

# Western Springs AFC Return to Training Plan



## 5th - 19th Grade

Updated 26th August 2020

Springs parents/caregivers, players, coaches, managers and anyone intending on participating in club training must read and understand the following Health and Safety Guidelines.

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### ILLNESS

Training must be avoided if anyone has any COVID-19 symptoms. Symptoms of COVID-19 are similar to a range of other illnesses, such as influenza.

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

These symptoms don't necessarily mean you have COVID-19. The symptoms are similar to other illnesses that are much more common, such as cold and flu.

Shortness of breath is a sign of possible pneumonia and requires immediate medical attention. If you have these symptoms please call Healthline 0800 358 5453 or your doctor immediately.

### PICK UP AND DROP OFF

Members are expected to come to the grounds ready to train and must depart immediately after training.

It is asked if caregivers can **drop off and pick up only**. If you wish to walk your child to and from the turf gate please park in the lower MOTAT carpark, you **MUST** check-in and out via the QR Code at the gate you go to.

Parents/caregivers are not permitted to spectate around the turf and we request if possible that they do not wait in the carpark but leave the grounds and return for pickup.

### TURF ALLOCATION

Teams have their allocated training days/times and spaces. These may not be changed or swapped with another team without approval from the club. Exact training times need to revert back to those we used in May to allow for a transition time between sessions:

	Session 1	Session 2	Session 3
Monday	3:45 - 4:30	4:45 - 5:30	5:45 - 6:45
Tuesday	4:00 - 5:15	5:30 - 6:45	
Wednesday	3:45 - 4:30	4:45 - 5:30	5:45 - 6:45
Thursday	4:00 - 5:15	5:30 - 6:45	

Our footballers must enter the turf through the gate relevant to their training space as indicated on the [Turf Allocation Map](#). **NO CLIMBING OVER THE FENCES.**

## **TRAINING BUBBLES**

Players must stay in their training bubble and not leave their allocated turf space to chase after stray balls, these will be collected by coaches.

Tips for minimising contact will be shared with coaches. Occasional accidental contact is inevitable, and also not likely to be a problem. We don't want anyone getting stressed over mistakes they genuinely can't avoid.

## **HYGIENE MEASURES**

Hand sanitising stations will be in place at all entry points to the turf and clubrooms and clearly stationed around grass fields. The clubrooms will be closed aside from the use of toilets which should be limited.

All changing rooms are on a one-in/one-out basis or will be designated to set teams, though this is more relevant to the senior club. Players are requested to turn up ready to train and avoid using changing facilities where possible.

Water fountains will not be permitted for use - all players must bring a named water bottle.

## **CONTACT TRACING**

Only registered players, coaches and managers are allowed on the club turf and fields for team trainings at their specific time. Anybody else at the club for drop-off or pick-up will need to register via a QR code on signs around the club.

## **EQUIPMENT CLEANING**

Each team has their own set of club gear and this should be used only by those teams. After each training, coaches please disinfect your own gear. We recommend that equipment is only touched by coaches.

Prior to each training the 2x1 goals will be stored in one area next to each field. If coaches choose to use them, then coaches must ensure they put the goals back in the same place immediately after training so they can be disinfected before the next groups start. Use of bibs is allowed but they cannot be shared between players during any one training session and should be washed after each use.

For further information or questions please contact:

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