

# FAQ REGARDING THE RETURN TO FOOTBALL TRAINING

This document has been developed to supplement the [ACT Government FAQ: Return to social sport and recreation](#) and [NSW Local Government FAQ](#) publication. The information presented below is accurate as on 22/05/20 and will be updated as new information comes available.

## CLUB TRAINING

### WHEN CAN ACT CLUBS RECOMMENCE TRAINING?

Each club must prepare and submit to Capital Football a *Return to Play in a COVID-safe Environment Plan* which is compliant with the ACT Government requirements. Once the *Plan* has been checked by Capital Football and given the go-ahead, clubs must post the *Plan* to their website and promote its implementation directly to all their participants before football training can recommence. It is also important that clubs ensure that the required fields are booked with the ACT Government or the respective facility owners/managers.

### WHEN CAN NSW CLUBS RECOMMENCE TRAINING?

NSW Government changed their restrictions so that from midnight 22 May 2020 people may participate in outdoor gatherings of not more than 10 people in public places, in a manner that supports social distancing. This includes exercise and training. It is; however, up to each NSW local Council to determine whether or not to open their sporting grounds and facilities because they must also be able to meet social distancing and public hygiene requirements. For more information check the [NSW Local Government FAQ](#) publication.

Consistent with ACT clubs and the ruling of the Capital Football Board, each NSW club must also prepare and submit to Capital Football a *Return to Play in a COVID-safe Environment Plan* which is compliant with the NSW and ACT Government requirements. Once the *Plan* has been checked by Capital Football and given the go-ahead, clubs must post the *Plan* to their website and promote its implementation directly to all their participants before football training can recommence. It is also important that clubs ensure that the required fields are booked with the respective facility providers.

Capital Football staff will communicate directly with NSW based clubs to offer support and guidance on how to develop a *Plan* that complies with both NSW and ACT Government requirements.

### **CAN A CLUB RETURN TO TRAINING IF THEY ARE WAITING FOR CAPITAL FOOTBALL TO APPROVE THEIR PLAN?**

No, clubs need to send their *Plan* to Capital Football who will ensure it complies with Government restrictions. Capital Football will then inform the club whether they can return to training or if changes to their *Plan* are required.

### **CAN A PERSON COACH MULTIPLE TEAMS ON THE SAME AFTERNOON / EVENING? (I.E. COACH SPLITTING A TEAM INTO TWO GROUPS, COACHING ONE GROUP AT 5:00PM AND THE SECOND GROUP AT 6:00PM)**

No, a person cannot work with multiple groups of people in one afternoon/evening, even if there is a break between engaging with the two groups. The Government requirements state that individuals should only engage with up to nine other individuals. Therefore, working with two groups at different times of the day is not permitted.

### **CAN PEOPLE MOVE BETWEEN GROUPS OF 10 PEOPLE OR LESS DURING A TRAINING SESSION? (I.E. SWAPPING PLAYERS OR COACHES FROM GROUP A TO GROUP B)**

No, people cannot swap between groups at the same training session and players should not move between “stations”. This does not comply with the Government requirement to limit the sharing of equipment and restrict people’s exposure to no more than nine other people.

### **CAN SOMEONE PARTICIPATE IN TWO SEPARATE TRAINING SESSIONS OF NO MORE THAN 10 PEOPLE ON THE ONE DAY?**

No, people cannot attend multiple training sessions on the one day, regardless of the role they play at the session. Doing so would not comply with the requirement to limit exposure of people to no more than nine other people.

### **CAN 10 PEOPLE FROM THE SAME CLUB GET TOGETHER AND TRAIN WITHOUT THE PERMISSION OF THEIR CLUB?**

If participants play or train without the permission of their club, these activities are not sanctioned by Capital Football and as such the participants will not be insured. The National Insurance Program that Capital Football subscribes to, and which provides personal accident cover, only applies if members are:

- playing in official matches sanctioned by Capital Football; and
- engaged in official training or practice (including practice matches) sanctioned by Capital Football or their club.

## **OUR CLUB NORMALLY HAS A SPORTS TRAINER AT TRAINING SESSIONS TO WARM UP/COOL DOWN THE PLAYERS AND PROVIDES FIRST AID IF REQUIRED. CAN WE CONTINUE THIS PRACTICE UNDER THE CURRENT RESTRICTIONS?**

It is important to remember that the sports trainer can only engage with a maximum of nine other individuals from your club. So, if players engage with a sports trainer or other medical staff, they must be included in the total group maximum of 10. The sports trainer must also only engage with a maximum of up nine other individuals.

## **FIELD BOOKINGS**

### **HOW DO I BOOK AN ACT SPORTSGROUND FOR MID-WEEK TRAINING?**

- I have an existing booking from prior to the suspension of football activities

All bookings made in the ACT Sport and Recreation booking system prior to the suspension of football have now been returned to an active status. Should you wish to cancel or adjust any bookings, please contact ACT Sport and Rec on 6207 5141 or email [sportsgrounds@act.gov.au](mailto:sportsgrounds@act.gov.au)

- I am a historic user but did not make any bookings prior to the suspension of football.

You will need to make a booking via the ACT Sport and Recreation booking system. Should you require any assistance with the booking system, please contact ACT Sport and Recreation on 6207 5141 or email [sportsgrounds@act.gov.au](mailto:sportsgrounds@act.gov.au)

- I am not a historic user or I am from NSW and would like to make a booking

You will need to work with both Capital Football and ACT Sport and Recreation, to find a suitable venue for your training requirements. In the first instance, the appropriate Club administrator should contact Capital Football's Competitions Manager [Emma Salzke](#) and discuss what your specific needs are. Capital Football will then liaise with ACT Sport and Rec and negotiate a plan forward that compliments current clubs' bookings and then advise you of the next steps.

- I placed bookings prior to the suspension of football activities but may no longer require all of those bookings placed

Due to the number of NSW and University clubs who are also trying to obtain access to grounds, we ask that any club who may no longer require their booking (whether in its entirety or in some aspect i.e. alteration to times) cancels or adjusts those bookings to ensure everyone is able to obtain access to venues during this challenging time.

Should you wish to cancel or adjust any bookings already made, please contact ACT Sport and Recreation on 6207 5141 or email [sportsgrounds@act.gov.au](mailto:sportsgrounds@act.gov.au) and copy in Capital Football's Competitions Manager [Emma Salzke](#). ACT Sport and Recreation will cancel your booking and Capital Football will note this in case another club is looking for access to grounds.

## CAN I BOOK AN ACT SPORTSGROUND FOR WEEKEND TRAINING?

As competitions are unable to resume at this point in time, ACT Sport and Recreation have opened grounds to be booked for weekend training, under the following conditions:

- ▶ Grounds are available on the weekend from 12.00pm-5.30pm. There will be no match play and sportsground flood lights will not be turned on.
  - ▶ There will be three daily training sessions of 90 minutes each with a 15 minute changeover between hirers. The times are (which allows for dusk getting earlier):
    - ▶ 12.00pm – 1.30pm
    - ▶ 1.45pm – 3.15pm
    - ▶ 3.30pm - 5.00pm
  - ▶ On grounds where there are multiple allocated sports during the week, these clubs will all be given the opportunity to access the same field on the weekend. Where a sport has the training 5 nights a week – they will receive all 6 time slots on the weekend if requested.
  - ▶ ACT Sport and Recreation will make the final determination where there are unresolved conflicts.
- I am a historic user; how do I make a booking?

You will need to make a booking via the ACT Sport and Recreation booking system. Should you require any assistance with the booking system please contact ACT Sport and Recreation on 6207 5141 or email [sportsgrounds@act.gov.au](mailto:sportsgrounds@act.gov.au).

Please note: the existing suspended match play bookings for weekends will remain in the system. This means when you are attempting to make a training booking it will come up with a conflict message. Please continue to press through with the booking to the end and a staff member will approve it.

- I am not a historic user or I am from NSW; how do I make a booking?

You will need to work with both Capital Football and ACT Sport and Recreation, to find a suitable venue for your training requirements. In the first instance, the appropriate club administrator should contact Capital Football's Competitions Manager [Emma Salzke](#) to discuss what your specific needs are. Capital Football will then liaise with ACT Sport and Recreation and negotiate a plan forward that compliments current clubs' bookings and then advise you of the next steps.