

SANFL COMMUNITY FOOTBALL – JUNIOR & SENIOR RETURN TO PLAY | 2020 | COVID-19



APPLICATION

This document relates specifically to **SANFL Community Football – Junior & Senior (Metropolitan and Regional)**. This includes:

- Adelaide Footy League
- SANFL Juniors
- Affiliated Regional Leagues

SUCCESSFUL RETURN

The following document details key strategies and protocols to be implemented by SANFL to ensure a safe return to football in 2020. Topics and page numbers are as follows:

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EDUCATION & EXPERTISE

It is important that any information with respect to COVID-19 or any other infectious illness comes from a reputable source. SANFL Community Football will continue to regularly consult with State Government and medical experts.

SANFL Community Clubs and Leagues are governed, managed and led by volunteers (in general) acting in an official capacity. The responsibility of SANFL Community Football will be to support and guide Community Clubs and Leagues in implementing infection risk mitigation actions.

Requirement → Any official responsible for the conduct of training, match day operations or any other relevant activity will undertake COVID-19 infection control training. A register of trained community club officials will be managed by the governing League.

Requirement → Australian Government and WHO resources will be prominently displayed in facilities and at entry points, including handwashing and cough advice.

Requirement → Any Club medical official (doctors, physios, sports trainers) must complete the Australian Government COVID-19 infection control training designed for doctors, nurses and allied health personnel working in a medical/health setting.

Requirement → All players and official are encouraged to subscribe to the Government's COVID-19 tracing app.

Requirement → Briefings in advance of return to training for players, coaches and official to be held to outline protocols

Participant (players, coaches, volunteers, parents, etc) Briefing	Coaches Briefing
<p>Prior to the recommencement of training, clubs should provide a briefing to all participants, coaches, volunteers, parents that includes:</p> <ul style="list-style-type: none"> • Intended training dates, times and procedures established to limit team cross-over on ovals; • Hygiene practices that have been implemented by the club, including hygiene procedures around the venue and equipment; • Hygiene expectations of all participants; • What to do if you are feeling unwell, or have been into contact with people who are sick; • Opt-out options for individuals who may not yet feel comfortable returning to training, and alternative training options available; • Measures that the coaches are taking to limit physical contact of players (i.e. social distancing guidelines, limited physical contact drills at training, etc). • Restrictions on support staff (i.e. assistant coaches, trainers, etc). • Restrictions that are in place on club rooms, changerooms, club gyms, etc. • Restrictions on people attending the training venue – i.e. no spectators, parents, etc. 	<p>Clubs should also brief all coaches on the required expectations as leaders within the club environment, including:</p> <ul style="list-style-type: none"> • Importance of the required hygiene protocols and practices; • Limiting crossover of teams; • Limited use of changerooms, club rooms and club gym facilities. • Limiting training drills to be non-contact where applicable.

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HYGIENE

The following general hygiene practices for players and official apply at all times, in line with Government advice:

- Wash your hands often with soap and water for at least 20 seconds;
- Wash or sanitise your hands before eating (all players and official should have personalised hand sanitiser);
- If soap and water are not available, use an alcohol-based hand sanitiser;
- Avoid touching your eyes, nose and mouth;
- Avoid close contact with people who are sick;
- Cover your mouth to cough or sneeze (using your elbow);
- No sharing of towels/water bottles/food, including lolly or fruit bowls;
- Any areas (meeting rooms, treatment rooms, change rooms etc) accessed by players and officials to be comprehensively cleaned and sanitised after each use;
- Clubs to take steps to adequately clean and disinfect player facilities before use (prior to player arrival)
- Clubs must do all they can to reinforce the above precautions, including making available appropriate hand washing facilities, as well as the provision of alcohol-based hand sanitiser and tissues
- Medical official must follow protocols as outlined in infection control training (ie: disposal of gloves in between treatments, wearing of face masks)

ADDITIONAL MATCH & TRAINING HYGIENE

- Alcohol based hand sanitisers must be available on the interchange bench;
- All players must sit/stand 1.5 metres apart;
- Mouthguards are not to be removed during training or play and must be sealed away when not in use;
- Disinfect mouth guards after each session and ensure they are appropriately stored;
- Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings not permitted;
- No sharing of headsets or computer screens/ipads;
- All playing kit and equipment to be cleaned and disinfected between training sessions and matches;
- Avoid high fives, handshakes or other physical contact;
- Club provided footballs to be wiped with antibacterial wipes or alcohol-based sanitiser prior to and after each use (Do not immerse footballs in water);
- Match football will be wiped with antibacterial wipes or alcohol-based sanitiser prior to and at each break in the match;
- Clubs to supply own cover/disposable sheet for each player for massage tables (senior footy);
- Used towels to be placed in plastic bins provided in interchange benches and changerooms. Towels must not be left on any other surface

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VENUE SAFETY PLANS (COVID-19 SAFE VENUE PLANS)

Each Club and/or Venue hosting training or matches will be required to prepare a COVID-19 Safe Venue Plan.

SANFL Community Football will develop a template to assist Clubs in preparing a COVID-19 Safe Venue Plan. Clubs must lodge their a COVID-19 Safe Venue Plan with the governing Community League.

Key Considerations must include:

- Arrival/Egress of Players, Staff and Spectators
- Hygiene and Cleaning
- Management of Change Rooms, Toilets and other Inside Areas
- Management of Social Distancing of Spectators
- Food and Beverage Considerations

Cleaning will be conducted per Routine Environmental Cleaning as per the Australian Government's Environmental Cleaning and Disinfection Principles for Health and Residential Care Facilities (refer Appendix 2).

Toilets

Hand sanitiser will be available outside of each bathroom, with people encouraged to use hand sanitiser prior to entering.

Soap and paper towels will be available in all bathrooms.

Access to toilets will be limited to one person for single toilet bathrooms, or to 50% of the total bathroom capacity (ie: if four toilets, two people can use while maintaining 1.5m distancing). If an odd number of toilets, the least number of people are permitted (ie: nine toilets, four people can use)

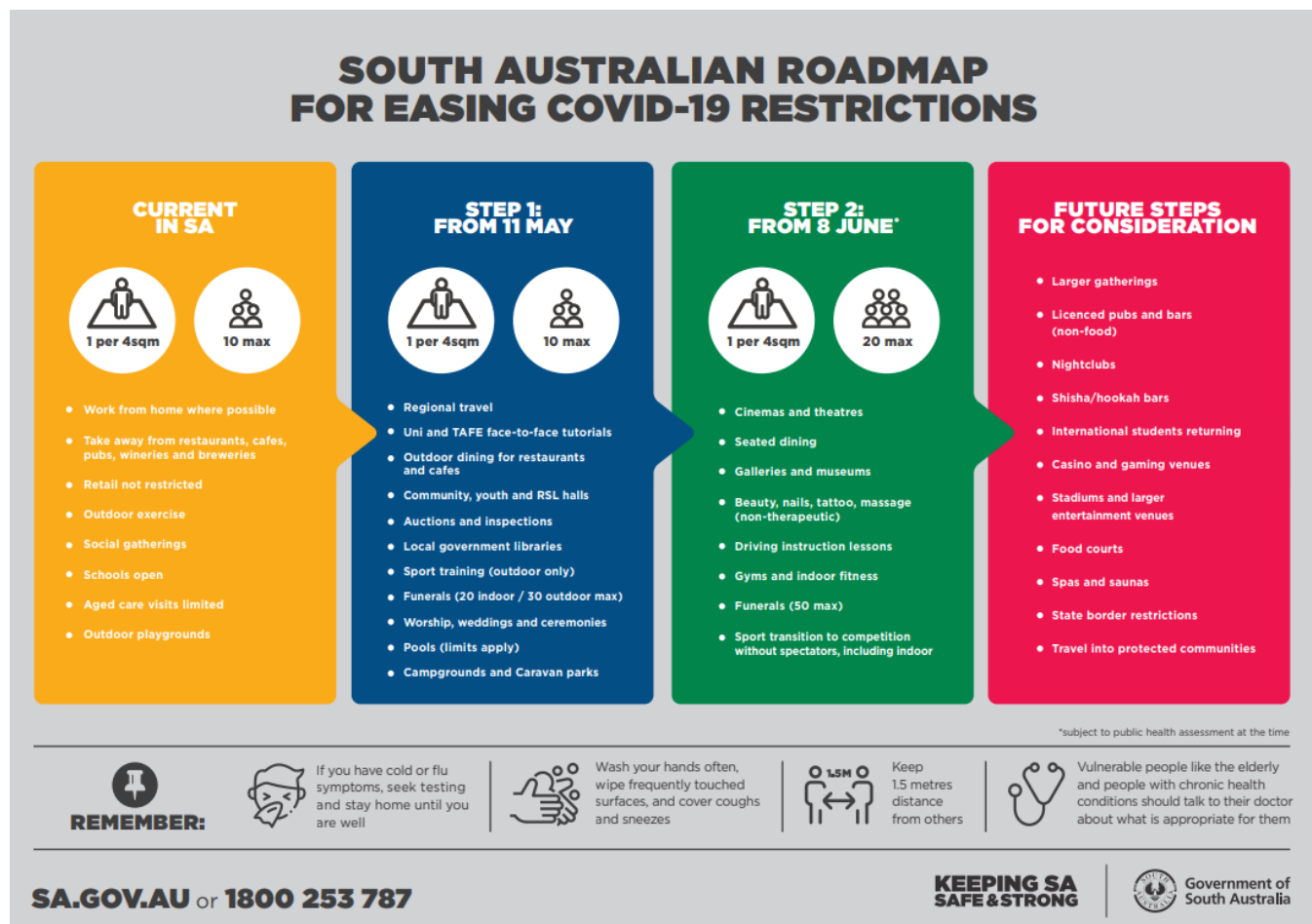
Routine cleaning will occur, with particular focus on frequently touched surfaces such as door locks, toilet buttons, sinks and tapware.

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SOCIAL DISTANCING

Players, coaches and staff must continue to follow State Government mandated social distancing, and only engage in approved activities as per the SA Government Roadmap.



CONTACT TRACING

Contact tracing is a way of slowing the spread of infections by identifying people who have been in contact with an infected person.

SANFL will adopt the below, as well any other recommendations from State and Federal Governments:

Requirement → All players and official are encouraged to subscribe to the Government's COVID-19 tracing app.

Requirement → Records of attendance at training and matches to be maintained.

Requirement → Records of attendance of spectators at training and matches to be maintained if individuals do not have tracing app.

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TESTING

Any advice on testing for COVID-19 will be guided by the State Government and Health officials.

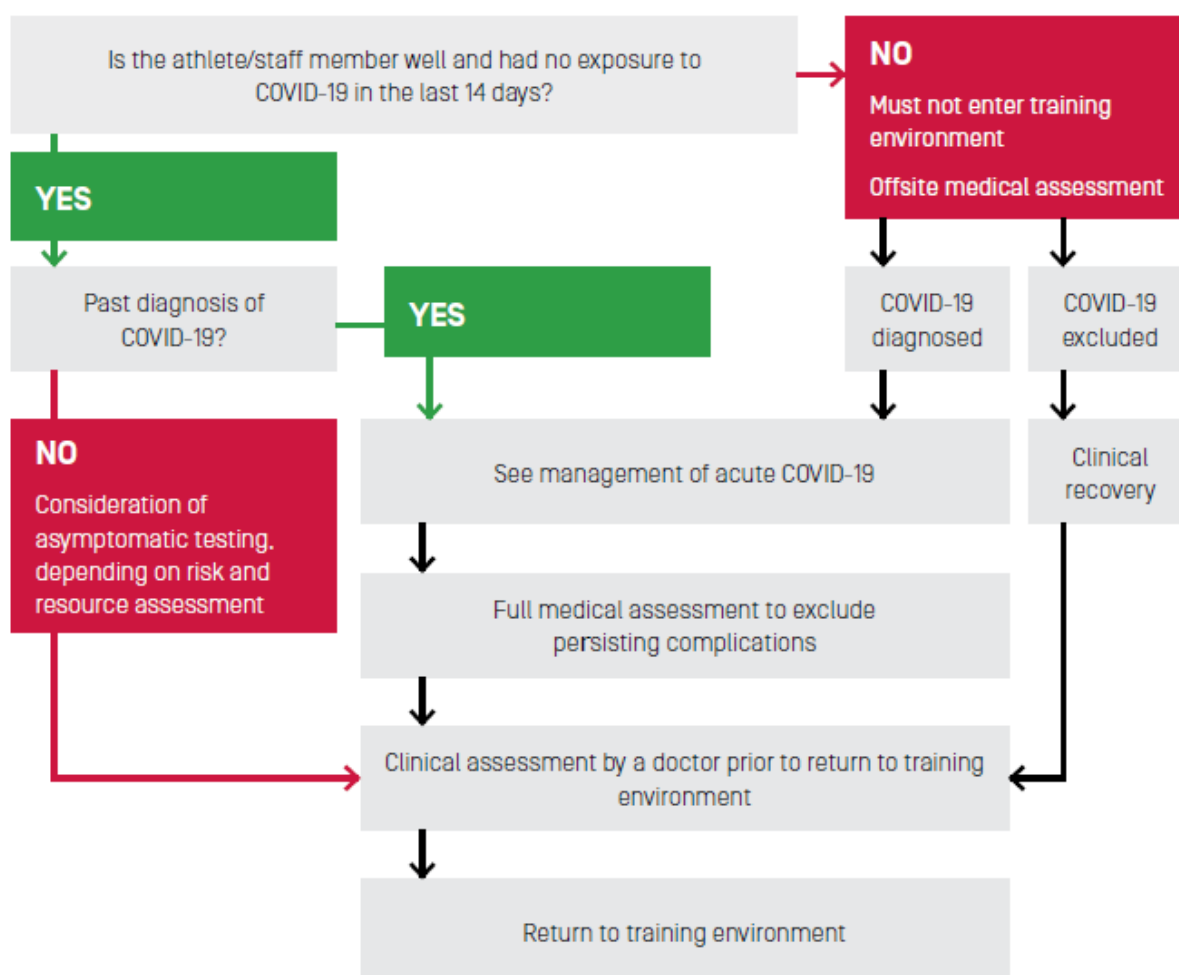
Requirement → Any symptomatic players or official must undergo relevant testing and follow isolation procedures until the results of the tests are available.

Requirement → Recommended that where possible, players and officials are subject to temperature checks before training or matches.

Requirement → Any other relevant testing will be implemented at the request of health professionals.

RETURN TO TRAINING ASSESSMENT

A player/official member must not join the training environment if in the last 14 days they have been unwell or had contact with a known or suspected case of COVID-19.



Any player or official member that has underlying health conditions or is considered a vulnerable person should consult with a healthcare professional prior to returning to the training or match day environment. Refer to *Vulnerable Section* of this document.

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OVERARCHING TRAINING PRINCIPLES

“Get in, Train and Get Out”

Players should prepare for exercise at home, minimising need to congregate in change rooms/sporting facilities. Players should get dressed to train at home and shower at home on completion.

Strategies to limit time and person-to-person contact on site – promoting social distancing – should be implemented:

- Arrive dressed and ready to train
- Minimise use of change rooms, bathrooms and communal areas
 - As directed Government advice these areas could be limited to required access only
- Where possible, showering at home instead of at training venues
- Between training efforts, maintain at least 1.5m apart
- Any tasks that can be done at home, should be done at home (e.g. recovery sessions, online meetings).

Junior Football

Specific to Junior Football, parents and/or care givers should limit their person-to-person contact on site when taking their child/children. Parents and/or care givers should also prepare their child/children for training in accordance with the above principles.

- Parents/Guardians will be encouraged to limit drop-off/pick-up to only one parent/guardian and other dependants as required and necessary.

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LEVEL B | TRAINING – SMALL GROUPS (up to 10 persons)

This stage aims to provide appropriate fitness and physical conditioning for players and introduce controlled drills with shared equipment.

Hygiene, social distancing, monitoring and testing protocols described previously still apply.

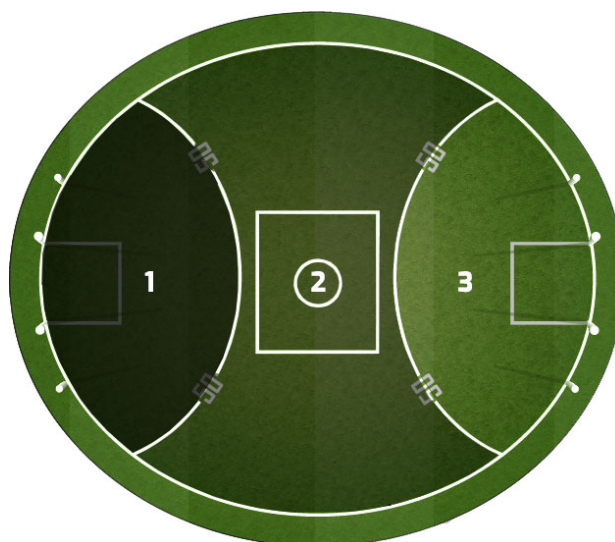
Minimum standards are recommended in AIS Framework for Rebooting Sport to be followed (Appendix 2).

Protocols include:

- Staggered training schedule (start times, different days, potential for different locations)
 - An example of a SANFL Juniors Club Training Plan & Protocol in order to comply with all protocols is contained at Appendix 2
- Training groups of no larger than ten (10), including players and officials
 - Consistent group members and no movement between groups to reduce risk of cross-contamination
- No access to changerooms, gym, wet or inside areas
- Players arrive dressed and ready to train
- Training activities will be non-contact (no tackling, bumping etc)
- Players responsible for own strapping if required
- Official and players maintain 1.5m distance between each other at all times
- Use of equipment to be limited, and any equipment utilised will be wiped down and sanitised before and after each session, and between each user if possible
- Each player to be allocated a football, which will be marked with an identifier for their use
- If pair/group work is required, pairs will be consistent across each training session
- Any necessary meetings to occur remotely using video technology
- Any spectators, including parents or caregivers, must remain socially distant to the athletes

LEVEL B | TRAINING ON A FOOTBALL OVAL

With the Australian Rules Football Oval 160m x 120m (15,000m²) the oval will be divided into three areas where groups of 10 can train (This application of groups of 10 will allow football Clubs to return to train and accommodate participant numbers at each Club. The groups will not mix or cross over at any time.



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SPECTATORS

SANFL acknowledges and will follow spectator guidelines as per the AIS Framework for Rebooting Sport, unless otherwise directed by the State Government.

The only “spectators” permitted until further notice are parents/care givers of junior participants for the purposes of Level B Training. This should be limited to one parent per family group.

Requirement → Each person who is not a participant would be required to abide by the government regulated social distancing rule at the relevant time.

Currently this would mean a distance of 1.5m between all persons not residing in the same household at all times whilst attending a match.

Some venues allow for vehicle access surrounding the oval. Spectators will be encouraged to remain in their vehicle in these venues (subject to Government advice regarding risk for spectators viewing from vehicles, e.g. cohabiting family/household members only).

Requirement → Self-responsibility – each Spectator or Volunteer would be made to understand that attending training when sick is being socially irresponsible (a requirement for ‘good health’).

OTHER CONSIDERATIONS

Umpires

A remote training plan was implemented by for SANFL Juniors and Adelaide Footy League Umpires in early March. These umpires will continue to train remotely until South Australia enter Level C.

SANFL Community Football will advise all umpires associated with Affiliated Regional Leagues to train remotely until South Australia enter Level C.

Vulnerable Cohorts

Based on currently available information and clinical expertise, older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.

While under Level B requirements any person that is over 65 years of age or with underlying medical conditions would be required to continue to follow current social distancing requirements.

- 1.5m from all persons other than those with whom they share a household.
- Social distancing requirements will prevent some individuals from undertaking some of the roles they may normally undertake within sports and/or clubs.

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Functions & Events

Any organisation of formal community club functions and events will be strictly guided by government directions and restrictions.

Sanctions

Clubs which are either warned or fined by Police for breaking an enforceable direction as set by the Police Commissioner, Grant Stevens, will be sanctioned by SANFL Community Football by way of a fine or suspension.

Current enforceable directions are available on the SA Police website - <https://www.covid-19.sa.gov.au/emergency-declarations/emergency-declaration>

The principles of social distancing remain unchanged and everyone must make every effort to keep 1.5 metres away from each other and not exceed the density requirement of one person per four square metres.

It is an offence to breach this direction.

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APPENDIX 1 – MINIMUM BASELINE STANDARDS

	Level A	Level B	Level C
General description	<p>Activity that can be conducted by a solo athlete or by pairs where at least 1.5m can always be maintained between participants. No contact between athletes and/or other personnel. Examples for all sports – general fitness aerobic and anaerobic (e.g. running, cycling sprints, hills).</p> <p>Strength and sport-specific training permitted if no equipment required, or have access to own equipment (e.g. ergometer, weights).</p> <p>Online coaching and resources (e.g. videos, play books).</p>	<p>As per Level A plus:</p> <p>Indoor/outdoor activity that can be conducted in small groups (not more than 10 athletes and/or other personnel in total) and with adequate spacing (not more than 1 person per 4m²).</p> <p>Some sharing of sporting equipment permitted such as kicking a football, hitting a tennis ball, use of a skipping rope, weights, mats.</p> <p>Non-contact skills training. Accidental contact may occur but no deliberate body contact drills. No wrestling, holding, tackling or binding.</p> <p>Commercial gyms, bootcamps, yoga, Pilates, dance classes (e.g. barre, ballet, hip hop, not partnered), cycling 'spin' classes permitted if other measures (above) are met.</p>	<p>As per Level B plus:</p> <p>Full sporting activity that can be conducted in groups of any size including full contact (competition, tournaments, matches). Wrestling, holding, tackling and/or binding (e.g. rugby scrums) permitted.</p> <p>For larger team sports, consider maintaining some small group separation at training.</p> <p>For some athletes full training will be restricted by commercial operation of facilities.</p>
General hygiene measures	<p>No sharing of exercise equipment or communal facilities.</p> <p>Apply personal hygiene measures even when training away from group facilities – hand hygiene regularly during training (hand sanitisers) plus strictly pre and post training. Do not share drink bottles or towels. Do not attend training if unwell (contact doctor).</p> <p>Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings must be strongly discouraged.</p>	<p>Communal facilities can be used after a sport-specific structured risk assessment and mitigation process is undertaken.</p> <p>'Get in, train and get out' – be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms). Minimise use of communal facilities (e.g. gym, court) with limited numbers (not more than 10 athletes/staff in total). Have cleaning protocols in place for equipment and facilities.</p> <p>Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap before and after training (preferably at home). Where possible maintain distance of at least 1.5m while training.</p> <p>No socialising or group meals.</p>	<p>Return to full use of sporting facilities. Continue hygiene and cleaning measures as per Level B.</p> <p>If any massage beds being used, hygiene practises to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each athlete and hand hygiene.</p> <p>Limit unnecessary social gatherings.</p>
Spectators, additional personnel	<p>No spectators unless required (e.g. parent or carer).</p>	<p>Separate spectators from athletes. Spectators should maintain social distancing of at least 1.5m.</p>	<p>Minimum contact of non-essential surfaces to occur and hands on treatment should be kept to essential only.</p> <p>Non-essential personnel should be discouraged from entering change rooms.</p>



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APPENDIX 1 – MINIMUM BASELINE STANDARDS (cont.)

Community/ Individual Sports	Level A	Level B	Level C
Australian Rules Football	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, handballing, ball handling skills (e.g. handball against wall, bouncing, ball recovery work).	Controlled kicking, marking and handball drills. No tackling/wrestling, contact, body on body drills. Small groups (not more than 10 athletes/staff in total) for both education and training.	Full training and competition. Consider maintaining some small group separation (e.g. mids, forwards and backs).
Spectators, additional personnel	No spectators unless required (e.g. parent or carer).	Separate spectators from athletes. Spectators should maintain social distancing of at least 1.5m.	Minimum contact of non-essential surfaces to occur and hands on treatment should be kept to essential only. Non-essential personnel should be discouraged from entering change rooms.



Australian Government
Department of Health

Coronavirus disease (COVID-19)

Environmental cleaning and disinfection principles for health and residential care facilities

This information sheet should be read in conjunction with the 'What you need to know' and 'Isolation guidance' information sheets at www.health.gov.au/covid19-resources

Cleaning is an essential part of disinfection. Organic matter can inactivate many disinfectants. Cleaning reduces the soil load, allowing the disinfectant to work. Removal of germs such as the virus that causes COVID-19 requires thorough cleaning followed by disinfection.

The length of time that SARS-COV-2 (the cause of COVID-19) survives on inanimate surfaces will vary depending on factors such as the amount of contaminated body fluid e.g. respiratory droplets or soiling present and environmental temperature and humidity.

Coronaviruses can survive on surfaces for many hours but are readily inactivated by cleaning and disinfection.

It is good practice to routinely clean surfaces as follows:

- Clean frequently touched surfaces with detergent solution (see diagram below).
- Clean general surfaces and fittings when visibly soiled and immediately after any spillage.

Routine environmental cleaning requirements can be divided into two groups¹:

