



**CAPITAL**  
FOOTBALL

# RETURN TO FOOTBALL GUIDELINES PHASE 2.1

VERSION 1 – 28 MAY 2020

# Introduction

Due to the impact of COVID-19, all football activities were suspended from 18 March 2020 until at least 31 May 2020. Since this suspension began, Capital Football staff have been planning and preparing for a safe return to football when it is safe in accordance with Government restrictions.

Capital Football has a responsibility to protect not just the football community, but the broader community in the ACT and surrounding regions, and to assist in preventing any outbreaks of COVID-19 where possible. We as a football community, including players, coaches, match officials, staff, volunteers and parents/guardians, must play a role if we are to help slow the spread of COVID-19.

The resumption of football activities is subject to the provisions of each State/Territory government and/or Local Public Health Authorities. For sport in the ACT, it is the ACT Government and for Sport in NSW, it is the NSW Government. It is important to note that clubs are required to comply with the public health advice for the state/territory in which they engage in Football.

## **CovidSafe App**

Capital Football supports the Australian Government's COVIDSafe app and we strongly encourage all members of the football community to download the app. For more information including where to download the app please click [here](#).

# Return to Football Guidelines - ACT

On 26 May 2020 the ACT Government released [Canberra's Recovery Plan](#) which delivers a Covid-19 easing of restrictions roadmap, and aligns with the Australian Government's [Framework for a COVIDsafe Australia](#).

The ACT's road map is an easy way for Canberran's to be aware 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 in our community.

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

# Return to Football Guidelines - ACT

Restrictions will continue to be eased at the discretion of the Territory, with later phases progressively reintroducing larger groups, full training (including contact) and increased allowances for spectators and competition. The Canberra Recovery plan outlines four recommended stages of community activities and individual sport, these stages are:

- Stage 1 – only solo training allowed (one individual by themselves)
- Stage 2.1 – Low contact outdoor training (increased group size)
- Stage 2.2 – Moderate contact outdoor training (increased group size)
- Stage 3 – Games can resume with some limitations still in place

Capital Football has set out these guidelines for clubs and participants (referees, coaches, players, volunteers, administrators, parents and spectators) who are part of Capital Football activities, including but not limited to; National Premier Leagues, Senior Leagues, Junior Leagues and MiniRoos to assist with the implementation of **Stage 2.1**.

This document will be updated in accordance with advice from Government and FFA.





# Return to Football Guidelines - NSW

The NSW Government announced that from midnight 22 May, people may participate in outdoor gatherings of not more than 10 people in public places, in a manner that supports social distancing. This includes non-contact footballing activities.

It is important to note that it is up to each Council to determine whether they will open their facilities to sporting organisations. Some may decide to not open their facilities. Clubs therefore need to find out from their local Council if they are permitted to use the facilities, make bookings as per the necessary process and if any additional requirements have been imposed by Council.

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. It is also important that clubs ensure that the required fields are booked with the respective facility providers.

Capital Football will monitor changes to the restrictions in NSW and update the guide accordingly.

For more information check the [NSW Government Local Government FAQ](#) publication.

# What has changed for the ACT?

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](#) on the ACT Sport and Recreation website.

# Snapshot of Return to Football Guidelines - Phase 2.1

## Training

- ▶ Outdoor training can be conducted in small groups (20 participants **plus** 1 coach)
- ▶ 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
- ▶ Adequate spacing for each player and staff (applying the 1.5 metre social distancing rule and 4m<sup>2</sup> per person)
- ▶ Players to turn up no earlier than 15 minutes prior to the start of training
- ▶ Warm ups are to be done in the allocated training session or done at home prior to training

## Football Venues

- ▶ Only essential participants should attend football activities (i.e. players, team and club officials, and if needed one parent/guardian)
- ▶ Where possible, parents/guardians are encouraged to remain in the car
- ▶ Limit the use of facilities (i.e. no changerooms to be used unless it is to use the toilet)
- ▶ One parent/guardian to drop off and pick up player from venue (applying the 1.5 metre social distancing rule)
- ▶ Encourage all venues to have clear vehicle and pedestrian entry and exits
- ▶ Players, staff and parents are required to leave the venue immediately after training

## General Precautions

- ▶ Wash hands with soap and water often
- ▶ Use hand sanitiser if soap and water not available
- ▶ Clubs and venues should avoid any presentations or unnecessary gatherings
- ▶ Drink bottles must not be shared
- ▶ No handshakes, high-fives and body contact
- ▶ Education Theory sessions held online, practical sessions held in small groups (no more than 10 people, including instructors) on ovals
- ▶ Club meetings held online

## Travel

- ▶ Avoid carpooling to and from training

# Dos and Don'ts Summary

## Do

- Adhere to the guidelines
- Book sportsgrounds prior to use
- Practice good hand hygiene before and after training
- Only train outdoors
- Comply with the maximum of 20 participants plus one coach rule
- Maintain social distancing requirements
- Adhere to low-contact principles
- Training only – get in, train and get out

## Don't

- Participate if unwell
- Exceed the number of people permitted per field/space
- Use equipment unnecessarily – if used, clean and disinfect before and between sessions
- Use changerooms or pavilions
- Train indoors
- Stay at the court after training
- Share things – drink bottles, towels, bibs etc.





# Training

## Attendance at Training

Participants are not to return to training if they:

- Feel unwell;
- Have any flu-like symptoms;
- Have travelled internationally or been exposed to a person with COVID-19 in the preceding 14 days; or
- Are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions

## Training Times and Setup

To ensure that Stage 2.1 guidelines are being met at training, start times of trainings should be staggered, football fields are to be divided into spaces whereby no more than 20 people plus 1 coach are located in one space (including players and team/coach officials) and the density requirement (4m<sup>2</sup>) is adhered to.

Under Stage 2.1 guidelines:

- Outdoor training can be conducted in small groups (20 participants plus 1 coach);
- Players and staff to turn up no earlier than 15 minutes prior to training;
- Ensure adequate spacing for each player, team and club officials, applying the 1.5 metre social distancing rule (no more than 1 person per 4m<sup>2</sup>)



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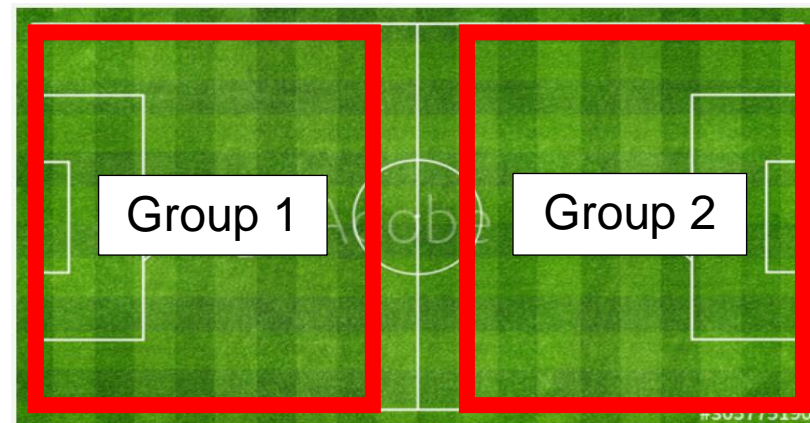
# Examples of Training Setups

Ages	Group Size	Training Area Size	Training areas per Football Field
U6 - U9	20 participants plus the coach	40 m x 20 m	4
U10 - U11	20 participants plus the coach	40 m x 20 m	4
U12 - U16	20 participants plus the coach	60 m x 40 m	2
U18 and above	20 participants plus the coach	60 m x 40 m	2

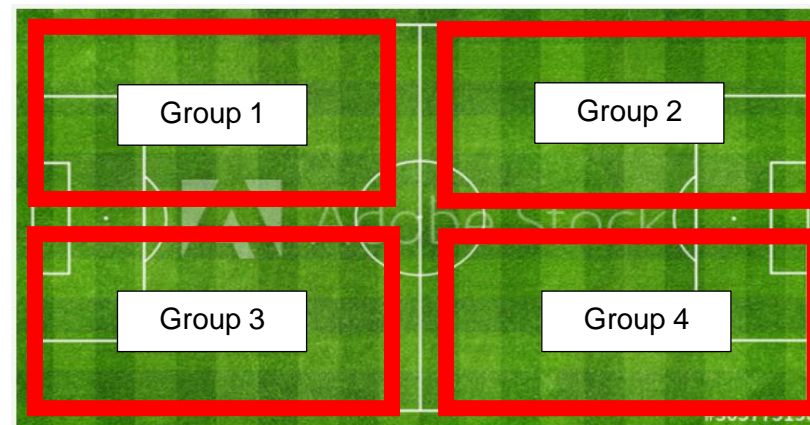
*Example of how fields can be divided for training purposes*

Ages	Arrival Time	Training Start Time	Training Finish Time
U6 - U11	4:15 pm	4:30 pm	5:30 pm
U12 - U16	5:45 pm	6:00 pm	7:00 pm
U18 and above	7:15 pm	7:30 pm	8:30 pm

*Example of training times to avoid overlap of players, parents/guardians and team and club officials.*



*Example of 60m x 40m fields split into two groups*



*Example of 40m x 20m fields split into four groups*





# Rules at Training

The following rules are to be applied at all training sessions under Stage 2.1 restrictions;

- Children are to be accompanied by no more than one parent or guardian (and siblings as required)
- Ensure that all players, club and team officials are advised to wash their hands with soap and water before training starts
- If a team/club official or player starts to feel unwell whilst at training they are to leave immediately
- Warm ups and cool downs need to be incorporated into training sessions or completed at home prior to and post training
- Only the coach to handle and set up the equipment
- Players cannot move between groups of 20 and training cannot be delivered in stations. Players should only be have contact with 20 other people for the entirety of training
- A coach can coach more than one group of 20 individuals a day, however, they must ensure that the equipment is cleaned between groups or utilise different equipment for each group
- Only low contact skills can be conducted (i.e. ball work in pairs – no tackling). **Games are not permitted (including practice matches, modified training games)**
  - Handling of the ball should be kept to a minimum, including drills with goal keepers

# Rules at Training

- If bibs are used, please ensure that each player is given a bib for the whole session and then takes the bib home to wash
- No sharing of drink bottles, shin-pads, towels etc.
- No shaking of hands, high-fives or body contact
- If teams have physios or sports trainers attending training please ensure that before treating they wear protective gloves and avoid rub downs (where possible) Note: the attendance of a physio or sports trainer is included in the 20 people total.
- Physios must wash hands and wipe down treatment area after each patient





# After Training

To assist in complying with Stage 2.1 guidelines;

- Ensure that all players, club, and team officials are advised to wash their hands with soap and water after training finishes
- Use hand sanitiser gel if soap and water are not available
- Players, parents, team, and club officials leave the training facility immediately after training has finished
- No gatherings or team dinners are to occur

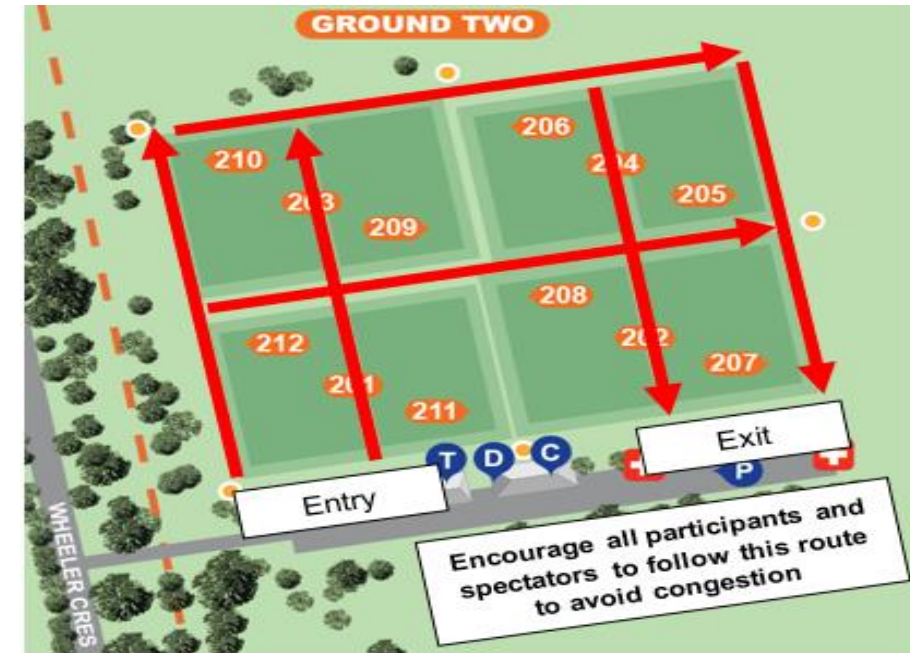


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# Venue

To assist in complying with Stage 2.1 guidelines at training venues:

- Only essential participants should attend training (i.e. players, team and club officials and if needed one parent/guardian);
- At venues where possible, parents/guardians are encouraged to remain in the car (only to come out to drop off or collect the player);
- If parents/guardians cannot remain in the car they are to remain at least 3 metres from the field of play as well as keeping 1.5 metres from other people;
- Limit the use of facilities (i.e. no changerooms to be used unless it is to use the toilet);
- Identify different entry and exit areas to reduce congestion of people (signposted where able);
- If coaches or club officials need to access storage containers or clubhouses whilst at training, ensure that only one person is in there at a time;
- Canteens should not be opened for training, and barbeques can not be used at venues



*Example of entry and exit areas for venue*



# General Precautions

To assist in complying with Stage 2.1 guidelines the following conditions apply

## Education Sessions and Club Meetings

- All theory education sessions (i.e. coaching courses, team sessions/meetings, referee courses etc.) need to be held through online portals i.e. google meets or zoom
- Any practical sessions that must happen should take place at an outdoor facility with a maximum of 20 people plus 1 coach (this includes instructors, players and/or participants, team and club officials)
- If practical sessions go ahead please ensure you abide by all relevant sections in this document
- If coaches need to pick up kits prior to commencement of training it must be done taking a staggered approach (i.e. 20 coaches at a time, only one person in clubhouse/container handing out equipment)

# General Precautions

## Hygiene

- Ensure spaces, surfaces and objects at each training venue are regularly cleaned;
- Provide [hand washing guidance](#), including access to water, soap and/or hand sanitiser;
- Encourage people to bring hand sanitiser
- Promote regular and thorough hand washing by club and team officials and participants;
- No sharing of pens or clipboards, each team and club officials must bring their own to venues;
- No sharing of drink bottles, and ensure that any bottles are clearly labelled;
- Ensure bins are provided around the venue

## Behaviour

- If unwell, do not attend training
- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze;
- If using tissues, place them directly in the bins provided;
- Do not touch your eyes, nose or mouth if your hands are not clean;
- No spitting at any time

## Travel

- Avoid carpooling where possible to and from training



# Incident Management

- In the event of a COVID-19 positive result within the football family, clubs may be required to support contact tracing efforts by ACT and NSW Health (including access to records related to training and groupings)
- To enable this, team and/or club officials are required to record attendance at training (i.e. record every team and/or club official as well as players and parents/guardians that attend all training sessions)
- Protocols will apply related to quarantine/self isolation for the individual/s and those contacts considered at risk.



# Resources

Capital Football has a COVID-19 resources page which can be found [here](#). This webpage has up to date information for clubs and members of the Capital Football community.

For further information about COVID-19 please visit the below resources

## Government

- [Australian Government information and resources](#)
- [ACT Government COVID-19 information and resources](#)
- [NSW Government COVID-19 information and resources](#)
- [AIS Framework for Rebooting Sport](#)
- [National Principles for the resumption of sport and recreation activity](#)
- [NSW Government – Public Health Order \(no 2\) Local Government FAQ](#)

## Downloads

- [COVIDSafe app](#)
- [Google Meet](#)
- [Zoom](#)

