



Return to Training Guide

This week..

- Coaches & Managers to complete Covid-19 online course (10 min).
- Add player names electronically to attendance sheet – will save time.
- Prepare balls (sanitise and pump up).
- Count cones to assist drill planning.

What to bring to training...

- Printout of player attendance.
- Pen and clipboard (recommended).
- Note.. hand sanitizer will be provided at training.

Football Training Preparation



1

Arrive 15min before training.

2

Collect your bin from outside the storeroom.

3

Take your bin to an unoccupied location on the ground.

Players Arrive

Players report to the Covid-19 officer (Peter Martin) at shelter adjacent to the BBQ's between Aanenssen & Woodruff Ovals.



The players will be directed to their training ground.



Players AND coaches use hand sanitizer that is provided before training.



Coach will mark attendance AND record player health information.

Players Arrive



Coach completes Covid-19 induction to the players.

Note: Players to be distanced 1.5m during the briefing and at all huddles.

Coach registers induction attendance. Note: Players cannot train until inducted.

Coach takes photo of attendance sheet and sends to the Covid-19 officer that evening.

Covid-19 Alerts



If a coach/assistant coach believes that a child is exhibiting one or more of these symptoms while at training, he/she will send the child to the COVID-19 officer who, while maintaining appropriate social distancing, will request the child's family to come and collect him/her immediately.

The player will not be permitted to participate in training until the parent/guardian provides the club with a medical clearance for the child.

Set up & Training Commencement



Plan 55min sessions. No longer.

Footy's and cones only. No other equipment can be used during training.

20 players per ground.

Drink bottles positioned 2m apart along boundary fence.

Non-contact drills only.

1.5m social distancing during drills.

No spitting, no high 5's.

Must finish by 25 past the hour to allow the next team to exit the ground.

Post Training Session



Post Training Symptoms



If any player OR coaching staff develop symptoms of Covid-19 (fever, dry cough, sore throat), they are to report to their Coach (for players) or Covid-19 officer (for coaching staff) immediately.

The players/ coaching staff will not be permitted to participate in training until they provide the club with a medical clearance.

Questions?
