AFL Europe strongly encourages all national and club teams to follow the advice of their local Government when returning to training. In addition to Government restrictions, AFL Europe recommends the following protocols be adopted when returning to training. To be clear, Government advise supersedes that provided by AFL Europe.

**FOOTBALL TRAINING CAN RESUME IF THE FOLLOWING PROTOCOLS ARE IN PLACE:**

1. Clubs/Teams strictly adhere to the maximum number of participants (inclusive of coaches) set out by your local Government.
2. Clubs/Teams to follow the principle of ‘Get in, Train, Get out’.
3. Strictly no physical contact between players can occur (i.e. no tackling, no bumping, no marking contests).
4. Social distancing of 1.5m must be maintained at all times. If your Government restrictions require a greater distance, please adhere to the greater distance.
5. No access to club rooms, changerooms or wet areas can occur.
6. Footballs can be used for group training, however no additional equipment (i.e. bump bags, weights, etc.) can be used during training.
7. A log, or register, of all participants in attendance at each training session must be maintained and available upon request by either AFL Europe or health authorities in your country.
8. The Return to Training hygiene practices outlined in this document are to be strictly adhered to.

**HYGIENE FACTORS FOR A RETURN TO TRAINING**

**Hygiene Protocols for a Return to Training**
- Alcohol based hand sanitisers must be available for all teams training sessions, with players encouraged to use prior, during and following training.
- There is strictly to be no sharing of water bottles, food or towels, and it is important to clean and disinfect these items following each training session. Disinfect mouth guards after each session.
- Players and coaches should avoid spitting or clearing nasal passages at training.
- Avoid high fives, handshakes, or other physical contact.
- Changerooms, club rooms and wet areas are not to be utilised for training (i.e. players arrive at venue in football gear).
- Club provided footballs to be wiped with antibacterial wipes or alcohol-based sanitiser prior to and after training sessions.
- Players are responsible for their own strapping if required. No player massages.
- If you, or people you have been in contact with are sick, please DO NOT attend training and advise the football coach.
- Players must shower immediately before and after training, not at the venue.

**General Hygiene Practices**
- 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
- Avoid touching your eyes, nose and mouth
- Avoid close contact with people who are sick
- Stay home and seek medical treatment when you are sick
- Cover your mouth to cough or sneeze. If using a tissue, immediately throw tissue into the rubbish bin. If tissues are not available, cough or sneeze into the inside of your elbow.
- Any player or official member that has underlying health conditions or is considered a vulnerable person should consult with a healthcare professional prior to returning to the training or match day environment.

**CLUBS MUST ENSURE THAT THESE HYGIENE PROTOCOLS ARE IN PLACE FOR ALL TEAMS THAT ARE TRAINING.**
**IF THESE PROTOCOLS CANNOT BE ACHIEVED THEN TRAINING SHOULD NOT PROCEED.**
FOOTBALL CLUB CHECKLIST FOR RETURN TO TRAINING

This guide has been established to support teams Returning to Training. The Football Club and Teams have an obligation to strictly adhere to these protocols at every training session to ensure the safety of players, umpires, coaches, volunteers and the wider community. The key principle for training must be;

‘Get in, Train, Get out’.

- **APPROPRIATE TRAINING GROUPS**
  The club can undertake training provided they adhere their Governments advice on group activities/training. The size of the group must take into account both players & coaches. No more than 3 small training groups per oval at any one time with groups not permitted to interact.

- **STRICTLY NO CONTACT**
  The club has advised its participants, coaches, volunteers and parents that all training must be strictly NON-CONTACT (i.e. no tackling, no bumping, no marking contests, etc).

- **1.5M SOCIAL DISTANCING**
  The club has advised its participants, coaches, volunteers and parents that all training must strictly observe social distancing requirements of 1.5m. If local Government restrictions call for greater distancing this must be followed.

- **NO ACCESS TO CHANGEROOMS**
  The club is aware that all club rooms, changerooms and wet areas are NOT to be used as part of the Return to Training.

- **FOOTBALLS ALLOWED, BUT NO OTHER EQUIPMENT**
  The Club is aware that Footballs can be used for small group training, however no additional equipment is permitted (i.e. bump bags, etc), and understands the restrictions in place for small group training.

- **CLUBS & TEAMS UNDERSTAND THE RETURN TO TRAINING PROTOCOLS**
  The club and all teams have read, understood and agree to adhere to the Guidelines for a Return to Training document provided by AFL Europe

- **HYGIENE PROTOCOLS ARE IN PLACE**
  The club has implemented the hygiene protocols as outlined in the Guidelines for a Return to Training document.

- **A REGISTER OF PARTICIPANTS**
  The club has implemented a log, or register, to keep a track of which participants are in attendance at all training sessions, and this is available upon request by AFL Europe or health authorities.

- **FOLLOW DIRECTIONS**
  The club and training groups understand that they must follow the direction & advice of Police, Local Government and AFL Europe at all times.

CLUBS ARE ENCOURAGED TO RESUME TRAINING ONLY IF AND WHEN THEY FEEL SAFE AND COMFORTABLE TO DO SO.
OVERARCHING TRAINING PRINCIPLES

“GET IN, TRAIN AND GET OUT”

- Players should prepare for exercise at home, minimising need to congregate in change rooms/sporting facilities. Players should get dressed to train at home and shower at home on completion.
- Strategies to limit time and person-to-person contact on site – promoting social distancing – should be implemented:
  - Arrive dressed and ready to train, players responsible for own strapping
  - Minimise use of change rooms, bathrooms, and communal areas (toilet, medical only)
    - These areas could be limited to required access only
  - Where possible, showering at home instead of at training venues
  - Between training efforts, maintain at least 1.5m apart
  - Any tasks that can be done at home, should be done at home (e.g. recovery sessions, online meetings).
- There should be no mingling or play before or after training or competition.

WHAT DOES SMALL GROUP TRAINING LOOK LIKE?

- Staggered training schedule (start times, different days, potential for different locations)
- Training groups of no larger than ten (10), including players and coaches (Unless greater groups are permitted by Government)
- Consistent group members and no movement between groups to reduce risk of cross-contamination
- Training activities will be non-contact (no tackling, bumping etc)
- Use of equipment to be limited- footballs and ground markers only
- If pair/group work is required, pairs will be consistent across each training session
- Specific group activity footballs will be used, and wiped down after each drill or match simulation
- Any necessary meetings to occur remotely using video technology
- Any spectators, including parents or caregivers, must remain socially distant to the athletes.

ALL FOOTBALL CLUBS PLAY AN IMPORTANT ROLE IN:

- Reducing the spread of COVID-19;
- Promoting good hygiene practices amongst players and officials;
- Adhering and promoting Government requirements around social distancing and gatherings; and
- Following the clear protocols and requirements around Return to Training.

It is important that clubs are respectful in adhering to the protocols outlined as part of Return to Training, as they form part of the current Government directions. By every club and individual playing their part in adhering to the protocols, will mean that football would have played its part in the community through a commitment to community health outcomes, but will also improve the opportunity for football to return to play sooner.

THESE DIRECTIONS FORM A KEY PART OF THE RETURN TO TRAINING PROTOCOLS TO ENSURE WE CAN RETURN TO PLAYING FOOTBALL AS SOON AS POSSIBLE. MORE IMPORTANTLY, THESE PROTOCOLS HAVE BEEN PUT IN PLACE TO PROTECT YOUR LOCAL AFL EUROPE COMMUNITY, THE WIDER AFL EUROPE COMMUNITY AND THE GENERAL POPULATION.