



# SANFL & COMMUNITY FOOTBALL RETURN TO PLAY

## GET IN, TRAIN/PLAY AND GET OUT

Where possible, players and umpires should prepare at home, minimising need to congregate in change rooms/sporting facilities.

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

- Arrive dressed and ready to train/play where possible
- Minimise use of change rooms, bathrooms and communal areas
- Showering at home instead of at training/match 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).

## HYGIENE

The following general hygiene practices for players, umpires 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 accessed by players, officials, spectators and staff/volunteers to be comprehensively cleaned and sanitised after each use;
- 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 hygiene***

- Mouthguards are not to be removed during training or play and must be sealed away when not in use;
- Disinfect mouth guards and whistles 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 unnecessary physical contact;
- Training and Gym equipment to be wiped with antibacterial wipes or alcohol-based sanitiser prior to and after each use

## SOCIAL DISTANCING

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

Everyone should maintain 1.5m physical distancing from others who are not in their household or others they may otherwise regularly spend time with (ie: family/friends)



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## **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.

Requirement → All persons involved in the conduct of training and match day are encouraged to subscribe to the Government's COVID-19 tracing app.

Requirement → Clubs should promote spectators to subscribe to the Government's COVID-19 tracing app.

## **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.

## **ASSESSMENT & NOTIFICATION**

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

Symptom monitoring should also occur, and anyone feeling unwell (particularly with the symptoms below) should not attend training or matches:

- Cough
- Sore Throat
- Runny Nose
- Shortness of Breath
- Unexplained Loss of Taste and/or Smell
- Fever
- Any Other Health Concerns (Upset Stomach, Headache)

Individuals should seek medical advice if they have any symptoms.

**If a player, coach or other club official tests positive for COVID-19, they must notify their Club COVID Safe Officer, who must notify SANFL.**

**The individual must follow all directions by SA Health and SA Police.**

**Any other person/s at the club must also self-isolate if directed to.**

**SANFL and all affiliated leagues/clubs must follow direction by SA Health regarding impact on training and/competition**