



Guide to training during Level 1 restrictions

FOOTBALL NSW have released the below:

LEVEL 1 TRAINING – WHAT IS PERMITTED

- Training to be conducted in small groups (no more than 10 players and/or other personnel in total).
- Social distancing of 1.5m between players.
- Spacing so that there is no more than 1 person per 4m².
- Non-contact skill training drills - passing, shooting, headers.
- Some sharing of sporting equipment such as kicking a football, use of a skipping rope, weights, agility equipment.

LEVEL 1 TRAINING – WHAT IS NOT PERMITTED

- Contact to contact playing skills such as tackling.
- Activities involving more than 10 people.

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

What you can and can't do



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

All training sessions are to be non-contact skills training. Non-contact skill training drills can include passing, shooting, headers. Accidental contact may occur during drills, however no deliberate body contact drills such as tackling is permitted.

PRIOR TO ATTENDING TRAINING

Before participating in football activities participants should not 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.**

WHEN PARTICIPATING IN TRAINING SESSIONS, THE FOLLOWING CONDITIONS ARE TO BE IMPLEMENTED BY THE PLAYER/PARENT:

- Players must not arrive more than 15 minutes prior to training commencing, and if arriving by car, remain in the car until 5 minutes before training to avoid gatherings.
- Players are to come already prepared to train – changing rooms will not be in use.
- Players are to bring their own drink bottles and they are to be clearly labelled. No sharing of drink bottles is to be permitted.
- Players are to leave the venue immediately once their training session has concluded.

WHEN CONDUCTING TRAINING, THE FOLLOWING CONDITIONS ARE TO BE IMPLEMENTED BY THE COACH/CLUB OFFICIAL:

- Records of attendance at training are maintained and coordinated by a nominated member of each club.
- No person to person contact training drills to be conducted.
- No more than 10 people to be involved in the drill. For example, one coach, nine players.
- Social distancing to be implemented – 1.5m.
- 10 people to be in a spacing so that there is no more than 1 person per 4m².
- Any handling of equipment is to be kept to a minimum.
- Heading of a ball may occur during the natural process of a drill, for example a ball being crossed. However, practising of heading by picking up the ball and throwing should be discouraged.
- Throw ins are to be discouraged.
- No usage of changerooms, gym, wet or inside areas.
- Only essential people are to attend training sessions (i.e. players, coaches, and volunteers involved in operations and one parents/carer of participants).
- Spectators are not permitted. One Parents/caregivers is permitted for supervision purposes and if feasible they are encouraged to wait in car / outside venue to avoid gatherings.
- If training bibs are used, each individual player is to be allocated a bib and each player is required to take the bib home and wash.
- Regular breaks are to be provided for the purpose of rehydrating and hand sanitising.
- Toilets are to be open for use.
- Restriction on the number of people using the toilets at any one time to apply dependent upon the size of the amenities.
- Soap and sanitiser to be available in the toilets at all times.
- Players are to enter and leave the pitch and venue in a coordinated manner minimising contact with others and not gathering in large groups.
- No social activity is to occur once training has concluded.

SUMMARY:

- No Sharing of water bottles
- Practise Social distancing at all times
- Encourage sick kids to stay home (including during the Season)
- No sharing of training bibs
- No spitting at any time
- Leave the oval as soon as training has finished