



**FOOTBALL
QUEENSLAND**



RETURN TO PLAY

**COACHES &
PLAYERS**

RETURN TO PLAY

COACHES & PLAYERS CHECKLIST

This checklist will assist coaches and players in understanding and following Stage 5 restrictions under the Queensland Government's roadmap to easing COVID-19 restrictions.

This should be used in conjunction with Football Queensland's latest Return to Play guidelines, the COVID Safe Industry Plan for Field Sports and all Government advice.

Any person showing signs and symptoms of COVID-19 must not attend clubs or training and should seek medical advice.

GENERAL	
Players	<ul style="list-style-type: none"> <input type="checkbox"/> Are you registered as a player for this season in Play Football? <input type="checkbox"/> Have you read all club, zone and FQ communication related to the Return to Play? <input type="checkbox"/> Have you read FQ's updated Return to Play guidelines for Stage 5?
Coaches	<ul style="list-style-type: none"> <input type="checkbox"/> Are you registered as a coach for this season in Play Football? <input type="checkbox"/> Have you read all club, zone and FQ communication related to the Return to Play? <input type="checkbox"/> Have you read FQ's 'No Badge, No Bench, No Ref Room' announcement? <input type="checkbox"/> Have you read FQ's updated Return to Play guidelines for Stage 5? <input type="checkbox"/> Do you have an up to date Blue Card?

PRIOR TO TRAINING & GAMES	
Players, Parents & Coaches	<ul style="list-style-type: none"> <input type="checkbox"/> Have you been unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness)? <input type="checkbox"/> Have you been in close contact with a known active case of COVID-19? <input type="checkbox"/> Have you travelled overseas in the previous 14 days? <input type="checkbox"/> Have you been to a declared COVID-19 hotspot in the previous 14 days? <p>If you answer yes, self-isolate at home and contact a doctor or call 13HEALTH (13 43 25 84).</p> <p>Anyone with even mild symptoms is strongly encouraged to get tested.</p>

**As of 11/02/2021*

HYGIENE PROTOCOLS

Players, Parents & Coaches

All individuals attending training and games 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 and kit 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.
- Not share pens or clip boards.
- Avoid touching eyes, nose or mouth if your hands are not clean.

TRAINING & GAMES

Players & Parents

When attending training and games, the following conditions must be observed:

- You must not congregate at the entry point.
- You must minimise the sharing of equipment, particularly anything that touches the head or cannot be effectively cleaned (i.e. soft materials or clothing).
- No sharing of drink bottles – bring your own clearly labelled drink bottle.
- Physical distancing of 1.5 metres must be maintained off the field of play.
- For contact tracing, you must provide your details including full name, phone number, date and time of attendance, and confirmation whether you have downloaded COVIDSafe App (not mandatory).
- If training bibs are used, you must take the bib you use home and wash it.
- You must leave promptly to limit co-mingling.

Coaches	<p>When attending training and games, coaches should:</p> <ul style="list-style-type: none"><input type="checkbox"/> Adhere to all hygiene protocols contained in FQ's Return to Play guidelines.<input type="checkbox"/> If the role is designated to you by your club, keep an accurate record of all attendees for contact tracing.<input type="checkbox"/> If the role is designated to you by your club, take a photo of the completed record of all attendees and send to the club/venue after the session.<input type="checkbox"/> Help ensure physical distancing of 1.5 metres is maintained off the field.<input type="checkbox"/> Help ensure training sessions are compliant with the COVID Safe Plan for Field Set-Up contained in FQ's Return to Play guidelines.<input type="checkbox"/> Help ensure equipment is not shared between training zones.<input type="checkbox"/> Encourage participants not to share equipment.<input type="checkbox"/> Encourage groups not to mingle.<input type="checkbox"/> Allow for regular breaks for the purpose of rehydrating and hand sanitising.
---------	---