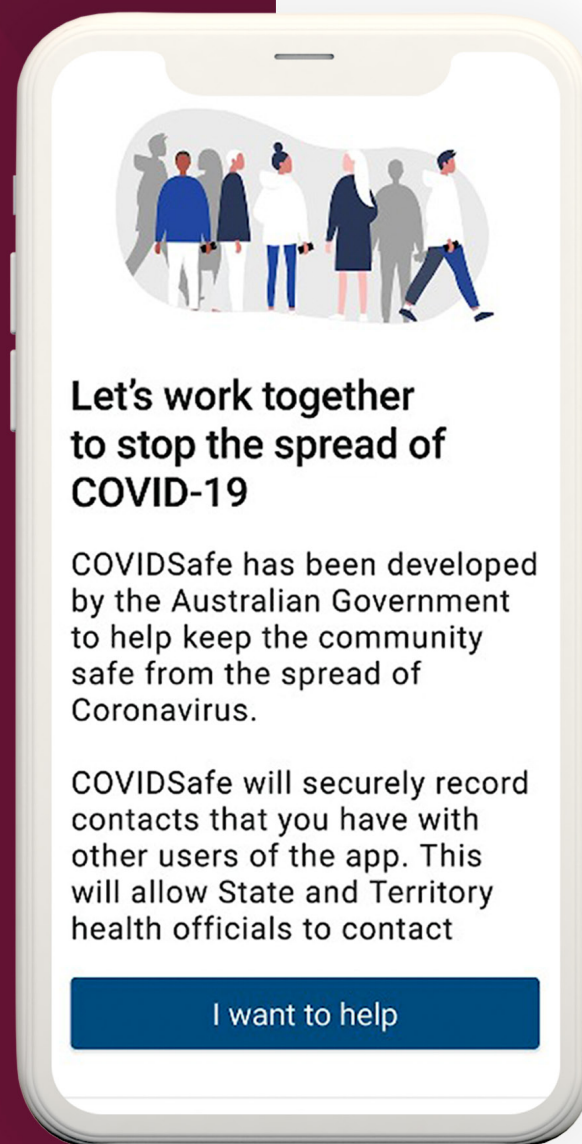


COVIDSafe APP

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, with all football and futsal activity across the state suspended until June 1.

Stage 2 commences on June 1, 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. From June 5, non-contact activity can be held with three groups of 20 on each field with defined training areas.

This document outlines the conditions that must be met for training sessions throughout Stage 2 to limit the spread of COVID-19 in line with Federal and 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.

WE ARE HERE



PRINCIPLES

FEDERAL GOVERNMENT



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 1 JUNE

- *Non-contact activity permitted for up to 20 people.

- *Pools can operate for up to 20 people.

* More with COVID SAFE Plan approved by health authorities

FROM 5 JUNE

- Defined training areas for each training group of 20 must maintain a base density requirement of 4 square metres per person and physical distancing (>1.5 metres).
- Each playing space must be clearly marked and minimise the risk of balls moving into another zone, with no co-mingling between groups
- If space permits a parent/guardian zone can be established, maintaining social distancing

STAGE THREE

FROM 10 JULY

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

PREVIOUS STAGE

WE ARE HERE

FUTURE STAGES



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;
- ☐ 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
- ☐ Recommend that a COVID Safe Coordinator is allocated to each session to take responsibility of completing the cleaning requirements before the next group arrives



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 5, 2020



TRAINING PROTOCOLS

COACH/CLUB OFFICIAL

When conducting training, the following conditions must be implemented:

- ☐ Recommend that a COVID Safe Coordinator is allocated to each session to take responsibility of completing the cleaning requirements before the next group arrives
- ☐ Entry must be refused to any person with COVID-like symptoms, or who is known in the last 14 days to have (or had) symptoms, contact with a known/suspected case, or be at high risk (see page 27)
- ☐ 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 (see page 24)
- ☐ Player groups of no more than 20 including coach per zone 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. (See page 18) for field setup.
- ☐ 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

- ☐ If space at a venue permits a parent/guardian zone can be established. The zone must have enough room for 20 people to have 4m² and people in the zone must stay 1.5m distance from each other.
- ☐ You must provide your details including full name, FFA number, phone number, date and time of attendance, and confirmation whether you have downloaded COVIDSafe App (not mandatory), 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



COVID SAFE PLAN

FIELD SET-UP GUIDELINES



COVID SAFE PLAN

FIELD SET-UP GUIDELINES

The field set-up guidelines are intended to prevent the transmission of COVID-19 among members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community.

STAGE 2: PLAYING SPACES

Outdoor fields can accommodate multiple playing spaces or zones and will be mitigated with no co-mingling between groups by meeting the following requirements:

- ☐ Defined training areas for each training group of 20 must maintain a base density requirement of 4 square metres per person and physical distancing (>1.5 metres).
- ☐ Each playing space must be clearly marked and minimise the risk of balls moving into another zone.
- ☐ No group from one playing space can come into contact with a group of another playing space.
- ☐ Must not create unnecessary risk of people congregating.

Management and segmentation of groups of participants through:

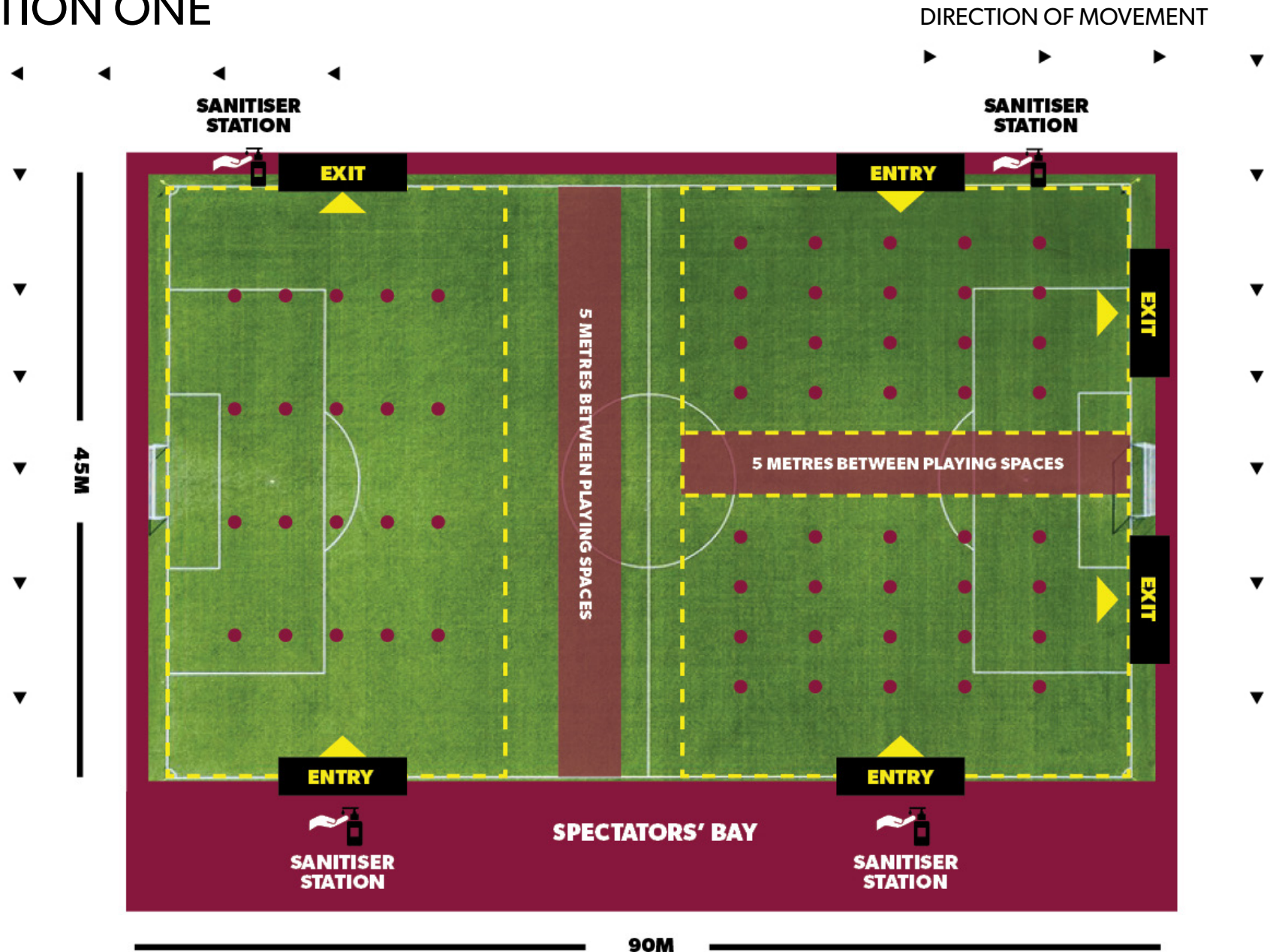
- ☐ Each playing space has a different entry and exit to other playing spaces
- ☐ At least 5 metres between playing spaces
- ☐ Separation whilst in play
- ☐ Scheduling – staggered start and finish times, staggered at each playing space to eliminate group overlap

Implementation of strict hygiene and sanitisation measures including:

- ☐ Equipment cannot be shared between zones
- ☐ Hand sanitizers are available at the entry and exit of each zone
- ☐ High contact points within a playing space must be cleaned before another group can access

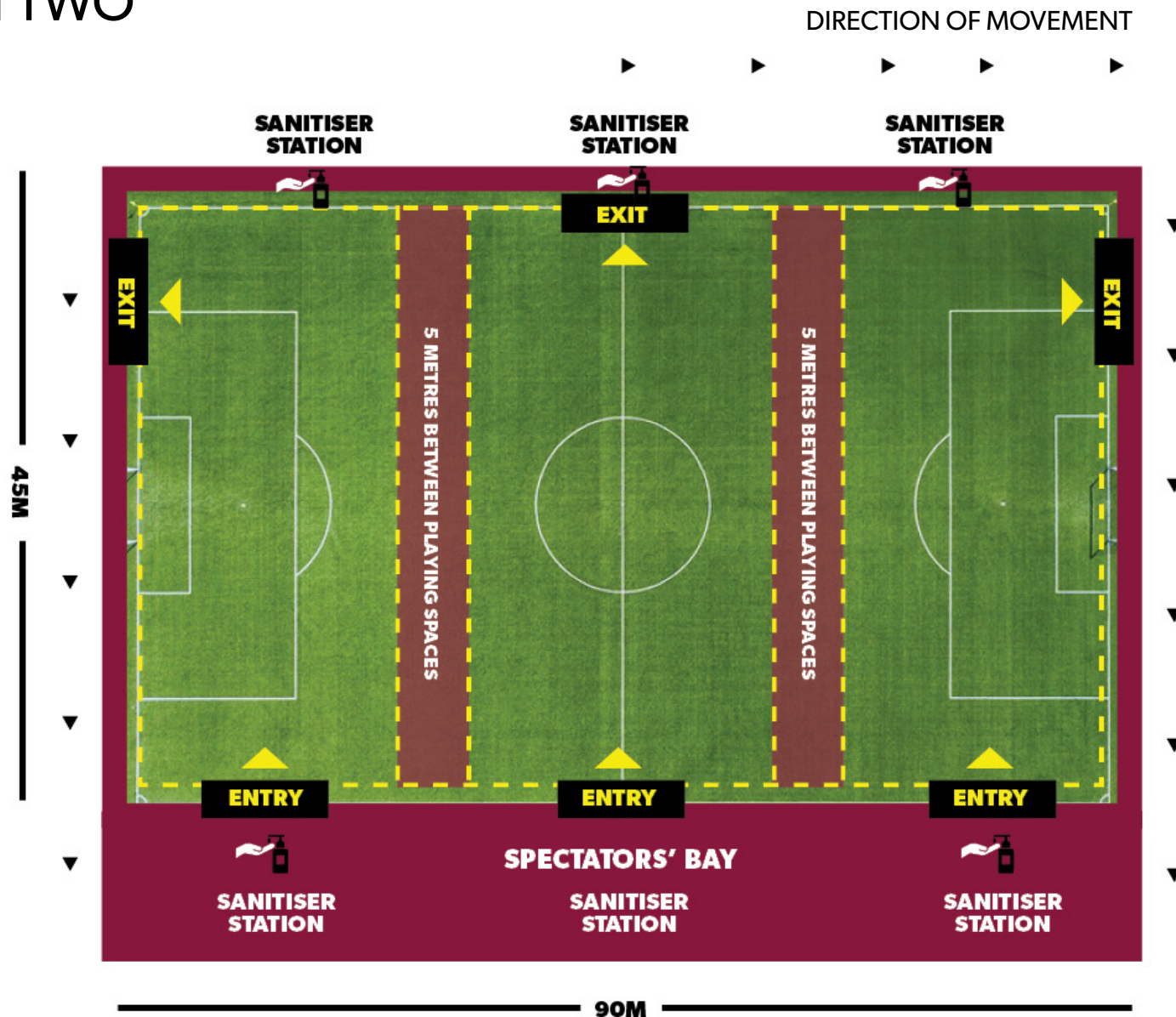
PLAYING SPACES

OPTION ONE



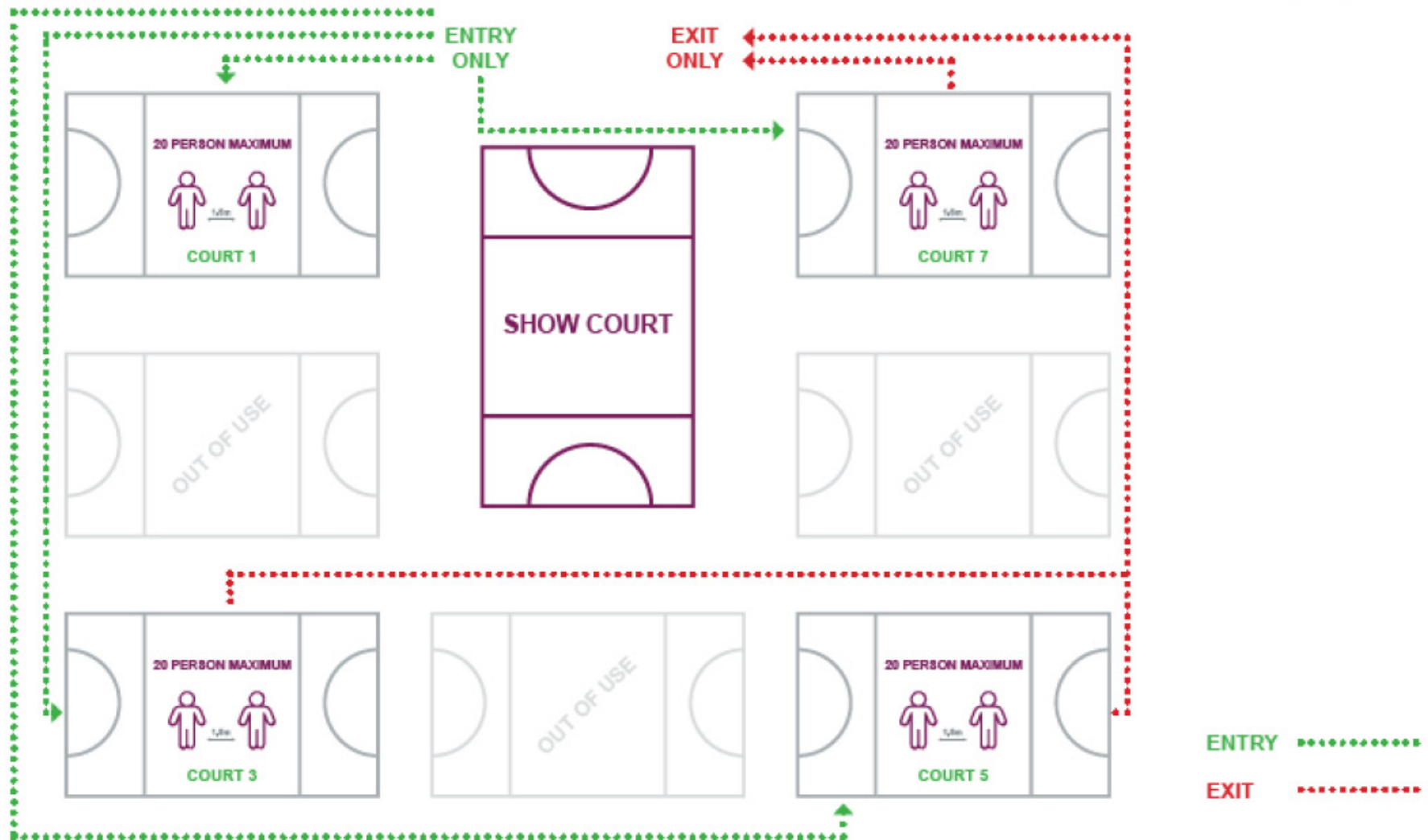
PLAYING SPACES

OPTION TWO



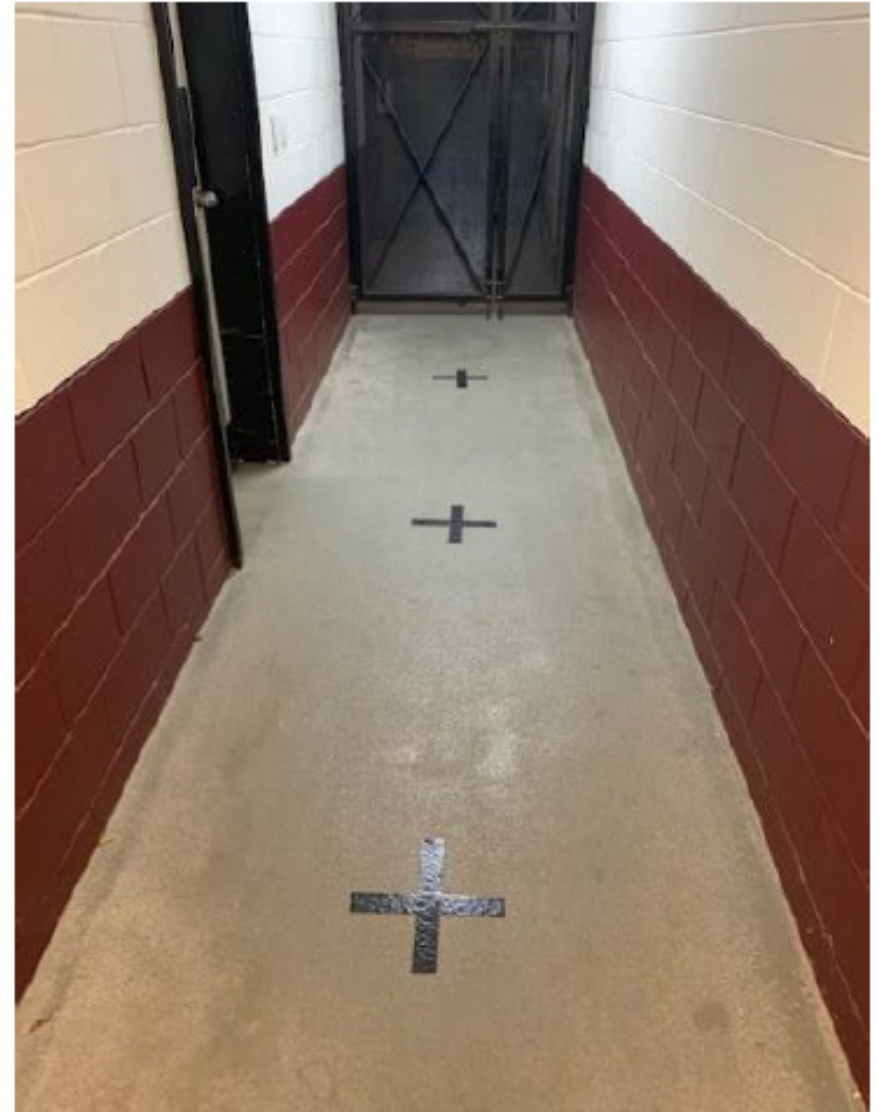
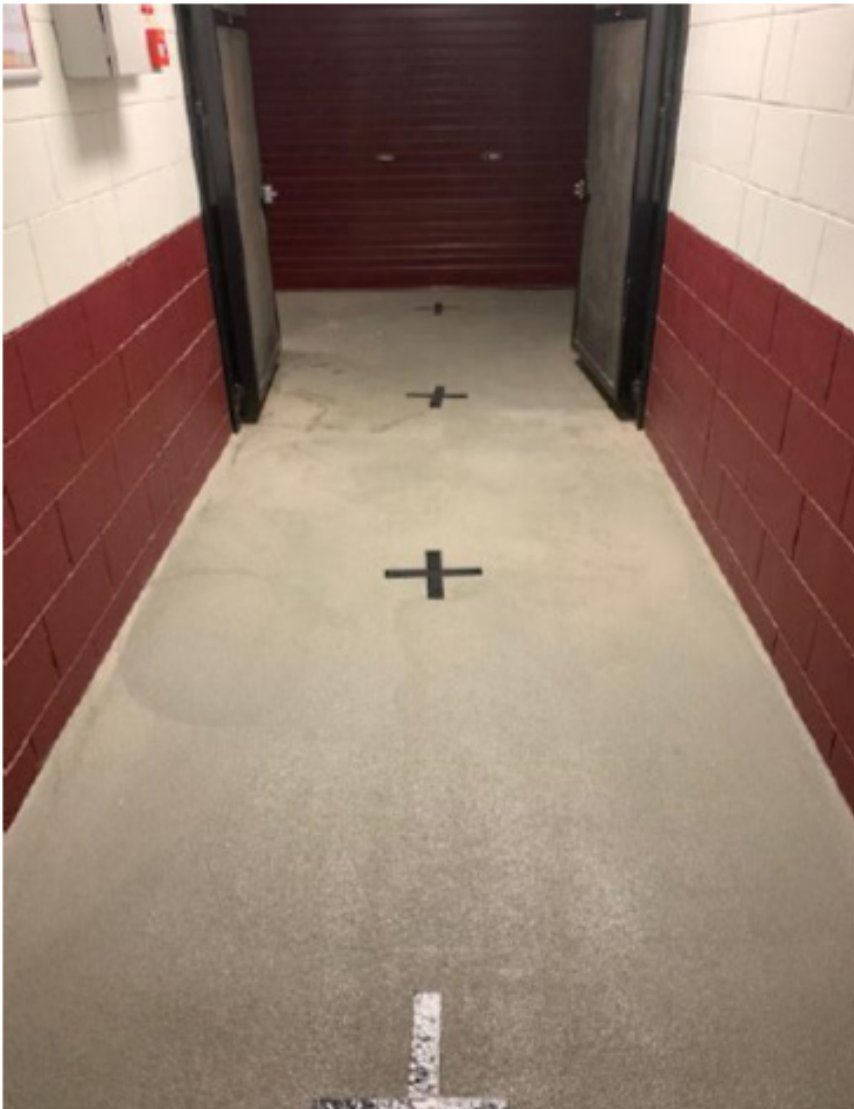
PLAYING SPACES

FUTSAL COURT EXAMPLE (NISSAN ARENA)



SOCIAL DISTANCING


MARKERS ON ENTRY



CONTACT TRACING

- ☐ Using the template provided, have the coach or a Covid Safe Coordinator for that session write down the details of all in attendance. Take a photo of the form and send to the club/venue after the session.
- ☐ Use the template provided, the coach or Covid Safe Coordinator keeps the phone copy and they leave the form in a designated area for the club/venue
- ☐ If bookings can be taken online have the coach or a Covid Safe Coordinator put in all the details of the group attending. This list gets emailed back to the user group as an online form to tick off attendance and then email back after the session.

RETURN TO TRAINING - RECORD OF ATTENDANCE



**FOOTBALL
QUEENSLAND**

NAME OF CLUB:

WEEK COMMENCING DATE:

TEAM/AGE GROUP:

COMPLETED BY:

ALL PERSONS ATTENDING MUST BE RECORDED (INCLUDES COACHES, PLAYERS, PARENTS, CARERS, OFFICIALS, SPECTATORS, VOLUNTEERS)

NAME		ARRIVAL TIME	DEPARTURE TIME	PHONE	EMAIL	In the previous 14 days have you: • Had any COVID-19 symptoms • Been in contact with any confirmed/suspected COVID-19 case • Travelled internationally	COVIDSAFE APP? (NOT MANDATORY)
FIRST	LAST						

To further aid the fight against COVID-19, Football Queensland supports the Australian Government's COVIDSafe App and strongly encourages all members of the football community to get behind this initiative. The app can be downloaded from the Apple App store and Google Play.

TRAINING SCHEDULE

EXAMPLE

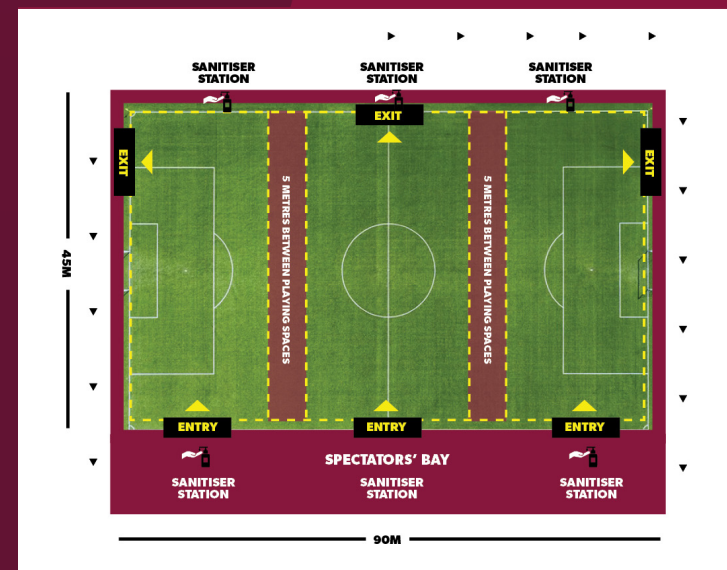
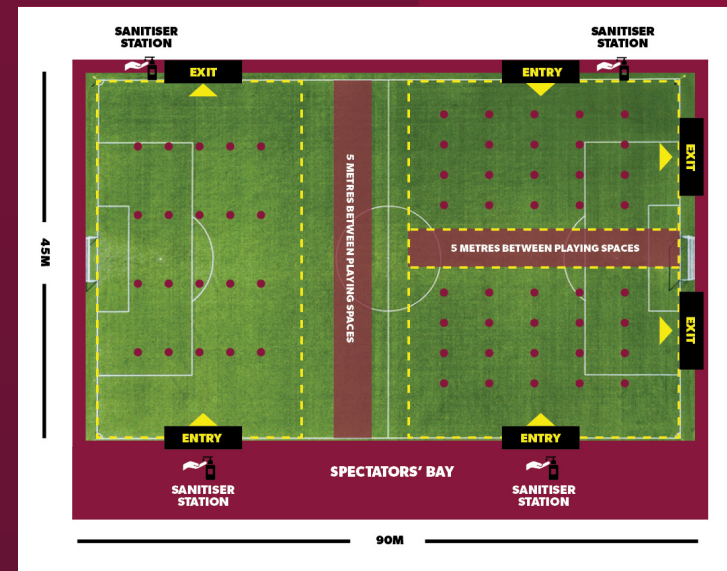
	ENTRY GATE 1 - SOUTHERN CARPARK		ENTRY GATE 2 - NORTHERN CARPARK	
TIME	FIELD 1 ZONE 1	FIELD 1 ZONE 2	FIELD 2 ZONE 3	FIELD 2 ZONE 4
BOOKING 1	4:00PM - 4:45PM	4:10PM - 4:55PM	4:05PM - 4:50PM	4:15PM - 5:00PM
BOOKING 2	5:00PM - 5:45PM	5:10PM - 5:55PM	5:05PM - 5:50PM	5:15PM - 6:00PM
BOOKING 3	6:00PM - 6:45PM	6:10PM - 6:55PM	6:05PM - 6:50PM	6:15PM - 7:00PM
BOOKING 4	7:00PM - 7:45PM	7:10PM - 7:55PM	7:05PM - 7:50PM	7:15PM - 8:00PM

MOVEMENT OF PEOPLE

AND SOCIAL DISTANCING

Football clubs will adopt the principles below in regards to movement around venues and social distancing:

- ❑ Where possible all ingress and egress will be at different points
- ❑ Movement of people around fields and venues should be one way
- ❑ Social distance markers are clearly visible.
- ❑ No co-mingling of groups in playing spaces/zones.
- ❑ Management and segmentation of groups of participants through scheduling.
- ❑ Implementation of strict hygiene measures at all entry and exit points, communal areas and managing equipment.



MANAGEMENT OF UNWELL PARTICIPANTS

- ☐ Self-isolate at home if presenting symptoms.
- ☐ Compare the symptoms of coronavirus (COVID-19), with the common cold and flu.
- ☐ Anyone who is unwell or develops a fever, a cough, sore throat or shortness of breath, must contact a doctor or call 13HEALTH (13 43 25 84).
- ☐ Liaise with public health authorities and facilitate the sharing of information about all symptomatic participants at an activity run by your organisation, subject to privacy law.
- ☐ Notify Football Queensland and the Department Housing and Public Works (Sport and Recreation)
- ☐ Contact participants (refer to attendance register) if an attendee subsequently becomes unwell and provide advice on what actions should be taken. If an outbreak does occur at your facility, the register will need to be provided to relevant authorities (i.e. Department of Health) in a timely fashion.

Minimum details to be collected include:

- ☐ Date of entry
- ☐ First name and surname
- ☐ Phone number
- ☐ Time in
- ☐ Time out
- ☐ Club & team/group
- ☐ Communicate isolation and medical procedures for all players, members, volunteers and their families at the onset of any symptoms including organisation facilities that can be used to manage symptomatic participants.
- ☐ Identify with clear and unambiguous signage, a space that can be used to isolate staff or participants who become unwell at an activity and cannot leave immediately. The isolation area should be equipped with necessary PPE supplies to facilitate hand hygiene and respiratory etiquette, such as face masks and gloves.

MANAGEMENT OF UNWELL PARTICIPANTS

CONT

- ☐ Ensure staff/volunteers understand that participants who become unwell should be immediately isolated and given a clean disposable facemask to wear. Establish procedures to help unwell staff or participants leave the event as soon as possible and added protections for activity staff in such circumstances.
- ☐ Train volunteers/organisation management on treatment of symptomatic participants and disinfecting of facilities used by such participants.
- ☐ Confirm notification protocols for notifying public health authorities and other attendees of symptomatic participants.

This document is current as at 5 June 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:

Queensland Government Return to Play Readiness Checklist:

Queensland Health Resources and Fact Sheets:

Return to Training Portal:

The Approved COVID Safe Industry Plans are located at:

