



GREENWICH SPORTS CLUB HEALTH AND SAFETY GUIDELINES – COVID19

As a Club, we commit to the following practices to ensure the football environment we provide our members adheres to NSW State Government restrictions and to take the following health and safety practices to ensure our members health. The following document applies to training.

NSFA Health & Safety requirements

All Changerooms MUST be locked and not used*

*- If toilet facilities at a venue are located via the changeroom, we permit the changeroom to be open, however a laminated sign MUST be displayed outside the changeroom to indicate 'no use of changeroom, other than for toilet use'

GREENWICH SPORTS CLUB guidelines to be implemented

1. We will adhere to the maximum capacity of players/teams per field as outlined in the NSFA Training Allocation guidelines – COVID19 document
2. We will adhere to NSW Govt restrictions of 20 person groups within a small area, where each individual has at least 4m² space available.
3. Coaches will roster a maximum of 19 players to train each week.
4. Where required, we will implement staggered start times to our training session to reduce the gathering of people at venue.
5. We will urge members to 'travel light' with only required persons attending drop off & pick up for training (i.e. one parent, no siblings, no dogs etc.)
6. In our communication we will convey the following messages to all members on a regular basis;
 - a. We will communicate the 'get in, TRAIN, get out' tagline from the Australian Government
 - b. Parent/guardians are not permitted to gather along the outside of the training field
 - c. Members are not to use showers or changerooms at venues
 - d. Members are expected to leave the venue as soon as possible post-training
 - e. Members feeling ill will be encouraged to stay home and not attend training
7. Players with signs of illness or cold symptoms will be directed NOT to train and sent home immediately
8. Recommendation of coaches NOT to use bibs or goalkeeper gloves
9. No drink bottles can be shared
10. Coaches must strictly keep to their start and finish times, no extensions.
11. Coaches will enforce a strict 'no touching rule', including high fives, fist bumps, celebrations etc. (pre, post and during training sessions)
12. Coaches will conduct sessions that are low contact. We have recommended coaches to conduct technique and skill exercises, with reference to the INSPIRE COVIDSAFE – curriculum to be released by NSFA - <https://nsfa.asn.au/coaches/inspire/>
13. As a Club, we will provide teams with hand sanitiser to be kept in the change room/locker room. Only the coach is permitted in the room to collect and return the sanitiser. All players and coaches must use the sanitiser before and after each training session.
14. We will encourage all members to download the COVIDSAFE app from the Australian Government, however, understand we cannot force people to download it



15. We will publish the NSFA COVID training guidelines Image/PDF on our website, social media platforms and circulate to all club members once it has been created (expected on Friday 29 May).
16. Record of attendance will be kept for every training session. We will adapt and use the Football NSW record of attendance document (see attached). A team list with players names will be given to each coach to be recorded on and are to be forwarded on to the Safety Officer on request.
17. Cleaning Equipment:
 - a. Portable Goals / poles to be sprayed and wiped down after each session
 - b. Balls and any equipment used such as cones are to be sprayed using sanitiser and wiped down before and after each session
18. If a member tests positive to COVID19 the club MUST be notified via email to the club COVID Safety Officer (safety@greenwichsportsclub.com.au) or via SMS to Club President.
19. If a player sustains an injury and/or requires first aid we recommend:
 - a. maintaining a distance of 1.5 m if possible and assess the person with verbal instructions.
 - b. If contact is necessary, use disposable gloves (to be supplied in the first aid kit in each kitbag) and/or apply sanitiser to your hands before and after touching the player.
 - c. Avoid contact with bodily fluids, if possible.
 - d. If CPR is required, it may be reasonable to adjust it to providing chest compressions only.
 - e. All first aid materials used will be disposed of safely; non -disposable equipment will be sprayed with sanitiser and wiped down after use.
 - f. A record of all people involved with the first aid administered will be added to the attendance log.