

24 May 2020

FC Birrarung COVID-19 Level B Operating Framework



Background

On Sunday 15-Mar-2020, the FC Birrarung Committee made the determination to suspend all football activities until further notice in response to COVID-19 with consideration of governing body advice.

On Friday 1-May-2020, the National Cabinet released the blueprint for a return to sport, the [National Principles for the Resumption of Sport and Recreation Activities](#). Key principles within the blueprint include:

- Sport and recreation activities can contribute many health, economic, social and cultural benefits to Australian society emerging from the COVID-19 environment.
- All decisions about resumption of sport and recreation activities must take place with careful reference to these National Principles following close consultation with Federal, State/Territory and/or Local Public Health Authorities, as relevant.
- The [Football Victoria - COVID-19 STAGE 1 - RETURN TO TRAINING CONDITIONS](#) provides a guide for the reintroduction of community football in Victoria.
- Resumption of community sport and recreation activity should take place in a staged fashion with an initial phase of small group (≤ 20 - see below) activities in a non-contact fashion.

On Thursday 14-May-2020, Sport and Recreation Victoria released [Resumption of sport and recreation activities](#) which sets out how and when sport and recreation activity can return and provides assistance to help make that process viable, safe and successful.

A further update from the Victorian Government on 24-May-2020 increased the number of players who can attend training in the initial phase to 20 players starting 1-Jun-2020.

The FC Birrarung COVID-19 Level B Operating Framework has been developed to oversee a potential FCB staged return of limited activities in line with relevant guidance from the AIS, the Victorian Government, Football Victoria (FV) and the City of Melbourne. This guide outlines how the club will practically implement operational activities through this period. This document is subject to change and will not be implemented until the Committee has confidence it is aligned with the relevant bodies listed above.

Framework

General

1. No activities are to take place unless approved by the Federal/State government and local public health authorities.

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2. FC Birrarung will utilise the [Football Victoria - COVID-19 STAGE 1 - RETURN TO TRAINING CONDITIONS](#) as a guideline.
3. All activities in line with the Victorian Government, Football Victoria, FC Birrarung and the City of Melbourne.
4. Training opportunities will be provided for participants who have registered with FC Birrarung for the 2020 season. This includes those players whose fees have been refunded as no refund has been sought or received from FV for these players and they are still registered with FV.

Health

1. Latest health advice can be found at [Victorian Department of Health and Human Services](#).
2. Training participants are encouraged to voluntarily download the Australian Government COVID-19 contact tracing app (COVIDSafe).
3. All participants looking to attend training will be required to confirm their attendance at each session, to be managed by the team coach either through the use of the training attendance template or similar mechanism that will retain attendance details for each session (e.g. team WhatsApp group confirmation)
4. In the event of a club member testing positive to COVID-19:
 - The member must notify the coach and club President immediately
 - The President with executive committee support will determine the isolation requirement or potential suspension of player, team or club training activities in line with the current health advice from Victorian Department of Health and Human Services.
5. Any club member, or member of their household, exhibiting COVID-19 symptoms or generally feeling unwell MUST not attend training and should follow advice from the Victorian Department of Health and Human Services including:
 - Self-isolate.
 - Seek medical advice from your GP.
 - Get tested for COVID-19.
6. Potentially vulnerable athletes/coaches/other personnel will be advised not to attend a training session at this stage.
7. Spectators will be discouraged from attending training. Where a parent/guardian is required to drive a participant to training, they should drop off/pick up only.
8. Any participant who has been diagnosed with COVID-19 and since recovered must provide medical clearance from their doctor before being permitted to join in club training activities. The medical clearance must be in writing and be given to the club President at least 48 hours prior to their usual training session. Participants must not resume training until they receive confirmation that the medical clearance has been received by the club.

Football Sessions

1. All training times to be strictly adhered to.
2. All training sessions to be restricted to predetermined small groups (less than or equal to 20 plus a coach and any additional support people required to run the activity) with adequate spacing. All training attendance must be recorded.
3. Each group will have a responsible nominated coach who will oversee the training session.
4. Participants should maintain social distancing of at least 1.5m at all times.
5. Training activities must be non-contact, and no competitions are to take place. Training activities must be modified so that participants can maintain 1.5m distance from each other.

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6. Training activities will primarily consist of non-contact skill training drills — passing, shooting, dribbling.
7. The ball is to make no contact with the face or head.
8. There should be no socialising, provision or consumption of food during training.
9. There should be no sharing of drink bottles and towels during training.
10. If a participant gets injured, they should look to leave the training session and seek treatment elsewhere, or go to the hospital as appropriate. In an emergency please call 000.
11. Any task that can be done at home, should be done at home e.g. fitness-based activities, recovery sessions, online meetings, etc.
12. 'Get in, train and get out.' Players should:
 - a) Ensure hand washing hygiene immediately before and after training sessions.
 - b) Arrive at the allocated area for their group.
 - c) Arrive dressed and ready to train.
 - d) Leave immediately after training by the allocated time.

Facilities

1. Access to all indoor facilities (changerooms, showers, storage, common area) is off limits.
2. The public toilets just to the north of the Southern Pavilion will be used if necessary, during training times, facilitated by an adult with a current Working with Children card.
3. Access to grounds is strictly in line with the Facility Provider's COVID-19 guidelines. All training participants must be made aware of these guidelines and agree to adhere to these before being invited to train.
4. Training groups should meet at their allocated training area and not congregate elsewhere with training participants from other groups.
5. Each training group will be allocated a half pitch-sized space to train on (in line with Facility Provider guidelines.)
6. Each training allocation will have a minimum of 10m 'neutral zone' between areas. Group leaders must ensure this is clearly marked out and that this space is not to be entered.
7. A minimum of 10-minute gaps is to be scheduled between same-day, same location, sessions.
8. An updated record of attendance will be kept accurate. This will assist with tracking in the event of a COVID-19 positive test.

Equipment

1. Stage 1 allocations to only be allocated 4 team Balls and 20 Cones. Future equipment to be assessed.
2. Each training group will have their own allocation which will be stored off-site in line with a designated group member.
3. No bibs will be allocated during Level B stage. Players to bring Light and Dark Top where needed.
4. Any balls that enter another group's training space must be passed back to the other group using the foot (do not use hands) - this should be done as quickly as possible.
5. There will be no storing of equipment in communal spaces during Framework B.
6. All items of equipment (balls and cones) should be cleaned with disinfectant prior to and immediately after all training sessions.

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- a) Wash equipment in a cleaning mixture, leaving it on for at least 10 minutes, before rinsing and drying
- b) Use cleaning products that are antiviral, meaning it can kill the virus, such as chlorine-based disinfectants
- c) See [Routine household cleaning](#) and/or follow directions from the state/national sporting organisation and/or competition manager

7. Coaches will be provided with a bottle of hand sanitiser and all participants will be encouraged to bring their own.

Resources

1. Club will communicate relevant resources to members
 - [Good hygiene practices poster for businesses](#)
 - [Good hygiene is in your hands](#)
 - [Hand washing guidance](#)
 - [Keep that cough under cover](#)
2. Members to read the following Australian Government and WHO resources:
 - [Good hygiene for coronavirus \(COVID-19\)](#)
 - [Hand washing guidance](#)
 - [Keep that cough under cover](#)
 - [Self-isolation \(self-quarantine\) for coronavirus \(COVID-19\)](#)
 - [Advice for people at risk of coronavirus \(COVID-19\)](#)
 - [Coronavirus \(COVID-19\) resources](#)
3. FC Birrarung would like to Acknowledge the assistance rendered by the Melbourne University Soccer Club in providing the template for this document.

Acknowledgement

The following Acknowledgement forms will need to be completed before a player can commence training under this framework:

Club Acknowledgement

Training participants (or their parent/guardian if under 18 yrs old) must acknowledge they have read the FC Birrarung COVID-19 Level B Operating Framework by signing the [acknowledgement form](#) at the first training session attended. Pens will be provided but participants will be encouraged to bring their own.

COVID-19 Return to Club Training and Activities Health Check

Training participants (or their parent/guardian if under 18 yrs old) must complete the [FC Birrarung Health Check questionnaire](#) at or prior to the first training session being attended. Pens will be provided but participants will be encouraged to bring their own.

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