CAPITAL FOOTBALL

RETURN TO PLAY IN A COVID-SAFE ENVIRONMENT PLAN STAGE 2.1

TALENT SUPPORT PROGRAM

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 return to football when it is safe, and the suspension is lifted.

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. It is important to note that clubs are required to comply with the public health advice for the state/territory in which they reside.

This plan sets out the conditions under which players, parents and coaches in the Talent Support Program will reengage with training, compliant with the conditions set out by the ACT Government.

This plan was endorsed on Friday 22 May 2020, with training commencing Monday 25 May 2020.

Snapshot of Return to Football Guidelines - Stage 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 4m² 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

Do's and Don'ts Summary

Do

- Adhere to the guidelines
- Book sportsgrounds prior to use
- Train outdoors
- Practice good hand hygiene before and after training
- Comply with the maximum of 20 participants plus one coach rule
- Maintain social distancing requirements
- Adhere to low-contact principles (skills in pairs, i.e volleys, no tackling)
- Training only – get in, train and get out

Don't

- Participate if unwell
- Train indoors
- 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
- Stay at the field after training
- Share things – drink bottles, towels, bibs etc.

Training

Attendance at Training

Participants are not to return to training if they:

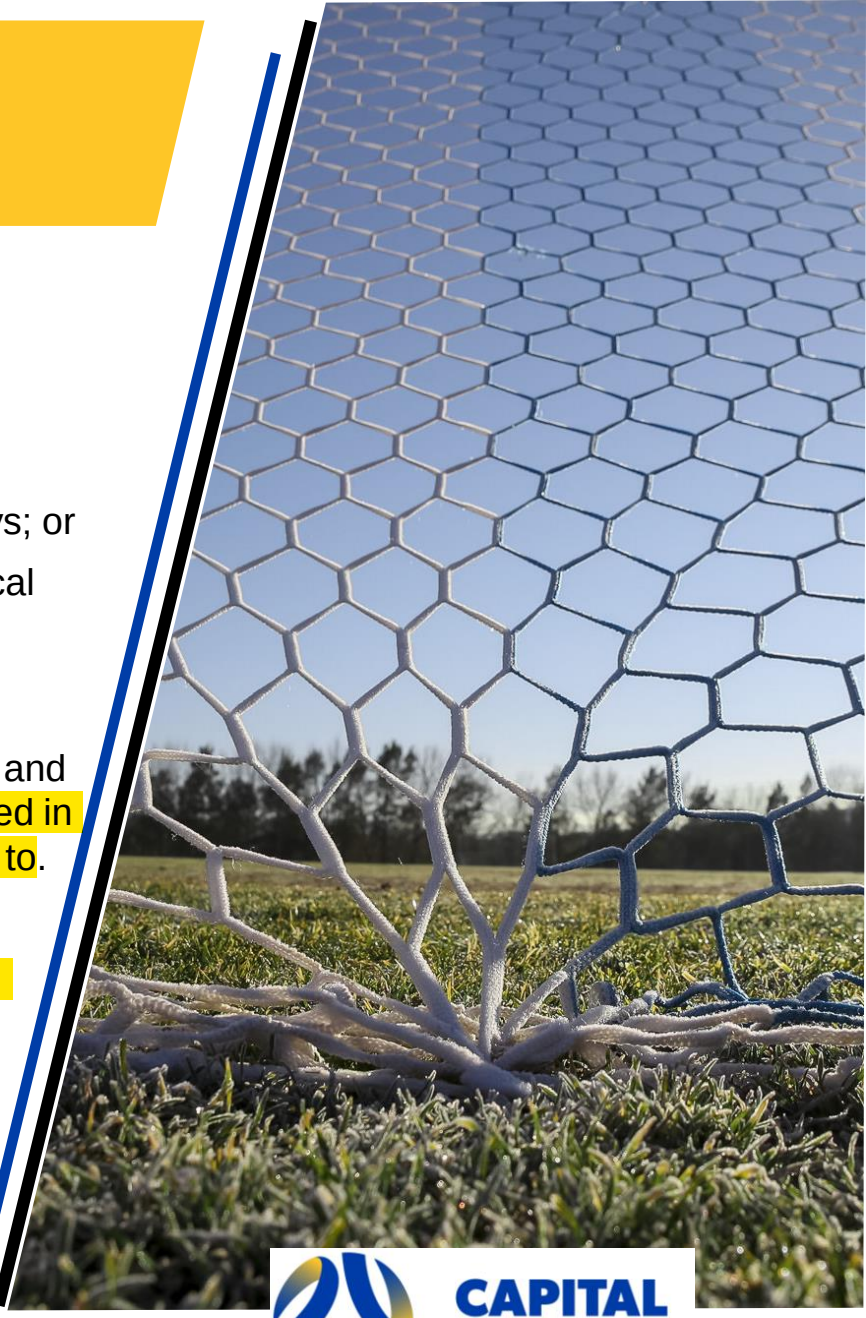
- Are feeling unwell;
- Have any flu-like symptoms;
- Have travelled internationally or been exposed to a person with COVID-19 in the preceding 14 days; or
- Are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions

Training Times and Setup

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

Under Stage 2.1 guidelines:

- Outdoor training can be conducted in small groups (20 people including all participants - players, team and club officials, plus one coach)
- Players and staff to turn up no earlier than 15 minutes prior to training;
- No indoor training can occur (i.e. if rain occurs, teams cannot train indoors);
- Ensure adequate spacing for each player, team and club officials, applying the 1.5 metre social distancing rule (no more than 1 person per $4m^2$)



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Rules at Training

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

- Players are to be accompanied by no more than one parent or guardian (and siblings as required)
- All players, club and team officials are required 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 will be incorporated into training sessions
- Only the coach is to handle and set up the equipment
- Players and coaches cannot move between groups of 20, i.e. training cannot be delivered in stations. People should only be exposed to contact with 19 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. skills in pairs). **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
- Each player will be given a bib for the whole session and then take the bib home to wash
- No sharing of drink bottles, shin-pads, towels etc.
- No shaking of hands, high-fives or body contact

Training Times

Day	Start	Finish	Age Grade	Group	Training Area	Coach
Monday	4:30 pm	5:30 pm	13	Blue	Lyneham 207 A	Sam
	4:30 pm	5:30 pm	13	Gold	Lyneham 207 B	Jack or Dan
	5:30 pm	6:30 pm	GK	GK	Behind 208	Chantel
	5:30 pm	6:30 pm	14	Blue	Lyneham 208 A	Ali
	5:30 pm	6:30 pm	14	Gold	Lyneham 208 B	Ivan
	7:00 pm	8:00 pm	15	Blue	HFC – Field 1	Ron
	7:00 pm	8:00 pm	15	White	HFC – Field 2	Ray

Training Times

Day	Start	Finish	Age Grade	Group	Training Area	Coach
Wednesday	4:30 pm	5:30 pm	14	Blue	Lyneham 208 A	Ali
	4:30 pm	5:30 pm	14	Gold	Lyneham 208 B	Ivan
	5:00 pm	6:00 pm	13	Blue	HFC - Field 1	Sam
	5:00 pm	6:00 pm	13	Gold	HFC - Field 2	Jack or Dan
	6:30 pm	7:30 pm	15	Blue	HFC – Field 1	Ron
	6:30 pm	7:30 pm	15	White	HFC – Field 2	Ray

After Training

To assist in complying with Stage 2.1 guidelines;

- Players, club, and team officials are advised to wash their hands with soap and water after training finishes
- Players are encouraged to bring their own hand sanitiser with them
- Players, parents, team, and club officials are to leave the training facility immediately after training has finished
- No one is to gather at Hawker Football Centre or Lyneham playing fields, including the carpark, after training finishes

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Hawker Football Centre

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);
- Parents/guardians are encouraged to remain in the car (only to come out to drop off or collect the player);
- There is no pedestrian access from the Eastern side of the facility, including drop off and pick up.
- Changerooms will not be open for use
- Toilets will be open; (end of building 2 on map)
- Entry and exit to the field is via the sign posted gates (shown in the venue map)
- If coaches or club officials need to access storage containers or clubhouses whilst at training, only one person is in there at a time;
- The canteen will not be operating

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Hawker Football Centre

Drop Off and Pick Up Protocol is as follows:

- Parents/guardians to park in the drop off area no earlier than 15 minutes prior to the start of the scheduled session time.
- Players to walk through entry gate and use hand sanitizer provided upon entry.
- Players to continue to the left towards field entry at bottom left hand side of field (near the big net).
- Players to proceed to their designated field, and place bag/gear at cones designated at each field by the coach.
- Parents are allowed to watch training in two ways: sit in the covered grandstand (building 1 on the map) or park on the east side of the venue with front bumper towards the kerb.
- A single parent/guardian may choose to sit in the covered grandstand, but can only enter the facility at the scheduled session time or later. Entry is to the left (near canteen) and exit is to the right (near scaffolding). You must sit in the allocated seating, following social distancing guidelines.
- Parents/guardians are welcome to drive to the east side of the facility and watch sessions from the comfort and warmth of their own car. **Under no circumstances** are people permitted to exit their cars when parked on the east side.
- The outdoor bleachers, highlighted in yellow on the map, are not open for use.
- Following completion of the session, a parent/guardian must park their car in the drop off area and walk into the facility to take player/s home. Players will be waiting with CUA coaching staff between the drop off gate and seating.
- Players will be escorted from their designated field by coaching staff.
- Upon exiting Hawker, it is recommended to also use the hand sanitizer provided.
- At all times, social distancing protocols must be adhered to.

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Hawker Football Centre

Attendance to Venue

- Participants, coaches, trainers and spectators should not attend the venue if they: are feeling unwell, have any flu-like symptoms, have travelled internationally or have been exposed to a person with COVID-19 in the preceding 14 days
- Any persons high risk from a health perspective are strongly encouraged to not attend the venue
- All those entering Hawker Football Centre are asked to please use hand sanitiser when entering and exiting the venue
- Arrive to the venue no earlier than 15 minutes prior to the start of the session
- Leave the venue immediately after training concludes

Spectators

- No more than one parent or guardian to accompany each participant
- Spectators can park in the drop off area and sit in the allocated spaces in the Grandstand following social distancing rules
- Spectators can also attend the venue by parking on the east side of the field entering through the gate on Walhallow St
- Spectators are not allowed to exit their vehicles when parked inside Hawker Football Centre

Access to Amenities

- Changerooms will not be accessible for any attendees
- Toilets will be open

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Lyneham 207 + 208

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

- Participants, coaches, trainers and spectators should not attend the venue if they: are feeling unwell, have any flu-like symptoms, have travelled internationally or have been exposed to a person with COVID-19 in the preceding 14 days
- Any persons high risk from a health perspective are strongly encouraged to not attend the venue
- All those training at Lyneham playing fields are asked to please use hand sanitiser when entering and exiting the venue
- Arrive to the venue no earlier than 15 minutes prior to the start of the session
- Leave the venue immediately after training concludes

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Lyneham 207 + 208

- Only essential participants should attend training (i.e. players, team and club officials and if needed one parent/guardian)
- Parents/guardians are encouraged to remain in the car (only come out to drop off or collect the player)
- If parents/guardians cannot remain in the car they are to remain at least 3 meters from the outside fencing as well as keeping 1.5 meters from other people
- Participants will be required to use the Entry and Exit gates as signposted at the facility
- Coaches will direct players through the Exit upon the completion of training, ensuring groups are not exiting the venue at the same time
- Participants must sanitise their hands upon entering and exiting the venue

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Medical Staff

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

- Physios, sports trainers and any other medical staff will wash their hands after attending to each player.
- Medical staff will be able to deal with players for two separate groups training at the same time. E.g. Group A players and Group B players can be treated in the same training period.
- Coaches are instructed to only send players to the physios/sports trainers who genuinely need it.

General Precautions

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

Education Sessions and Meetings

- All theory sessions (i.e. tactical sessions/meetings, match analysis etc.) will be held on google meets
- There will be no face to face team or parent meetings
- If a parent wishes to speak with a coach they can organise a time to do so over the phone or via google meets.
- 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

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Incident Management

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.

Training Attendance

- In the event of a COVID-19 positive result within the football family, clubs may be required to support contact tracing efforts by ACT Health (including access to records related to training and groupings)
- To enable this, Capital Football staff will record attendance at training using Google sheets that will include the players name, coach, training group, training time, allocated field and whether they needed to see the physio post training due to injury
- Protocols will apply related to quarantine/self isolation for the individual/s and those contacts considered at risk

Infection Control Training

- Capital Football staff who have completed the Australian Government Online Infection Control Training will be present at each training session

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

Downloads

- COVIDSafe app
- Google Meet
- Zoom