**RETURN TO TRAINING PROTOCOLS AS PER AFL VIC**

Hi TJCF community,

I hope everyone is well and has gotten through our latest snap lockdown OK. Please see below the pertinent information required for everyone to adhere to in the return to training this week. We are hopeful that if numbers remain down that there will be a further easing of restrictions later this week that will allow the players back on the field for matches. We will let everyone know as soon as we receive confirmation of this.

There are other protocols that need to be followed but in the interests of not overloading you all too much, please find below the protocols pertinent to players and spectators. Thank you for your cooperation with the below.

Sincerely,

Adrienne

*METROPOLITAN MELBOURNE JUNIORS AND SENIORS-GENERAL GUIDELINES*

Participants in Metropolitan Melbourne may only participate in training provided:

1. It is conducted outdoors

2. It is conducted in the Metropolitan Melbourne Area

3. You can only travel up to 25km from your home for community sport and other exercise or recreation. You can travel up to 25km from your permitted workplace for exercise

4. It does not involve a participant who ordinarily resides in Regional Victoria

5. A maximum venue capacity of 100 patrons at any one time applies. This includes players, officials and volunteers.

6. Spectators are only permitted for the purposes of supervising children or dependents and should not gather in groups of more than 10. Spectators are included in the total capacity allowance.

7. General spectators are not permitted

8. All members of the public participating in the training are from a single sports team.

9. Other than allowing access to toilet facilities, the use of the indoor facilities inc club rooms, change rooms and sitting areas are not permitted and must remain closed

10. Get in and Get out approach to playing and training

11. Face Mask must be worn by all people in Metropolitan Melbourne over the age of 12 unless they have a lawful exemption

12. If you are doing exercise or a physical activity where you are out of breath or puffing, such running, you do not need to wear a face mask. You must wear a face mask before and after you exercise.

*SPECTATORS-WHOLE CLUB RESPONSIBILITY*

• **Any attendance at community football training, games and programs by spectators must be strictly compliant with Victorian State Government directions and restrictions and follow all requirements for contact tracing procedures including scanning QR codes (These are located on the clubroom windows- front and back oval. Please ensure that all players/officials/spectators are signed in prior to training)**

• Where allowed, only parents and caregivers necessary to support participation should attend training and games and must abide by current group gathering restrictions

• **Spectators must keep at least 1.5 metres from others** (please do not gather in groups of more than 10 and please observe the 1.5m distancing rule)

• Reinforcement of social distancing requirements should be displayed prominently by posters or newsletters at all venues and policed by Club officials and Police as required

• Reinforcement of ‘good health’ requirements should be conveyed by posters at all participating sports venues and through a social media campaign

*HYGIENE PROTOCOLS FOR RETURN TO TRAINING AND GAMES-WHOLE CLUB RESPONSIBILITY*

The following general hygiene practices for participants and official always apply, in line with Victorian State Government advice:

*ILLNESS-WHOLE CLUB RESPONSIBILITY*

• If you, or people you have been in contact with are sick, do not attend training or games and advise your football coach who is responsible for informing the COVID Safety Officer

• Generally, you should be tested for COVID-19 if you develop fever or respiratory symptoms

• Stay home and seek medical treatment when you are sick

• Do not attend training or games if unwell

• People who present to training or games with symptoms should be isolated, sent home immediately and recommended to seek medical assistance

• Any person wishing to attend training or games that has underlying health conditions or is considered a vulnerable person should consult with a healthcare professional prior to attending

• Avoid close contact with people who are sick

*HYGIENE-COACH/ASSISTANT COACH/TEAM MANAGER/PLAYER RESPONSIBILITY*

• Alcohol-based hand sanitisers must be available for all team training sessions and on the interchange bench, with players encouraged to use prior, during and following training/games

• Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitiser

• Do not share drink bottles, helmets or equipment that touches your face or head

• Cover your mouth to cough or sneeze (using your elbow)

• Spitting and clearing of nasal/respiratory secretions is not permitted

• Thoroughly clean and disinfect facilities before use (prior to player arrival)

• Clubs must ensure that frequently touched surfaces and objects are cleaned regularly when in use (e.g. tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household detergent and water. In some instances, change rooms may need to be cleaned more regularly and clubs should be monitoring or adjusting cleaning arrangements as required

• Avoid removing mouthguards other than when necessary and take care when removed that no contact is made with another person

• Disinfect mouth guards after each session and ensure they are appropriately stored

• Minimise use of communal facilities (toilet or medical use only with strict social distancing)

• Shower at home