

GENERAL ADVICE ON COVID-19 FROM CAPITAL FOOTBALL

13/03/2020

The World Health Organisation has recently announced that the COVID-19 outbreak has become pandemic, leading to the cancellation of many sporting events and mass gatherings around Australia and the world.

While the Australian Government has advised that there is no cause for alarm with the risk to the Australian public remaining relatively low at this stage, it is important that everybody has access to information on the Coronavirus in order to address the challenges posed by it.

Capital Football is keen to ensure that all of our participants are aware of actions to be implemented in relation to COVID-19. These steps are being taken to minimise the risk to our participants and are in line with recommendations from the Australian Government and ACT Health.

COMMUNITY FOOTBALL

As the risk of contracting COVID-19 to the public remains low, there is no immediate rationale to close or cancel community sporting events or matches as they are not seen by medical authorities as a major contributory factor in the spread of the virus.

This advice could change, so we ask players, coaches, volunteers and staff to take care of themselves, their families and friends by following some basic rules.

We are asking that all players, coaches, referees, volunteers, parents and spectators who may feel unwell, even with mild cold symptoms, refrain from attending training sessions, matches and meetings. This is not only to protect others, but also to protect yourselves from potential exposure to the virus whilst already ill.

COVID-19 symptoms include:

- ▶ fever
- ▶ flu-like symptoms such as coughing, sore throat or headaches
- ▶ difficulty breathing

If you have returned from any identified high-risk area, we ask that you refrain from attending training in order to ensure your own health and the health of others. High-risk areas are updated regularly on the [Australian Government Department of Health website](#).

Anyone who has been in contact with a person who has a confirmed case of COVID-19 is to refrain from attending training or matches, and we strongly encourage you to self-quarantine for a period of 14 days per the advice from ACT Health.

GOOD HYGIENE

ACT Health is encouraging people to maintain good hygiene, especially hand hygiene, to avoid possible infection or spreading of the virus:

- ▶ Wash your hands regularly with soap and water or alcohol-based hand sanitiser for 20 to 30 seconds – click [here](#) to see ACT Health’s guidelines on how to maintain good hand hygiene
- ▶ Cover your cough and sneeze with a tissue or your inner elbow and wash your hands afterwards
- ▶ Discard used tissues immediately into a bin
- ▶ Avoid close contact with people who are sick
- ▶ Avoid touching your eyes, nose, and mouth
- ▶ Stay at home and avoid social activities or mass gatherings if you are feeling unwell

Football Federation Australia has also recommended that people reassess how they greet each other on a day-to-day basis and how they can minimise contact with other participants in and around the football field.

COVID-19 INFORMATION AND RESOURCES

For further information on COVID-19 please visit the [ACT Health](#) and [Australian Government Department of Health](#) websites.

You can also call the Coronavirus Health Information Line on 1800 020 080 if you are seeking information on COVID-19. The line operates 24 hours a day, seven days a week.

For further information regarding Capital Football’s risk reduction and information regarding the COVID-19 virus, please visit the Capital Football website.

[Capital Football Memos and Resources on COVID-19](#)

Please ensure that you remain vigilant to ensure the health and safety of yourselves and others who are part of our programs.