



**CAPITAL  
FOOTBALL**

# **COVID SAFE PLAN**

**RETURN TO PLAY**

**FUTSAL COMPETITIONS**

# VERSION CONTROL

VERSION	DATE	AUTHOR	RATIONALE
1.0	02/10/2020	Capital Football	Return to Play Guidelines
1.1	09/10/2020	Capital Football	Update of guidelines stage 3.2

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# PURPOSE

From 9am, Friday 9 October it is anticipated that the ACT will enter Stage 3.2 of the [Canberra Recovery Plan](#). Like Stage 3.1, Stage 3.2 continues to focus on physical distancing, personal and respiratory hygiene as well as competition matches continuing.

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

- ▶ Futsal Premier League (FPL)
- ▶ Futsal Social Leagues

This document outlines the requirements determined by the relevant Government departments.

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

# 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
- ▶ One person per four square metres usable space for each indoor space (up to **maximum of 200 people ACT and maximum of 500 in NSW** – includes participants and spectators, but excludes staff and officials)
- ▶ Continue to encourage limitation of spectators (**2 spectator per player**)
- ▶ Promote physical distancing of 1.5 metres between spectators
- ▶ 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
- ▶ Professional team photos
- ▶ 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 EXIT TO VENUES

Players, team officials, referees, parents and spectators are to ensure that they enter and exit from the correct points at the venue and also for the pathways to their fields. These pathways are to limit the risk of separate groups of people converging in one place and manage congestion.

If you unsure on what is the best way to your field, please ask our friendly venue manager who will be able to assist you.

The maps below also identify specified spectator areas at each field, all spectators will need to adhere to the physical distancing requirements and are not to exceed the one person per 4 square metres (**maximum 200 people in ACT and 500 in NSW**)

See Appendix A for venue maps.

## AMENITIES

Changerooms will not be open at venues unless they are needed to utilise the toilet. Toilets will be open for use, please let the Venue Manager know if the amenities are not cleaned or are missing soap, Capital Football will let the relevant people know.



# ATTENDANCE RECORDS AT VENUE


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

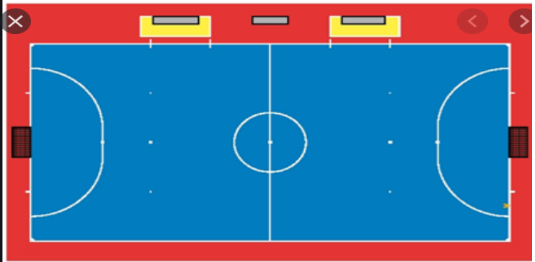
To enable this, we are required to record attendance at venues.

A sign in sheet will be placed at the entry of every venue to ensure that all spectators are signing in. Players, team officials and match officials do not need to sign in as they will be captured on the team sheet.

## COURT LAYOUTS

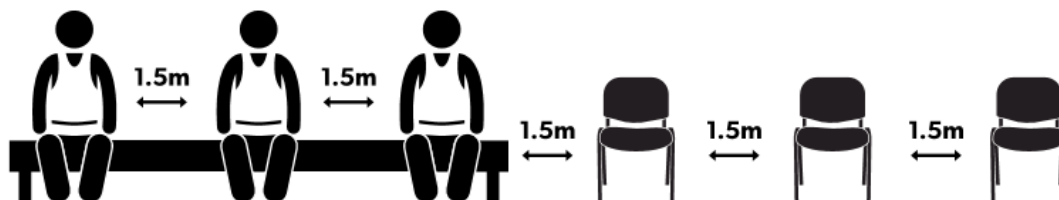
The following example pitch layouts relate to the FPL and social competitions;

INTERNATIONAL COURT – 5 V 5	Assumed Participants Per Court	
	Players (5) and substitutes (7) per team	24
	Coaches and Team Staff (1) per team	2
	Match Officials	3
	Club/venue staff and volunteers	1
	Parents/Spectators (2 per player)	48
	<b>Total people per court</b>	<b>78</b>

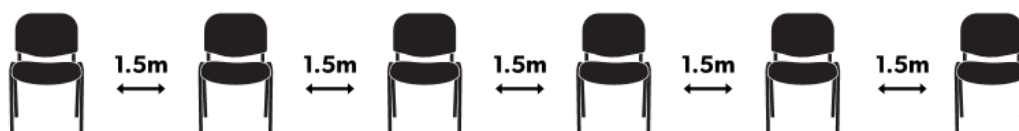
SOCIAL COURT LAYOUT – 5 V 5	Assumed Participants Per Court	
	Players (5) and substitutes (5) per team	20
	Coaches and Team Staff (1) per team	2
	Match Officials	2
	Club/venue staff and volunteers	1
	Parents/Spectators (1 per player)	20
	<b>Total people per court</b>	<b>45</b>

# 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.



Where there are no benches available to teams, players and team officials will need to adhere to the physical distancing requirements of 1.5m.

# CHANGEROOMS

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

- ▶ Teams to prepare for a match
- ▶ 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 changeroom
- ▶ Use for the medical services and support, only for the number of people permitted on the signage displayed outside the changeroom.

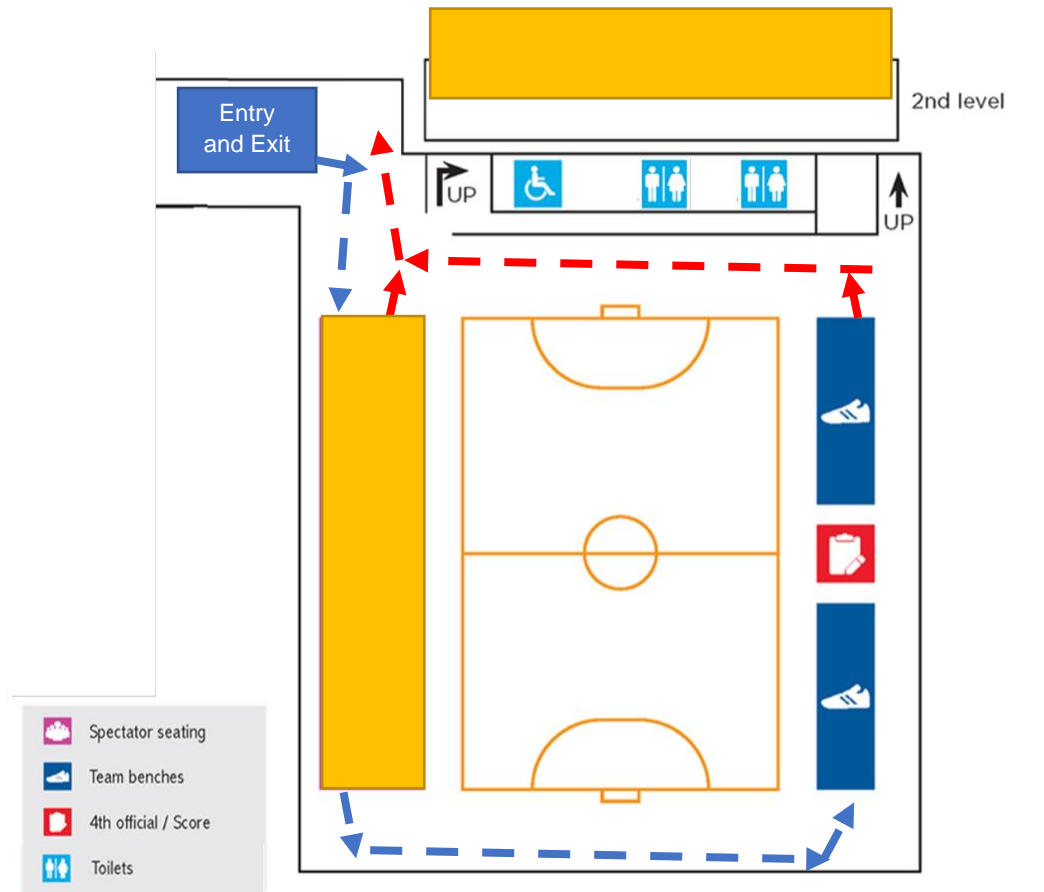
# COMMUNICATION

Capital Football will ensure that regular communication goes out to all participants and team officials. Capital Football will provide clear and coordinated guidance to participants and team officials across a range of communication channels on how our 'Return to Play' will be managed;

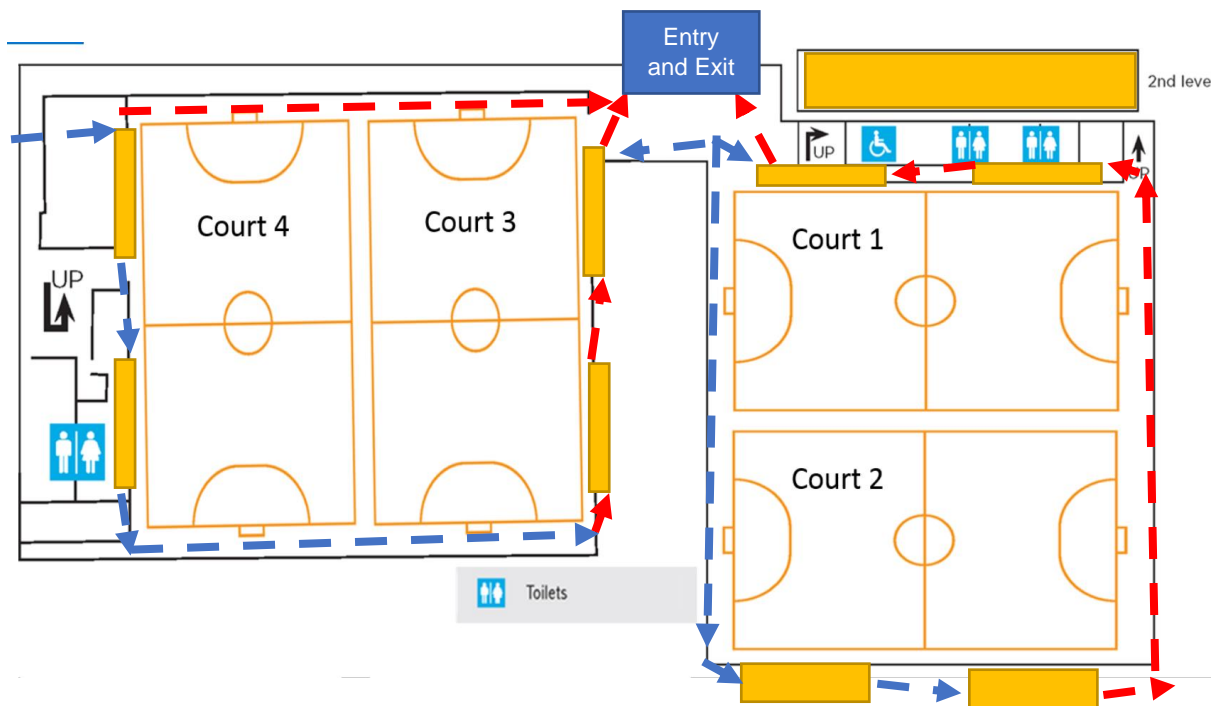
- ▶ Ensure there is clear messaging across our digital platforms (i.e. websites and/or social media)
- ▶ Use every opportunity to remind and encourage participants to maintain good hygiene behaviours to reduce risk of transmission
- ▶ We will display posters and distribute information about COVID-19 across both our digital channels and at appropriate spots around your club house or venue
- ▶ Advise players, coaches and other not to attend 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.

# ANNEXURE A

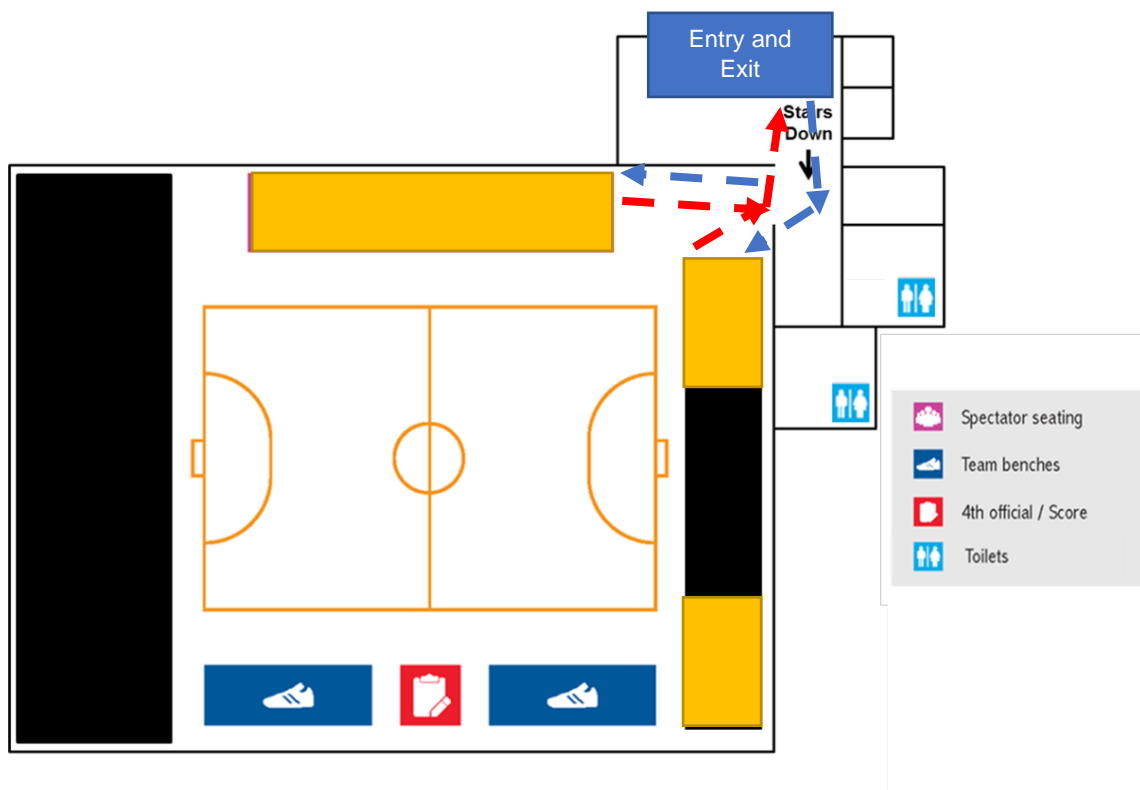
## ANU SPORTS HALL – INTERNATIONAL COURT



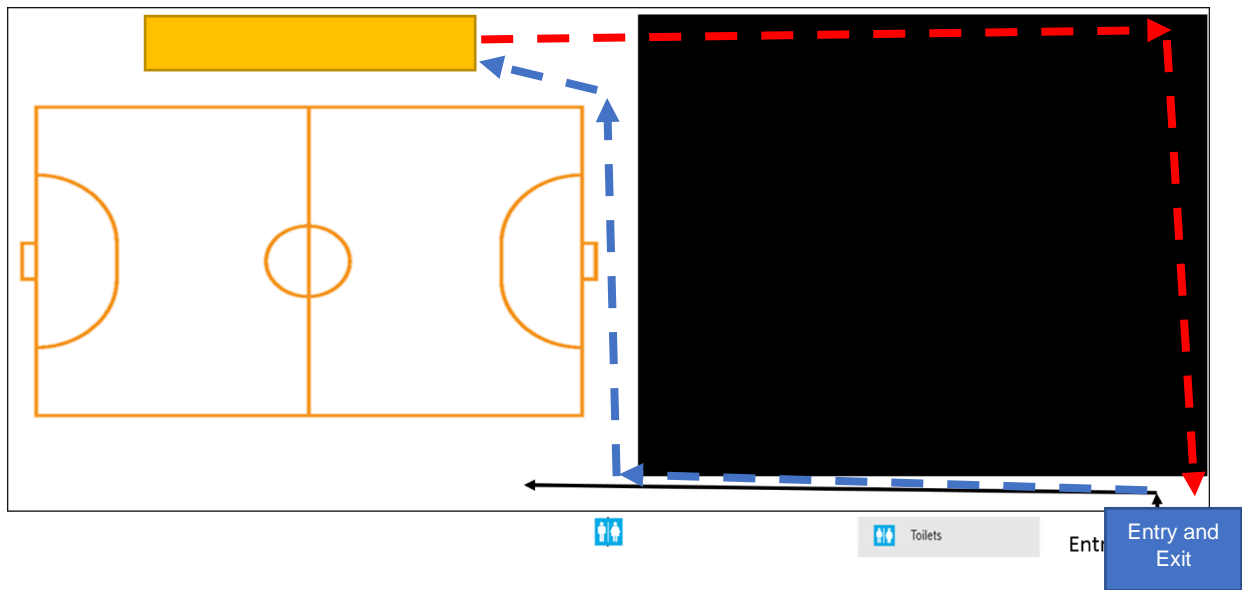
## ANU SPORTS HALL – SOCIAL COURTS



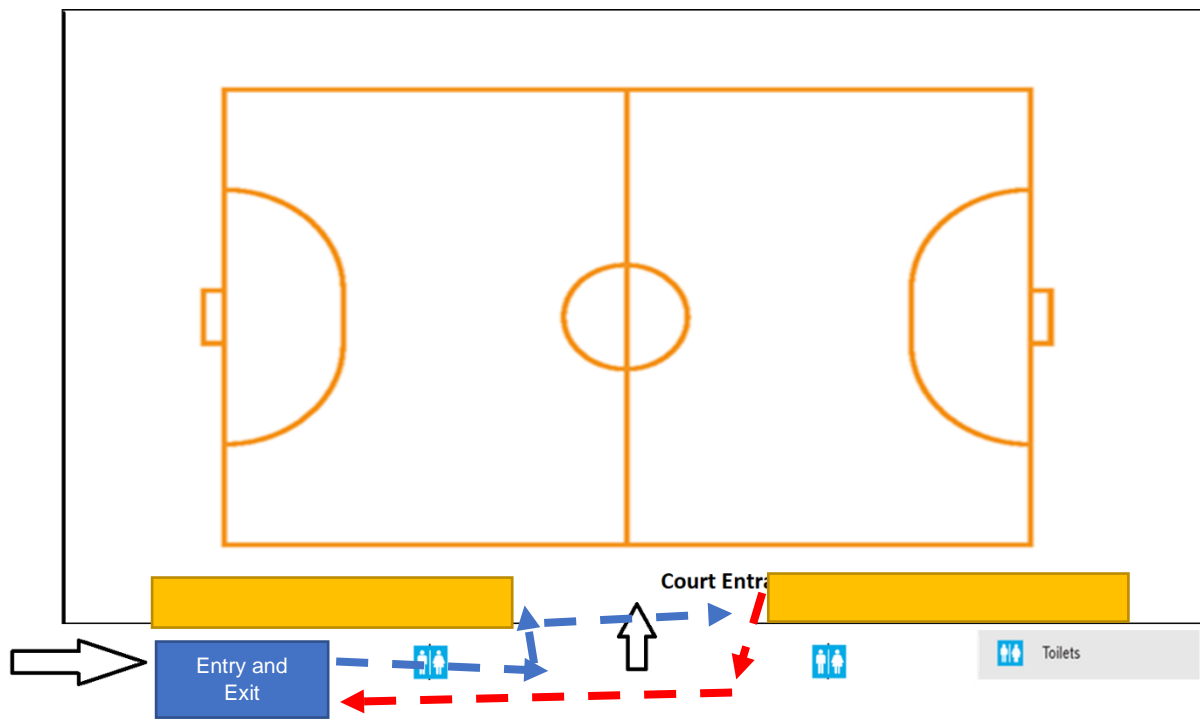
## RADFORD COLLEGE – INTERNATIONAL COURT



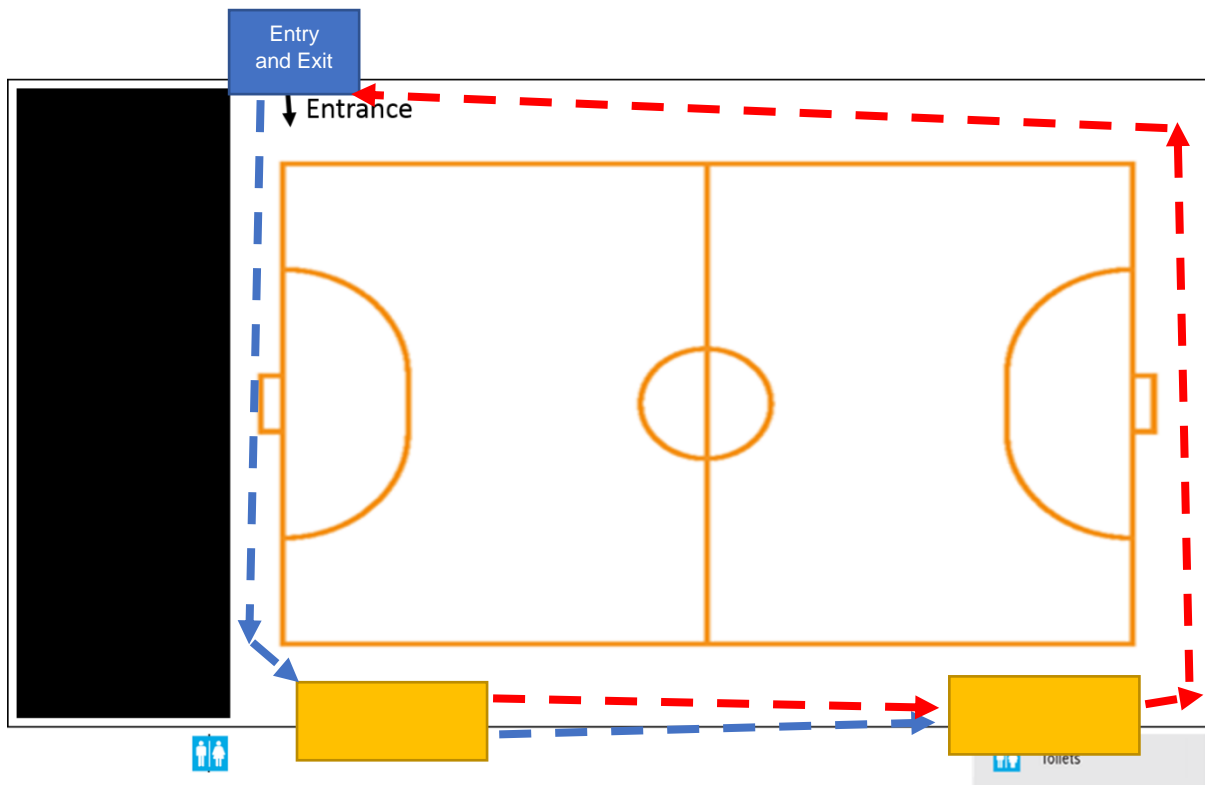
## AMAROO SCHOOL – SOCIAL COURTS



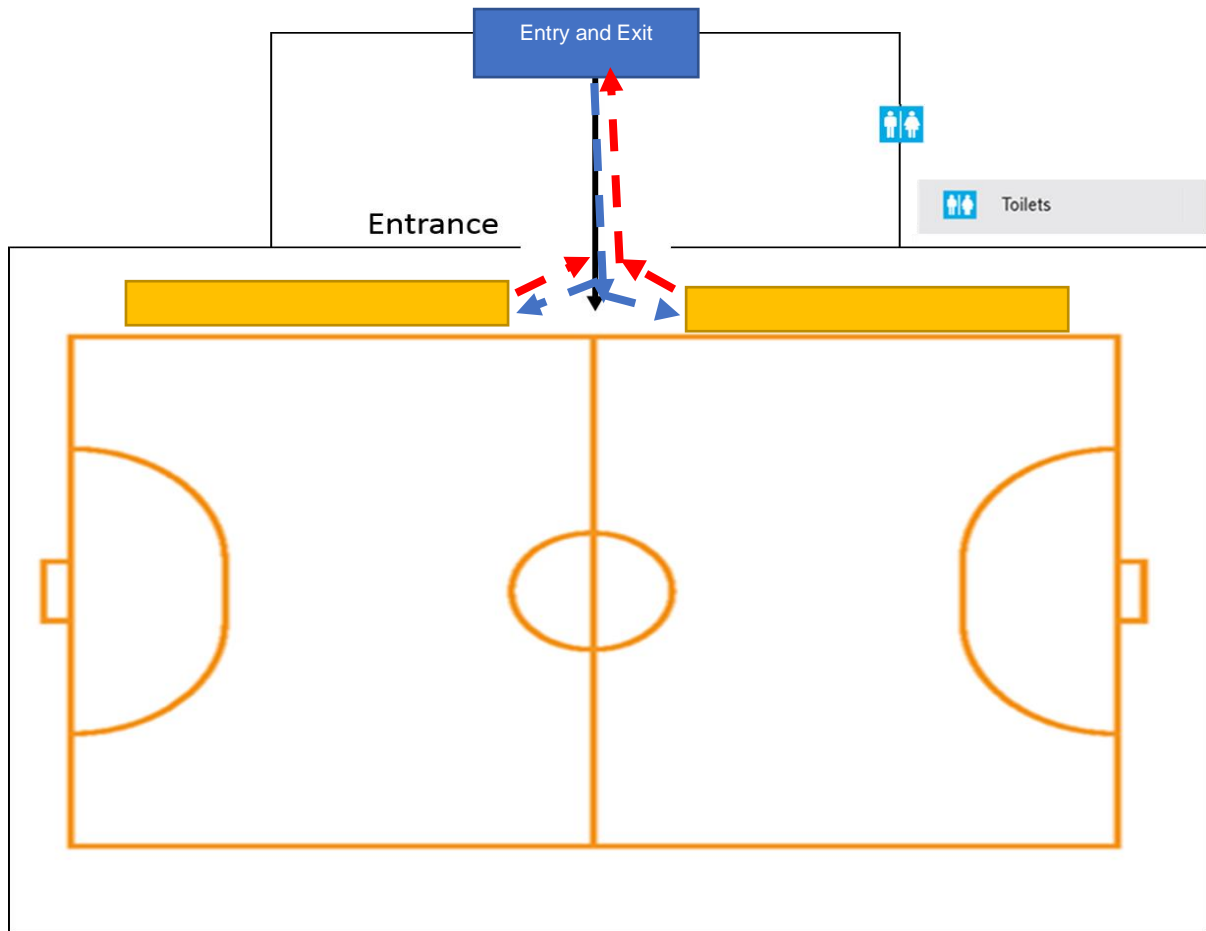
## CANBERRA COLLEGE – SOCIAL COURTS







# JOHN PAUL COLLEGE – SOCIAL COURTS



# LAKE GINNIDERRA COLLEGE – SOCIAL COURTS



LEGEND	
	Spectators
	Entry and Exit points
	Entry Pathway
	Exit Pathway