

# COVID-19

## STAGE 2 - RETURN TO TRAINING CONDITIONS



V2. 31 May 2020  
Valid from 1 June 2020

# COVIDSafe App

To aid the fight against COVID-19, Melbourne Football Academy supports the COVIDSafe app and strongly encourages our members to get behind this initiative.

**It represents our best chance to get back to football quickly.**



The graphic features a green background. In the top right corner, the word "COVIDSAFE" is written in white capital letters on a green rectangular background. On the left side, the text "Keep you and your family safe" is written in a large, bold, green font. Below this, the text "Download now" is written in a smaller, bold, green font. At the bottom left, there are two black buttons: one with the Apple logo and the text "Download on the App Store", and another with the Google Play logo and the text "ANDROID APP ON Google play". On the right side, there is a line drawing of a hand holding a smartphone. The phone screen displays the COVIDSafe app logo, which consists of a green checkmark inside a circular arrow, with the word "COVIDSAFE" repeated around it. Below the logo on the phone screen, the text "Help stop the spread and save lives." is written in black.

# OVERVIEW

Melbourne Football Academy's priority is to safeguard the health and wellbeing of our members and the wider community during the COVID-19 pandemic.

All MFA Members need to understand their responsibilities.

It is essential that ongoing vigilance must be maintained to ensure safety. At any stage where a member or associated member of the MFA program fails to follow directives set out in COVID-19 return to training plan, the program will cease operation without notice.

The Federal and Victorian State Governments have announced a roadmap to cautiously reintroduce football in a staged approach. The first stage was a limited return to training, at the discretion of the Melbourne Football Academy, from 18 May 2020. The second stage is an extension to the number of players who can train, effective from 1 June 2020.

This document outlines the **conditions that must be met** during this stage to limit the spread of COVID-19 in line with guidance from Federal Government, Victorian State Government.

# PRINCIPLES

## FEDERAL GOVERNMENT

Melbourne Football Academy is following the framework provided by the Australian Institute of Sports (AIS) Level B and is implementing Step 2 of the Australian Government 3 Step Framework for a COVIDSAFE Australia for easing restrictions, specific to Sport & Recreation.

The training conditions outlined in this document are in line with these frameworks.

**The AIS Framework** - table below.

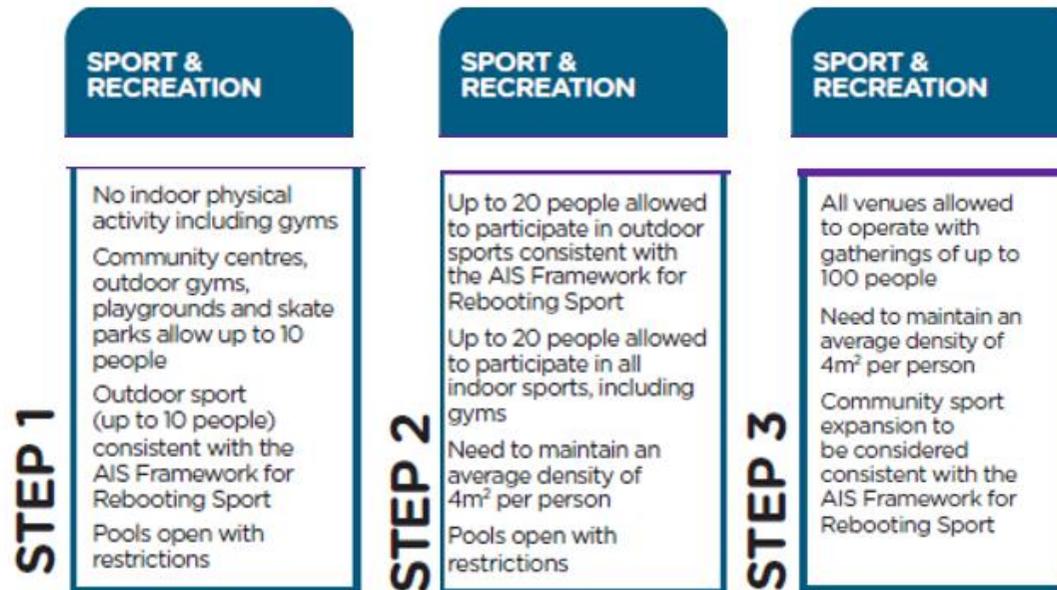
The resumption of sport and recreation activities will be a complex process. A careful stepwise process needs to be implemented to ensure the safety of athletes and other personnel and the wider community.

High level descriptors of three levels (Levels A, B, C) of activities and associated hygiene measures are recommended.

Community/ Individual Sports	Level A	Level B	Level C
Football (soccer)	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo).	Non-contact skill training drills – passing, shooting, headers. Small groups (not more than 10 athletes/staff in total).	Full training and competition.

# AUSTRALIAN GOVERNMENT

## 3 STEP FRAMEWORK FOR A COVIDSAFE AUSTRALIA



# PRINCIPLES

## VICTORIAN GOVERNMENT

**The Victorian Chief Health Officer has approved that some sport and recreation activities can resume according to the following rules:**

- Participants gather outdoors in groups of no more than 10\* (or people from the same household), plus a coach or the minimum number of 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 10\*
- No indoor activity – indoor physical recreation facilities must remain closed\*
- Maintain physical distancing of 1.5 metres wherever reasonably possible
- All activity and training must be non-contact, and no competitions are to take place. Contact sports must be modified so that you can maintain 1.5 metre distance
- No outside communal gyms, playgrounds or skateparks can be used
- No outdoor or indoor swimming pools can be used
- No use of communal facilities, except for toilets
- If the activity is run by an operator of an indoor physical recreation facility (such as gym, health club or fitness centre), a personal training facility (indoors or outdoors) or an arena or stadium, then the operator must keep a record of attendees including first name, phone number, date and time of attendance

- No use of shared equipment that touches the head or face or cannot be effectively cleaned i.e. soft materials or clothing
- Hand hygiene, frequent environmental cleaning and disinfection, use of own equipment where possible and minimise sharing of equipment

*\*Note:*

*The above documents Step 1 restrictions, specifically for 10 people limit.*

*Application of Step 2 restrictions allow:*

- *From 1<sup>st</sup> June 2020 - for no more than 20 people **Outdoor**; and*
- *From 22<sup>nd</sup> June 2020 - for no more than 20 people per **Indoor space***

For the purposes of re-commencing football training Melbourne Football Academy will abide by these rules.

# 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 health perspective, including the elderly and those with pre-existing medical health conditions – includes:  
Participants, officials, parents, carers and staff with a higher risk of serious illness from COVID-19 including those 70 years of age and older, those 65 years and older with chronic medical conditions, people with weakened immune systems, and Aboriginal and Torres Strait Islander people 50 years and older with a chronic medical condition must not attend any activities or enter the facility

Those with even mild symptoms are strongly encouraged to get tested. For more information, [click here](#).

Everyone entering the facility is strongly recommended to have installed the Government COVIDSafe tracing app on their phones

If you **display flu-like symptoms**:

- Participants, officials, parents, carers and staff presenting at the facility with flu-like symptoms will be denied entry or directed to leave the session and asked to attend their doctor. Clearance from their own doctor is required before returning to training
- Any member who tests positive for COVID-19 is asked to immediately **notify Melbourne Football Academy** and **must not attend** any activities under any circumstances until cleared by their own doctor.
- Participants and other personnel who have recovered from COVID-19 infection will be advised of a graded return to activities under the direction of a medical officer. As per AIS Guidelines, participants and other personnel who have recovered from COVID-19 must satisfy the Communicable Disease Network of Australia (CDNA) criteria to ensure they are no longer infectious.

# PRIOR TO TRAINING

## MELBOURNE FOOTBALL ACADEMY

**In advance of commencing training, MFA will:**

- Source written approval from the Education Department (Doncaster Secondary College) for the safe re-commencement of the facility
- Comply with any additional requirements imposed by the Education Department (DSC)
- Ensure changeroom facilities within the venue will be closed and not-accessible during training except for toilet access through tight controls on keys and access – this includes keeping a record of the person responsible for access and key, and record list of attendees
- Ensure the venue meets all conditions in this document particularly hygiene and pitch marking
- Ensure all communications with MFA members about the return to training include this document, highlighting the information when not to attend training
- All MFA staff, 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

# HYGIENE PROTOCOLS

## MELBOURNE FOOTBALL ACADEMY

All staff must ensure, in conjunction with Doncaster Secondary College 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/hand sanitising is promoted via prominent signage (including at entry and exit points – to be marked as such) around the facility
- Prominent signage at entry around the facility instructing members when not to attend training
- Hand sanitiser station to be provided in prominent places around the facility (entry and exit points) and are regularly refilled
- Soap dispensers in toilets are regularly refilled
- Bins are provided around the facility 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 training and after training and during scheduled breaks in training
- Not spit at any time
- No Gum
- No use of water fountains on site
- Not share drink bottles and clearly label their own bottle
- Take their items worn or 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 clipboards
- Avoid touching eyes, nose or mouth if your hands are not clean
- Shower at home before and after training
- Arrive in necessary sporting attire. Change Room facilities will not be accessible for changing into sporting attire.
- Ensure not more than 1 person per toilet facility at any one time

# TRAINING PROTOCOLS

## MFA STAFF

**When conducting training classes, the following conditions must be implemented:**

- Infrared Thermometer Temperature checking will be conducted upon arrival. Those representing a fever will be sent home
- Entry must be refused to 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
- If any student presents to training with COVID-19 like symptoms, they must be immediately isolated and sent home as soon as possible
- 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, phone number, date and time of attendance – to be completed only by MFA staff in line with physical distancing
- Groups of no more than 20 **including** coaches and support staff to run the session
- Parents or other people are required to keep a reasonable distance or will be included in the group of 20
- Physical distancing of 1.5 metres must be maintained
- No more than 1 person per 4 square metres

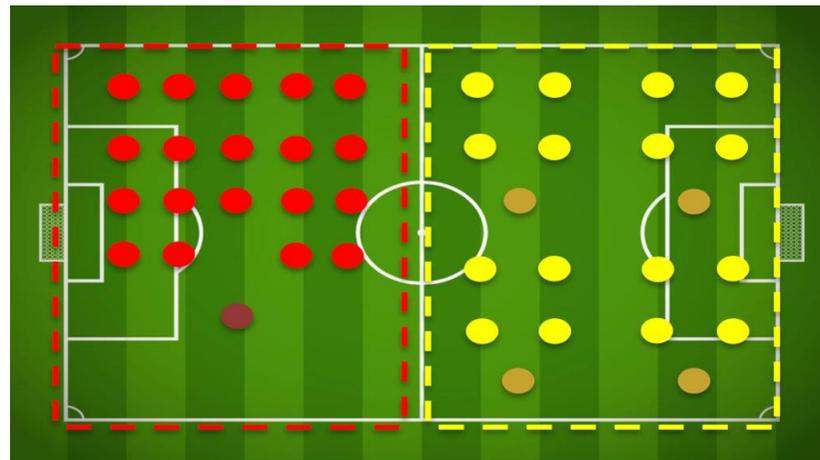
- No heading of the ball can take place during training
- Activity must be non-contact e.g. no tackling, no handshakes, high fives or similar
- Handling of equipment during training must be minimised e.g. no throw in's
- Sharing of equipment must be minimised e.g. no use of bibs/sashes
- No use of shared 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
- Students are to leave the facility in a staged approach, with sessions concluding in a clockwise manner
- Any access to equipment storage areas limited to one person at any one time
- All normal safety protocols apply – including Child Safety requirements (WWCC)

# TRAINING PROTOCOLS

## ZONES

**When conducting training classes, the following conditions must be implemented:**

- Training zones must be a minimum of 45m by 45m (being half the FIFA standard full-size pitch)
- 20 people including coach/support staff can be within each zone
- Groups of 20 must not mix with each other and must remain constant, where participants cannot swap between groups
- If a ball from one training zone enters another training zone, students are directed to gently kick the ball back rather than pick it up and throw it
- Training zones must be clearly marked and participants and parents/guardians must be notified that they are not to move into any other zone during training



# TRAINING PROTOCOLS

## STUDENT/PARENT

**When attending training, the following conditions must be observed:**

- Entry to the Academy for child Drop-off before training is to be via Dianella Street Car Park
- Exit from the Academy post training for child Pick-up is to be via Church Rd Car Park
- Infrared Thermometer Temperature checking will be conducted on students upon arrival. Those representing a fever will be sent home
- You must not arrive more than 10 minutes prior to training commencing
- You must not congregate at the entry point or exit point or **in the car park/adjacent streets**
- 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 expected to stay in vehicles – 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 4 square metres

- No heading of the ball can take place during training
- Activity must be non-contact e.g. no tackling, no heading, no handshakes, high fives or similar
- Handling of equipment must be minimised e.g. no throw in's
- Sharing of equipment must be minimised e.g. no bibs
- No use of shared equipment that touches the head or face or cannot be effectively cleaned i.e. soft materials or clothing
- Students and MFA Staff only on-site during training classes/sessions (no social gatherings of parents/carers on-site until further notice - parents/carers expected to stay in vehicles)
- You must provide your details including full name, phone number, date and time of attendance to MFA staff member for the purposes of contact tracing
- You must leave the facility immediately once training has concluded – you must not congregate at the entry point, exit point or **in the car park/adjacent streets**

**Failure to comply with all protocols and conditions as outlined on this document or on request will be immediately asked to vacate the facility**

## MFA TRAINING FACILITY MAP





This document is current as at 31 May 2020 and effective from 1<sup>st</sup> June 2020.

The document is subject to change including upon the advice of Federal, Victorian State Government and Australian Institute of Sports (AIS) and members 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 changes to easing of further restrictions.