



**MAY 2020**

**COVID-19 UPDATE from West Coast Junior Football Club**

Hi West Coast Families

Since the announcements from the State Government and WA Football Commission last Monday, we've been working with our Committee and Coaches to ensure we can get back on the training track as soon as possible.

The intent of the guidelines is to facilitate clubs bringing their community back together, and to get kids kicking footies with their team mates. The return to training period is to get our players active, it is NOT a period of intense training for competition. We do not know when we will be able to return to competition.

Before training starts there are quite a few items on our action list and they range from ensuring our Coaches are trained on COVID-19 infection control, to working out specific training plans for each team and even figuring out which cleaning solution we need to wash our footies with. Please be assured that we are working as quickly as we can to get our teams from Year 3 to our Under 18s back to training with their mates at WCJFC.

Your family can help speed up the process by reading the Return to Training Protocols, watching some videos and having a discussion with your footballer(s).

The key points of the Return to Training Protocols are:

- Training will be non-contact (i.e. no tackling, no bumping, no marking contests)
- Players and Coaches are to avoid high fives, handshakes, or other forms of physical contact
- All training participants must observe 1.5m social distancing
- Groups of 20 can train together, this includes the Coach.
- If a team is larger than 18 players (and you have 1 Coach and 1 Asst Coach) we may split into 2 smaller groups. Alternatively players can rotate as to when they attend training. The Coaches will work through this detail with their team.
- Where players are assigned to a smaller group they, their Coach can not move between small groups
- Parents who have children in multiple year groups can help with 1 team only. For example, they can not Coach one child, and be an Assistant Coach for another child's team
- Players and coaches will be required to wash their hands (or hand sanitise) as they arrive at training

- Players are to provide their own water bottle, and to bring enough water for the duration of each session
- There will be no access to change rooms, players should arrive at training ready to train (public toilets remain open)
- The only equipment we can use are footballs and cones, we will not be using Bump Bags
- Players and coaches will be required to wash footballs before and after each session
- We will record attendance at each training session
- Parents are to drop their child at training and collect at the training finish time. The only exception is where a Coach seeks assistance from a parent to assist with supervision or training, particularly for our Year 3-5 teams. This parent will be recorded as part of the training group

It is a really long list of do and do not do, but all measures are in place to minimise the risk of COVID-19 spreading in our community and ensuring we can quickly contain it if it does present.

A key principal of the Return to Training is **Get In, Train, Get Out**. Players are discouraged from arriving too early or hanging out after the training session is complete (Sorry, no more "please can I have one (ten) more kick at goals after training")

A breach of the State Government restrictions or the requirements of the Return to Training guidelines may result in an individual and/or the club being fined. Our Coaches have an increased workload in running sessions during the Return to Training period, please be respectful of their time and dedication to our teams. Players or parents who disregard the guidelines will be asked to leave the training session, and not to train with the team until further notice.

## **WAFC Return to Training Guidelines**

A link to the WAFC guidelines are here. Information is updated regularly.

<http://www.wafootball.com.au/news/18790/wa-community-football-return-to-training-update?a>

## **Videos**

Handwashing with Hand Sanitiser

<https://www.youtube.com/watch?v=ZnSjFr6J9HI>

Handwashing with Water & Soap

<https://www.youtube.com/watch?v=3PmVJQUCm4E>

Greeting Etiquette

<https://www.youtube.com/watch?v=aP2xcQKkzZI>

**Email a Question**

## Pre & Post COVID-19 Ruck Contest

On a lighter note, I wonder if a pre and post COVID-19 ruck contest will go from this ....



to this?



2019 U18s, photo credit Sue Wheaton



## Auskick

Unfortunately we aren't able to run our Auskick program in the Return to Training period. This is due to the nature of the activities, the number of parents we need to support the players, and the complexity of managing social distancing with children in Pre-Primary, Year 1 & 2. Auskick is in scope for Phase 3 of the State Government phases, lets hope we move to Phase 3 soon.



2018 Auskick Gala Day, photo credit Grant Taylor

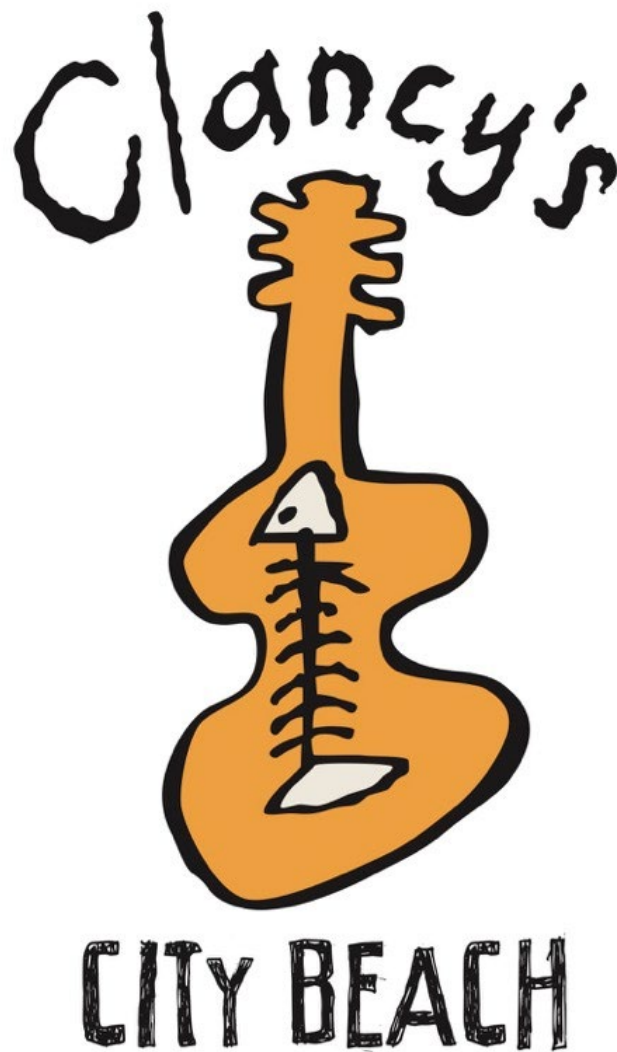
## Fees

We are hopeful that we play this season, and fit as many rounds in as possible. Our Committee have discussed the various scenarios, the impact on our costs and player registration fees. When we know more about the 2020 season we will advise.

## Sponsorship

We are very grateful to our sponsors and local family businesses that support our club and Auskick Gala Day. If you are interested in sponsoring WCJFC please contact Justin Dyson.

[More on Sponsorship](#)



# ROBOWASH

AUTOMATIC CLEANING SYSTEM







GRANT TAYLOR PORTRAITS

### **Your Committee Needs You**

WCJFC is supported by an amazing network of kids, parents, families, committee members, team coaches and managers.

We are keen to recruit some new committee members, especially from parents in Auskick, Year 4, 5 & 6. We meet the 2nd Wednesday of each month. It's rewarding, fun (it actually is most of the time), and you'll get to work alongside some great people. We look forward to hearing from you.

**Volunteer at WCJFC**



## True Sport

We encourage all our players and families to be 'True Sports' and to learn more about our Code of Conduct and the True Sport program please visit our club website.

[Truesport Website](#)

# TRUE SPORT<sup>+</sup>

## Be a True Sport

*The way we play together shapes the way we live together*

### #HaveFun

It's healthy, it's a game, it's sport  
– enjoy it! Have fun training  
and competing at all levels.

### #GiveBack

Volunteer, embrace  
opportunities to give back  
and thank those involved  
with bringing you the game.

### #BeSafe

Ensure participants  
are safe on and off  
the field.

### #PlayFair

Be honourable –  
do the right thing on  
and off the field.



### #BeHealthy

Look after the physical  
and mental wellbeing of  
yourself and others.

### #BringYourBest

Bring your best to every game  
and enjoy the challenge – win,  
lose or draw.

### #ShowRespect

Demonstrate mutual respect  
for everyone – team-mates,  
opposition, clubs, community  
and treat others how you  
want to be treated.

### #IncludeAll

Invite everyone to participate  
and make sport meaningful  
for the whole community.



Department of  
Local Government, Sport  
and Cultural Industries

Share your stories about the true value  
of sport and recreation @TrueSportWA



## Contact Details

Please ensure that you your contact details in the Sports TG system are up to date. If during the season they change please update them in Sports TG and advise your Team Manager.

[SportsTG Website](#)