



**CAPITAL
FOOTBALL**

**RETURN TO PLAY IN A COVID-SAFE ENVIRONMENT PLAN STAGE 3.1
ALL ABILITY LEAGUE**

Introduction

Due to the impact of COVID-19, all football activities were suspended from 18 March 2020 until at least 31 May 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.

The resumption of football activities is subject to the provisions of each State/Territory government and/or Local Public Health Authorities. For sport in the ACT, it is the ACT Government. It is important to note that clubs are required to comply with the public health advice for the state/territory in which they reside.

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

This plan was endorsed on Friday 2 October 2020, with training commencing from Saturday 3 October 2020

Snapshot of Return to Football Guidelines - Stage 2.2

Match Play

- ▶ Outdoor matches can be conducted in our group, no external players/teams are to train with the group
- ▶ Full contact activities are permitted
- ▶ Adequate spacing for each player and staff (applying the 1.5 metre social distancing rule and 4m² per person)
- ▶ Players to turn up no earlier than 15 minutes prior to the start of training
- ▶ Warm ups are to be done in the allocated training session or done at home prior to training

Football Venues

- ▶ Only essential participants should attend football activities (i.e. players, team and club officials, and if needed one parent/guardian)
- ▶ Where possible, parents/guardians are encouraged to remain in the car
- ▶ Limit the use of facilities (i.e. no changerooms to be used unless it is to use the toilet)
- ▶ One parent/guardian to drop off and pick up player from venue (applying the 1.5 metre social distancing rule)
- ▶ 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
- ▶ Use hand sanitiser if soap and water not available
- ▶ Clubs and venues should avoid any presentations or unnecessary gatherings
- ▶ Drink bottles must not be shared
- ▶ No handshakes, high-fives and body contact
- ▶ No Spitting at anytime

Travel

- ▶ Avoid carpooling to and from training

Dos and Don'ts Summary

Do

- Adhere to the guidelines
- Train outdoors
- Adhere to the 1 person per 4m²
- Practice good hand hygiene before and after training
- Maintain social distancing requirements
- Adhere to full contact principles in a safe training session
- Match play only – get in, play and get out

Don't

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



CAPITAL
FOOTBALL

Matches

Attendance at Matches

Participants are not to return to training if they:

- Feel unwell
- Have any flu-like symptoms
- Have travelled internationally or been exposed to a person with COVID-19 in the preceding 14 days, or
- Are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions

Match Times and Setup

Under Stage 3.1 guidelines:

- Outdoor matches can be conducted in our group, no other player/team will be able to play
- Players and staff to turn up no earlier than 15 minutes prior to matches
- Ensure adequate spacing for each player, team and club officials, applying the 1.5 metre social distancing rule (no more than 1 person per 4m²)



Rules at Training



The following rules are to be applied at all All Ability Academy League sessions under Stage 3.1 restrictions;

- Players are to be accompanied by no more than one parent or guardian (and siblings as required)
- All players, club and team officials are required to wash their hands with soap and water before match starts
- If a team/club official or player starts to feel unwell whilst at matches they are to leave immediately
- Warm ups and cool downs will be incorporated into match day timings
- Only the coach is to handle and set up the equipment
- 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, shin-pads, towels etc.
- No shaking of hands, high-fives or body contact
- No small sided goals will be utilised during these restrictions to eliminate touch points

Match Times

Day	Start	Finish	Age Grade	Group	Training Area	Coach
Saturday	9:00 am	10:30 am	AWD		Field 1 and 2	Kelly



After Matches

To assist in complying with Stage 3.1 guidelines;

- Players, club, and team officials are advised to wash their hands with soap and water after matches finish
- Hand sanitiser will be available upon entering and exiting Hawker, however Players are encouraged to bring their own hand sanitiser with them
- Players, parents, team, and club officials are to leave the match facility immediately after training has finished
- No one is to gather at Hawker Football Centre, including the carpark, after the matches finish



FOOTBALL

Hawker Football Centre

To assist in complying with Stage 3.1 guidelines at training venues:

- Only essential participants should attend matches (i.e. players, team and club officials and if needed one parent/guardian)
- Parents/guardians are encouraged to remain in the car (only to come out to drop off or collect the player)
- There is no pedestrian access (including drop off/pick up) from the east side of the facility
- Changerooms will not be open for use; (building 2 on the map)
- Toilets will be open; (end of building 2 on the map)
- Entry and exit to the field is via the sign posted gates (shown in the venue map)
- If coaches or club officials need to access storage containers or clubhouses whilst at matches, only one person is in there at a time
- The canteen will not be operating



Hawker Football Centre

Drop-off and Pick-up Protocols

- Parents/guardians to park in the drop off area no earlier than 15 minutes prior to the start of the scheduled session time.
 - Players to walk through entry gate and use hand sanitizer provided upon entry.
 - Players to continue to the left towards field entry at bottom left hand side of field (near the big net).
 - Players to proceed to their designated field, and place bag/gear at cones designated at each field by the coach.
 - Parents are allowed to watch matches in two ways: sit in the covered grandstand (building 1 on the map) or park on the east side of the venue with front bumper towards the kerb.
 - A single parent/guardian may choose to sit in the covered grandstand, but can only enter the facility at the scheduled session time or later. Entry is to the left (near canteen) and exit is to the right (near scaffolding). You must sit in the allocated seating, following social distancing guidelines.
- Parents/guardians are welcome to drive to the east side of the facility and watch sessions from the comfort and warmth of their own car. **Under no circumstances** are people permitted to exit their cars when parked on the east side.
 - The outdoor bleachers, highlighted in yellow on the map, are not open for use.
 - Following completion of the session, a parent/guardian must park their car in the drop off area and walk into the facility to take player/s home. Players will be waiting with All Ability League coaching staff between the drop off gate and seating.
 - Players will be escorted from their designated field by coaching staff.
 - Upon exiting Hawker, it is recommended to also use the hand sanitizer provided.
 - At all times, social distancing protocols must be adhered to.



Hawker Football Centre

Attendance to Venue

- Participants, coaches, trainers and spectators should not attend the venue if they: are feeling unwell, have any flu-like symptoms, have travelled internationally or have been exposed to a person with COVID-19 in the preceding 14 days
- Any persons high risk from a health perspective are strongly encouraged to not attend the venue
- All those entering Hawker Football Centre are asked to please use hand sanitiser when entering and exiting the venue
- Arrive to the venue no earlier than 15 minutes prior to the start of the session
- Leave the venue immediately after training concludes

Spectators

- No more than one parent or guardian to accompany each participant
- Spectators can park in the drop off area and sit in the allocated spaces in the Grandstand following social distancing rules
- Spectators can also attend the venue by parking on the east side of the field entering through the gate on Walhallow St
- Spectators are not allowed to exit their vehicles when parked in the Eastern carpark

Access to Amenities

- Changerooms will not be accessible for any attendees
- Toilets will be open



General Precautions

Hygiene

- Amenities at Hawker Football Centre will be cleaned daily
- [Hand washing guidance](#), is sign posted at the venue is and there is 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, clubs may be required to support contact tracing efforts by ACT Health (including access to records related to training and groupings)
- Protocols will apply related to quarantine/self isolation for the individual/s and those contacts considered at risk

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](#)
- [Google Meets](#)
- [Zoom](#)

