



Tuggeranong Valley Australian Football Club

Est. 2020

Return to Play
in a COVID-safe
Environment Plan

Approved by the Board of the Tuggeranong Valley Australian Football Club on May 16 2020

From midnight on 15 May 2020 the ACT will enter the first phase of recommencement for community sporting activity. This phase allows social and community sport to resume in outdoor spaces with a maximum of 10 people. The ACT Government has eased restrictions to allow sport in the Canberra community to resume under a phased approach commencing with “small group” non-contact outdoor activities (individual groups of no more than 10 participants – inclusive of any coaches and support staff). This will allow each phase to be closely monitored for any impacts before restrictions are further eased.

The ACT Government requires each individual sporting organisation (including individual clubs such as the Tuggeranong Valley Australian Rules Football Club - TVAFC) to develop a Return to Play in a COVID-safe Environment Plan (‘the Plan’) to help guide our return. The plan must be clearly communicated to all stakeholders, with specific requirements communicated or promoted as required. The plan does not need to and will not be approved by the ACT Government, but the TVAFC must be able to produce a copy of the completed framework for compliance purposes if asked.

The Plan should ensure compliance with the ACT Government’s general principles for the return of Sport;

- Outdoor sports only;
- Limit activities to small individual groups with a maximum of 10 participants (inclusive of coaches and support staff);
- Get in, train and get out;
- Practice good hand hygiene before and after training;
- Avoid physical contact between participants;
- Changerooms, canteens and kitchens remain closed – arrive dressed and ready to train;
- Stay home if you are unwell;
- Don’t share drinks or towels;
- Sharing of equipment such as balls and weights is allowed however should be kept to a minimum;
- Sportsgrounds must be booked prior to use;
- Keep a distance of 1.5 metres from other people; and
- Follow the one person per 4 square metres rule to ensure sufficient physical distancing between participants.

Consistent with the guidance from the ACT Government the TVAFC Plan will focus on the concepts of hygiene, physical distancing, activity/sport specific considerations, communications, the ability to review and monitor the Plan, and incident management. The TVAFC Plan may place some requirements beyond the required thresholds of the advice of the ACT Government and AFL and it is expected that all members of the TVAFC family, including Board members, players, coaches, officials, volunteers and supporters abide by the requirements of the TVAFC Plan.

The Plan is designed with the predominant consideration of ensuring that our TVAFC family are as assured as possible that all reasonable and appropriate measures are being taken by the Club to ensure the safety and wellbeing of its community, consistent with the very best available advice from the Commonwealth and ACT Department’s of Health, the Australian Institute of Sport and the Australian Health Protection Principal Committee (AHPPC) and in adherence with any legal obligation such as the ACT Government’s Public Health Directions.

SMALL GROUP TRAINING (UP TO 10 PEOPLE) PROTOCOLS

1. An absolute maximum of 10 participants per group (inclusive of coaches and support staff)
2. Strictly no physical contact between players can occur (i.e. no tackling, no bumping, no marking contests).
3. Social distancing of 1.5m must be maintained at all times, along with ensuring only one person per 4sqm.
4. No access to club rooms, changerooms or wet areas can occur, other than public toilets.
5. Access will be permitted for the purpose of one person obtaining equipment as detailed in 6, immediately following which the rooms must be locked.
6. Footballs can be used for small group training, however only limited additional equipment is permitted to be used during training (i.e. field marking cones etc are permitted).
7. The TVAFC has nominated the following persons as the Club's COVID Safety Officers;
 - a. Ray Ghirardello – Director of Football (Seniors) - Primary,
 - b. Laura Scheele – Vice President,
 - c. Kellie Hogan – Director of Football (Juniors)
 - d. Leo Lahey – President
 - e. Jim Rice – Club Head Coach,
 - f. Terry Pink – Junior Football Operations
8. The Club's COVID Safety Officers have all completed the Australian Government online COVID-19 Infection Control Training¹.
9. **All coaches and managers** involved in the Return to Play program are required to complete the Australian Government online COVID-19 Infection Control Training and provide evidence of completion to one of the COVID Safety Officers prior to participating in the Return to Play.
10. The primary COVID Safety Officer is required to ensure the records of completion are appropriately filed and available for production if required.
11. A log, or register, using the approved AFL NSW/ACT template, of all participants in attendance at each training session **MUST** be maintained.
 - a. It is the responsibility of each Coach to ensure that the Players under their instruction in the small groups are properly recorded in the relevant log and that at the conclusion of each session these records are provided to a COVID Safety Officer for record keeping purposes.
 - b. It is a requirement of the AFL NSW/ACT that these records are made available upon request by either AFL NSW/ACT or health authorities.
12. Return to Small Group Training will not include NAB AFL Auskick and Umpires at this stage.
13. As the ACT Government makes further decisions in relation to COVID restrictions and their impact on the training and playing environment new protocols will be developed and released to the TVAFC community.

EVERY MEMBER OF THE TVAFC COMMUNITY MUST ENSURE THESE PRINCIPLES ARE STRICTLY ADHERED TO – NO EXCEPTIONS

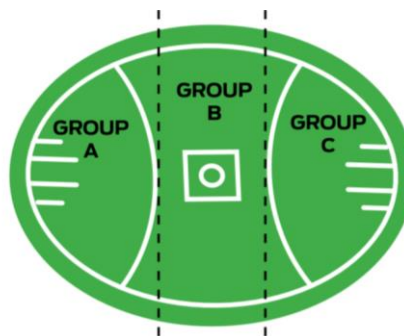
HAVE EACH OTHERS BACK – WE ARE ALL TRULY IN THIS TOGETHER!!!

¹ <https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>

PRINCIPLES OF SMALL GROUP TRAINING

1. Staggered training schedule (start times, different days, potential for different locations)
 - The Junior and Senior Football Directors will be responsible, in consultation with coaching staff and Director of Facilities and Property, for the development of an appropriate return to training arrangements. Extant ground bookings will be recognised by ACT Sportsgrounds and the Club will ensure that the available training grounds at Kambah, Gordon and Isabella Plains are utilised to ensure compliance. Innovation in training times and locations is encouraged.
2. Training groups of no larger than ten (10), including players and officials
3. Maintain consistent group members and no movement between groups can occur
 - The Club Head Coach, Director of Football (Seniors), Director of Football (Juniors) and Director of Women's Football will be responsible for coordinating the playing group to ensure these principles (2 & 3) are adhered to without exception. These plans are required to be communicated across the participating group and broader TV AFC community as effectively as possible.
4. Training activities must be non-contact (no tackling, bumping etc)
5. Use of equipment to be limited to footballs and marking cones
6. If pair/group work is required, pairs will be consistent across each training session
7. Specific group activity footballs can be used, but should be wiped down after each drill
8. In designing field layout for small group training the Club requires that the ovals being used be divided in a maximum of three distinct areas where groups of 10 can train.
9. The Club can train multiple groups on one oval however no more than a maximum of three (3) groups are permitted (30 people max. training at one time on one oval)
 - The Club Head Coach, Director of Football (Seniors), Director of Football (Juniors) and Director of Women's Football will be responsible for ensuring appropriate training plans are completed in advance of training sessions to ensure compliance with the principles of 4, 5, 6, 7, 8, 9 & 10.

Example of an acceptable division of an oval to accommodate small group training. Other methods can be used as long as they are consistent with the principles.



10. Any necessary meetings to occur remotely using video technology
11. Any spectators, including parents or caregivers, must remain outside the boundary line and observe social distancing and the Club recommend that junior players have a maximum of 1 parent / caregiver present at training and be encouraged to remain in their vehicle during training.
 - The Club acknowledges that it is often the desire of family and friends to attend training/games of our TV AFC playing group and that this may be a particularly difficult principle to comply with, however we ask that respect is shown for the Club's volunteers in implementing all principles required to get to where we all want to be.

NO MORE THAN 10 TO A GROUP INCLUDING PLAYERS, COACHES AND SUPPORT STAFF

NO CONTACT

EQUIPMENT LIMITED TO FOOTBALLS (CLEANED AFTER EVERY DRILL) AND CONES

CLEAR GROUP ALLOCATIONS – NO CHANGING GROUPS – NO EXCEPTIONS!!

MINIMAL SPECTATOR PRESENCE

HYGIENE REQUIREMENTS FOR SMALL GROUP TRAINING

The TVAFC commit to the following as part of the small group training COVID-safe environment;

1. Provision of alcohol based hand sanitisers for all team-training sessions, with players encouraged to use prior, during and following training.
2. Ensuring strictly to be no sharing of personal items such as water bottles, food or towels.
3. Ensuring changerooms, club rooms and wet areas are not to be utilised for Small Group Training i.e. players arrive at venue in football gear and should shower at home.
4. Ensuring footballs are wiped with antibacterial wipes or alcohol-based sanitiser prior to and after Small Group Training sessions.
5. Reviewing available registration records and available information to ensure any players, coaches, or support staff whom may be considered vulnerable persons are consulted and encouraged to consult with a healthcare professional prior to returning to Small Group Training.
6. Not providing any player massage or strapping.
7. Design training to encourage players to “Get in, train, get out”.
8. Provide advice to Canberra AFL of the Club appointed COVID Safety Officers.

Any person attending TVAFC training during the small group COVID-safe training period **MUST**:

1. Arrive ready to train and leave on completion of training.
2. Not engage in any unnecessary social interaction (e.g. face to face meetings, group functions).
3. Ensure strictly no sharing of personal items such as water bottles, food or towels.
4. Ensure changerooms, club rooms and wet areas are not to be utilised for Small Group Training i.e. **players are to arrive at venue in football gear and should shower at home.**
5. Ensure footballs are wiped with antibacterial wipes or alcohol-based sanitiser prior to and after Small Group Training sessions.
6. Ensure personal items are easily distinguishable, labelled and kept separate.
7. **NOT** to wear mouthguards at training at this time whilst there is no physical contact.
8. Avoid spitting or clearing nasal passages at Small Group Training.
9. Avoid high fives, handshakes, or other physical contact.
10. Be responsible for their own strapping if required.
11. If they, or people they have been in contact with are sick, NOT attend training and advise their coach who will be then responsible for informing a COVID Safety Officer.
12. Wash their hands often with soap and water for at least 20 seconds - if soap and water are not available, use an alcohol-based hand sanitiser.
13. Avoid touching their eyes, nose and mouth.
14. Avoid close contact with people who are sick.
15. Stay home and seek medical treatment when they are sick.
16. Cover their mouth to cough or sneeze.
17. If they possess any underlying health conditions or is considered a vulnerable person, consult with a healthcare professional prior to returning to Small Group Training.

The Club COVID Safety Officers WILL:

1. Ensure that the TVAFC “Hygiene Requirements for Small Group Training” are in place for, and communicated to, all teams involved in small group training.
2. Monitor compliance with the requirements and if non-compliance is detected bring it to the attention of the individuals involved and direct cessation of the non-compliant conduct.
 - There will be **ZERO TOLERANCE** for any aggressive/abusive conduct or behaviour otherwise considered inconsistent with the AFL Code of Conduct directed towards a Club COVID Safety Officer or Club official/volunteer as a result of a request to comply with the Club’s Plan. Such conduct will be viewed as especially serious and will be immediately referred to the TVAFC Board for consideration of appropriate action.
3. Ensure the required record keeping is undertaken consistent with the AFL NSW/ACT “Return to Small Group Training – Up to 10 People Protocols”.
4. The Primary Club COVID Safety Officer is responsible for the keeping of the Club’s records and production to AFL NSW/ACT or health officials if required.

IF YOU ARE UNWELL PLEASE DO NOT ATTEND TRAINING!!

NO SHARING OF PERSONAL EQUIPMENT (i.e. WATER BOTTLES, TOWELS)!!!

WASH, WASH, WASH YOUR HANDS!!!

AVOID TOUCHING EYES, NOSE AND MOUTH – COVER YOUR MOUTH WHEN YOU COUGH OR SNEEZE

KNOW THE RULES & COMPLY

COMMUNICATIONS

The TVAFC will ensure that the TVAFC community are kept informed of the Club's preparations, arrangements and protocols as effectively as possible through the use of social media platforms, direct email and the TVAFC website.

The Director of Football (Seniors), Director of Football (Juniors), Club Head Coach or TVAFC Board may develop information sheets or implementation guides to assist in educating the TVAFC community of the Club's practical implementation of the Plan. The materials must be strictly compliant with the Plan and the requirements of the ACT Government and AFL NSW/ACT. If any doubt exists as to interpretation of relevant materials then advice should be sought from Canberra AFL in the first instance and the interpretation in favour of the ACT Government guidelines preferred.

Any materials developed must be provided to the primary COVID Safety Officer for filing.

The TVAFC will ensure that it provides a link on its website (www.tuggeranongfc.com.au) to the following;

- ACT Government Public Health Directions²;
- National Principles for the resumption of sport and recreation activity³;
- AIS Framework for Rebooting Sport in a COVID-19 Environment⁴;
- ACT NSW/ACT Return to Play resources⁵;
- ACT Government Department of Sport and Recreation COVID-19 news⁶,
- The Tuggeranong Valley Australian Football Club Return to Play in a COVID-safe Environment Plan, and
- Any further sources of information or assistance that may support the intent of the Club in implementing the ACT Government COVID Safe requirements.

All players and club officials are encouraged to download the Government's COVID-19 tracing app⁷.

Protocol Briefings will be held in advance of return to small group training for players, coaches and officials protocols. On Monday 11 May 2020 the TVAFC conducted an online meeting and reviewed the AIS Framework for Rebooting Sport in a COVID-19 Environment with all coaches from Under 17 Men's to seniors in attendance, since this meeting the Club Head Coach, and the TVAFC Coronavirus Working Group, established on 13 March 2020, have ensured all senior coaches are fully briefed on the COVID environment and the obligations of the Club. The TVAFC Junior Football Committee will be conducting a full online briefing of all junior coaches on Tuesday 19 May 2020 to also review the relevant materials and reinforce the requirements of this Plan.

² www.covid19.act.gov.au

³ <https://www.health.gov.au/resources/publications/coronavirus-covid-19-nationalprinciples-for-the-resumption-of-sport-andrecreation-activities>

⁴ https://ais.gov.au/health-wellbeing/covid-19#ais_framework_for_rebooting_sport

⁵ www.aflnswact.com.au/return-to-play

⁶ <https://www.sport.act.gov.au/about-us/covid19-news>

⁷ <https://www.health.gov.au/resources/apps-and-tools/covidsafe-app>

Protocol Briefings must include the following;

PARTICIPANTS BRIEFING	COACHES AND OFFICIALS BRIEFING
<p>Prior to the recommencement of small group training, the TVAFC will provide a briefing, by electronic means, 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 they 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 small group training, and alternative training options available. • Measures that the TVAFC 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, etc. • Restrictions on people attending the training venue – i.e. no spectators, parents, etc. • The role of the Club COVID Safety Officers and the importance of assisting them in carrying out their functions. • The existence of the TVAFC Return to Play in a COVID-safe Environment Plan and where to find it. • How to find further information on the TVAFC’s activities in providing a COVID Safe environment. • Contact details for relevant Club Officials who may be able to further assist with queries. 	<p>The TVAFC will brief all coaches, team managers AND Club officials 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 and club rooms. • Limiting training drills to be non-contact where applicable. • Acceptable skills and drills. • Requirement for players to ‘get in / get out’ • Responsibility as leaders to influence behaviour change. • The role of the Club COVID Safety Officers and the importance of assisting them in carrying out their functions. • The existence of the TVAFC Return to Play in a COVID-safe Environment Plan and where to find it. • How to find further information on the TVAFC’s activities in providing a COVID Safe environment. • Contact details for relevant Club Officials who may be able to further assist with queries.

The Club will also provide a dedicated email service for the TVAFC community and stakeholders which will be advertised on all materials and accessible by all COVID Safety Officers⁸.

⁸ covidsafe@tuggeranongfc.com.au

MONITOR AND REVIEW

The TVAFC Board will maintain responsibility for the consistent monitoring of Government advice and requirements in relation to the coronavirus pandemic as well as maintaining ongoing liaison with AFL Canberra and AFL NSW/ACT to ensure compliance with all competition obligations.

The TVAFC Board will meet fortnightly and review the Plan to ensure compliance and further that the Plan is being appropriately managed and implemented. The Plan should ensure compliance with the relevant level of recommendations from the AIS in relation to the conduct of training and gameplay;

	Level A Restrictions	Level B Restrictions	Level C Restrictions
	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).

The fortnightly review will also include more broadly compliance with the relevant level of recommendations from the AIS in relation to the operations of the Club;

	Level A	Level B	Level C
General Description	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). Strength and sport-specific training permitted if no equipment required, or have access to own equipment (e.g. ergometer, weights). Online coaching and resources (e.g. videos, play books).	No sharing of exercise equipment or communal facilities. 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). Spitting and clearing of nasal/ respiratory secretions on ovals or other sport settings must be strongly discouraged.	As per Level B plus: 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. For larger team sports, consider maintaining some small group separation at training. For some athletes full training will be restricted by commercial operation of facilities and access to international travel.

<p style="text-align: center;">General Hygiene Measures</p>	<p>No sharing of exercise equipment or communal facilities. 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). 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. ‘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. 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. No socialising or group meals.</p>	<p>Return to full use of facilities. Continue hygiene and cleaning measures as per Level B. Limit unnecessary social gatherings.</p>
<p style="text-align: center;">Medical Servicing</p>	<p>No sharing of exercise equipment or communal facilities. 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). Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings must be strongly discouraged.</p>	<p>History taking, or full consultations should be conducted via telehealth if practical. Face to face consults should be conducted from at least 1.5m apart when possible, and hands on treatment should be for essential conditions only. A single source therapist is recommended. During any essential manual therapy, it is recommended that the athlete and practitioner wear a facemask. All non-essential athletes and other personnel should avoid the treatment area, and the number of people in treatment areas should be kept to a minimum, following social distancing guidelines.</p>	<p>Full manual therapy services can be conducted. Non-essential athletes and other personnel should continue to avoid treatment areas. Enhanced hygiene measures and social distancing should be maintained.</p>

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.
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As restrictions change any updates to the Plan should be provided by annexure to the original plan and clearly labelled as such. All changes to the Plan should be sufficiently communicated consistent with the Plan's intent.

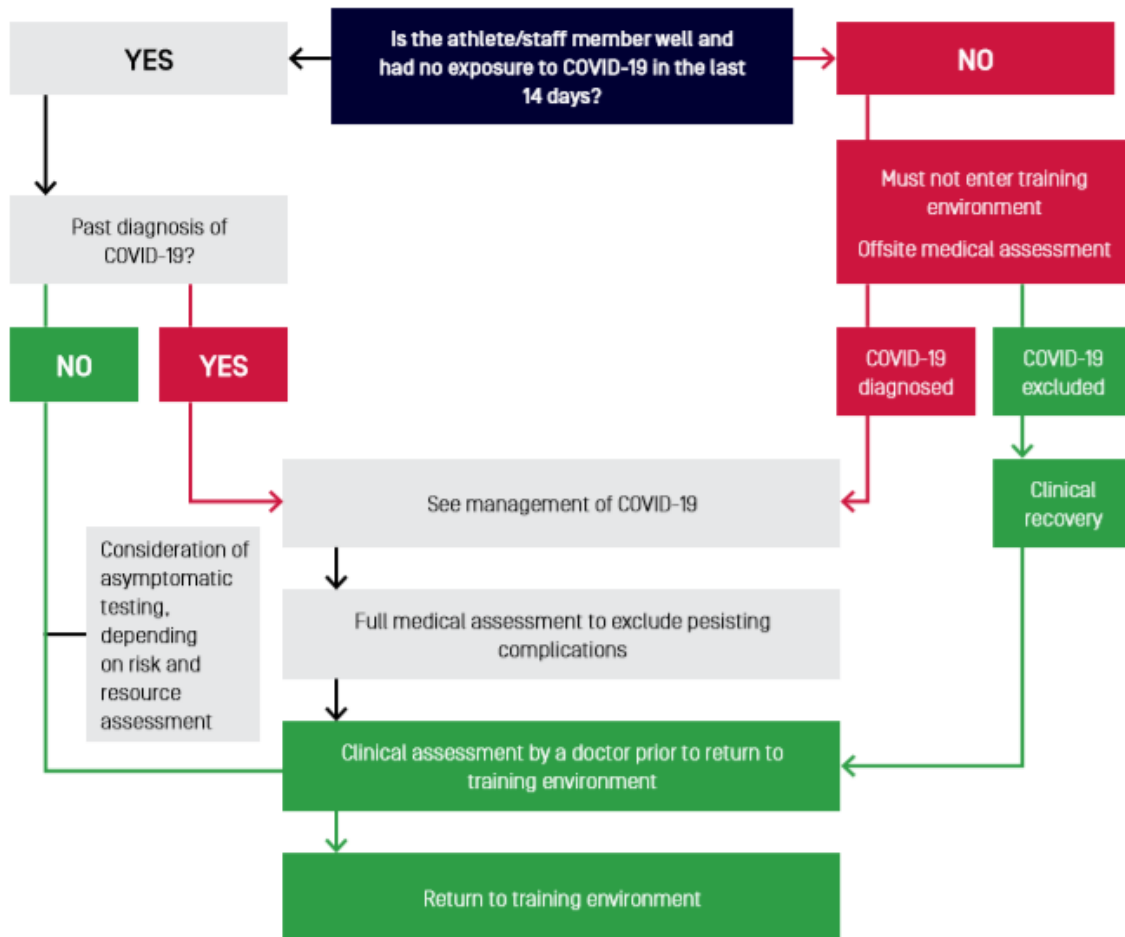
INCIDENT MANAGEMENT

The TVAFC will support contact tracing efforts in the event of a COVID-19 positive result through the provision of the relevant training and coordination documents.

TVAFC players, officials, support staff, volunteers and supporters 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 person who is being tested for, or diagnosed with, COVID-19 is prohibited from attending any TVAFC trainings, meetings or events until a medical clearance is provided and proof of which is made available to the Club. It is a condition of participation for the person to provide a medical clearance which will be filed by the Club’s primary COVID Safety Officer for future reference if required.

The TVAFC will adopt the recommended process for medical clearance for athletes and staff provided by the AIS.



The TVAFC will provide de-identified advice of any confirmed case of COVID-19 to the broader TVAFC community and will communicate to the relevant training group the person(s) were involved with of the confirmed diagnosis so as to facilitate contact tracing efforts and appropriate testing for any persons involved.

The TVAFC will provide support to any persons with confirmed cases of COVID-19 and support their reintegration to the Club’s training environment consistent with the process above.

Vulnerable groups

Vulnerable members of the TVAFC community may be at increased risk and those with. Those with concomitant medical conditions should consult with their regular treating doctor(s) prior to return to training environments.

TVAFC community members with concurrent medical conditions including;

- respiratory or cardiac disease,
- hypertension,
- diabetes,
- obesity, and
- immunosuppression due to disease or medication may be at increased risk.

Other groups that require special consideration include;

- individuals over 70 years of age,
- carers for or a household contact of a vulnerable person,
- TVAFC community members with suboptimal access to medical care

Potential interventions for vulnerable athletes/other personnel include:

- Delaying a return to sport
- Training scheduled at designated 'lower risk' times (i.e. with no one else around)
- Maintaining social distancing measures
- Exclusion of 'high risk' athletes/other personnel from the training environment

The TVAFC will work with anyone whom may be considered a member of a vulnerable group to ensure all risks are mitigated as effectively as possible and, if appropriate, implement an individual plan for that person, a copy of which will be kept on file by the Club's primary COVID Safety Officer.

CONCLUSION

COVID-19 is an unprecedented challenge for the entire global community and, notwithstanding the relative success of Australian community in managing the crisis, continues to represent a significant risk to the community. The Tuggeranong Valley is a resilient and tightknit community that consistently demonstrates strong support for its members, especially its more vulnerable ones. The Tuggeranong Valley Australian Football Club is an embodiment of these qualities and more so a leader amongst the Community in setting and modelling the very best standards and this Plan intends to continue this intent. It is critical that the TVAFC community support each other in appropriately re-engaging with our beloved game and facilitate the safest possible environment for all of our community, not just the TVAFC. Despite our love for the game of Australian Rules Football the overriding priority for the TVAFC will be to ensure that our return to training and games does not endanger the health of its members and the wider community.

CONTACTS

TVAFC COVID Safety Officers

Primary COVID Safety Officer			
Role	Name	Email	Phone
Senior Football Director	Ray Ghirardello		0422060134
Support COVID Safety Officers			
Vice-President	Laura Scheele		0406378796
Junior Football Director	Kellie Hogan		0402220936
President	Leo Lahey		0435964392
Junior Football Operations	Terry Pink		0417567804
Club Head Coach	Jim Rice		0401192050

Any email queries in relation to the TVAFC Return to Play in a COVID-safe Environment Plan should be sent to covidsafe@tuggeranongfc.com.au and they will be attended to by one of our COVID Safety Officers as soon as possible.