

# Alert Level 2 – Football Training Update

As of 13 May 2020



**At Alert Level 2 COVID-19 is contained in New Zealand but there is still risk of community transmission. At this level football can begin to return in a measured and calculated capacity.**

The below guidelines are requirements for training to be able to take place at all levels of football across New Zealand from 16 May. They are put in place to minimise the risk of transmission of the virus. They have been developed in accordance with both the Government and Sport New Zealand's guidelines and recommendations. As per the announcement on 9 April, no competitions can begin before 30 May.

The key points are that **training groups cannot be larger than 10, including coaches, support staff and referees**, and that appropriate contact tracing, hygiene and sanitation measures must be put in place. **No training can start until all measures have been planned for, documented and signed off by the club in addition to respective council or facility owner if appropriate.** We also recommend that changing facilities, and where appropriate clubrooms, remain closed with players arriving ready to train.

NZF will be publishing further guidelines, in accordance with the Government and Sport New Zealand updates, in the next week. This will provide more details on community football returning, as well as measures around contact tracing and use of football facilities.

## Contact Tracing

- For training to resume, contact tracing must be in place for everyone involved in, or attending, any session. Contact tracing includes, but is not limited to, recording the **name, address, phone number, and email address** of everyone attending, as well as the **date and time of the session, and who dropped them off/picked them up.**
- To support contact tracing, all players, coaches, support staff and referees must be registered with COMET.
- Contact tracing information should be held securely and be accessible at all times.
- Information should be held for 4 weeks after the training session has occurred.
- NZF is in the final stages of testing a digital tracing system that all clubs will be required to use. This will be released as soon as possible. Until then please use other means to record the required information.

## Limited size of gathering

- Gatherings of any capacity, either indoor or outdoor, are **limited to 10 people. This includes all players, officials and support staff.** This is being reviewed by Government on 25 May 2020.
- More than 10 people may be present in public or at a venue, as long as they are in separate groups and are not intermingling with each other.
- Spectators are advised to remain distant and not intermingle with the 10 person limit.
- Training should be scheduled to allow appropriate time for teams to arrive and leave without overlapping.
- Drop off and pick up areas should be clearly stated.

## Cleaning and Hygiene

- All participants should wash and dry their hands, or if not possible use hand sanitiser, before and after any activity.
- Handshakes or similar contact should be avoided.
- Equipment should be washed and disinfected before and after training.
- Sharing of equipment should be minimised where possible.
- Participants should avoid touching their face and cough into their elbow.
- Caution should be exercised with common touch points (e.g. gates or doors) with hands washed or sanitised after using.
- Water bottles should not be shared under any circumstance.
- Spitting or other similar actions is prohibited including on GK gloves.

## Physical Distancing

- Within the maximum 10 person gathering, it is accepted that physical distancing cannot be maintained while training.
- Off the pitch, all participants should maintain physical distancing of two metres whenever possible.

## If unwell

- No one should be participating, or leaving home, if they are displaying symptoms of COVID-19, awaiting a test, or if required to self-isolate.

Read the updated guidance on sport at Alert Level 2 from Sport NZ at [sportnz.org.nz](https://sportnz.org.nz)

