



**CAPITAL  
FOOTBALL**

# **COVID SAFE PLAN**

**RETURN TO PLAY**

# VERSION CONTROL

VERSION	DATE	AUTHOR	RATIONALE
1.0	09/07/2020	Capital Football	Return to Play Guidelines
1.1	17/07/2020	Capital Football	Adjusted to Government Announcement of 16/7/2020

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# PURPOSE

From Friday 17 July 2020 the ACT Government provided an exemption for contact sports to play competitive matches under stage 2.2 of the [Canberra Recovery Plan](#).

From Wednesday 1 July 2020 NSW entered Level C of their COVID recovery framework. Like the ACT this Level C continues to focus on physical distancing, personal and respiratory hygiene as well as commencement of competition matches.

The purpose of the Covid Safe Plan is to provide clubs information and guidelines for the resumption of competitions in the following Capital Football leagues;

- ▶ NPLW, NPL1, NPL2 and NPLY
- ▶ Senior Leagues
- ▶ Junior Leagues
- ▶ MiniRoos.

This document outlines the requirements determined by the relevant Government departments. Capital Football clubs are to develop 'Return to Play' guidelines in line with these requirements.

# RESOURCES

The Capital Football website 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](#)
- [ACT Government Food Safety Regulations](#)
- [NSW Governments Food Authority.](#)

## DOWNLOADS

- [COVIDSafe app](#)



To further aid the fight against COVID-19, Capital Football supports the Australian Government's COVIDSafe app and strongly encourage all members of the football community to get behind this initiative.

The app can be downloaded from the Apple App store and Google Play

## ATTENDING FOOTBALL ACTIVITIES

Participants and spectators should not attend training or matches, if in the past 14 days they have:

- ▶ Felt unwell
- ▶ Had any flu-like symptoms
- ▶ Travelled internationally
- ▶ Travelled into Victoria
- ▶ Travelled to any of the reported case locations listed on the [NSW Health website](#)
- ▶ Been exposed to a person with COVID-19
- ▶ Been tested for COVID-19 and have not yet received the results (please see COVID-19 Protocol)
- ▶ Have a medical condition or are at an age that puts them in a high-risk category

**Do not attend matches if you exhibit any of these symptoms**



Fever



Cough



Fatigue



Sore throat



Shortness of breath

## 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 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, 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 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.

# WHAT IS PERMITTED DURING MATCHES

The following is permitted at the venue and during match play;

- ▶ Full competitive and non-competitive matches are permitted within the normal Laws of the Game
- ▶ Where possible, players should come ready to play
- ▶ Play only – get in, play, get out
- ▶ Social activities following games are discouraged. Club meetings must be limited to essential gatherings and within the government's guidelines
- ▶ Spectator areas to meet gathering restrictions (**In the ACT gatherings of no more than 100, In NSW no more than 500 per venue**)
- ▶ Continue to encourage limitation of spectators (**1 spectator per player**)
- ▶ Promote physical distancing of 1.5 metres between spectators
- ▶ One person per 4 square metres in both indoor and outdoor spaces
- ▶ Canteens and BBQ's are permitted in line with relevant government requirements.

**Promote the importance of social distancing of 1.5 metres between spectators and the 4m<sup>2</sup> per person guideline through PA announcements, marked seating, social media, direct communication and signage.**

# WHAT IS NOT PERMITTED DURING MATCHES

- ▶ Changerooms must only be used to use the toilets and for medical personal only.
- ▶ Formal walk-ons by the teams and referees
- ▶ Handshakes before and after the match
- ▶ Team photos before and after the match
- ▶ Other pre match formalities (i.e. gathering at half-way or the centre circle for a moment's silence)
- ▶ Team huddles and high fives
- ▶ Multiplayer goal celebrations
- ▶ Spitting
- ▶ Sharing of equipment including drink bottles, towels, shin pads and bibs.

## ENTRY AND EXITS TO VENUES

Clubs are required to identify and communicate entry and exit points to the venue, and illustrate on a venue map the pathways for spectators, players, coaches and referees from arrival at the venue, to their field, and exit from the venue after their game. These pathways should limit the risk of separate groups of people converging in one place and manage congestion.

## SPECTATOR AREAS AT VENUES

Clubs are required to identify spectator areas at each field that adhere to the physical distancing requirements and to not exceed the gathering limits.



# CANTEENS

If clubs are running canteens, they must make themselves familiar with the relevant Government Food Safety Regulations;

- ▶ [ACT Governments Food Safety Regulations](#)
- ▶ [NSW Governments Food Authority](#)


Clubs are to comply with any specific requirements the venue owners / operators have put in place. Physical distancing needs to apply and where necessary, clearly demonstrate these protocols through marking tape and [signage](#).


The following should take place if a club runs a canteen;

- ▶ Implement queuing controls to maintain physical distancing
- ▶ Ensure appropriate food and beverage handling arrangements
- ▶ Ensure appropriate cash handling arrangements and where possible use EFTPOS
- ▶ Consider lower risk options (i.e. food that require less direct food handling/contact)
- ▶ Implement hygiene measures including sanitiser and gloves for canteen volunteers
- ▶ Regular cleaning of surfaces before opening, during the day and after the day has finished.

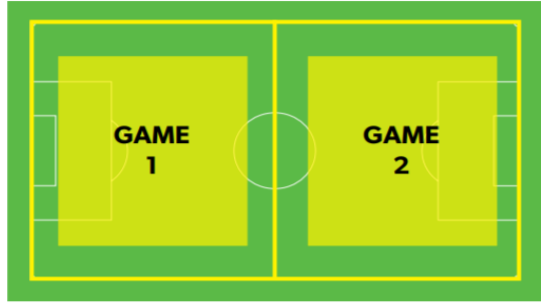
# PITCH LAYOUTS

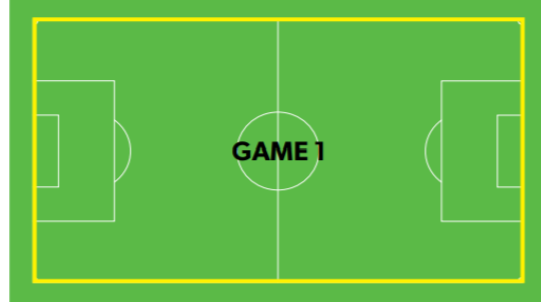
The following example pitch layouts relate to MiniRoos, Junior and Senior League competitions that don't have grandstands. For NPLW, NP1 and NPL2, where there is a grandstand, clubs are required to have seating standards that apply physical distancing between people.

MINIROOS MATCH – 4 V 4	Assumed Participants Per Field	
	Players (4) and substitutes (3) per team	14
	Coaches and Team Staff (2) per team	4
	Game Leader and other volunteers	1
	Parents/Spectators (1 per player)	14
	<b>Total people per field</b>	<b>33</b>

MINIROOS MATCH – 7 V 7	Assumed Participants Per Field	
	Players (7) and substitutes (3) per team	20
	Coaches and Team Staff (2) per team	4
	Game Leader and other volunteers	2
	Parents/Spectators (1 per player)	20
	<b>Total people per field</b>	<b>46</b>

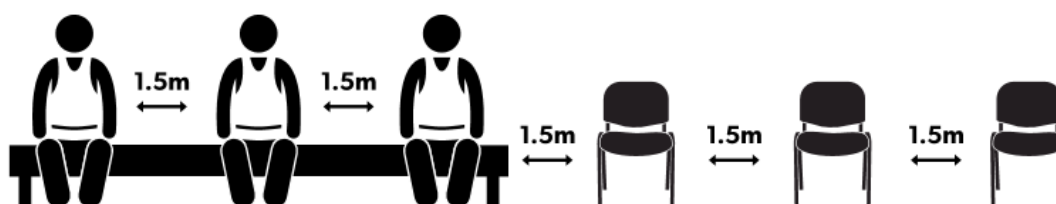


MINIROOS MATCH – 9 V 9	Assumed Participants Per Field	
	Players (9) and substitutes (2) per team	22
	Coaches and Team Staff (2) per team	4
	Game Leader and other volunteers	2
	Parents/Spectators (1 per player)	22
	<b>Total people per field</b>	<b>50</b>

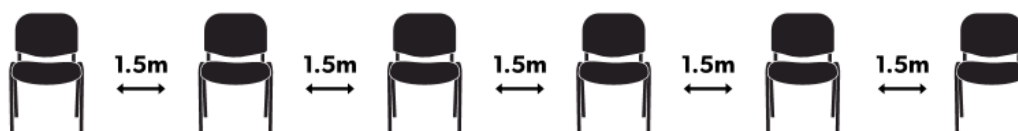
FULL SIZE MATCH – 11 V 11	Assumed Participants Per Field	
	Players (11) and substitutes (5) per team	32
	Coaches and Team Staff (3) per team	6
	Match Officials	3
	Club/venue staff and volunteers	3
	Parents/Spectators (1 per player)	32
	<b>Total people per field</b>	<b>76</b>

## ORGANISATION OF TEAM BENCHES

Where team benches are permanent (fixed), limit the number of seats to ensure 1.5 meters between team officials and substitutes. If necessary, provide additional seats to extend the length of the bench.



Where team benches are made up of plastic/other moveable chairs, position these so that they are at least 1.5 metres apart. Ensure these chairs remain at the required distance apart and between matches.



Players on the bench are to be allocated their own bib and at the conclusion of the match they are to take the bib home and wash it.

# CHANGEROOMS

For as long as there is a limitation on the number of people allowed per square metre in indoor spaces, changerooms cannot be used for;

- ▶ Teams to prepare for a match
- ▶ Coaches to discuss tactics among themselves
- ▶ Coaches to address players pre-match, at half-time, or post-match

Change rooms can be used for;

- ▶ Access to the toilet only, and only for the number of people permitted on the signage displayed outside the change room
- ▶ Use by referees, only for the number of people permitted on the signage displayed outside the change room
- ▶ Use for medical services and support, only for the number of people permitted on the signage displayed outside the changeroom.

# COMMUNICATION

Ensure your club is regularly communicating with all members and stakeholders. Provide clear and coordinated guidance to participants and stakeholders across a range of communication channels on how your 'Return to Play' will be managed.

- ▶ Ensure there is clear messaging across the clubs' digital platforms (i.e. websites and/or social media)
- ▶ Use every opportunity to remind and encourage participants to maintain good hygiene behaviours to reduce risk of transmission
- ▶ Display posters and distribute information about COVID-19 across both your digital channels and at appropriate spots around your club house or venue
- ▶ Advise players, coaches and others not to attend training or matches if unwell, if they have travelled overseas or if they have been exposed to a person with COVID-19 in the preceding 14 days or they are an 'at risk' individual due to age or medical condition.

