



# COVID-19 Level B Guidelines for Players

## What's going on?

Players active in preseason will be invited to participate in an extended MUSC preseason, in training groups of 10 or less. Players must complete an online health check and follow restrictive hygiene guidelines to be able to participate in this limited form of training.

All players must follow the guidelines listed below, for their own safety and the safety of their teammates. These guidelines have been developed by combining guidance from relevant authorities including Football Victoria, the Victorian Government, and the University of Melbourne. Complying with these guidelines increases the likelihood of Melbourne University Soccer Club (MUSC) returning to less restrictive training and competition activities.

## What is expected from players?

1. All participants must complete a pre-health [checklist](#) before returning to training. You will receive a confirmation email as evidence to show to your coach/instructor that you are healthy to return to club training sessions.
2. All participants must read through the 'COVID-19 Framework B' info pack and electronically sign a declaration that they understand what is expected of them.
3. If a club member tests positive to COVID-19 they must notify the club president, Michael Owen, immediately at [president@musc.com.au](mailto:president@musc.com.au).
4. Any club member exhibiting COVID-19 symptoms or generally feeling unwell must NOT attend training and should follow advice from the Victorian Department of Health and Human Services including self-isolation and seeking testing for COVID-19.
5. Potentially vulnerable club members are advised to NOT attend training at this time.
6. Spectators may not attend training. Where a parent/guardian is required to drive a participant to training, they should drop off/pick up only.
7. Any participant who has been diagnosed with COVID-19 and since recovered must provide medical clearance from their doctor before joining in club training activities.

## What will training look like?

1. Each training session will be limited to 75 minutes and restricted to predetermined small groups within a half pitch at Princes Park. You can not join another training group.
2. Your usual coach may not be able to take your session, respect and support the person who has volunteered to run your session in their place.

3. 'Get in, train and get out.' Players should:
  - a. Wash/ shower immediately before and after training sessions.
  - b. Arrive on time at the allocated area for their group without socialising with other groups. **Do not congregate at the Car Park or Pavilions.**
  - c. Arrive dressed and ready to train.
  - d. Leave immediately after training by the allocated time. **Do not congregate at the Car Park or Pavilions.**
4. Participants must maintain social distancing of at least 1.5m at all times. Individual players are liable for breaking social distancing regulations, including paying any fines.
5. Training activities must be non-contact and will primarily consist of non-contact skill training drills — passing, shooting, dribbling. Heading and the use of hands is prohibited (unless you're wearing GK Gloves!)
6. Do not eat food, share drink bottles or share towels during training.
7. No hugging, handshakes, fist-bumping, etc. Basically, don't do anything that can lead to transmitting COVID-19!
8. If a participant gets injured while training, they should look to leave the training session and seek treatment elsewhere, or go to the hospital as appropriate. In an emergency please call 000.

### **What access will we have to grounds, facilities, and equipment?**

1. Each training allocation will have a minimum of 10m 'neutral zone' between areas. Group leaders must ensure this is clearly marked out and that this space is not to be entered.
2. Any balls that enter another group's training space must be passed back to the other group using the foot (do not use hands) - this should be done as quickly as possible.
3. Access to all indoor facilities (changerooms, showers, storage, common area) is off limits.
4. Each training group will have their own allocation of equipment which will be stored off-site with a designated group member.
5. Players can bring a light and dark top where requested by their designated coach - no bibs will be allowed.
6. Each training group will have a designated person responsible for looking after your group's equipment, this will need to be transported to/from training sessions as there is no shared storage available.
7. All items of equipment should be cleaned with disinfectant prior to and immediately after all training sessions. Responsible players and coaches will be given detailed instructions.

### **What could go wrong if we don't follow the guidelines?**

1. Most seriously, a single case of COVID-19 could be rapidly transmitted throughout the MUSC community and put the health and well-being of our members at risk. We want everyone to stay safe and healthy.
2. The police can stop any groups not adhering to the social distancing rules and each individual could be liable for a fine of up \$1,652.
3. City of Melbourne can revoke access to facilities for groups who have members not complying with their group's Return to Training Plan.
4. The Club can revoke facility access to any training group who are not following the Club's Return to Training Plan.