



Memo

Date: 10 August 2021
To: All Affiliates, Regions and Members
From: Dean Russell - General Manager
Subject: General Managers Message- COVID Update

Good afternoon,

We hope that our community is keeping both safe and well during these difficult times, especially for our members subject to the current lockdown orders.

We are aware of questions in our community around both the 2021 Vawdon Cup and Country Championships. We would take this opportunity to advise that our current position is that while we continue to monitor the situation, we are still committed to holding both events.

While we are waiting for the road map back to community sport from the government, it is essential to note that our affiliates will require a minimum period of time to prepare and be ready to play. Both will play a part in the structure and timing of the event. As such, it is improbable that our Vawdon Cup can be held in its traditional format.

Staff are currently working on scenarios and attempting to gain green space/venue bookings that may very well see a need to present a Sydney Championship style event on weekend like the Country Championships or it may be a combination of some weekends and some Friday nights. However, I can advise without any doubt; the event will need to be presented in a reduced program.

It would be easy for us to make decisions now not to run either event. However, we also recognise the positive effect that running both the Vawdon Cup and Country Championships can have on our community's mental health coming out of lockdown. Therefore, our current position is to continue to develop structures for both events to proceed. We are hopeful of being able to provide further advice in the next two weeks.

We would advise our community can aid in getting back to a level of normality. We encourage all our members to follow the government advice, both Federal and State, and get vaccinated. If you are unsure, have concerns or have questions, please consult with your GP. Further information can be obtained via NSW Health [here](#).

We are also concerned for all of you, members of our touch footballing community. The COVID-19 pandemic has changed the way we live.

When we aren't able to see our friends and family regularly, it can be harder to keep on top of how we're feeling. Being aware of how you're feeling and knowing what you can do to look after your mental wellbeing is an important part of staying healthy during this challenging time.

All of the things we're used to doing each week, going to school and work, catching up with friends and family, going out for dinner, playing sport, going on holidays have changed. For some there is uncertainty about how





COVID-19 will affect jobs and the economy into the future. And for our members working in health care and essential services, work pressures have never been greater.

Under these circumstances, it's normal to feel anxious, overwhelmed, confused, sad or even bored. But these feelings can take their toll, and we all need to take the time to care for ourselves and to look out for our friends, family and colleagues.

There are things you can do to take care of your mental health and wellbeing.

- Exercise (within the prevailing COVID regulations)
- Stay Connected and Reach out to others
- Develop new routines
- Seek Support

It's normal to have ups and downs, and it is important to talk about how you're feeling with family and friends. In times like these, they are likely experiencing similar feelings.

If you want to talk to someone else, but aren't sure where to start, there are lots of great online and phone chat support services available. [Head to Health](#) is a good place to begin, and Beyond Blue has launched a [dedicated coronavirus online and phone support service](#).

If you need support please utilise one of these services;

- Lifeline 131 114
- Beyond Blue 1800 512 348
- Kids Helpline 1800 551 800
- MensLine Australia 1300 789 978
- Suicide Call Back Service 1300 659 467

Would you please ensure you look after yourself, your family and the wider community. We would **encourage members to reach out to and check in** on your **touch footy mates** or those you have a connection with from the affected communities.

We will continue to monitor the situation throughout the State, NSW Health, the Office of Sport and Sport NSW. We will communicate any future recommendations, changes to COVID-19 Safety Plans or Public Health Orders impacting our sport.

Best wishes and stay safe.

A handwritten signature in blue ink, appearing to read 'Dean Russell', with a stylized flourish at the end.

Dean Russell
General Manager