



**CAPITAL  
FOOTBALL**

**RETURN TO PLAY IN A COVID-SAFE ENVIRONMENT PLAN STAGE 2.2  
REFEREE COMMUNITY**

# 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 the football community, the broader community in the ACT and surrounding regions and to assist in preventing any outbreaks of COVID-19 where possible. As a football community of players, coaches, match officials, staff, volunteers and parents/guardians, we 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 all participants 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 the referee community will re-engage with group fitness training, compliant with the conditions set out by the ACT Government.**

**This plan was endorsed on XXXXX 2020, with training commencing YYYYYY 2020.**



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# Snapshot of Return to Football Guidelines - Stage 2.2

## Training

- ▶ Outdoor training can be conducted in large groups (100 people in ACT and 20 people for NSW including the coach)
- ▶ Contact activities are permitted in the ACT (tackling and training based games can commence)
- ▶ Non-contact activities permitted in NSW
- ▶ U5 – U9 Club based MiniRoos can commence matches from 19 June (ACT) and 1 July (NSW)
- ▶ Adequate spacing for each player and staff (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
- ▶ Club houses, changerooms and canteens can now open in the ACT
- ▶ Clubhouses, changerooms and canteens remain closed in NSW
- ▶ 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, Academy, courses and theory sessions will continue to be conducted through video conferencing until further notice
- ▶ Club meetings can be held indoors provided there is adequate spacing (4m<sup>2</sup> per person)

## Travel

- ▶ Avoid carpooling to and from training



# Do's and Don'ts Summary

## Do

- Adhere to the guidelines
- Book sportsgrounds prior to use
- Practice good hand hygiene before and after training
- Comply with the maximum of 100 participants including the coach rule for ACT
- Comply with the maximum of 20 participants including the coach rule for NSW
- Maintain social distancing requirements
- 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 or congregate after training
- Share things – drink bottles, flags, whistles, cards, towels, bibs etc.



# Training

## Attendance at Training

Participants are not to train 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 2.2 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 100 participants (including the coach) in the ACT and no more than 20 participants (including the coach) in NSW are located in one space (including players and team/coach officials) and the density requirement (4m<sup>2</sup>) is adhered to in NSW.

Under Stage 2.2 guidelines:

- Outdoor training can be conducted in large groups
- Players and staff to turn up no earlier than 15 minutes prior to training;
- Ensure adequate spacing for each player, team and club officials, (no more than 1 person per 4m<sup>2</sup>)



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# Rules at Training

The following rules are to be applied at all training sessions under Stage 2.2 restrictions;

- Participants are to be accompanied by no more than one parent or guardian (and siblings as required)
- All participants are required to wash their hands with soap and water before training starts
- If a participant starts to feel unwell whilst at training they are to advise the coach and then leave immediately
- Warm ups and cool downs will be incorporated into training sessions
- Only the coach is to handle and set up / pack up the equipment
- Games and practical activities with close physical contact or equipment handling are not permitted
- Handling of the ball should be kept to a minimum, if at all
- No sharing of drink bottles, flags, whistles, cards, bibs, towels etc.
- No shaking of hands, high-fives or body contact



# After Training

To assist in complying with Stage 2.2 guidelines;

- Participants are advised to wash their hands with soap and water after training finishes
- Participants are encouraged to bring their own hand sanitiser with them
- Participants are to leave the training facility immediately after training has finished
- No one is to congregate or gather at the training venue, including the carpark, after training finishes



# Aranda 101

To assist in complying with Stage 2.2 guidelines at training venues:

- Participants, instructors, 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 Aranda 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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# Aranda 101

- Only essential participants should attend training (i.e. referees, instructors and if needed one parent/guardian)
- At venues where possible, parents/guardians are encouraged to remain in the car (only come out to drop off or collect the referee)
- If parents/guardians cannot remain in the car they are abide by the 4m2 per person rule.
- If using changerooms please ensure you abide by the 4m2 per person rule
- Participants must sanitise their hands upon entering and exiting the venue



# Attendance at Matches

Participants (including Game Leaders, Referees, Referee Coaches and Club Referee Coordinators) are not to officiate 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



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# Rules at Matches

The following rules are to be applied at all matches under Stage 2.2 restrictions;

- Ensure that all Game Leaders, Referees and Referee Coaches are advised to wash their hands with soap and water before the match starts
- If a Game Leader, Referee or Referee Coach starts to feel unwell whilst at training they are to advise the coach and then leave immediately
- If bibs need to be worn, that each Game Leader or Referee is given a different bib and after the match they take it home to wash
- No swapping of Referee or Game Leader shirts should occur
- No sharing of drink bottles, flags, whistles or cards etc
- No shaking of hands, high-fives or body contact
- No spitting at any time.
- Ensure that all Game Leaders, Referees and Referee Coaches are advised to wash their hands with soap and water after matches finish
- MiniRoos match fees must be sanitized and sealed in an envelope or zip-lock bag by the home team
- MiniRoos match fees are to be given to Game Leaders or Referees by the nominated designated club official
- Game Leaders, Referees and Referee Coaches leave the facility immediately after their match has finished





# General Precautions

To assist in complying with Stage 2.2 guidelines the following conditions apply:

## Education Sessions and Meetings

- All theory education sessions (i.e. coaching courses, team sessions/meetings, referee courses etc.) can be held indoors however it is a maximum of 100 people or 4m<sup>2</sup> per person which ever is the lesser.
- Any practical sessions that must happen should take place at an outdoor facility with a maximum of 100 people (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



# 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, flags, whistles, cards etc. Participants 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

## 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, participants may be required to support contact tracing efforts by ACT Health (including access to records related to training and groupings)
- To enable this, attendance at training will be recorded using Google sheets that will include the players name, coach, training date, training time and training venue
- 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](#)

## Downloads

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

