



# RETURN TO COMPETITION REQUIREMENTS

(Due to COVID-19)

(Applicable to all levels of outdoor Football as of 29 June 2020)



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# INTRODUCTION

The impact of COVID-19 resulted in the suspension of all football activities in early March. Since this time, Football South Australia has been working with Government Departments to reboot the sport.

The sport has been returned in a staged approach in line with government easing of restrictions to ensure the health and well-being of all participants. This document outlines the requirements to return the sport to competitions as of 29 June 2020. Details of competition start dates will be provided by Football SA or the Affiliated Association.

The conditions set out in this document are in line with government directions as at the date of issue and are required to be implemented. This document and its conditions will be amended in accordance with any future government directives.

To further aid the fight against COVID-19, Football SA supports the Australian Government's COVIDSafe app and strongly encourages all members of the football community to get behind this initiative. The app can be downloaded from the Apple App store and Google Play.



**COVIDSAFE**

**Keep you and your family safe**

**Download now**

Download on the **App Store** | **GET IT ON Google play**

Help stop the spread and save lives.

The advertisement features a green background with white and dark green text. On the right, there is a stylized illustration of a hand holding a smartphone. The phone screen displays the COVIDSAFE app logo, which consists of a circular arrangement of the word 'COVIDSAFE' around a central shield icon with a checkmark. Below the logo, the text 'Help stop the spread and save lives.' is visible. At the bottom left, there are two buttons for downloading the app: 'Download on the App Store' and 'GET IT ON Google play'.



## 1. PRIOR TO ATTENDING GAMES

Before participating in football activities participants should not attend training if in the past 14 days they have:

- been unwell or had any flu-like symptoms.
- been in contact with a known or suspected case of COVID-19.
- 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.

## 2. RETURN TO COMPETITIONS

Under the easing of restrictions from COVID-19, sport returned to competition as of 25 June 2020. Outlined below are the minimum requirements needed to accommodate a safe and sustainable return to competition.

### A. CLUB REQUIREMENTS

- A maximum number of players and officials will be permitted in the field of play area at any time:
  - 11 players per team on the field
  - 5 players per team on the substitutes bench
  - 2 Team Officials per Team
  - 1 Medical Person per Team
  - Maximum of 4 Match Officials
- **Changing rooms.**
  - Changing rooms are permitted to be used with the recommendation that teams use the facility quickly.
  - Maximum number of people in the team changing room at any time is limited to 19 people.
  - Maximum number of people in the Match Officials Room at any time is limited to 3 people.
  - As of 29 June communal showers can be open.
  - Hand sanitiser will be placed in each changing room.



- Prior to a team coming into the changing room, team manager is to wipe down contact services with anti-bacterial/disinfectant cloth/wipes.
- **Other Areas and Requirements**
  - **Medical Room and Equipment** such as massage tables, must be cleaned with anti-bacterial/disinfectant after each individual use.
  - **Technical Areas** are to be set up so that players and team officials follow social distancing requirements of 1.5m.
  - It is recommended that each player washes their own playing strip
  - **Clubrooms**, Canteen and Public Toilets can be open.
    - Numbers in clubrooms are in accordance with the club's SA Gov COVID-19 Safe Plan.
    - Social distancing to be observed 1.5m.
  - No shaking of hands or group huddles to occur.
  - Half-time interaction is to be kept in line with social distancing.
- **Team Sheets**
  - Only one person in each team is to be responsible for the team sheet.
  - The nominated person is required to print and complete the team sheet prior to submitting it to the referee and sign the team sheet at the completion of the game.
  - Each person signing the team sheet must use their own pen, no sharing of pens is to occur.
- **Education**
  - All clubs are required to display any signage or information provided by Football SA.

- All clubs are required to inform their players, parents and volunteers of the requirements relating to the return to competitions.

## **B. ATTENDANCE AT GAMES**

Social distancing has been essential in curbing the spread of COVID-19 and any resumption of sport must continue to implement these requirements for the health and safety of its community. Football is played outdoors in large open venues, which is conducive to people attending games in line with the social distancing and density requirements specified by South Australian Health.

### **Multi-Field Facility**

- Each field of play is to be identified as an individual place.
- Maximum of 16 players per team total of 32.
- Maximum of 3 team officials per team total of 6.
- Maximum of 4 Match Officials.
- Football SA has been provided a general direction of 100 spectators per field. Under individual club SA Gov COVID-19 Safe Plans, clubs may receive notification permitting increased spectator numbers, clubs should follow the direction of their SA Gov COVID-19 Safe Plans.
- Social distancing of 1.5m should be observed.

### **Fenced Facility or Single Field**

- Number of spectators to attend must not exceed 500. This number does not include the players, team officials, match officials and volunteers of the participating teams.
- Under individual club SA Gov COVID-19 Safe Plans, clubs may receive notification permitting increased spectator numbers, clubs should follow the direction of their SA Gov COVID-19 Safe Plans.
- Clubs must identify clear separate entry and exit areas.

- Club officials must have people in the entry and exit areas with counters to monitor the number of spectators at the venue at any one time.
- Clubs must have social distancing signage displayed.
- Football SA will provide each club with a [Spectator Management Form](#) to complete.

### **C. PARTICIPANT / PARENT REQUIRMENTS**

When participating the following minimum requirements will need to be implemented by Participants and Parents.

- Minimise the time spent in changing rooms.
- **Showers areas can be used as of 29 June.**
- Parents/carers are to adhere to social distancing when at games.
- No hand shaking.
- No spitting – It is common for goalkeepers to spit into their gloves or for players to spit on the ground while playing. This is not to occur.
- Participants are to refrain from any group huddles including when celebrating a goal.
- Participants are to bring their own drink bottles and they are to be clearly labelled. No sharing of drink bottles.
- Individuals are to provide their own recovery food, for example fruit, sweets etc.
- Participants are to bring their own hand sanitiser and should apply it when not participating – half-time and when waiting to come on to the field of play.
- Any warm downs must observe social distancing requirements.

### 3. GENERAL SAFEGUARDS



In addition to the conditions outlined above for training, it is recommended that everyone involved in football continue to practise good hygiene by implementing the following measures:

#### Hygiene - Clubs

- Ensure spaces at each facility, surfaces and objects are regularly cleaned with disinfectant.
- Provide hand washing guidance to all participants and volunteers ([http://www.who.int/gpsc/clean\\_hands\\_protection/en/](http://www.who.int/gpsc/clean_hands_protection/en/)).
- Promote regular and thorough hand washing by volunteers and participants.
- Provide sanitising hand rub dispensers in prominent places around the venue.

#### Hygiene – Individuals

- Players, officials, volunteers, and/or their parents/carers should carry hand sanitiser on their person in order to maintain good personal hygiene.
- If using tissues, place them directly in the bins provided.
- Seek to avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.
- Each participant is to provide their own drink bottle that is clearly labelled and is only used by that individual. No sharing of drink bottles.
- No sharing of pens or clip boards, each volunteer must bring their own to venues.
- Wash your hands frequently with soap and water, before and after eating, and after going to the toilet.



#### Behaviour

- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.
- Use hand sanitiser gel if soap and water are not available.
- Do not touch your eyes, nose, or mouth if your hands are not clean.
- No spitting at any time.
- Practice social distancing – 1.5m.