



RETURN TO TRAINING GUIDELINES



Football NSW lifted the suspension of training on Friday, 22 May and have released return to training guidelines ([click here](#)).

These guidelines are to be adhered to by BDSFA Affiliated Clubs when returning to training.

The following steps are required for training to resume:

1. Blacktown City Council must open the grounds for participation sports
2. Clubs must forward their training schedules to BDSFA Football Operations Manager Michael Carraro via email to football@bdsfa.com
3. Clubs must provide their members with the following via email:
 - a) Poster (COVID-19 Information for Players & Teams)
 - b) training schedule (including the field they will be training on)
 - c) players must attend with a water bottle that has their name on it
 - d) players must arrive no earlier than 5 minutes prior to the training session
 - e) parents are requested to escort their children to the sign in station (noting their field) and then return to their car until 5 minutes prior to the end of training
 - f) parents must maintain 1.5m social distancing when picking up their child

Grounds are to be set up as flows:

1. Clubs must set up signing in stations. To ensure a steady flow there should be one station set up per field (1 station per 40 persons). Team Manager's should be in charge of the stations.
2. The stations should have the following:
 - a) Sign with the Field Number
 - b) Pre-filled in Record of Attendance Sheet (to be printed from iCompman)
 - c) Coloured Vest (for the person signing people in to wear)
 - d) Gloves for the person signing people in to wear
 - e) Pens
 - f) Questions that the person signing people in needs to ask the players
 - g) Elastoplast Tape (to put on to drink bottles with no names)
 - h) Scissors (to cut the tape)
 - i) Sanitiser (for each participant to use on their hands)



RETURN TO TRAINING - RECORD OF ATTENDANCE

All trainings must be conducted in accordance with the Football NSW Return to Training Guidelines - Level 1

Name of Club: SPARTANS FC Team/Age Group: CIBLS - U15

Week commencing date: _____ Completed by: _____

ALL PERSONS ATTENDING MUST BE RECORDED (INCLUDES COACH, PLAYERS, PARENTS, CARERS, OFFICIALS, SPECTATORS, VOLUNTEERS)

FFA #	NAME	Surname	FFA #	COVIDSAFE APP?	ARRIVAL TIME	FIELD	PARENTY/CARER	COVIDSAFE APP?	DEPARTURE TIME
1	OHAI SEA	BARTON	25317990						
2	RENEE	BIENL	77892974						
3	EMELY	BRICH	10369348						
4	MONTANA	BLURT	10298183						
5	COURTNEY	DOLLIN	10929276						
6	HOLLY	FOENANDER	10254773						
7	CHARLOTTE-PAIGE	JONSSON	43006654						
8	MAKAYLA	KENT	10172202						
9	CERYLS	MADDOX	86327537						
10	TAYLA	MILICEVIC	79378451						
11	TAYLA	MOURWAD	10245840						
12	ABBEY	NELMES	77925868						
13	TELYA	SLUITER	65086243						
14	LAUREN	TWYXCROSS	74714784						
15	LETICIA	ZEC	85234278						
16	PABLO	GONZALEZ							
17	TOM	MILICEVIC							
18	SHAE	FOENANDER							
19	IVANA	BRIC							
20									

To further aid the fight against COVID-19, Football NSW supports the Australian Government's COVIDSafe app and strongly encourage all members of the football community to get behind this message. The app can be downloaded from the Apple App store and Google Play.

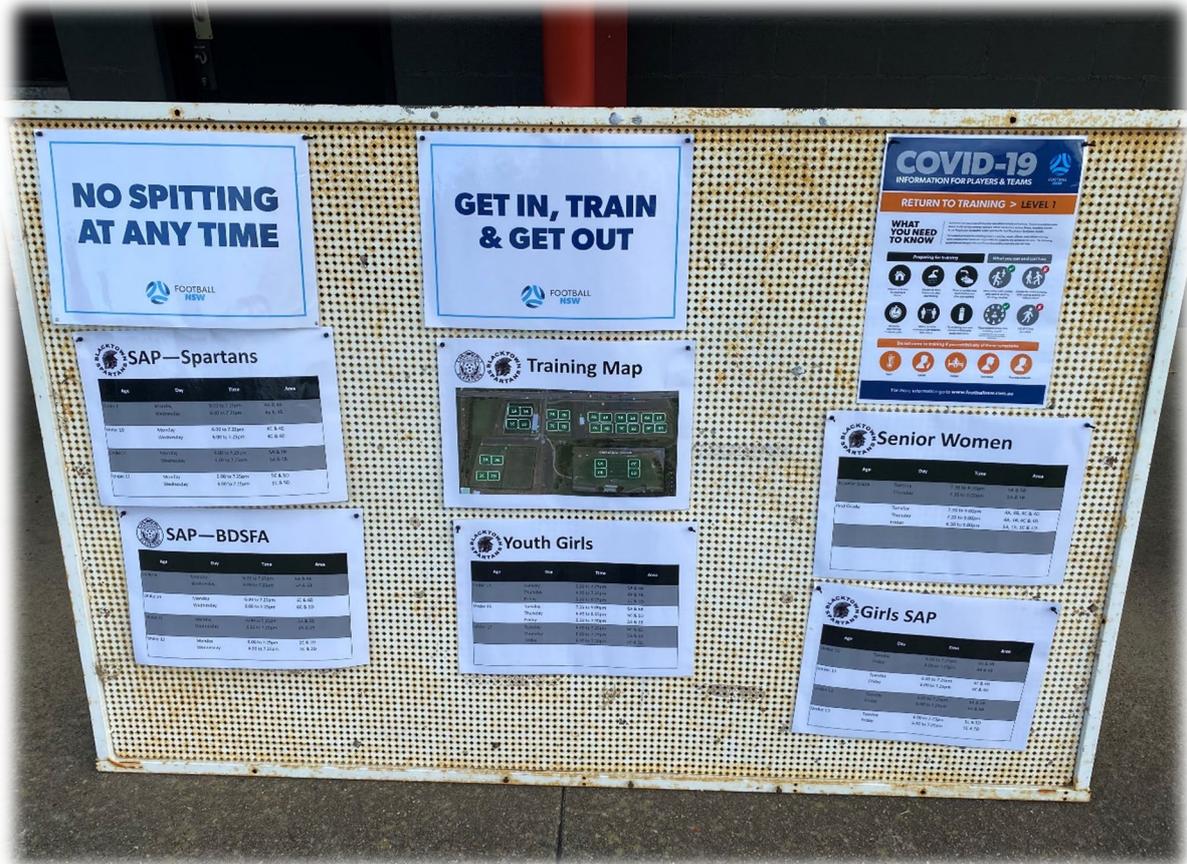



1. Name
2. Do you have your name on your water bottle
(no water bottle no training)
3. Have you sanitised your hands
4. Please go to your field and place your bag a full arm width apart from the bag next to yours with your water bottle in front of your bag



3. The ground is to have a notice board with the following:

- a) Training Map (a map of the grounds)
- b) Training Schedule
- c) Signage (Get In, Train, Get Out)
- d) Signage (No Spitting at Any Time)
- e) Signage (COVID-19 Information for Players & Teams)



Training Map





SAP—BDSFA

Age	Day	Time	Area
Under 9	Monday	6.00 to 7.25pm	6A & 6B
	Wednesday	6.00 to 7.25pm	6A & 6B
Under 10	Monday	6.00 to 7.25pm	6C & 6D
	Wednesday	6.00 to 7.25pm	6C & 6D
Under 11	Monday	6.00 to 7.25pm	2A & 2B
	Wednesday	6.00 to 7.25pm	2A & 2B
Under 12	Monday	6.00 to 7.25pm	2C & 2D
	Wednesday	6.00 to 7.25pm	2C & 2D



SAP—Spartans

Age	Day	Time	Area
Under 9	Monday	6.00 to 7.25pm	4A & 4B
	Wednesday	6.00 to 7.25pm	4A & 4B
Under 10	Monday	6.00 to 7.25pm	4C & 4D
	Wednesday	6.00 to 7.25pm	4C & 4D
Under 11	Monday	6.00 to 7.25pm	5A & 5B
	Wednesday	6.00 to 7.25pm	5A & 5B
Under 12	Monday	6.00 to 7.25pm	5C & 5D
	Wednesday	6.00 to 7.25pm	5C & 5D

**GET IN, TRAIN
& GET OUT**



FOOTBALL
NSW

**NO SPITTING
AT ANY TIME**



FOOTBALL
NSW

4. Toilets are to be opened and are to have the following:

- a) Signage (Please Wash Your Hands)
- b) Sanitiser



5. Players Bags must be placed an arm's length apart and their drink bottle is to be placed in front of their bag.



6. Fields are to be set up with markers.

If the field has been marked, then one set of markers up to 10 steps apart from the middle of each set of goal posts will signify a $\frac{1}{4}$ of a field.

Fields that are not marked will need to be set up with markers around the perimeter of the entire $\frac{1}{4}$ of a field, each marker can be 10 steps apart (16 markers will set up a $\frac{1}{4}$ field).



COVID-19

INFORMATION FOR PLAYERS & TEAMS



RETURN TO TRAINING > LEVEL 1

WHAT YOU NEED TO KNOW

Coronaviruses are a type of virus that can affect humans and animals. Some coronavirus cause illness similar to the common cold and others cause more serious illness, including Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS).

All football participants including players, coaches, match officials, club officials and any other person at the venue are responsible for stopping the spread of the virus. The following guidelines are designed to assist in understanding ways that you can help.

Preparing for training



Prepare and dress for training at home



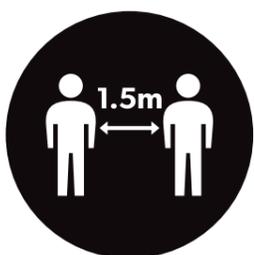
Shower at home before and after your training



Wash or sanitise your hands before and after your training



Arrive for your training 5 minutes prior



Where possible maintain a 1.5m distance from others



Fill and bring your own clearly labelled drink bottle from home



Non-contact skill training drills such as passing, shooting, heading



Contact-to-contact playing skills such as tackling are not permitted



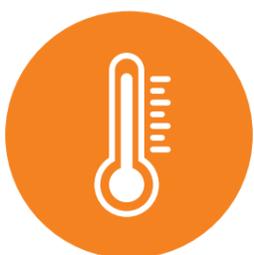
10 participants at one time including coach*

*Coaches may only coach one squad of 9 at once. They must not work across multiple areas.



NO SPITTING permitted

Do not come to training if you exhibit any of these symptoms



Fever



Cough



Fatigue



Sore throat



Shortness of breath

For more information go to www.footballnsw.com.au

COVID-19

INFORMATION FOR COACHES



RETURN TO TRAINING > LEVEL 1

WHAT YOU NEED TO KNOW

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Preparing for training



Maintain attendance records



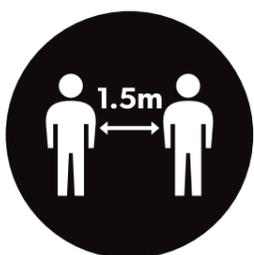
Ensure changerooms and showers are not used.



Ensure toilets are open and have soap and sanitiser.



Be punctual and aim to avoid any contact with other training sessions



Maintain a 1.5m distance between participants on and off-field



Provide regular breaks for hydration and hand sanitising



Non-contact skill training drills such as passing, shooting, heading



Contact-to-contact playing skills such as tackling are not permitted



10 participants at one time including coach*

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RETURN TO TRAINING CHECKLIST

LEVEL 1

This checklist has been developed to assist all Associations and Clubs to implement the Return to Training Guidelines.

Everyone has a responsibility to ensure that return to play is achieved safely and this starts with returning to training, this includes Club/Team Officials, parents/carers and participants. As we know – ‘We are all in this Together’.

IMPORTANT NOTE

No person should attend training if in the past 14 days they have:

- been unwell or had any flu-like symptoms, or
- been in contact with a known or suspected case of COVID-19, or
- any sudden loss of smell or loss of taste, or
- are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.

Check the [NSW Government website link advice](#) regarding the full list of symptoms associated with COVID-19 infection

CLUBS ARE TO IMPLEMENT THE FOLLOWING GUIDELINES	CHECK
• Only essential personnel are to attend training – players, team officials, essential volunteers	
• Changing rooms are not to be open. Changing rooms may only be used if it is the toilet area or to treat an injured player	
• Toilets can be open but social distancing of 1.5m and 1 person per 4m ² must be adhered to	
• Canteens may be open for take away items only. Social distancing of 1.5m and 1 person per 4m ² must be adhered to	
• Soap and hand sanitiser must always be available in toilets	
• No social activities to occur once training has concluded	
• Surface areas must be wiped down regularly with anti-bacterial disinfectant	
• Promote education around hand washing guidance to all club members	
• Provide hand sanitisers in prominent areas of the venue and ensure they are kept filled	
• Provide bins around the venue	



LEVEL 1 TRAINING GUIDELINES TO BE IMPLEMENTED BY ALL CLUBS AND ASSOCIATIONS	CHECK
• A Football pitch is to be split into quarters	
• No more than 10 people to be allocated per quarter of the pitch. For example, one coach and nine players	
• Social distancing is to be implemented – at least 1.5m between people at all times	
• No person to person contact training drills (tackling or challenges) to be conducted	
• Any handling of equipment is to be kept to a minimum	
• Heading drills must be minimised and picking up the ball and throw ins must be discouraged	
• All equipment (e.g. cones, portable goal posts, balls) should be cleaned after usage	
• Regular breaks are provided so that players can hydrate and use hand sanitiser	
• If training bibs are used, each individual player is to be allocated a bib and they are responsible for taking the bib home to wash and return	
• Players are to enter and leave the pitch in a timely manner minimising social contact and large gatherings	

ENSURE THAT THE PLAYERS ADHERE TO THE FOLLOWING GUIDELINES FOR TRAINING	CHECK
• Players should arrive no more than 15 minutes prior to training commencing	
• Players should come dressed and prepared to train	
• Players are to bring their own clearly labelled drink bottle. No sharing of drink bottles is to be permitted	
• Players are to leave the venue immediately once their training session has concluded	

PROMOTE GOOD HYGIENE BEHAVIOUR

- Carry and use hand sanitiser on a regular basis.
- If using tissues, place them directly into the bin after use.
- Wash hands frequently with soap and water, before and after eating and after using the toilet.
- No sharing of pens or clip boards, individuals must provide their own.
- Seek to avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.
- Do not touch eyes, nose, or mouth if your hands are not clean.
- No spitting at any time.
- Do not share drink bottles.
- Practice social distancing maintaining at least 1.5m from others.



To further aid the fight against COVID-19, we support the Australian Government's COVIDSafe app and strongly encourage all members of the football community to get behind this initiative.

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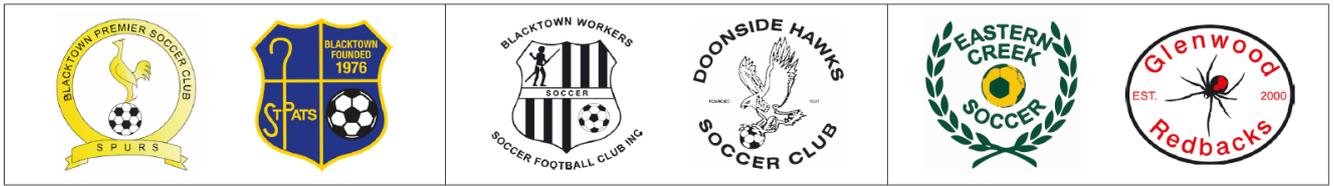
Stop the Spread Resources can be obtained here:

<https://www.health.gov.au/resources/collections/coronavirus-covid-19-campaign-resources>

COVIDSAFE

Keep you and
your family safe

Download now



#wearefootball #weareone #weare24strong