



## CORONAVIRUS MEMBER SAFETY GUIDELINES

In the absence of any advice to date from the various associations that sit above us Bonnet Bay FC has used its best efforts to establish the following guidelines for members to follow. We do not profess any expertise in this area and members who require more detailed advice should click on this link- <https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>

**Bonnet Bay FC is committed to helping players and supporters enjoy their sport while taking simple precautions to help minimise the risk of any type of infection, including coronavirus. Please follow these simple guidelines to help us achieve that:**

### Players

- If you have flu like symptoms do not attend training or matches until you have a medical clearance
- If you need to cough or sneeze, move away from people and do it into your elbow or tissue (throw tissues out immediately)
- Do not spit within 10 metres of any person
- Wash your hands as often as possible
- No hand shaking – do something else that is a bit of fun (fist shake, elbow taps, foot taps etc)
- No team huddles – stay 1 metre apart (no touching)
- Subdue goal celebrations
- Ensure all grazes scratches etc are covered before you train or play
- Do not share clothing
- Do not share drink bottles – label each player's drink bottle
- No shared food eg food platters, trays of chips etc
- Dispose of all rubbish in a proper manner as soon as you are finished with it
- Goalies –wash gloves after each use. Limit sharing of gloves.

### Team Officials

- If you have flu like symptoms do not attend training or matches until you have a medical clearance
- Educate players in these requirements
- Enforce all these requirements
- Set a good example by following all the same requirements as we expect players to meet
- No mixing of drinks such as cordial etc – use bottled water or sports drinks
- No shared oranges during matches – use bottled water or sports drinks.
- People attending to injuries to wear gloves
- Dispose of gloves in a safe manner immediately after each treatment
- Dispose of all rubbish in a proper manner as soon as you are finished with it
- Training – limit picking up balls etc by players and officials by using feet as much as possible
- Wash hands after packing up and wiping down gear

### Spectators & Parents

- Educate your children in these requirements
- Set a good example
- If you have flu like symptoms do not attend training or matches until you have a medical clearance
- If you need to cough or sneeze move away from people and do it into your elbow or tissue (throw tissue out immediately)
- Try to stay at least 1.5m apart from other spectators
- Only essential personnel to join team discussions
- After match team meetings to be in an open area
- No shared food eg platters or trays of chips
- Dispose of all rubbish in a proper manner as soon as you are finished with it

### Ground Control

- Enforce these requirements and monitor cleanliness of all areas
- Ensure spectators are encouraged to spread out at least 1 metre apart.

### The Hangar Kiosk

- BBFC has put additional infection control processes in place to minimise risk to staff, members & guests

# How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 Duration of the handwash (steps 2-7): 15-20 seconds

 Duration of the entire procedure: 40-60 seconds



0 Wet hands with water;



1 Apply enough soap to cover all hand surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



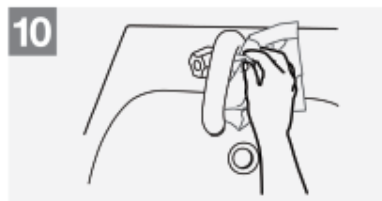
7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



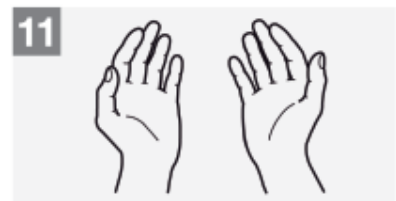
8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.



World Health  
Organization

Patient Safety

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SAVE LIVES  
Clean Your Hands