



**CAPITAL  
FOOTBALL**

# **COVID SAFE PLAN**

## **FINAL SERIES**

# VERSION CONTROL

VERSION	DATE	AUTHOR	RATIONALE
1.0	03/09/2020	Capital Football	Return to Play Guidelines – Final Series
1.1	16/09/2020	Capital Football	Updated maps
1.2	22/09/2020	Capital Football	Updated information and maps

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# PURPOSE

The purpose of the Covid Safe Plan is to provide clubs information and guidelines for upcoming final series for the following competitions;

- ▶ NPLW (U13, U15, U17, Reserves and 1<sup>st</sup> Grade)
- ▶ NPL1 (U23 and 1<sup>st</sup> Grade)
- ▶ NPL2 (U23 and 1<sup>st</sup> Grade)

It focuses on physical distancing, personal and respiratory hygiene and managing gatherings while at finals matches.

# 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 FINAL SERIES

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

## GENERAL PRECAUTIONS

### HYGIENE

- ▶ Ensure spaces, surfaces and objects at each 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
- ▶ Manage sharing of pens and clipboards by provided cleaning wipes
- ▶ 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 the venue
- ▶ 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.
- ▶ Cease face to face social activities (e.g. VIP functions, presentation functions)

### TRAVEL

- ▶ Avoid carpools or bus travel with people from different household groups where possible
- ▶ Cease any activities that result in overnight stays

# WHAT IS PERMITTED DURING FINAL SERIES

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

- ▶ Full competitive matches are permitted within the normal Laws of the Game
- ▶ Where possible, players should come ready to play
- ▶ Social activities following games are discouraged.
- ▶ Spectator are restricted at each venue with no more than 200 people per venue in the ACT and NSW
- ▶ 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.

# WHAT IS NOT PERMITTED DURING FINAL SERIES

- ▶ Changerooms for teams to access (note they will be open for use by match officials and medical)
- ▶ 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 (including team songs)
- ▶ Multiplayer goal celebrations
- ▶ Spitting
- ▶ Sharing of equipment including drink bottles, towels, shin pads and bibs
- ▶ Post-match formalities

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



Fever



Cough



Fatigue



Sore throat



Shortness of breath

# ENTRY AND EXITS TO VENUES

Players, team officials, match officials and spectators are to ensure that they enter and exit from the correct points at the venue (maps to venues are in Annex A). These pathways are to limit the risk of separate groups of people converging in one place and to manage congestion.

The maps in Annexure A identifies specified spectator areas. All spectators will need to adhere to the physical distancing requirements and are not to exceed the limit of 100 spectators (excluding participants and staff).

Sign-in and sign-out processes will need to be followed by all attendees to ensure that the number of attendees is managed in accordance with this Plan.

# ATTENDANCE RECORDS AT VENUE

In the event of a COVID-19 positive test result within the football family, Capital Football and clubs may be required to support contact tracing efforts by ACT and NSW Health.

To enable this, we are required to record attendance at all final series venues.

All players, team officials, match officials and spectators will be required to sign in prior to entering the venue. Sign in sheets will be available at the entry gate of all final series venues.

# CHANGEROOMS

For as long as there is a limitation on the number of people allowed per square metre indoor spaces and 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;

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

# AMENITIES

Toilets will be open for use, please inform a Capital Football staff member if the amenities are not cleaned or are missing soap/toilet paper.

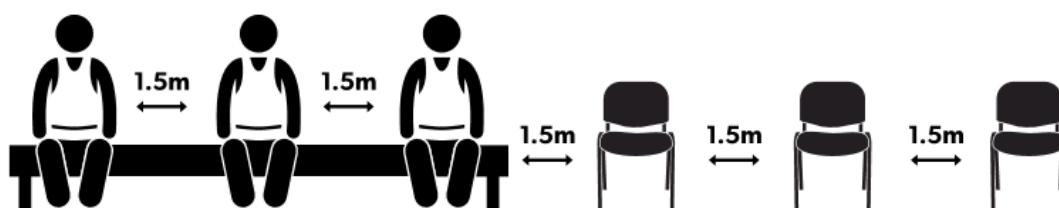
# CANTEENS

Final Series matches will have Canteens running, the following protocols will take place;

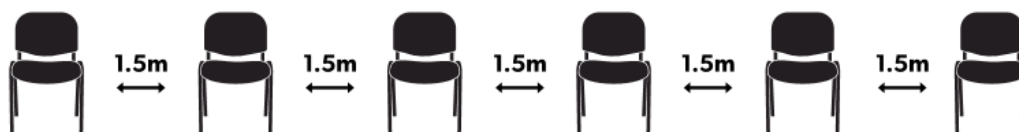
- ▶ Queuing controls to maintain physical distancing will be implemented
- ▶ Appropriate food and beverage handling arrangements will take place
- ▶ Appropriate cash handling arrangements and if possible, EFTPOS will be available
- ▶ Consideration of lower risk food options (i.e. food that require less direct food handling/contact)
- ▶ Hygiene measures including sanitiser will be implemented
- ▶ Regular cleaning of surfaces before opening, during the day and after the day has finished.

## ORGANISATION OF TEAM BENCHES

Where team benches are permanent (fixed), limit the number of seats to ensure 1.5 metres 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.



Where there are no benches or chairs available, players and team officials must adhere to the 1.5 metre physical distancing requirements.

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.



# COMMUNICATION

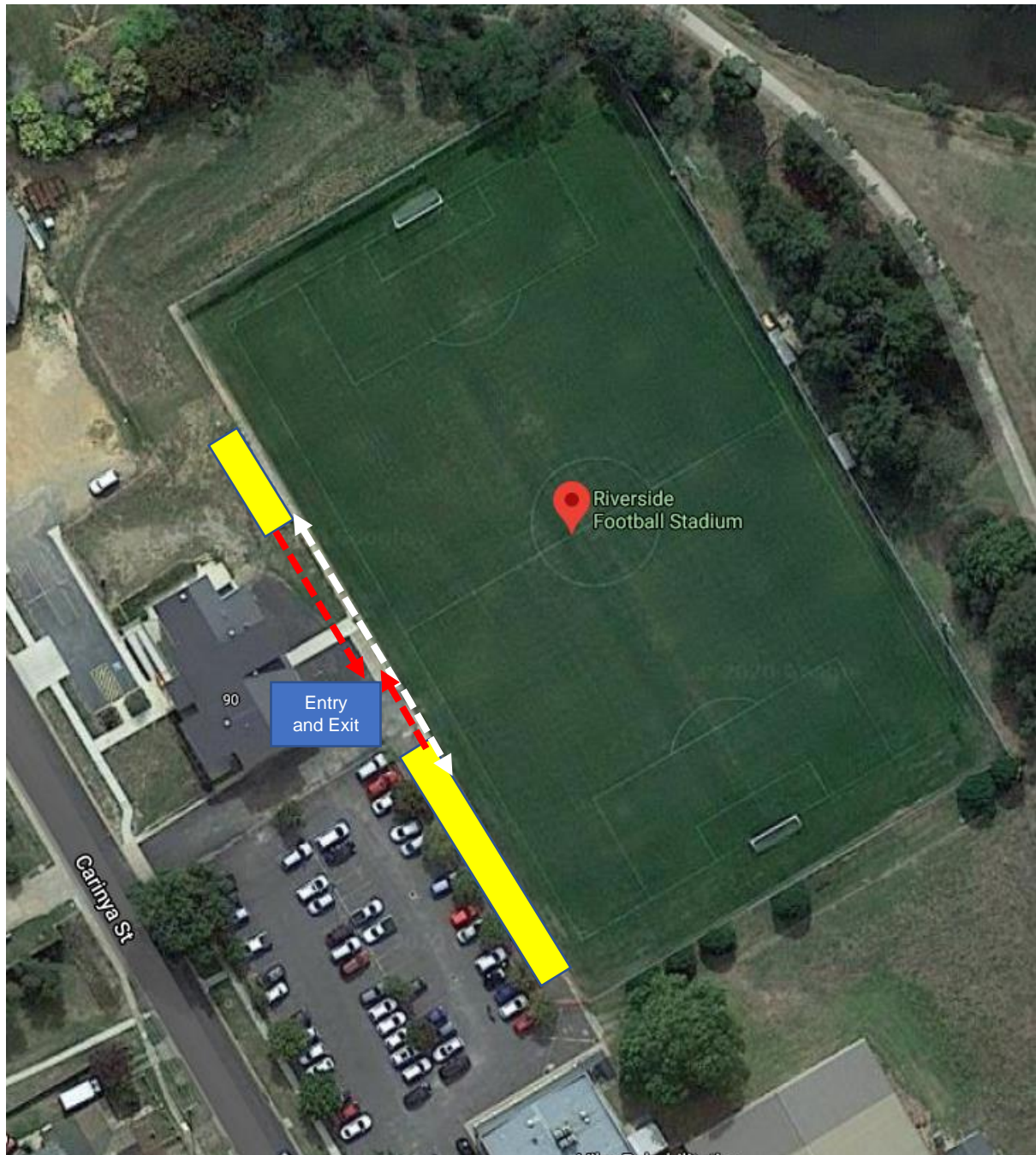
Over the course of the Final Series Capital Football will provide regular communication with Clubs. Clubs play an important role in ensuring messages from Capital Football are forwarded to their members and spectators. This will ensure that clear messages guidance is provided to participants and stakeholders across a range of communication channels. Capital Football will;

- ▶ Deliver clear messaging across the all-digital platforms (i.e. websites and/or social media)
- ▶ Remind and encourage participants to maintain good hygiene behaviours to reduce risk of transmission
- ▶ Display posters about COVID-19 at appropriate spots around all Final Series venues.
- ▶ Advise players, coaches, match officials and spectators not to attend matches if unwell, if they have travelled overseas, into NSW and VIC hotspots, if they have been exposed to a person with COVID-19 in the preceding 14 days or they are an 'at risk' due to their age or a medical condition.

**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.**

# ANNEXURE A – VENUE MAPS

## RIVERSIDE STADIUM



## DEAKIN STADIUM





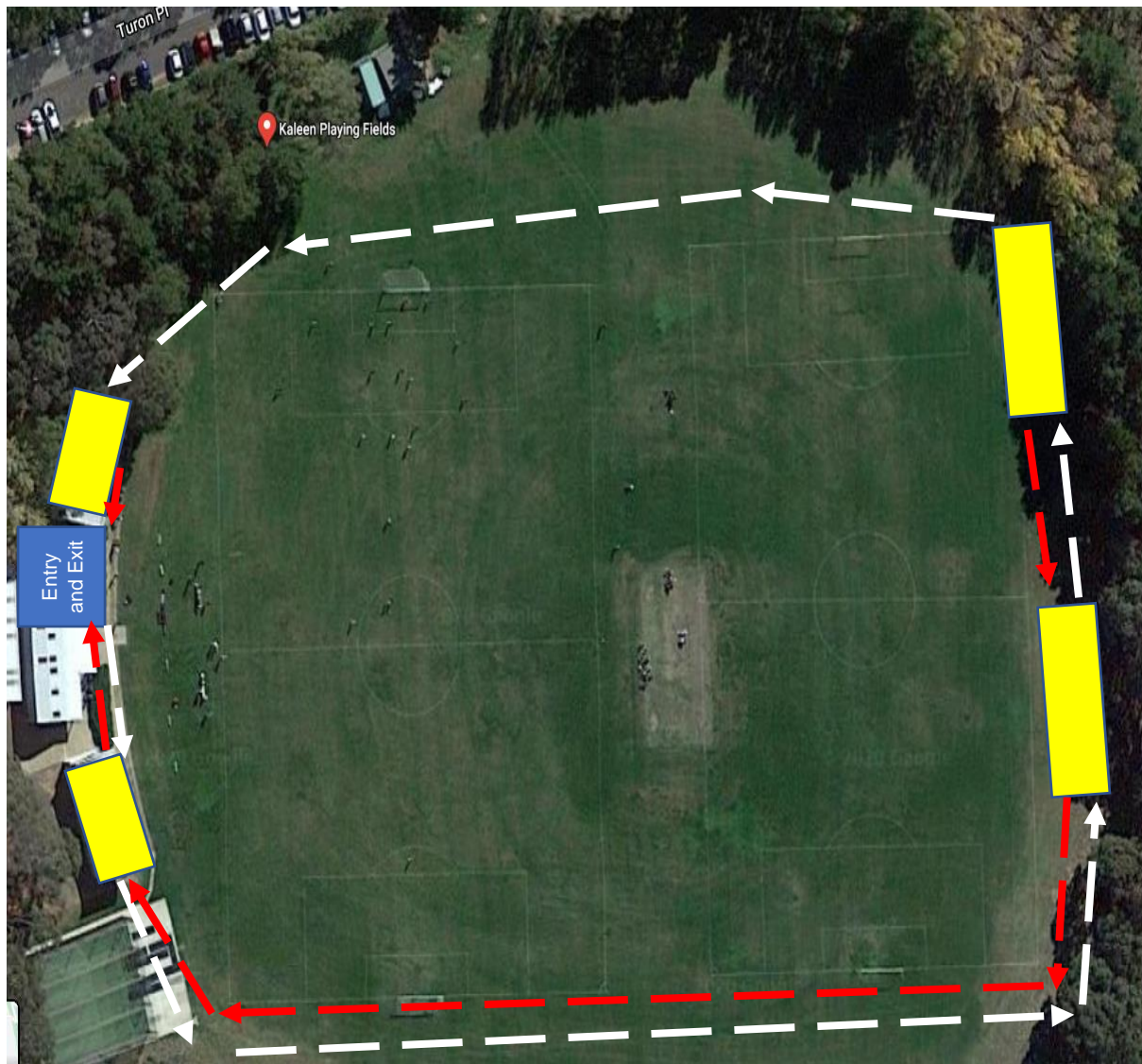
## O'CONNOR ENCLOSED 3



## MELROSE SYNTHETIC



## KALEEN ENCLOSED








## O'CONNOR PARK - COOTAMUNDRA



### LEGEND

Spectator Area	
Exit path	
Entry path	
Entry and Exit point	