



**CAPITAL
FOOTBALL**

COVID SAFE PLAN
EDUCATION COURSES

VERSION CONTROL

VERSION	DATE	AUTHOR	RATIONALE
1.0	29/09/2020	Capital Football	COVID Safe Plan – Education Courses

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PURPOSE

The purpose of the Covid Safe Plan is to provide clubs with information and guidelines Capital Football education sessions which include;

- ▶ AFC C-Licence
- ▶ AFC B-Licence
- ▶ Referee Futsal Course

This Plan focuses on physical distancing, personal and respiratory hygiene and managing gatherings.

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 EDUCATION SESSIONS

Participants should not attend any courses, 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

- ▶ Provide hand washing guidance, including access to water, soap and hand sanitiser
- ▶ Provide hand sanitising stations in classroom and theatre
- ▶ Cleaning of desks and tables
- ▶ Encourage people to bring hand sanitiser
- ▶ Promote regular and thorough hand washing
- ▶ No sharing of pens, clip boards and any other materials used throughout the course
- ▶ Discourage sharing of personal drink bottles, and promote that 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

TRAVEL

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

WHAT IS PERMITTED DURING EDUCATION SESSIONS

The following is permitted at the Education Sessions;

- ▶ All participants must sign in each day of the course
- ▶ Participants must come ready to the session
- ▶ Social activities following sessions are discouraged
- ▶ A maximum of 100 participants per education session
- ▶ Promote physical distancing of 1.5 metres between individuals
- ▶ One person per 4 square metres in both indoor and outdoor spaces
- ▶ Wipe down all surfaces and objects with appropriate anti-bacterial/disinfectant wipes or soap, especially those frequently touched.

WHAT IS NOT PERMITTED DURING EDUCATION SESSIONS

- ▶ Sharing of equipment including drink bottles, towels, shin pads and bibs.
- ▶ Spitting at any time
- ▶ Sharing of food – all participants must bring their own food to education sessions. If food is being supplied then it must be wrapped individually (i.e. individual bottles of drinks and individually wrapped sandwiches)
- ▶ No sharing of clipboards, pens or writing instruments
- ▶ Sitting next another participant or educator
- ▶ Sitting in groups

Do not attend matches if you exhibit any of these symptoms



Fever



Cough



Fatigue



Sore throat



Shortness of breath

ENTRY AND EXITS TO VENUE

Participants and educators 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.

All participants and educators will need to adhere to the physical distancing requirements and are not to exceed the indoor venue limits of no more than 100 people per venue.

Sign in process will need to be followed by all attendees to ensure that the number of attendees is managed in accordance with this plan.

SEATING

For indoor sessions, have seating arrangements for candidates to abide by social distancing during theory sessions. Also ensure that there is adequate ventilation within the rooms.

For outdoor sessions, ensure that all participants and educators maintain 1.5m social distancing.

Ensure that all desks are wiped down at the end of the day with anti-bacterial/disinfectant wipes or soap.

ATTENDANCE RECORDS AT EDUCATION SESSIONS

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

To enable this, we are required to record attendance at all education sessions. All participants and educators will be required to sign in prior to entering the venue. Sign in sheets will be available at the entry of the venue.

AMENITIES

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

Capital Football will ensure that toilets will be cleaned, are stocked with toilet paper and hand wash.

COMMUNICATION

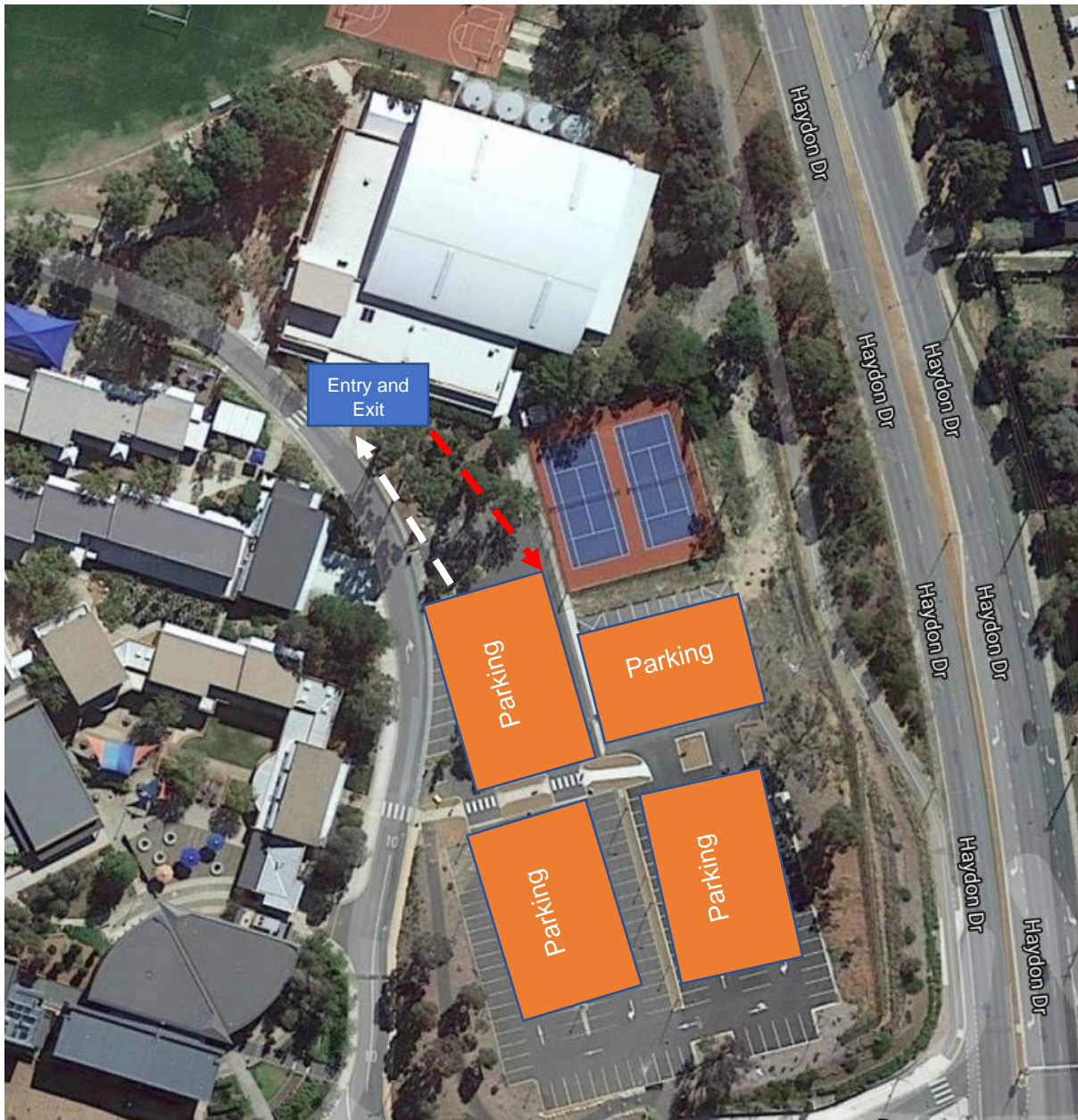
Over the course of the education sessions Capital Football will provide regular communication with participants. Capital Football will;

- ▶ Educators will remind participants to physical distance
- ▶ 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 at the venue
- ▶ Advise participants not to attend education sessions 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 4m² per person guideline through PA announcements, marked seating, social media, direct communication and signage.





ANNEX A

MAP TO CLASSROOM







Legend	
	Entry and Exit points
	Exit
	Entry
	Parking