

FAQ REGARDING THE RETURN TO FOOTBALL TRAINING

(VERSION 2 – updated to reflect changes to restrictions under the [Canberra Recovery Plan: COVID-19 Easing of Restrictions Roadmap](#), effective from midnight 29 May 2020)

This document has been developed to supplement:

- the ACT Government's [Stage 2a Return to social sport and recreation](#) FAQ publication; and,
- the [NSW Local Government FAQ](#) publication.

The information presented below is accurate as at 29/05/20 and will continue to be updated as to reflect changes to restrictions.

WHAT CHANGES WERE MADE TO THE RESTRICTIONS (EFFECTIVE 29 MAY) THAT IMPACT THE DELIVERY OF FOOTBALL TRAINING?

From midnight 29 May 2020, the ACT will commence Stage 2 resumption of community sport and recreation, following on from the first Stage from 16 May 2020. Stage 2 supports the continuation of activities in small groups; however, the definition of a small group is extended to 20 individuals/players plus a coach. This second Stage continues to focus on the “Get in, Train, Get Out” principal, support social participation, training and activities within small groups (of 20+coach) and emphasises physical distancing, and personal and respiratory hygiene. Under this second Stage, any physical contact, sharing of equipment and use of communal facilities continues to be discouraged. If equipment needs to be shared, it will require proper cleaning and disinfecting during and between sessions. General hygiene and physical distancing principles will continue to apply.

Read on to understand the implications of the changes and the detail that needs to be applied to the football training environment from the 29th.

NSW continues to operate under the NSW Government restrictions effective 22 May 2020.

CLUB TRAINING

WHEN CAN ACT CLUBS COMMENCE TRAINING IN GROUPS OF 20+COACH?

Each club should spend some time considering the eased restrictions and what changes need to be made to apply them correctly. Clubs must review and update their *Return to Play in a COVID-safe Environment Plan* and ensure it is compliant with the new ACT Government requirements.

The *Plan* does not need to be presented to Capital Football to be reviewed; instead clubs are to complete and submit a [Phase 2.1 Checklist](#) to Capital Football, indicating they understand the restrictions outlined in the Canberra Recovery Plan and have updated their *Plan* to reflected the changed restrictions.

Clubs may commence training once Capital Football has acknowledged receipt of their Checklist. Lastly, clubs must also post their revised *Plan* on their website and promoted its implementation directly to their participants.

There are a number of clubs that have not submitted a *Return to Play in a COVID-safe Environment Plan* compliant with the previous restrictions (and 'group of 10' rule). These clubs are not to commenced training until they have provided a *Plan* that reflects the current restrictions to Capital Football to review.

WHEN CAN NSW CLUBS RECOMMENCE TRAINING?

The restrictions in NSW are different to those in the ACT.

NSW Government changed their restrictions so that from midnight 22 May 2020 people may participate in outdoor gatherings of no 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 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.

WHAT SHOULD BE DONE IF AN INDIVIDUAL ATTENDS TRAINING AND APPEARS UNWELL OR HAS FLU-TYPE SYMPTOMS?

Individuals must not work/train/coach if they have:

- been unwell or have any flu-like symptoms,
- been in contact with a known or suspected case of COVID-19;
- had any sudden loss of smell or loss of taste,
- or are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.

Club and team officials should monitor any of the above being applicable to training and be prepared to respond in a confidential and appropriate manner. Depending on the situation, it may be appropriate for a Club official to exclude an individual from training – but this should be done with support and sensitivity.

CAN A PERSON WORK WITH MULTIPLE GROUPS ON THE SAME DAY (I.E. COACH WORKS WITH ONE GROUP AT 5:00PM AND THE SECOND GROUP AT 6:00PM?)

In the ACT – Yes, the restrictions were eased on 29 May 2020, so a coach can work with multiple groups (of up to 20 individuals per group) on the same afternoon/evening. However, the revised *Return to Play in a COVID-safe Environment Plan* needs to provide a range of risk management strategies to safeguard members and the broader community.

In NSW - 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 can only engage with up to nine other individuals. Therefore, working with two groups at different times of the day is not permitted.

CAN A COACH OR INSTRUCTOR WORK WITH MULTIPLE GROUPS ON SUBSEQUENT DAYS (I.E. COACH WORKS WITH ONE GROUP ON MONDAY AND THE SAME OR A DIFFERENT GROUP ON TUESDAY)?

In the ACT – Yes, the eased restrictions allow a coach/instructor to work with multiple groups on subsequent days. However, the revised *Return to Play in a COVID-safe Environment Plan* needs to provide a range of risk management strategies to safeguard members and the broader community.

In NSW – Yes, a coach (but only the coach) can work with multiple groups on subsequent days.

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

In the ACT – the coach can work across multiple groups, during a training session; however, other individuals (including players) cannot interact with more than 20 individuals and as such are not permitted to move between groups or ‘stations’.

In NSW - No, people cannot swap between groups at the same training session and players should not move between ‘stations’. Doing so 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.

WHAT IF WE HAVE TWO COACHES OR A COACH AND ASSISTANT COACH ASSIGNED TO A TEAM? DO THE RULES AROUND THE NUMBER OF PEOPLE PER GROUP CHANGE AND CAN BOTH COACHES WORK WITH MULTIPLE GROUPS?

In the ACT – No, the entire group cannot include more than 21 people (i.e. 20 individuals + coach). The additional coach/assistant coach would be considered one of the 20 individuals and would need to comply with the rules that apply (i.e. not work with multiple groups).

In the NSW - No, the entire group cannot include more than 10 people, including the coach. The additional coach/assistant coach would be considered one of the 10 individuals and would need to comply with the rules that apply (i.e. not work with multiple groups).

CAN GROUPS OF PEOPLE FROM THE SAME CLUB GET TOGETHER AND TRAIN WITHOUT THE PERMISSION OF THEIR CLUB?

The advice in relation to this matter is the same as previously provided by Capital Football.

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?

In the ACT - Within the group of 20 the sports trainer would be considered one of the individuals. It is important to remember that the sports trainer can only engage with a maximum of 20 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 20. The sports trainer must also only engage with a maximum of up 19 other individuals.

In NSW - Within the group of 10 the sports trainer would be considered 1 of the individuals. It is important to remember that the sports trainer can only engage with a maximum of 10 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.

CANBERRA'S RECOVERY PLAN INCLUDES THAT FROM 29 MAY, 'LOW CONTACT SPORT' IS PERMITTED. WHAT IS CONSIDERED LOW CONTACT?

Sport and Recreation recognise that the characteristics of each sport varies considerably and have left it up to each sport to determine what is considered 'low contact'. At this time Capital Football has taken a conservative approach to explaining what 'low contact' is, given we are still in the early days of coming out of the COVID-19 pandemic and that roll-out of the competition is still a way off.

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 via [email](#).

- 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

- 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 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.



Football House 
Unit 2 / 3 Phipps Close
Deakin ACT 2600
PO Box 50 Curtin ACT 2605 
(T) +61 2 6260 4000
info@capitalfootball.com.au 
ABN: 16 413 452 268

- 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.

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.