



**RETURN TO PLAY IN A COVID-SAFE ENVIRONMENT PLAN STAGE 2.2**  
**CANBERRA UNITED POWERCHAIR TEAM**

# Introduction

Due to the impact of COVID-19, all football activities were suspended from 18 March 2020 until 19 June 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.

**This plan sets out the conditions under which players, parents and coaches in the Canberra United Powerchair team will re-engage with training, compliant with the conditions set out by the ACT Government.**

**This plan was endorsed on Wednesday 5 August 2020, with training commencing from Saturday 8 August 2020**

# Snapshot of Return to Football Guidelines - Stage 2.2

## Training

- ▶ Indoor training can be conducted with the registered powerchair players, no external players/teams are to train with the group
- ▶ Full Powerchair contact activities are permitted
- ▶ Adequate spacing for each player and staff (applying the 1.5 metre social distancing rule and 4m<sup>2</sup> per person)
- ▶ Players to turn up no earlier than 20 minutes prior to the start of training

## Football Venues

- ▶ Only essential participants should attend football activities (i.e. players, team and club officials, and parent/carers)
- ▶ Limit the use of facilities (i.e. no changerooms to be used unless it is to use the toilet)
- ▶ 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
- ▶ Joysticks and other controls on chair cleaned regularly
- ▶ Armrests, tray and any other parts of the wheelchair that hands touch will be cleaned regularly
- ▶ Use hand sanitiser if soap and water not available
- ▶ Avoid any presentations or unnecessary gatherings
- ▶ Drink bottles and bibs must not be shared

## Travel

- ▶ Avoid carpooling to and from training





# Dos and Don'ts Summary

## Do

- Adhere to the guidelines
- Train indoors
- Adhere to the 1 person per 4m<sup>2</sup>
- Practice good hand hygiene before and after training
- Maintain social distancing requirements
- Adhere to full contact powerchair principles in a safe training session
- Training only – get in, train and get out

## Don't

- Participate if unwell
- Exceed the number of people permitted per court/space
- Use equipment unnecessarily – if used, clean and disinfect before and between sessions
- Use changerooms or pavilions
- Stay at the court after training
- Share things – drink bottles, towels, bibs etc.



**CAPITAL**  
FOOTBALL

# Training

## Training Times and Setup

To ensure that Stage 2.2 guidelines are being met at training, start times of trainings will be staggered and football courts will be divided into spaces whereby no more than one (1) person per 4m<sup>2</sup> will be utilised.

Under Stage 2.2 guidelines:

- Indoor training can be conducted with the registered powerchair players, no other player/team will be able to train
- Players and parents/careers to turn up no earlier than 20 minutes prior to training
- 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<sup>2</sup>)

Day	Start	Finish	Group	Court	Coach
Saturday	3:00pm	4:00pm	Powerchair	1	Kelly



**CAPITAL**  
FOOTBALL

# Rules at Training

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

- Players are to be accompanied by no more than one parent or guardian (and siblings as required)
- All players, coaches and parents/carers 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
- Only the coach is to handle and set up the equipment
- Powerchairs will be cleaned before and after training (joysticks, other controls, armrests and any other parts that hands may touch)
- Container touch points will be cleaned before and after training
- Each player will be given a bib for the whole session and then placed in a bag for the coach to take home and wash after every session
- No sharing of drink bottles, towels etc.
- No shaking of hands, high-fives or body contact



# Hockey ACT - Lyneham

## Facility Supervisors

Hockey ACT Facility Supervisors will be monitoring venues, ensuring members are complying with the Return to Play Guidelines. Please listen out for announcements, and do as you are requested by the Facility Supervisor on duty. Any person found not to be abiding by guidelines within a Hockey ACT facility, will be first issued a warning. If further grievances occur, the individual may be removed from the venue.

## Spectator Guidelines

- Parents/guardians/carers must exercise appropriate social distancing at all times whilst within Hockey ACT facilities. ACT Government Social distancing and hygiene practices must be observed
- Major walkways and thoroughfares must be kept clear at all times. It is recommended parents/guardians utilise seating areas within the facility
- Parents/guardians/carers that are required to remain in the group to support the team, will be considered part of the training group
- Parents/guardians/carers will be recorded on the team attendance sheet





# Hockey ACT - Lyneham

## Toilet and Indoor Facilities Guidelines

- Public toilets will remain open with additional cleaning scheduled for these areas
- Vending machines can be used and will be wiped down regularly
- Changerooms will remain closed

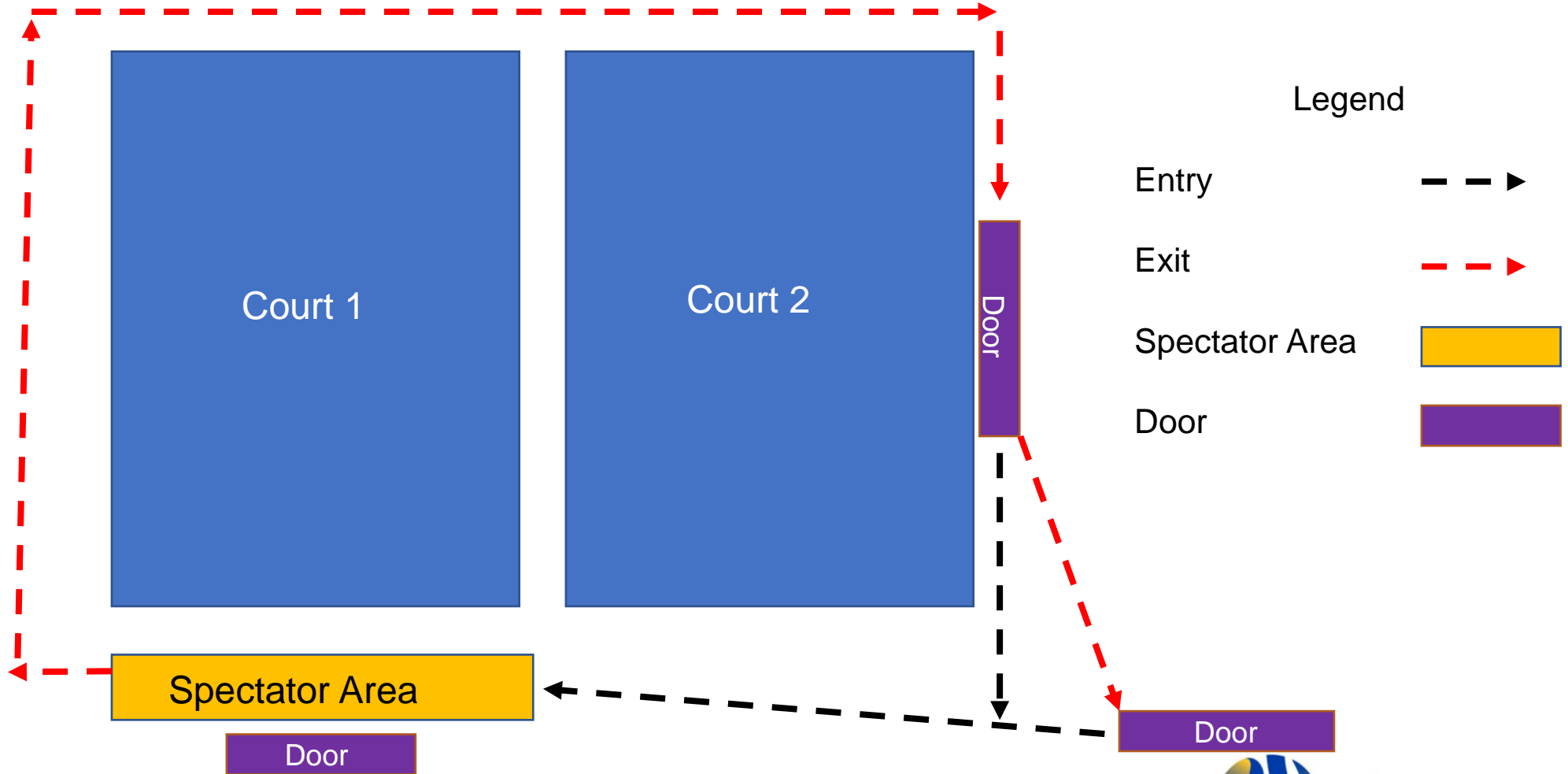
## Cleaning Requirements and Guidelines

- A full venue clean will be carried out on a weekly basis at all Hockey ACT facilities, with extra cleaning to focus on the following areas;
  - High traffic areas
  - Handrails
  - Toilet facilities – including doors, benches, hand dryers, paper towel bins emptied
  - Rubbish bins will be placed outside of toilet facilities to encourage patrons to open doors with hand towels then dispose of on exit
  - Paper towel, and soap levels to be monitored regularly

In addition to the above, Hockey ACT will conduct regular hygiene checks to ensure all Hockey ACT venues and facilities meet the requirements set out by ACT Government and ACT Sport and Recreation directives



# VENUE MAP





# General Precautions

## Attendance at Training

Participants (including players, parents, coaches, referees, volunteers) are not to return to training if in the past 14 days they;

- ▶ Feel unwell
- ▶ Have any flu-like symptoms
- ▶ Have travelled internationally
- ▶ Travelled into Victoria
- ▶ Travelled into 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](#))
- ▶ Only registered players and their carers may attend training

# General Precautions

## Hygiene

- Amenities at Hockey ACT will be cleaned regularly
- [Hand washing guidance](#), is sign posted at the venue and there will be access to water, soap and hand sanitiser
- Players are encourage to bring their own hand sanitiser
- Players and coaches are encouraged to wash their hands before and after training
- There is no sharing of equipment by coaches i.e. pens or clipboards
- There is no sharing of drink bottles, and we ask that any bottles bought by layers are clearly labelled
- 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, Capital Football have developed a Positive test protocol which can be found [here](#).
- To enable this, Capital Football staff will record attendance at training

## 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](#)

