

return to play in a covid safe ENVIRONMENT plan

CANBERRA’S RECOVER PLAN

STAGE 2.1 CHECKLIST

# overview

On 26 May 2020 the ACT Government released [Canberra’s Recovery Plan](https://www.covid19.act.gov.au/resources/canberra-recovery-plan) which delivers a Covid-10 easing of restrictions roadmap, and aligns with the Australian Government’s [Framework for a COVIDsafe Australia](https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/easing-of-coronavirus-covid-19-restrictions/easing-of-coronavirus-covid-19-restrictions).

The Plan informs the Canberra community of when and how the Government plans to move out of restrictions that were put in place in March 2020 to limit the spread of COVID-19.

The nature of COVID-19 means that we must remain flexible and readily able to respond to the changing circumstances of the pandemic. That’s why, there will be a number of check points along the way so that each stage of the easing of restrictions can be assessed before moving to the next, ensuring the health and safety of our community.

From midnight 29 May 2020 the ACT will enter Stage 2.1. Like the first stage, this one continues to focus on social participation, training and activities within small groups while emphasising physical distancing, and personal and respiratory hygiene.  Deliberate physical contact, sharing of equipment and use of communal facilities continues to be discouraged.

Restrictions will continue to be eased at the discretion of the Territory, with later stages progressively reintroducing larger groups, full training (including contact) and increased allowances for spectators and competition.

Key changes from Stage 1 to Stage 2.1 include:

* Small groups for training have been expanded to 20 participants plus a coach
* Coaches are permitted to work with more than one small group per day, and on multiple consecutive days per week
* Low contact activities are permitted (i.e. working in pairs on volleying the ball with a receiver and kicker). Deliberate contact (i.e. tackling) is not permitted.

More information on the eased restrictions for Stage 2.1 of Canberra’s Recovery Plan are available in the [FAQ](file:///C%3A%5CUsers%5Ckathy%5CDownloads%5C-%09https%3A%5Cwww.sport.act.gov.au%5C__data%5Cassets%5Cpdf_file%5C0005%5C1552055%5CSPORT-AND-REC-FAQ-26-May-2020.pdf) on the ACT Sport and Recreation website. Capital Football will also provide updated COVID-19 resources including: Guidelines, and FAQ document and Canberra United Academy Plan.

# purpose of the checklist

The purpose of this checklist is to provide clubs, who access ACT sportsgrounds for training and have prepared a Return to Training Plan (aligned to the restriction in place for Stage 1 of Canberra’s Recovery Plan), to understand the relaxation of restrictions in Stage 2.1 as they apply to football and update their operational delivery.

Clubs will need to make updates to their Plan; however, instead of sending your updated Plan, please fill out and submit the checklist below. If your club has not yet submitting a Plan for Stage 1, they will need to do so for Stage 2.1 prior to commencing training.

# submission

Forms are to be submitted via return email to kelly.stirton@capitalfootball.com.au

Capital Football will review the Club Checklist and respond with one business day to confirm its receipt and the date for transition by the Club to training under the Stage 2.1 with eased restrictions applied.

# club details

|  |
| --- |
| Click or tap here to enter text. |
| *Club name* |
| Click or tap here to enter text. |
| *Name of the person submitting the checklist* |
| Click or tap here to enter text. |
| *Role at the Club of the person submitting the checklist* |
| Click or tap here to enter text. |
| *Email contact of the person submitting the checklist* |

# checklist

|  |
| --- |
| 1. My Club submitted to Capital Football a Stage 1 Return to Play in a Covid Safe Environment Plan and were advised that we can return to training
 |[ ]
| 1. My Club has updated that Plan to accommodate the following eased restrictions permitted in Stage 2.1 of Canberra’s Recovery Plan
 |[ ]
| * 1. Small training groups of up to 20 participants plus a coach or instructor
 |[ ]
| * 1. Individuals are permitted to coach or instruct more than one small group per day
 |[ ]
| * 1. Where an individual is coaching or instructing more than one small group of 20 per day, they are required to implement the following risk mitigation procedures:
 |[ ]
| * + 1. Washing of equipment between training sessions and/or using different equipment for each group
 |[ ]
| * + 1. Washing their hands with soap / sanitiser in between sessions,
 |[ ]
| * + 1. Other measure/s:
 | Click or tap here to enter text. |[ ]
| * + 1. Not applicable, we only allow people to coach or instruct one small group per day
 |[ ]
| 1. Direction has been provided to coaches outlining what is permitted for low contact training (i.e. ball work in pairs is permitted, and that practice games with tackling are not permitted) OR
2. Our coaches are delivering no contact sessions in Stage 2.1 in manner consistent with what was delivered in Stage 1, just with increased numbers of players in each group
 | [ ]  [ ]  |
| 1. We have updated our Plan, posted to our website and communicated it throughout the club

OR1. We have written a Statement outlining the material differences to the Plan, posted it to our website and communicated it throughout our Club
 | [ ]  [ ]  |
| 1. My Club intends to commence training aligned to the eased restrictions under Stage 2.1 on:
 | Click or tap to enter a date. |