



**Tuggeranong Valley Australian
Football Club
Est. 2020**



Return to Small Group Training
Player/Officials Guidance Note (Seniors)

The Return to Small Group Training hygiene protocols outlined in this document are to be strictly adhered to with no exceptions.

AFL COMMUNITY CLUBS CAN RESUME SMALL GROUP TRAINING (UP TO 20 PEOPLE) IF THE FOLLOWING GUIDELINES AND PROTOCOLS ARE MET:

1. A maximum of **20 participants per group** (inclusive of coaches and support staff).
2. All players who attend training must be **registered** and **stay in the group** they are assigned to. **No movement between groups** can occur.
3. There is strictly to be **no sharing of water bottles**, food, or towels. Personal items need to be labelled and kept separate.
4. Players need to turn up ready to train, **with boots on and NO mouthguard**. Any **taping** that is required must be done prior to arrival at training.
5. There will be no player massages at any trainings.
6. On arrival to the ground players are to **proceed directly to the oval section for their group**. (Refer to the training schedule and map).
7. Strictly **no physical contact** between players can occur (i.e. no tackling, no bumping, no marking contests). Players are requested not to bring their own ball, **only club issued footballs** can be used. These will be cleaned by club officials after each session.
8. **Social distancing of 1.5m** must be maintained at all times. We ask any persons not involved in the actual training session but whom are in attendance (i.e. parents, injured players, friends) **remain in their car** if possible and avoid bringing siblings to 'have a kick' as it will impact the group numbers and training protocols. If you do need to get out of the car please remain outside of the oval boundary lines and return to your car as quickly as possible.
9. **No access to changerooms** however toilets will be open for use in an emergency, go to the toilet before attending training.
10. If you, or people you have been in contact with are sick or if you feel unwell, **DO NOT attend training**, and advise your group coach.

11. Players and caregivers are asked not to congregate before or after their session. We need to make sure that we 'get in, train, get out.
12. Players, officials and volunteers are encouraged to download the Australian Government's COVIDsafe app to assist in any contact tracing that may be required.

It is not compulsory for players to return to small training if they do not feel comfortable at this stage, please remain in contact with your coach as we progress to playing.

Players are responsible for:

- Adhering to social distancing for the entire session. 1.5m apart at all times.
- No sharing of equipment (1 ball between 2 and must keep the same ball)
- If displaying any cold or flu symptoms, player to self-isolate until no further symptoms
- Players who cannot attend group sessions to continue with remote training program if well enough to do so
- Training groups are set for the duration of stage 1, if a player misses a session they cannot join another group's session
- Bringing their own drink bottle and towel, etc – NO SHARING.
- Complying with all aspects of the guidance note and TVAFC Return to Play in a COVID-safe Environment Plan.

Coaches are responsible for:

- Ensuring players are adhering to social distancing for the duration of the session
- Planning and delivering appropriate sessions in accordance with the stage 1 guidelines
- Ensuring that compliance of stage 1 guidelines is visible to the community.
- (Use cones/markers etc to make sure distancing is obvious.)
- Providing an alternative training program for those who have vulnerable/at risk family members or display mild flu like symptoms.
- Complying with all aspects of the guidance note and TVAFC Return to Play in a COVID-safe Environment Plan.

TFC responsible for:

- Keeping players and members up to date regarding any changes
- Providing hand sanitiser and cleaning equipment as required
- Liaising with AFL Canberra to ensure compliance

This Guidance Note is to be read in conjunction with the Tuggeranong Valley Australian Football Club's Return to Play in a COVID-safe Environment Plan.