



# Return to Football Guide

South West Queensland Thunder Football Club

Thunder FC is committed to providing a safe environment for players, volunteers, spectators, officials and other representatives associated with football activities at the Clive Berghoffer Stadium and Kratzke Road Oval (the **Venues**).

The purpose of this guide is to minimise personal risks associated with the potential increase of COVID-19 local transmission rates during Thunder FC football activities – identifying rules to actively reduce, eliminate or avoid the risks prior to and during the resumption of football.

This framework aligns with the following guidance material:

- [Queensland Health directives and advise](#)
- [Approved COVID Safe Industry Plans \(i.e. Field Sports and Food Services\)](#)
- [Work health and safety during COVID-19: Guide to keeping your workplace safe, clean and healthy](#)
- [Return to Play Readiness Checklist for sport, recreation and fitness organisations](#)
- [Return To Play: Guide for Queensland sport, recreation and fitness industries](#)
- [Australian Institute of Sport \(AIS\) Framework for Rebooting Sport in a COVID-19 Environment](#)
- [Football Queensland: Return To Play Guidelines](#)

The Return to Football Guide will be monitored and updated in accordance with the Queensland Government's staged resumption of sport and recreational activities in Queensland. The following requirements are developed in preparation for the return of football games (Stage 3 recreational activities)

## THUNDER FC Requirements





## Prior to Training and Games

Individuals must not attend training/games if in the past 14 days you:

- Have been unwell or had any flu-like symptoms
- Have been in contact with a known or suspected case of COVID-19
- Have had any respiratory symptoms (even if mild) or
- Are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions

## Registration

On arrival at the each of the Venues, all attendees are to sign-in at the designated registration area. For home games, Thunder FC will:

**Thunder FC** strongly encourages all representatives to download the COVID Safe App. This app assists Queensland Health with contact tracing and helps protect you, your friends and family.

- Ensure the designated registration areas are clearly signed, include tables , sign-in sheets and hand sanitiser
- marked spacing on hard surfaces to ensure 1.5m spacing and
- signage to remind attendees if they are unwell or have recently been overseas then entry is not permitted

Thunder FC will be guided by Football Queensland and, when available, use a QR code smart phone scanning application to streamline the sign-in process.

Rostered teams are encouraged to provide volunteers to run the designated registration area.

Club officials are to refer attendees to the sign-in area. The club official present during home games will act as the COVID Safe Coordinator to ensure cleaning procedures occur and club plans are followed.

**This process is critical to assist Queensland Health with contact tracing should a localised outbreak occur.**

## Junior and Senior Teams

Coaches are to complete the team sheets and hand these to the centre referee who places them into the box located in the Referees Room.



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## Club Officials

### Field Set-Up

Thunder FC will use our best endeavours to mark defined training areas for each training group of <20, maintaining a 4m<sup>2</sup>/person and physical distancing of more than 1.5metres (refer to Attachment 1: Playing Spaces and Key Contacts).

- Playing zones will be clearly marked and coaches will minimise balls being moved into another zone.
- No group from one playing space can come into contact with a group of another playing space.
- Field marking must not create an unnecessary risk of people congregating.

### Hygiene

Thunder FC will implement strict hygiene and sanitisation measures based on the club's risk assessment. These measures include:

- Regular wiping down of high use surfaces – additional use of disinfectant spray during home games
- Disinfectant spray to be used on balls before and after training and games
- Equipment cannot be shared between training zones
- Hand sanitizers will be available at the entry and exit of each training zone and clearly displayed
- High contact points within a playing space must be cleaned before another group can access

### Participant management

Management and segmentation of groups of participants will be achieved by:

- Each playing space having a different entry and exit to other playing spaces (one way flow)
- At least 5 metres between playing spaces
- Separation whilst in play
- Staggered start and finish times at each playing space
- Areas of potential congestion will be closed
- Adapt a training schedule to avoid overlap of participants

### Signage

Signage will be displayed to provide guidance to players and spectators. This includes:

- Player zone entry and exit points
- Hand sanitiser stations
- key messages to promote physical distancing and good hygiene (e.g. 1.5m social distancing) - advertised in high traffic areas
- Signage on the side of fields / designated entrance to indicate sign-in locations
- Hygiene guidance (wash hands thoroughly) above hand basins
- Official contact list and venue map will be displayed at the club house identifying pick up/drop off points

### Training Schedule

- Thunder FC will provide a training schedule to limit areas of congestion.
- Any questions or concerns regarding the schedule should be raised with the player's coach by phone.



- Start and finish times will be staggered where there are three teams training in playing spaces on the one field.

## Training pick-up and drop-off process

### *Under 9 and up*

- It is recommended that parents wait in their vehicles and direct players to meet their coach at the entry point if safe to do so – ***ensure player safety in car parks and when crossing roads***

## Facility access

### **Toilets**

During Stage 3 football activities, including training and games, access to toilets and the ambulant cubicle will be available, but will be subject to any applicable COVID requirements.

During home games, agreed volunteers with cleaning experience will assist with cleaning duties. Thunder FC will continue to monitor this service and review the protocol and frequency of cleaning shared facilities where required.

### **Change Rooms**

All player change rooms will remain closed for the resumption of training and games.

### **Isolation Room**

Thunder FC will designate and sign a space that will be used to isolate staff or participants who become unwell at home games and cannot leave immediately.

The isolation area should be equipped with the necessary PPE supplies to facilitate hand hygiene and respiratory etiquette, such as facemasks and gloves.

Volunteers must understand that participants who become unwell should be immediately isolated and given a clean disposable facemask to wear. Unwell participants are to leave the venue when safe to do so.

Thunder FC will engage a contract cleaner to disinfect facilities used by unwell participants.

The club official will immediately notify Queensland Health and other attendees of a suspected COVID-19 case.

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## Players

Players are to follow all coach directions and club advice regarding playing spaces to ensure personal wellbeing.

- Players are to arrive dressed ready to participate in training or games
  - Arrive no earlier than 10 minutes before training and 30 minutes before a game
  - Do not congregate and leave immediately after training
  - Bring your own water bottle and do not share
  - Consider your behaviour – keep your distance, no high fives, hand shaking or team huddles
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## Spectators

Thunder FC recommends football activities at the both Venues are carried out with limited spectators and volunteers to support the competition. It is an expectation of the club that:

- Minimal spectators/per player attend a Thunder FC game and
- Spectators sign-in on arrival

Thunder FC supports Queensland Health directives and strongly encourages everyone to practice social distancing, ensuring a 1.5m distance to other attendees.

## Canteen services

Thunder FC will from 1 August 2020 now be operating a canteen at the Kratzke Rd venue and we will review services and implement a Canteen Safety Plan in line with the [Retail Food Services Industry COVID Safe Plan](#).

The club will offer a 'take away only' canteen. The menu will be modified based on canteen capacity and volunteer availability.

Indoor seating will not be available. Barriers and spacing tape will be used to ensure a 'one direction' flow of traffic.

Under the Retail Food Services COVID Safe Plan, volunteers are required to complete the COVID Safe for Dining An online short course available [here](#) (duration approx. 30 minutes).

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## Coaches

Coaches are required to:

- Educate players on COVID football training practices at the start of training and continue to monitor player, parent/carer and spectator compliance with the club's rules
- Implement a 'wash your own' policy – bibs are not to be provided at training and players are required to wash their own team jersey. Coaches may request players wear a coloured shirt to assist with training drills
- Sanitise footballs prior to and after football activities
- Arrive 10 minutes before a training session and place a bottle of sanitiser at each end of the field (2 bottles in total)
- 5 minutes before the training session, stand at the entry point and meet players
- Collect the hand sanitiser and leave immediately after training is completed
- Strongly consider completing the COVID Safe Sport Coach online training (approximately 30 minutes)

Players returning to football after a period of social isolation and not exercising regularly may be at an increased risk of injury. Coaches and players should apply a graded return to mitigate injury risk, understanding that sudden increase in training load will predispose to injury.



## Player attendance records

Should a localised outbreak occur and to assist Queensland Health with contact-tracing coaches are to ensure:

- Players are recorded on the attendance register for each training session and game – refer to the registration section for further information
- Attendance records are to be scanned/clearly photographed and emailed to the club secretary within 24hrs of training

Players must be made aware not to attend football activities if they are unwell and should use a cautious approach. Anyone who is unwell will be asked to leave training/games and recommended to seek medical advice in accordance with Queensland Health directives. A player with a possible case of COVID-19 should refrain from training (even at home) and games until they have been cleared to do so by a doctor, given the potential for worsening illness.

## Training guidelines

- Training drills will aim to ensure social distancing continues (e.g. player line ups)
- Players will limit holding soccer balls and other equipment with their hands
- Be creative with the skills, drills and activities to manage social distancing

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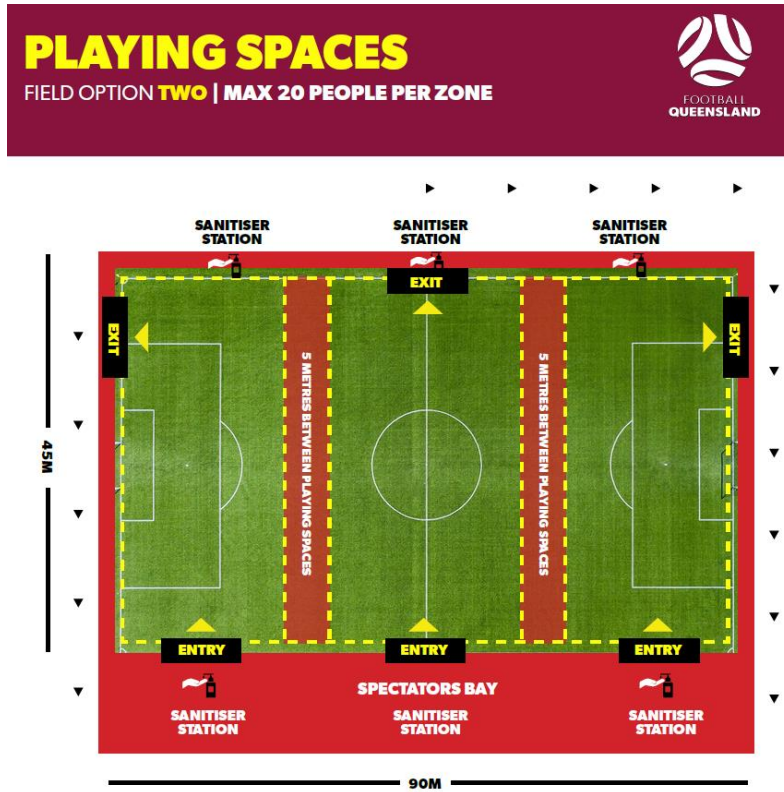
## Response

Localised outbreaks may require Thunder FC to restrict activities and respond accordingly. The detection of a positive COVID-19 case at Thunder FC will result in a standard public health response from Queensland Health, which could include quarantine of a whole team or large group, and close contacts, for the required period.



## Attachment 1: Playing Spaces and Key Contacts

Football Queensland - Field marking and sanitiser station option - Example



### Key Contacts

Questions about the Return to Football Guide and Thunder FC safety management please email [swqthunderfc@gmail.com](mailto:swqthunderfc@gmail.com) or contact:

- Luke Stenhouse, Chair: 0419 188 722
- Danny Clifford, compliance: 0434 522 457