



Sydney FC

Return to Training Guide –

Community Program

Participants and Parents



SYDNEY FC COMMUNITY PROGRAMS- COVID19 SAFETY MEASURES

RETURNING TO TRAINING

Sydney Football Club (Sydney FC) and football more generally, are following the framework provided by the Australian Institute of Sport (AIS) Level B and are implementing Level 1 of the Australian Government Roadmap to a COVIDSafe Australia, and the Public Health (COVID-19 Restrictions on Gathering and Movement) Order (No 2) 2020 as issued on Friday 15 May 2020.

This guide and its conditions will be amended in accordance with any future Government or Football NSW directives.

General Information and Symptoms -

Common symptoms are sore throat, muscle and joint pain, dry cough and fever – a temperature above 37.5 degree Celsius.

If you need advice or have questions, call the National Coronavirus Health Information Line on 1800 020 080. More information can be found at <https://www.health.nsw.gov.au/Infectious/covid-19>

Self-Monitoring and Reporting to Sydney FC -

Become familiar with the symptoms of COVID19 and ensure your child lets a parent or guardian know if they begin feeling any COVID specific or flu like symptoms.

If a participant;

- is feeling unwell or begins to show flu like symptoms;
- has been overseas in the last 14 days; and/or
- has been in contact with someone in the last 14 days who has been confirmed with coronavirus,

do not attend training and inform Sydney FC staff via email at community@sydneyfc.com or contact the Sydney FC office on 8413 5100 and ask to speak to the community team

Before Training

Ensure you are travelling light;

- Only required persons for drop off and pick up players from training
- Only bring essential items with you
e.g. clearly labelled drink bottle, medication, jacket if inclement or cold weather

DURING TRAINING

Arrival Time -

Sydney FC ask that participants arrive no more than 15minutes before the advertised session start time. If participants arrive 15+ minutes before a session, please wait in the car to avoid mingling and possible cross contamination.

Sessions in a COVID19 Environment -

All Sydney FC community program sessions have been designed to be delivered in line with prescribed Government and governing body directions – social distancing, non-contact and maintaining appropriate group sizes, 1:9 coach to player ratio.

To further encourage the required distancing and hygiene measures during training Sydney FC will;

- Not allow the exchange of Sydney FC kit items due to possible contamination risks
- Provide Covid-19 safety and good hygiene signage across all community program venues;
- Provide hand sanitiser and disinfectant wipes for players and coaches to use before, during and after training sessions;
- Encourage hand washing before and after eating and breaks during applicable programs;
- Provide indicative markings spaced 1.5m apart to ensure that social distancing is maintained during registration and breaks and reduce cross contamination from participant's personal items;
- Remind players to show encouragement for their teammates through verbal praise or 'elbow bumps' instead of traditional high fives and other celebrations which involve contact;
- Require coaches to handle all training equipment whilst wearing gloves to reduce the risk of contamination;

FREQUENTLY ASKED QUESTIONS

❖ **Will the change rooms be open?**

No, change rooms will not be open. Sydney FC support the 'get in, train, get out' principal and ask all players with an existing kit to come pre-dressed with minimal belongings so storage is not required.

Participants will be able to change in bathrooms on site at each venue, however, the number of participants allowed to change at once will be limited to ensure social distancing measures are upheld. Therefore, parents are asked to take this into consideration so they can leave adequate time for changing prior to clinic or program start times.

❖ **Can parents/guardians stay and watch training?**

It is Sydney FC's preference that parents/guardians stay in their car or leave the premises for the duration of training. However, if parents/guardians would prefer to watch please notify the Sydney FC site supervisor who will determine an appropriate and safe place for any parents to stay on site that will ensure venue compliance and social distancing is upheld.

❖ **What happens if a player feels sick during training?**

If a player self-identifies COVID symptoms the player will be isolated from others while parents/guardians are contacted.

❖ **What training have Sydney FC Community staff and coaches had to provide COVID-19 safe practices and ensure compliance?**

All Sydney FC staff members including supervisors and Sydney FC community coaches have undertaken the Federal Government COVID-19 infection control training course and been briefed on the Sydney FC protocols and expectations.

❖ **Will training equipment be sterilised?**

Yes, all training equipment has been sterilised prior to the first session and will be sterilised after every session thereafter including in between back to back sessions.

❖ **What happens if a participant's school reports a positive case of COVID-19?**

In the event that a participant's school reports a positive case of COVID-19 AND it is likely the participant has come into close contact with the positive individual, Sydney FC ask that the participant does not attend a Sydney FC community program until they have either returned a negative COVID-19 test or they have self-isolated for 14 days.