

# [INSERT Player Name Here]

## COVID-19 RESPONSE MANAGEMENT PLAN

[This document provides a template for Players to manage the impact of COVID-19. The Plan has been developed to be flexible and adapted to individual and general circumstances related to COVID-19. The response to relevant items should be practical, simple and can be easily and readily implemented by your Association / Club. It is important to engage with the local authorities to ensure relevant standards and information are taken into account.]

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a) [e.g. Version 1.0]	b) [Description of changes made and what promoted the changes]	c) [ e.g. J Smith]	d) [Day / Month / Year]

### 1. COVID-19 Practices and Protocols

		Status
a) Individual	Are you registered as a player on Play Football?	
	Are your contact details accurate on the Play Football system?	
	Complete physical conditioning programs at home rather than at venues.	
	Have you ensured your contact details are accurate on the Play Football system?	
	Have you downloaded the CovidSafe App? <a href="https://www.health.gov.au/resources/apps-and-tools/covidsafe-app">https://www.health.gov.au/resources/apps-and-tools/covidsafe-app</a>	
	Complete 'at home' physical conditioning programs.	
b) Training	Have you been given permission by the club to commence training in a group situation of no more than 20 people?	
	Does training comply with social distancing with fellow players, coaches and volunteers? <a href="https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19">https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19</a>	
	Ensure that you wash your hands pre/post training. <a href="https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/good-hygiene-for-coronavirus-covid-19">https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/good-hygiene-for-coronavirus-covid-19</a>	
	Bring own labelled water bottle already filled with water.	
	Only use personal equipment such as bibs, shin guards, clothes and gloves.	

	Status
Complete all stretching and strapping off site.	
Bring own personal hand sanitiser to trainings.	
If feeling unwell, stay at home and do not participate in football activity.	
Ensure all personal equipment is cleaned and washed post training.	
If you start to feel unwell during training, notify the coach immediately.	
Do not engage in any form of handshakes or physical contact with fellow players, coaches or volunteers.	
Have you received communications from your coach/manager regarding the importance of social distancing and good hygiene? <ul style="list-style-type: none"> <li>- <a href="#">Good Hygiene is in your hands</a></li> <li>- <a href="#">Hand washing guidance</a></li> <li>- <a href="#">Keep that cough under cover</a></li> <li>- No sharing of drink bottles and towels</li> <li>- No sharing of balls or equipment without an appropriate cleaning protocol in between training sessions.</li> </ul>	
Have you received communications from your coach/manager on the key principles of how the Players will undertake activities during this time? <b>'Get in, train and get out'</b> For example (note this we will be subject to change depending upon restrictions and practices within your jurisdiction or model): <ul style="list-style-type: none"> <li>- Current position on social distancing and hygiene management</li> <li>- Current advice relating to the health requirements for participation</li> <li>- Outline activity / training plan where possible prior to arrival</li> <li>- Arrive dressed and ready to train</li> <li>- Only essential people are to attend activities</li> <li>- Only attend approximately 15 minutes prior to the start of the activity and leave immediately after</li> <li>- No social activity outside of these times</li> <li>- Where possible, warm-ups and pre-activity preparation such as strapping should be completed at home prior to arriving for any football activities</li> <li>- Any tasks that can be done at home, should be done at home</li> <li>- At venues where possible, parents are encouraged to stay in their car</li> <li>- Food should be eaten off site</li> <li>- Minimise use of change rooms, toilets, and communal areas. Where required, there should be a restriction on the number of people using the facility (e.g. toilet) at any one time</li> <li>- Each player must have their own drink bottle, bottles not to be shared.</li> <li>- Shared equipment, except for footballs, is not permitted (e.g. bring your own bib).</li> </ul>	