

## **LINDFIELD FC HEALTH AND SAFETY GUIDELINES – COVID19 Stage C**



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 and matches. This constitutes the LFC COVID Safety Plan.

### **KEY CHANGES from Stage B**

- Numbers of players per field now as per normal Council /NSFA guidelines.
- Spectators now allowed but must adhere to social distancing (recommended max 2 per player to ensure social distancing can be maintained).
- Guidelines for handling suspect COVID cases included.
- Full squad training is now allowed. This includes matches/friendlies, all skill sessions and full body contact - through tacking and challenges.
- Sharing of equipment is allowed however continue to maintain cleaning and disinfectant measures.
- Guidelines introduced for the use of bibs.
- Inclusion of match guidelines.

### **LINDFIELD FC Stage C Guidelines**

#### **Health**

1. Members feeling ill are instructed to stay home and not attend training
2. Players with signs of illness or cold symptoms will be directed NOT to train and sent home immediately
3. If someone gets Covid-19, the Club must be informed. We will report to the correct authorities (NSW Health) and NSFA. Between the three bodies, we will need to communicate with everyone at the ground at the time and any others that may have come into contact with that person. Those with direct contact with the individual would be told to self isolate for 14 days under NSW Health guidelines.
4. For detail of these guidelines and dealing with COVID cases or suspect COVID case, please see the appendix at the back of this document and refer to <https://www.health.nsw.gov.au/Infectious/covid-19/Pages/frequently-asked-questions.aspx>
5. If players attending training/matches require water, then this must bring their own, clearly labelled bottles to training. Bottles left at training will be disposed of. Bottles cannot be shared.
6. We will provide teams with hand sanitiser to be kept with the kitbag, however encourage all players to carry their own hand sanitiser in their personal kit bag. This will become our 'second first aid kit'
7. We will encourage all members to download the COVIDSAFE app from the Australian Government, however, understand we cannot force people to download it.
8. Rooms and dressing rooms may not be used - except for access to the toilet facilities
9. 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
10. All coaches (LFC and volunteer coaches) must maintain a record of attendance for every training session, using the LFC supplied training attendance sheet

11. Coaches are also to maintain a list of players, emergency contact details and any specific medical needs for all players attending training (also contained on the LFC attendance sheet)

## Training

12. We will adhere to the maximum capacity of players/teams per field as per NSFA / Council guidelines
13. We will implement staggered start times to our training session to reduce the gathering of people at venues
14. We will urge members to 'travel light' with only required persons attending drop off & pick up for training (ie. one parent, no siblings, no dogs etc.)
15. Parents are not allowed to park or remain for longer than 15 mins in designated "drop-off" or "pick-up zones"
16. Full squad training is now allowed. This includes matches/friendlies, all skill sessions and full body contact - through tacking and challenges.
17. Goalkeeper gloves are not to be shared
18. Bibs can be used during training under the specific requirements listed below.
  - All bibs are marked with a way of determining which is which. Number system on tags.
  - Once a bib is distributed at training it must only be used by the individual player it was handed to.
  - No bibs are to be taken off and left on the floor for others to pick up.
  - If a bib is found on the floor and not with a designated player it is not to be used for the remaining time of session.
  - Coaches or Managers must Wash the bibs at the end of the session before use of bibs again for next team training.
19. Sharing of equipment is allowed however continue to maintain cleaning and disinfectant measures
20. Coaches must strictly keep to their start and finish times, no extensions.
21. Designated Drop off and Pick Up Zones – the club has designated drop off and pick up zones and processes for all grounds and LFC courts. These will be made available to all club members. There are separate arrangements for U6/U7 super skills.
22. Player Numbers – for all Council provided grounds the LFC guidelines will apply. They are within the guidelines specified by the NSFA. There are additional guidelines for the use of LFC Courts which are specified at the entrance to each court.
23. LFC Head Coaches have the authority to suspend any LFC training session if, in the opinion, of the coach, the session is not being run in accordance with these guidelines. The head coach must immediately report the incident to Chris Deblaere or Paul Grundy who will decide on the appropriate action and refer the matter to the LFC committee.

## Matches

24. Goalkeeper jerseys and gloves are not to be shared between players. If the team has a regular GK then they should be provided the GK top and retain this for the entire season. Where GKs rotates then GKs should wear a bib. (See bib hygiene above). If players wish to use gloves in goal, we suggest that they purchase their own for use during the season.
25. Parents/guardians are permitted to gather along the outside of the field. We recommend a max of two spectators per player. Spectators must follow NSW Government social distancing guidelines and instructions from Ground Marshalls
26. Teams and Officials should be physically separate from spectators (ie other side of the pitch)

27. Whistles are not to be shared
28. NO half time or end of match SHARED snacks/treats for players eg lollies or fruit.
29. Team benches will be organised to ensure 1.5 metres between coaching staff & substitutes

## **Responding to Covid-19 cases and suspected cases in football (for guidance only)**

In all situations where a case or suspected case of Covid-19 is reported, advice should be sought from the National Coronavirus Health line on 1800 020 080.

Reference can also be made to the [Health Direct Coronavirus website](#) and [NSW Health Coronavirus Self Isolation Guidelines & Information](#)

Football NSW is not in a position to provide medical advice in relation to Covid-19, however we have sought advice from the National Coronavirus Health line on a number of occasions and provide the following information for guidance only as the advice can vary depending on individual circumstances.

### **For someone feeling unwell**

- Call the National Coronavirus Health line on 1800 020 080 (24 hour helpline)
- Refer to the [Coronavirus Health Direct Symptom Checker](#)
- Visit a [COVID-19 Testing clinic](#)
- [Call their Doctor](#)
- [Visit the Emergency Department](#)

### **If a club is advised that a player is being tested for Covid-19**

- The player being tested self-isolates until the test results are received.
- The rest of the team can continue to train and play while the player awaits their test results
- There is no requirement to notify anyone that a player is being tested
- There is no NSW Health requirement for training to be cancelled
- It is up to the club whether it cancels training or playing during this time as a precaution. Consult with your Association or FNSW if unsure.
- If anyone else in the team becomes symptomatic or feels unwell provide them with the information provided above for someone feeling unwell.

### **If a player tests positive and a club is advised of a confirmed case of Covid-19**

- Most important is to follow the advice of health authorities
- The person with Covid-19 will be advised to immediately self isolate (the person should be advised of this by their GP or health authorities)
- Assess whether the person who tested positive has come into [‘close’ or ‘casual’ contact](#) with other players or officials
  - Advise players in ‘close’ contact to self isolate and refer to the [NSW Health Close contact factsheet](#) or call the National Coronavirus Health line on 1800 020 080 (24 hour helpline)
  - Advise players in ‘casual’ contact to refer to the [NSW Health Casual contact factsheet](#) or call the National Coronavirus Health line on 1800 020 080 (24 hour helpline)

- During this time NSW Health will undertake contact tracing to determine who has been in close contact or casual contact with the positive case.
- The advice given by NSW Health to the club and individuals may vary depending on the results of the contact tracing.
- Players should only return to training and playing following NSW Health advice or a medical clearance. Refer to the [NSW Health self isolation guidelines](#).

### Close or Casual Contact Definitions

**Close Contact** is someone who:

- has had more than 15 minutes of face-to-face contact over the course of a week (in any setting) with a person with [confirmed or probable](#) COVID-19 (including in the 48 hours before their symptoms appeared)
- has shared a closed space with a person with confirmed or probable COVID-19 for more than 2 hours (including in the 48 hours before their symptoms appeared)

Close contacts of a person with a confirmed or probable COVID-19 infection are [at higher risk of infection](#). However, it's important that everyone understands the symptoms of COVID-19 and seeks medical attention if feeling unwell.

**Casual Contact** is someone who has been in the same general area as a person who has tested positive for COVID-19 while infectious. You are a casual contact if:

- you have had less than 15 minutes face-to-face contact over the course of a week (in any setting) with a [confirmed or probable](#) case (including in the 48 hours before their symptoms appeared)
- you have shared a closed space with a confirmed or probable case for less than 2 hours (including in the 48 hours before their symptoms appeared)

Casual contacts do **not** need to be excluded from work or school while well. You must closely monitor your health and if you experience any symptoms, you should [isolate yourself](#). Use the [Coronavirus Health Direct Symptom Checker](#) if you develop symptoms such as [fever](#), cough, [sore throat](#) or [shortness of breath](#).

### Further Information

- National Coronavirus Helpline on 1800 020 080 (24 hour helpline)
- [National Health Direct Coronavirus website](#)
- [NSW Health Coronavirus website](#)
- [Coronavirus Testing Information website](#)
- To speak to a Registered Nurse at NSW Healthline call 1800 022 222.
- Further information is also available at [www.health.nsw.gov.au](http://www.health.nsw.gov.au) and [www.health.gov.au](http://www.health.gov.au).