

## **Gundaroo COVID-19 Plan**

The following plan signifies the objective of Gundaroo in how it intends to operate in its return to training as a football club during the COVID-19 outbreak with the health of its players, officials and supporters of most importance.

### **SITUATION**

Gundaroo is aware that from midnight on 15 May 2020 the ACT will enter into the first phase of recommencement for community sporting activity. This phase allows social and community sport to resume in outdoor spaces with a maximum of 100 people. This first phase focuses on social participation, training and activities within small groups (of no more than 100 people) and with continuing emphasis on physical distancing, personal and respiratory hygiene.

It is at this point in time that Gundaroo seeks to return one team to the stage of Level B training “small groups can return to light contact training” with immediate effect as described in the *Return to Football Guidelines* recently issued by Capital Football.

### **CRITICAL OBJECTIVES**

In a return to Level B training restrictions Gundaroo is focused on the following objectives:

- Maintaining the health of its players in addition to that of officials and supporters and the general public.
- Will implement measures to reduce contracting and spreading of the COVID-19 virus and act as an advocate in demonstrating so to the ACT football community and to the wider sports community across Canberra in general.

### **THREAT ASSESSMENT**

Gundaroo is aware that the COVID-19 virus is a respiratory illness that contains symptoms of fever, coughing, sore throat and shortness of breath. Gundaroo takes the threat of COVID-19 very seriously and is conscious of the fact that there has been around 111 confirmed cases in Canberra resulting in 3 deaths.

### **RISK ASSESSMENT**

Gundaroo understands that in order to keep a very low to minimal risk of contracting and spreading the COVID-19 virus throughout its football operations that certain practices and procedures must be implemented and enforced.

These steps have been considered primarily from the *Return to Football Guidelines* which have been forwarded to all coaches and officials within Gundaroo for their reference and adherence and will be administered onto the players.

It is expected that the practices and procedures Gundaroo will implement into its operations will assist in restricting the spread of the COVID-19 virus.

### **TACTICAL PLAN**

With recommendations and considerations obtained primarily from the *Return to Football Guidelines* Gundaroo will implement and exercise the following measures and procedures to limit the effects and transfer of COVID-19 which includes but is not limited to:

- All coaches, managers and officials of Gundaroo will be encouraged to download the COVID-19 Safe App and will be asked to encourage others to do so.
- Gundaroo will maintain records and attendance information of players at training in case this is required for tracing efforts by ACT Health.

- Practice good hygiene before and after training with hand sanitiser available for all.
  - Comply with the maximum of 100 people rule and maintain 1.5m social distancing requirements.
  - Players to only report to training 15 minutes prior to start time and leave the venue immediately upon completion of the training session.
  - The message to adhere to non-contact principles such as no high fives, no handshakes, etc will be promoted throughout Gundaroo; however, contact training to include game situations will exist.
  - The message to ensure that personal equipment is not shared will also be promoted throughout Gundaroo with respect to sharing of drink bottles, towels, shin pads, bibs, etc.
  - Gundaroo will also communicate to participants to not handle the ball while at training and in the case of goalkeepers to attempt to handle the ball ‘minimally’.
  - The training message to “Get In – Train – Get Out” will be promoted throughout.
  - Gundaroo will be vigilant and conscious in maintaining the restriction of 10 people per field at any one time.
  - The travel message to avoid carpooling to and from Gundaroo training will be promoted.
  - The message to “Don’t use equipment unnecessarily” will be promoted throughout Gundaroo and if equipment is used steps will be taken to ensure it is cleaned and disinfected before and between training sessions.
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- No canteen facilities or change rooms will be opened or available at training venues and similarly there will be very limited access to storage areas.
  - Players will be instructed not to appear at training if they show any symptoms of COVID-19 if showing symptoms upon arrival or during training they will immediately be sent home from the venue.
  - During matches all spectators will be required to maintain the 1.5m social distancing unless a part of the same household per ACT government rules.

### **EXECUTION and TRAINING SCHEDULE**

Coaches, officials and players of Gundaroo will administer and facilitate this plan at all training sessions. The team's training will occur at Page Oval 101.

During the proposed training sessions Gundaroo is aware that a coach is not permitted to participate in two group sessions and must remain with one group in a 24 hour period.

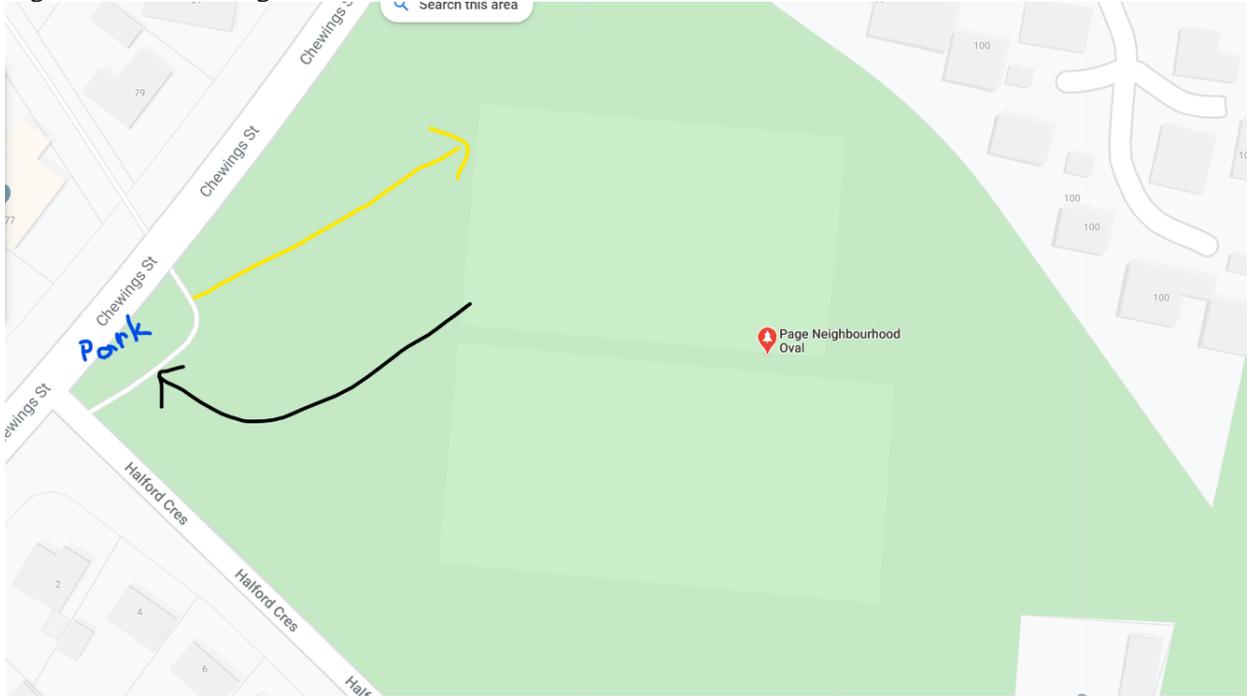
ONLY SESSION – All field sizes are standard Oval size. Gundaroo has one team that will train from 6:00pm to 8:00pm on Wednesday nights.

Matches will be played at Watson Oval and all hygiene and safety requirements will remain intact for matches similar to training.

Note: On the maps the yellow lines indicate entry and the black lines indicate exit.

The brown section indicates where one teams spectators can stand and the green is for the other team.

Page Oval for Training



# Watson Oval for Matches

