

# COVID-19

## INFORMATION FOR PLAYERS & TEAMS



### RETURN TO TRAINING > LEVEL 1

## WHAT YOU NEED TO KNOW

Coronaviruses are a type of virus that can affect humans and animals. Some coronavirus cause illness similar to the common cold and others cause more serious illness, including Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS).

All football participants including players, coaches, match officials, club officials and any other person at the venue are responsible for stopping the spread of the virus. The following guidelines are designed to assist in understanding ways that you can help.

### Preparing for training



Prepare and dress for training at home



Shower at home before and after your training



Wash or sanitise your hands before and after your training



Arrive for your training 5 minutes prior



Where possible maintain a 1.5m distance from others



Fill and bring your own clearly labelled drink bottle from home



Non-contact skill training drills such as passing, shooting, heading



Contact-to-contact playing skills such as tackling are not permitted



10 participants at one time including coach\*

\*Coaches may only coach one squad of 9 at once. They must not work across multiple areas.



NO SPITTING permitted

### Do not come to training if you exhibit any of these symptoms



Fever



Cough



Fatigue



Sore throat



Shortness of breath

For more information go to [www.footballnsw.com.au](http://www.footballnsw.com.au)