



MUSC COVID-19 Level B Operating Framework

Background

On Wednesday 18 March 2020, the MUSC Board made the determination to suspend all football activities until further notice in response to COVID-19 with consideration of governing body advice.

On Friday 1 May, the National Cabinet released the blueprint for a return to sport, the [National Principles for the Resumption of Sport and Recreation Activities](#). Key principles within the blueprint include:

- Sport and recreation activities can contribute many health, economic, social and cultural benefits to Australian society emerging from the COVID-19 environment.
- All decisions about resumption of sport and recreation activities must take place with careful reference to these National Principles following close consultation with Federal, State/Territory and/or Local Public Health Authorities, as relevant.
- The AIS '[Framework for Rebooting Sport in a COVID-19 Environment](#)' provides a guide for the reintroduction of sport and recreation in Australia.
- Resumption of community sport and recreation activity should take place in a staged fashion with an initial phase of small group (<10) activities in a non-contact fashion.

On Thursday 14 May, Sport and Recreation Victoria released [Resumption of sport and recreation activities](#) which sets out how and when sport and recreation activity can return and provides assistance to help make that process viable, safe and successful.

The MUSC COVID-19 Level B Operating Framework has been developed to oversee a potential MUSC staged return of limited activities in line with relevant guidance from the AIS, the Victorian Government, Football Victoria, the University of Melbourne and the City of Melbourne. This guide outlines how the club will practically implement operational activities through this period.

Framework

General

1. No activities are to take place unless approved by the Federal/State government and local public health authorities.
2. MUSC will utilise the the [AIS Framework](#) as a guideline.
3. All activities in line with the Victorian Government, Football Victoria, the University of Melbourne and the City of Melbourne.
4. Training opportunities will be provided for participants who MUSC coaches have identified as active and engaged in preseason training. Training opportunities are provided for an anticipated return to competition football.

Health

1. Latest health advice can be found at [Victorian Department of Health and Human Services](#).
2. Training participants are encouraged to voluntarily download the Australian Government COVID-19 contact tracing app (COVIDSafe).
3. All participants looking to attend training will complete a pre-health [checklist](#). Key items include:
 - a. Training participants exhibiting COVID-19 symptoms, or who may be feeling unwell, must not attend training and should seek medical advice and clearance before returning to training.
 - b. In the event of a club member testing positive to COVID-19:
 - i. The member must notify the club President immediately.
 - ii. The President must immediately notify MU Sport in accordance with the [Club Critical Incident Procedure](#).
 - c. 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:
 - i. Self-isolate.
 - ii. Seek medical advice from your GP.
 - iii. Get tested for COVID-19.
 - d. Potentially vulnerable athletes/coaches/other personnel will be advised not to attend a training session at this stage.
4. Spectators should be discouraged from attending training. Where a parent/guardian is required to drive a participant to training, they should drop off/pick up only.
5. Any participant who has been diagnosed with COVID-19 and since recovered must provide medical clearance from their doctor before being permitted to join in club training activities.

Football Sessions

1. All training times to be strictly adhered to. Each training session will be limited to 75 minutes.
2. All training sessions to be restricted to predetermined small groups (less than or equal to 10 players and 1 coach) with adequate spacing. All training attendance must be recorded.
3. Each group will have a responsible nominated coach who will oversee the training session.
4. Participants must maintain social distancing of at least 1.5m at all times.
5. Training activities must be non-contact, and no competitions are to take place. Training activities must be modified so that participants can maintain 1.5m distance from each other.

6. Training activities will primarily consist of non-contact skill training drills — passing, shooting, dribbling.
7. The ball is to make no contact with the face or head.
8. There should be no socialising, and no provision or consumption of food during training.
9. There should be no sharing of drink bottles and towels during training.
10. If a participant gets injured, 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.
11. Any task that can be done at home, should be done at home e.g. fitness-based activities, recovery sessions, online meetings, etc.
12. 'Get in, train and get out.' Players should:
 - a. Wash immediately before and after training sessions.
 - b. Arrive at the allocated area for their group.
 - c. Arrive dressed and ready to train.
 - d. Leave immediately after training by the allocated time.

Facilities

1. Access to all indoor facilities (changerooms, showers, storage, common area) is off limits.
2. Access to grounds is strictly in line with the Facility Provider's COVID-19 guidelines. All training participants must be made aware of these guidelines and agree to adhere to these before being invited to train.
3. Training groups should meet at their allocated training area and not congregate elsewhere with training participants from other groups.
4. Each training group will be allocated a half pitch-sized space to train on (in line with Facility Provider guidelines.)
5. 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.
6. A minimum of 15-minute gaps is to be scheduled between same-day sessions.
7. An updated record of attendance will be kept accurate. This will assist with contact tracing in the event of a COVID-19 positive test.

Equipment

1. Stage 1 allocations to only be 5 Balls and 20 Cones. Future equipment to be assessed.
2. Each training group will have their own allocation which will be stored off-site in line with a designated group member.
3. No bibs will be allocated during Level B stage. Players to bring Light and Dark Top where needed.
4. 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.
5. There will be no storing of equipment in communal spaces during Framework B.
6. All items of equipment (balls and cones) should be cleaned with disinfectant prior to and immediately after all training sessions.
 - a. Wash equipment in a cleaning mixture, leaving it on for at least 10 minutes, before rinsing and drying
 - b. Use cleaning products that are antiviral, meaning it can kill the virus, such as chlorine-based disinfectants

- c. See [Routine household cleaning](#) and/or follow directions from the state/national sporting organisation and/or competition manager

Resources

1. Club will communicate relevant resources to members
 - [Good hygiene practices poster for businesses](#)
 - [Good hygiene is in your hands](#)
 - [Hand washing guidance](#)
 - [Keep that cough under cover](#)
2. Members to read the following Australian Government and WHO resources:
 - [Good hygiene for coronavirus \(COVID-19\)](#)
 - [Hand washing guidance](#)
 - [Keep that cough under cover](#)
 - [Self-isolation \(self-quarantine\) for coronavirus \(COVID-19\)](#)
 - [Advice for people at risk of coronavirus \(COVID-19\)](#)
 - [Coronavirus \(COVID-19\) resources](#)

Acknowledgement

Club Declaration

Training participants must acknowledge they have read the Summary of MUSC Level B Operating Framework for Players via this [link](#).

COVID-19 Return to Club Training and Activities Health Check

Before attending training, club members must also fill out the Melbourne University Sport form at the following [link](#).