

INFORMATION FOR COACHES & TEAM MANAGERS



RETURN TO MODIFIED TRAINING: STAGE 1

WHAT YOU NEED TO KNOW

- Alamein FC's priority is to safeguard the health and wellbeing of the our community during the COVID-19 pandemic. The club is following the guidelines and framework provided by Football Victoria, Sports Recreation Victoria in conjunction with Victoria's DHHS
- All football participants including players, coaches, club officials, parents/guardians and any other person at our facilities are responsible for stopping the spread of COVID-19. The following guidelines are designed to assist in understanding ways that you can help.

Preparing for training



Maintain Attendance Records of Players, Coach and Team Manager



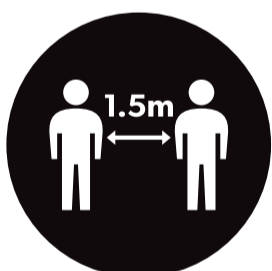
Shower at home after your training as change rooms are closed



Sanitise your hands before and after your session



Be punctual and avoid any contact with other sessions. If you arrive earlier you MUST stay in your car



Where possible maintain a 1.5m distance from others
NO congregating at the ground entry point



Provide regular breaks for hydration and hand sanitising



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



Tackling, Throw-Ins, Headers, Hand Shakes, High Fives are not permitted



10 players at one time plus coach*

*Coaches may only coach one squad
They must not work across multiple areas.



NO SPITTING. Cover your mouth and nose when you sneeze/cough or use inside of your elbow

Once training has concluded leave the venue immediately

Do not come to training if you exhibit any of these symptoms or have been in contact with a known or suspected case of COVID-19.

Advise the club immediately if you test Positive to COVID-19



Fever



Cough



Fatigue



Sore throat



Shortness of breath

For more information go to www.footballvictoria.com.au or www.dhhs.vic.gov.au