

Return to Training & Return to Play



INFORMATION

CURRENT AS AT 1 July 2020

Currently in NSW all sports are under the Public Health (COVID-19 Restrictions on Gathering and Movement) Order (No 4) 2020 as issued on Monday 30 June 2020.

These guidelines are limited to Outdoor activity which can be conducted with **not more than 500 participants**. (Participants/Officials and Spectators included) With adequate spacing of not more than 1 person per 4 sq metres. Where activities involve a gathering of **more than 20 participants** as **COVID-19 Safety Plan** is required.

PREPARATION

- You **MUST** maintain attendance records
- Ensure changerooms and showers are **NOT** used and remain **CLOSED**
- Ensure toilets are open and have soap and/or hand sanitiser and signage
- Arrive 5mins prior to game/training dressed ready to go. If arriving early remain in your vehicle until 5mins prior to game/training. Shower with soap both prior to and postgame/training.
- Parents/spectators are only to watch from their vehicle
- Leave immediately following game/training – **do not congregate - Arrive-Play/Train-Leave**
- Conduct all post game/training discussions via video link or conference calls
- **NO** sharing of Water Bottles- all **MUST** be clearly individually labelled
- **NO hands in huddles- NO high fives- NO pre/post game handshakes**
- Participants are to bring personal hand sanitiser to be used pre-during and postgame/training. i.e. schedule sanitiser breaks
- Maintain 1.5m distance between ON field and OFF field participants
- Sanitise equipment pre-during-post session
- If a participant returns a positive COVID-19 test report to coronavirus@touchfootball.com.au

Arrive
Play/Train
Leave



HEALTH

If you feel unwell, do not attend games/training and you must seek medical clearance before returning

If you have had contact in the past 14 days with a known or suspected case of COVID-19 or have returned from and identified hotspot **you must not** attend & seek medical clearance before returning

All suspected cases must be reported.

Download COVIDSafe App



YOU CAN

Train and return to competition with a NSWTA endorsed COVID Safety Plan.

Social distancing of 1.5m between players.

Spacing so that there is no more than 1 person per 4m².

Contact skill training drills – fitness, agility, individual ball skills, passing drill, opposed drills and competition play.



YOU CAN NOT

Have more than 20 persons **without a COVID Safety Plan**

NO Spitting

NO Sharing Bottles or Whistles or Towels

NO hands in huddles/high fives/pre-post game handshakes

DO NOT congregate on or off the field- return to vehicle between games

DO NOT use change rooms or showers