



# Epping Eastwood Football Club Inc

Established 1952

P.O. Box 301

Epping NSW 2121

## IMPORTANT COVID 19 UPDATE FROM THE EPPING EASTWOOD TIGERS

My Fellow Tigers,

Welcome to a new season of football at Epping Eastwood in 2020. And especially those of you joining the Tigers for the first time, as players or as parents. We hope your year of football will be full of fun and excitement.

As the Club President I want to reassure you that here at the Tigers, our dedicated Management Committee have the safety and wellbeing of all our players and their families and friends front and centre of the season's preparations. And while all our Club's plans for the season are progressing as normal, I acknowledge daily breaking news on the impact COVID-19 (novel coronavirus) is having in our community, especially large gatherings and sporting events, is unsettling for some. For this reason, I wanted to update you on how COVID-19 may affect our football season and also pass on IMPORTANT ADVICE about the steps we are implementing to curb its transmission through the community.

Firstly, **for now all games and training are on.** The Committee are closely following the daily updates and advice from our government and health officials and will continue to pass all information relating to sporting events and football to you as we receive it.

FOR EVERYONE, it is very important that we all follow the directives of our various Health Departments, state and federal. If you become unwell, and are unsure what to do, you should contact your regular GP for advice. If you are worried you have novel coronavirus (COVID-19) and cannot reach your regular GP, you can call **HealthDirect** on **1800 022 222** or visit <https://www.healthdirect.gov.au/coronavirus>

We acknowledge people in our community have and will contract this virus throughout the upcoming season. We wish a speedy recovery to anyone who finds themselves ill from this new virus.

Others will find themselves required to "self-isolate" at home, if you have just returned from overseas or if there is "close contact" with someone who has tested positive to the virus. This has already happened to many people in the Epping area and you have probably seen the reports in the media of local school closures.

In accordance with Government, Health Department and Football NSW directives, and obvious common-sense, **those "self-isolating" or with an actual COVID-19 infection will NOT be able to take part in any football activities during your isolation period.** No matter how much you love your football, it's not worth possibly spreading an infection to your teammates or others.

**In addition, we are asking that anyone living in the same household as someone under home isolation, also exclude themselves from football (games or training) for the same period.** This could mean **siblings,**

**children or parents of those under “self-isolation”**. Considering how quickly things are changing, we want to be on the safe side with this.

For our players and spectators, we are being asked to **stop shaking hands** to try to prevent hand to hand transmission of COVID-19, as per the expanded social distancing advice from the federal government today. It is a football tradition to shake hands with teammates, and with our opponents before and after the game. For the time being however, we are going to have to work out alternatives. This is going to be awkward at first (as demonstrated by the Australian and New Zealand cricket teams on Friday night) but I'm sure we'll work out some creative alternatives.

The other big advice is to **WASH YOUR HANDS**, and do it frequently. Sounds like a good idea regardless of the situation.

Behind the scenes, the Tigers are liaising with Council to ensure additional cleaning measures are in place for our changerooms and facilities and we will be taking all necessary steps to protect our players and their families and friends.

I suspect we are going to see some disruptions to the season as a result of this. We are in constant contact with North West Sydney Football (our association). If games are cancelled or other restrictions are introduced, we will keep you informed via your team manager. **We will also be updating our Facebook page with any changes – please follow this page to get important updates and news as it comes to hand.** <https://www.facebook.com/EppingEastwoodTigersFC/>

Please contact your team manager initially with any enquiries but you can contact the Club directly if you need further information. Team Managers and Coaches should contact your Age Coordinator or Management Committee member at any time if you have any questions.

Remember, no matter how seriously we take our football, it is a game we play for the fun of it. Our health and the health of our loved ones is far more important. So, if you are sick, or “self-isolating” or think you have been a “close contact” of someone who is sick, you should skip football for now until you are sure you're OK.

Enjoy your football but observe the obvious precautions. We may have to change our usual routines in the short to medium-term but things will inevitably return to normal soon and we can get back to talking about the football.

Yours Sincerely,



Chris Salmon  
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