## **INTRODUCTION**

We have recently seen the removal of all of the COVID restrictions that impact the operations of our football clubs and leagues, including the removal of mandatory isolation periods.

While this is welcome and will allow football clubs and venues to operate more normally, COVID continues to present ongoing health risks for our community.

There are important things we can all continue to do to protect ourselves and others from COVID-19 and other respiratory diseases.

- Stay home if you're sick
- Stay up to date with your COVID-19 and influenza vaccinations
- Practice hand hygiene
- Consider wearing a mask in crowded indoor places (masks are required in public and private hospitals)
  - o If you have tested positive to COVID-19 or are a close contact, it's recommended you wear a mask when you are in indoor public places or on public transport
- Consider doing a rapid antigen test before visiting people at high risk of severe illness.

Clubs should use best endeavours to continue to provide a COVIDSafe environment for players, officials and spectators, and should consider continued implementation of best practice health advice.

## **Key Principles**

- Maintaining 1.5m apart where possible
- Routine cleaning and sanitisation
- Masks encouraged when indoors and unable to physically distance
- Avoid sharing of equipment, in particular drink bottles
- Encouraging persons to stay away if they are unwell

## **TESTING**

It's important to get a COVID-19 test as soon as symptoms develop.

PCR testing is available if you have any COVID-19 symptoms. You should stay at home until you receive a negative COVID-19 test result.

If you have COVID-19 symptoms and test negative, stay at home until you are well

Rapid Antigen Testing (RAT) is an alternative to standard PCR testing.

If you test positive in a rapid antigen test, you do not need to get a PCR test to confirm the result. You are required to report your positive result within 24 hours using the <u>online form</u>.

## **MASKS**

If you have tested positive to COVID-19 or are a close contact, it's recommended you wear a mask when you are in indoor public places or on public transport.

Even when it's not mandatory, you may choose to wear a mask where it's not possible to maintain a physical distance from others.

Please always be respectful to those who choose to wear a mask.