



COVID-19: NRFC Player Return to Train Guidelines

All Northern Rovers FC parents and players must strictly adhere to the below guidelines. They are put in place to minimum the risk of transmission of the virus. They have been developed in accordance with both the Government and Sport New Zealand's guidelines.

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.

COMPULSORY SIGN IN PROCESS AT ALL NORTHERN ROVERS FC FACILITIES FOR ALL STAFF, PLAYERS VISITORS (Contact Tracing)

The NZ COVID Tracer app must be used by everyone, including players, coaches, managers, referees, support staff and spectators, attending any activity, and can be downloaded from health.govt.nz. Bluetooth should also be enabled within the app settings.

Any player who is unwell or experiencing cold/flu symptoms must not attend training. Please advise your coach that you will not be attending and why

PREVENTION



Wash hands with soap/sanitiser, at least 20 seconds



Practice Social distancing (2 meters)



Don't touch your face



Keep objects and surfaces clean

SYMPTOMS



Fever



Cough



Shortness of Breath



Sore Throat



If you have symptoms, stay at home in isolation



Cover nose and mouth with a tissue or elbow when sneezing or coughing



ARRIVAL and TRAINING PROCEDURES FOR Northern Rovers FC including all satellite grounds:

1. The most important rule we must all abide by is if you are sick or have symptoms you **MUST STAY HOME**. Coaches have been instructed to send home anyone displaying any of the below symptoms or seem generally unwell

Symptoms include:

- a cough
- a high temperature of at least 38°C
- shortness of breath
- sore throat
- sneezing and runny nose
- temporary loss of smell.

2. All players are to arrive no more than 5 mins prior to training and go straight to team allocation spot which will be pre-advised by coach/team manager.
3. Please ensure all players have been to the bathroom prior to attending training
4. All players must arrive ready to train. **NO** changing rooms will be open for use
5. **NO spectators/parents/caregivers** are to enter the grounds.
6. Spectators/parents/caregivers are to remain in cars and not congregate in common spaces
7. All players to sanitise hands with team allocated sanitiser and wait for instruction by their coach
8. Maintain 2 metre distance where possible
9. No unnecessary contact of any sort. NO high 5's, No hugging, No play fighting, No throw in's, No unnecessary handling of footballs and all other training equipment
10. Coach will take attendance of everyone at training session
11. Any player that needs to use the bathroom must ask the coach for permission. Players must maintain the 2 metre distance on the way too and from the bathrooms.
12. Parents who have dropped off children must register their attendance separately using the NZ COVID TRACKER APP.

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13. A large section of the carpark will be coned off to avoid unnecessary close contact on arrival
14. At completion of training, all players to return to parent's cars and depart quickly and safely
15. All training equipment will be cleaned by coaches at the completion of each training session
16. Any player or visitor to any Northern Rovers FC grounds or game that is suspected of having or has been tested for Covid-19 must notify Karyn Parle office@northernroversfc.org.nz immediately.

If a potential or confirmed case is discovered at our club, the following actions will be taken:

NORTHERN ROVERS FC CONTACT TRACING

1. Notice to club of a possible case of COVID-19 from Ministry of Health or Individual stating approx. time and date(s) of potential exposure
2. Club will review all team rosters, training schedules and QR CODE records to determine which teams and visitors have had possible contact
3. Club will notify all team managers, players and visitors that have had possible contact immediately via phone
4. Club will give advice to the team managers and other clubs base on Ministry of Health guidance. It is likely you will be advised to immediately seek a testing station for COVID-19 and then enter isolation without any delay and to personally notify all people you have been in contact with since the date of the possible exposure
5. Team managers will need to notify all players immediately and relay information issued by the club for what to do next.
6. Players, coaches and managers will need to notify all personal contacts they have had.

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- The club will also post via social media channels and membership wide emails notifying of the dates and time a possible exposure occurred and ask them either contact team managers in the first instance or to call the club immediately if they believe they were at the club at this time and all trainings will be cancelled immediately until further advice to the teams

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