



**COVID RETURN TO TRAINING GUIDELINES
AND IMPORTANT INFORMATION**



NORTHERN TIGERS FC HEALTH AND SAFETY GUIDELINES – COVID19

Effective from 22 May 2020 until further notice.

As a Club, we commit to the following practices to ensure the football environment we provide our members adheres to NSW State Government restrictions and to take the following health and safety practices to ensure our members health. The following document applies to training.

NSFA Health & Safety requirements

All Change rooms MUST be locked and not used*

*- If toilet facilities at a venue are located via the change room, we permit the change room to be open, however a laminated sign MUST be displayed outside the change room to indicate 'no use of change room, other than for toilet use'

NORTHERN TIGERS FC guidelines to be implemented:

Members refers to all coaches, players, parents, guardians.

1. If a member tests positive to COVID19 the Club MUST be notified as soon as possible.
2. We encourage all members to download the COVIDSAFE app from the Australian Government, however, understand we cannot force people to download it.
3. Members feeling ill should not attend training. If a player attends training showing obvious signs (cough, running nose, vomiting, lethargic) of illness they will be sent home.
4. If a player is injured and cannot participate in the session, then they are not required to attend training.
5. We will adhere to the maximum capacity of players/teams per field as outlined in the by FNSW and the NSFA Training Allocation guidelines – COVID19 document.
6. We will adhere to NSW Govt restrictions of 10 person groups within a small area, where each individual has at least 4m² space available.
7. We will implement staggered start times to our training sessions to reduce the gathering of people at venues. Coaches will strictly adhere to start and finish times. Players cannot enter the field early and are requested to leave the field, and the facility immediately after training. Initially training is reduced to two sessions per week for all teams, and training duration per session is reduced, to allow all teams the opportunity to train in a safe environment.
8. We urge members to 'travel light' with only required persons attending drop off & pick up for training (ie. One parent, no siblings, no dogs etc.). We prefer parents and guardians do not gather on the sidelines to watch training and instead stay in the car.
9. NTRA change rooms will be locked; the public toilets will be open.
10. Charles Bean change rooms will be open to access the toilets only; they are not to be used for showers, to get changed, or to store bags/personal belongings.
11. The simple message for training – "get in, TRAIN, get out"
12. Coaches will NOT use bibs unless necessary. If bibs are used, they will be freshly laundered and will not be shared by other players.
13. Goalkeepers MUST only use their own gloves.
14. No drink bottles will be shared.
15. Coaches will enforce a strict 'no touching rule' - pre, post and during training sessions.
16. Coaches will conduct sessions that are low contact in compliance with FNSW guidelines.
17. Coaches will apply hand sanitiser before/after sessions, players are recommended to do the same.



Training Schedule and Availability

All teams will be training twice a week, please refer to the updated training schedule on Sportlyzer.

Players must confirm **availability** for the session in advance to help coaches and the club prepare for training. Any changes to your availability please update the app as soon as you know.

By updating the Sportlyzer attendance record and select 'attending' you are answering 'NO' to the following questions. Please be sure to read prior to updating your attendance to ensure we create a safe environment.

- Do you currently have, or are suspected of having, COVID-19?
- Have you had close contact with a suspect or confirmed case of COVID19 in the past 14 days?
- Have you returned to Australia from overseas in the past 14 days?
- Do you currently have symptoms of an acute respiratory infection (ie. fever, sore throat, cough, cold, flu-like symptoms or shortness of breath)?

If you answer 'yes' to any of the above questions you will not be permitted to attend. Please contact Eilidh immediately with details.

Player Numbers at Training

As discussed, we will be splitting teams into groups to meet the guidelines of 10 people including coach.

For some teams on any given night if a group exceeds the maximum number of players allowed, then a player or two might need to join another suitable age group on the night. This will be arranged on the night and it is crucial we adhere to the guidelines to ensure we can continue playing.

Drop Off/Pick Up

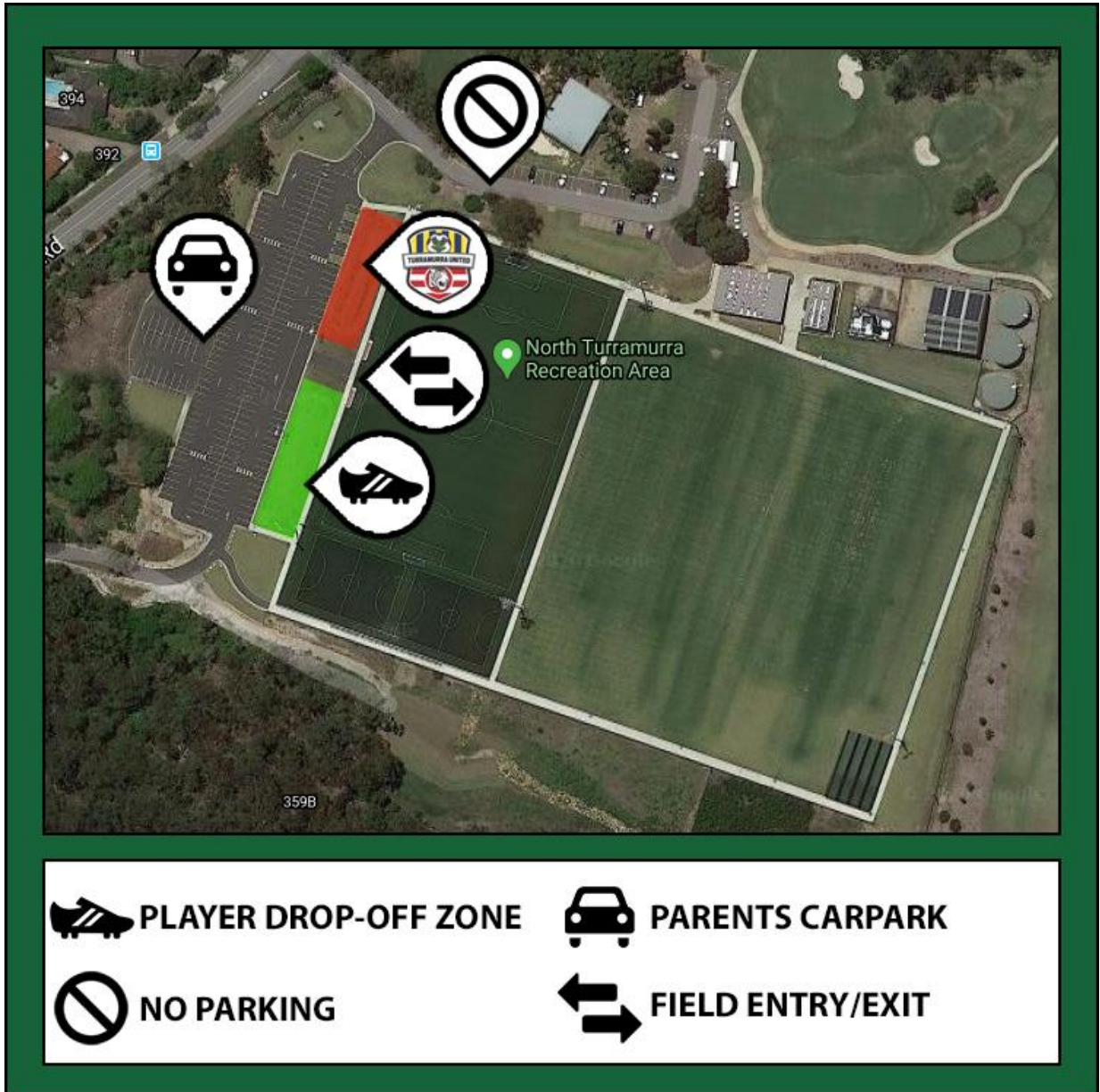
You must arrive only 5 minutes prior to your start time. If you arrive early, please stay in the car. We highly recommend pick up arrangements are organised prior allowing parents to stay in the car or come back at the end of the session.

NTRA and Charles Bean Venue Maps

Please familiarise yourself as it is important you know where to drop players off and which part of the field the players enter.



NTRA VENUE MAP



NTRA we will be sharing the facility with NSFA club Turramurra United. Northern Tigers players will be entering the field at the middle gate carpark side. Please take note which side of the carpark to drop players off.



CHARLES BEAN VENUE MAP





Return to training – Level 1: ‘Get In, Train, Get Out’

Football Safety Requirements –

Maximum Groups of 10 – 1 Coach and 9 Players per 1/4 field	Update attendance through Sportlyzer App	Groups to be split into two	Deliver non-contact unopposed skill-based training practices
Maintain a 1.5m distance between all individuals on and off the field	Be punctual, arrive 5 minutes prior to sessions and avoid other training sessions	Outline guidelines to all players before training commences	Players will juggle or pass on arrival at 1.5m distance
Drink break stations - Direct players to place their individual bottles in a safe area 1.5metres away from others	Changerooms and showers will not be used	Toilets will be open and have soap and sanitiser available	Players will not handle equipment; cones, goals and footballs

Health and Hygiene Requirements –

If you have a fever, cough, shortness or breathe, fatigue or sore throat, do not attend training	Recommend having personal hand sanitiser in your bag. The club will also have hand sanitiser available	Use hand sanitizer before and after training	No sharing of drinks bottles and no spitting
	No physical greetings such as handshaking, hugs or fist bumps	Avoid touching eyes, nose or mouths	