



MONARO PANTHERS FOOTBALL CLUB

DAVID MADEW



CAPITAL
FOOTBALL

STAGE 4 – COVID-19 SAFE PLAN FOR CLUBS

ALL AGE GROUPS

VERSION 1 – 19 JANUARY 2021

Clubs Submission

This Stage 4 COVID-19 safe plan is provided by Monaro Panthers Football Club.

This plan outlines our operational delivery of NPLM, NPLY, Junior League, Senior League and MiniRoos training and match play

This plan will commence on Saturday 20 February 2021

The club contact responsible for this plan is

Geoff Young

geoff.young@monaropanthers.com.au

0408 735 980

The Club acknowledges that this plan is in accordance with the Capital Football COVID-19 State 4 – COVID-19 Safe Plan and is aware of the hygiene and safety aspects at matches and training.

General Precautions

Attendance

Participants should not attend any training or match day, if in the past 14 days they have:

- Felt unwell;
- Have any flu like symptoms;
- Travelled internationally;
- Travelled to any of the reported locations listed on the [ACT 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

Hygiene

- Ensure spaces, surfaces and objects at each venue are regularly cleaned
- Promote regular and thorough hand washing by club and team officials and participants
- No sharing of drink bottles
- Ensure bins are provided around the venue

Behaviour

- 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
- No spitting at any time

Travelling interstate

If travelling interstate, please read below;

- Teams stay up to date with current Hotspots around Australia, these can be found on the [ACT Health website](#)
- Do **NOT** travel into Hotspot areas
- If using public transport, please follow the rules and restrictions in the state/territory you are travelling in/to
- If carpooling, only carpool with people from the same household
- If staying overnight, please ensure that the accommodation has a COVID-safe plan in place (it is advised to call the accommodation provider prior to travelling)
- Ensure that everyone travelling carries a bottle of hand sanitiser on them at all times
- Ensure that everyone is vigilant with hand and respiratory hygiene
- Please ensure you use appropriate check in apps or sign in registers when visiting places (i.e. restaurants, playing venues, shopping centres etc)

Travelling interstate

- Unless travel is restricted, ACT Health does not declare areas safe or unsafe for travel. Instead ACT Health provide guidance, taking into account the COVID-19 situation in other states and territories.
- Travel advice can change rapidly if COVID-19 cases appear. You may need to cancel or amend your travel plans on short notice
- If you develop COVID-19 symptoms while away or after returning to the ACT, get tested immediately
- When travelling, use the ABC's of protecting yourself, your family and the football community from COVID-19;
 - **AVOID** COVID affected areas – check the COVID website of the state and territory your are travelling to. If you are welcoming relatives or visitors from interstate, please ask them not to come if they are travelling from an area with a recent case or are feeling unwell
 - **BEHAVE** in a COVID-safe way – be vigilant with hand and respiratory hygiene, maintain physical distancing from others groups, and stay home if feeling unwell
 - **CHECK** back when you get home – monitor the COVID website of the state or territory you visited to see if they had any cases, for two weeks after your return. Follow the website's advice about testing and self isolation. If you feel unwell with COVID symptoms while away or when you return, please get tested immediately and self-isolate until you get result.

Check in NSW and sign in sheets

All spectators and participants must sign in using either the Check in NSW app or sign in sheet provided at the venue.

Before using the Check in NSW QR code, you will need to download the Check in NSW app. This can be found in either the [Google Play Store](#) or the [Apple App Store](#).

Once downloaded, register your details (required for the first time only). At all venues that have a Check in NSW QR code, please open the app, select 'Check in Now' and hover your smartphone over the displayed QR code and press 'Check in'.

If you do not have your smartphone on you, please sign in using the sign in sheets provided.

What is permitted during Training

The following is permitted at the venue and during training;

- ▶ All participants and spectators must sign in using the Check in NSW app or a through a sign in sheet provided by the club
- ▶ Where possible players should come ready to train
- ▶ Get in, train, get out
- ▶ Social activities when training has concluded should be limited to essential gatherings and within the government's guidelines
- ▶ Spectator areas must meet gathering restrictions (In ACT no more than 500 per venue in NSW no more than 3000 per venue)
- ▶ Maximum of 1 person per 2 square metres
- ▶ Ensure physical distancing of 1.5 metres between spectators
- ▶ Where clubs choose to use changerooms they must maintain 1 person per 2sqm (a sign must be placed on the door stating the maximum capacity within the area)

What is permitted during Matches

The following is permitted at the venue and during matches;

- ▶ All participants and spectators must sign in using the Check in NSW QR app or a through a sign in sheet provided by the club
- ▶ Where possible players should come ready to play
- ▶ Get in, Play, Get out
- ▶ Social activities when matches have concluded should be limited to essential gatherings and within the government's guidelines
- ▶ Spectator areas to meet gathering restrictions (In ACT no more than 500 per venue in NSW no more than 3000 per venue)
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- ▶ Where clubs choose to use changerooms they must maintain 1 person per 2sqm (a sign must be placed on the door stating the maximum capacity within the area)
- ▶ Canteens and BBQ's are permitted in line with relevant government requirements

What is **NOT** permitted during Training/Match Play

The following is **NOT** permitted at the venue and during training and/or match play;

- ▶ Handshakes before and after training or match play
- ▶ Team huddles and high fives
- ▶ Multiplayer goal celebrations
- ▶ Spitting
- ▶ Sharing of equipment including drink bottles, towels, shin pads and bibs

Match and Training Operations at Venue

Entry and Exits

- Entry Point for Field 1 is from the left hand side of the field
- Exit Point for Field 1 is to right side of the field
- Entry Point for Field 2 is from the left hand side of the field
- Exit Point for Field 2 is from the right hand side of the field
- The Map provides guidance for entry and exits for pedestrians

Spectators

- Spectators are to use the opposite side of both fields to the players.
- Spectator areas will be clearly marked with cones.
- Spectators are to keep to the 1.5 metre spacing.

Match and Training Operations at Venue

Canteens

- will be operated by two members only
- Operators will wear gloves at all times
- prior to shift handover the canteen is to be cleaned
- users will be spaced out 1.5 metres apart
- No more than four people in the line at anyone time

Amenities

- BBQ and Coffee will be operated along the same guidelines as the canteen
- Change rooms will have a sign on the door stating the numbers of attendees
- Change rooms are to be cleaned prior to games and left in a clean state by all teams using them. No items are to be left in the change rooms at anytime.
- Change rooms and Toilets to be cleaned and have soap, Hand Sanitiser and paper towel available
- Players are to remain away from the skate park if there are other children using the facilities
- Must abide by 1 person per 2m²

Venue Map



Legend

Participant entry and access to fields



Participant exit from fields



Spectator Areas



Field number



David Madew

Venue Map



Legend

Participant entry and access to fields



Participant exit from fields



Spectator Areas



Field number



Technical Areas



CAPITAL
FOOTBALL



MONARO PANTHERS FOOTBALL CLUB

Duncan Fields



CAPITAL
FOOTBALL

STAGE 4 – COVID-19 SAFE PLAN FOR CLUBS

ALL AGE GROUPS

VERSION 1 – 19 JANUARY 2021

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- 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

Hygiene

- Ensure spaces, surfaces and objects at each venue are regularly cleaned
- Promote regular and thorough hand washing by club and team officials and participants
- No sharing of drink bottles
- Ensure bins are provided around the venue

Behaviour

- 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
- No spitting at any time

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- If staying overnight, please ensure that the accommodation has a COVID-safe plan in place (it is advised to call the accommodation provider prior to travelling)
- Ensure that everyone travelling carries a bottle of hand sanitiser on them at all times
- Ensure that everyone is vigilant with hand and respiratory hygiene
- Please ensure you use appropriate check in apps or sign in registers when visiting places (i.e. restaurants, playing venues, shopping centres etc)

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- ▶ Where clubs choose to use changerooms they must maintain 1 person per 2sqm (a sign must be placed on the door stating the maximum capacity within the area)

What is permitted during Matches

The following is permitted at the venue and during matches;

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- ▶ Canteens and BBQ's are permitted in line with relevant government requirements

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- ▶ Multiplayer goal celebrations
- ▶ Spitting
- ▶ Sharing of equipment including drink bottles, towels, shin pads and bibs

Match and Training Operations at Venue

Entry and Exits

- Entry Point for Field 1 is from the left hand side of the field
- Exit Point for Field 1 is to the left of the change rooms
- Entry Point for Field 2 is from the right hand side of the field
- Exit Point for Field 2 is from the left of the change room
- Must have relevant entry and exits for pedestrians

Spectators

- Spectators are to use the grandstand areas on the sides of both fields. One team per small grandstand and standing or seating to the left or right of the stands.

Match and Training Operations at Venue

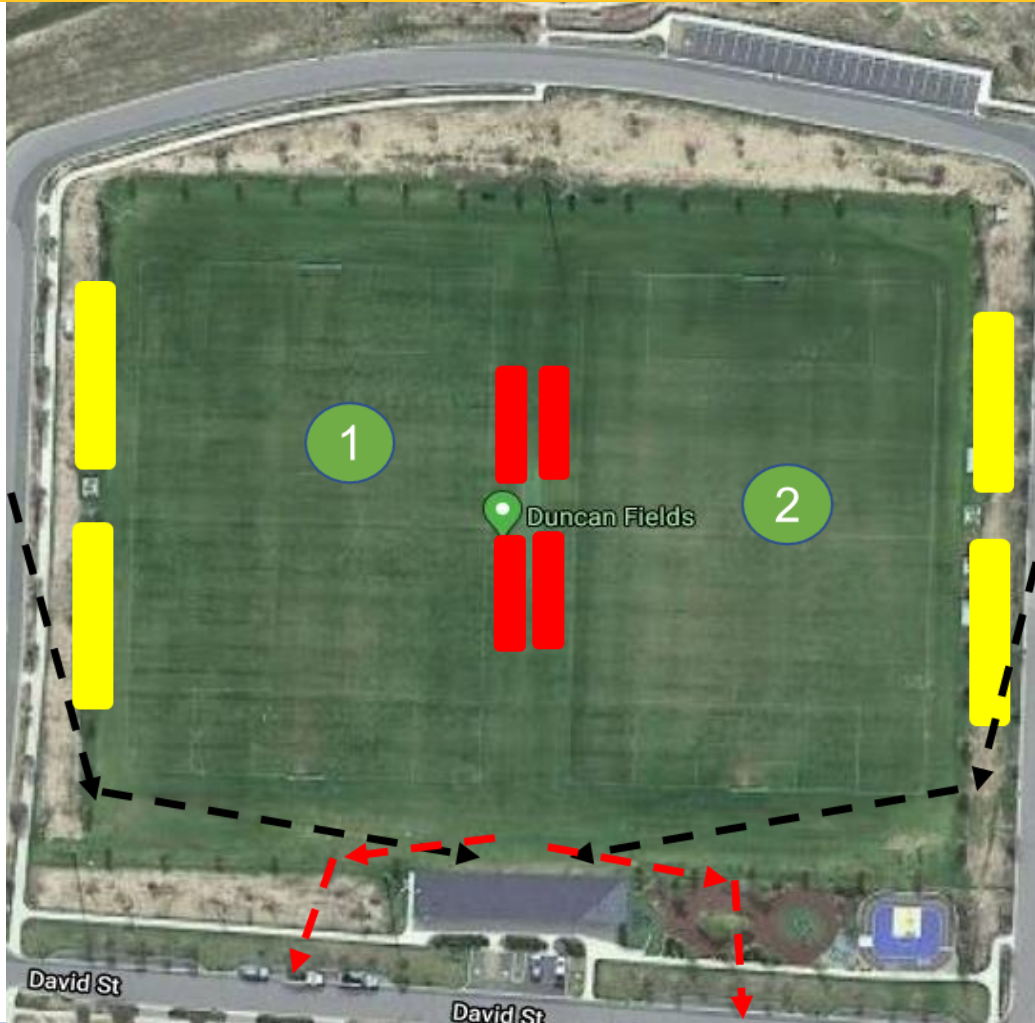
Canteens

- will be operated by two members only
- Operators will wear gloves at all times
- prior to shift handover the canteen is to be cleaned
- users will be spaced out 1.5 metres apart
- No more than four people in the line at anyone time

Amenities

- BBQ and Coffee will be operated along the same guidelines as the canteen
- Change rooms will have a sign on the door stating the numbers of attendees
- Change rooms are to be cleaned prior to games and left in a clean state by all teams using them. No items are to be left in the change rooms at anytime.
- Change rooms and Toilets to be cleaned and have soap, Hand Sanitiser and paper towel available
- Players are to remain away from the playground if there are other children using the facilities
- Must abide by 1 person per 2m²

Venue Map



Legend

Participant entry and access to fields



Participant exit from fields



Spectator Areas



Field number



Duncan Fields



CAPITAL
FOOTBALL



MONARO PANTHERS FOOTBALL CLUB RIVERSIDE



CAPITAL
FOOTBALL

STAGE 4 – COVID-19 SAFE PLAN FOR CLUBS ALL AGE GROUPS

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- Have a medical condition or are at an age that puts them in a high-risk category

Hygiene

- Ensure spaces, surfaces and objects at each venue are regularly cleaned
- Promote regular and thorough hand washing by club and team officials and participants
- No sharing of drink bottles
- Ensure bins are provided around the venue

Behaviour

- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze
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- If carpooling, only carpool with people from the same household
- If staying overnight, please ensure that the accommodation has a COVID-safe plan in place (it is advised to call the accommodation provider prior to travelling)
- Ensure that everyone travelling carries a bottle of hand sanitiser on them at all times
- Ensure that everyone is vigilant with hand and respiratory hygiene
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 - **BEHAVE** in a COVID-safe way – be vigilant with hand and respiratory hygiene, maintain physical distancing from others groups, and stay home if feeling unwell
 - **CHECK** back when you get home – monitor the COVID website of the state or territory you visited to see if they had any cases, for two weeks after your return. Follow the website's advice about testing and self isolation. If you feel unwell with COVID symptoms while away or when you return, please get tested immediately and self-isolate until you get result.

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What is permitted during Training

The following is permitted at the venue and during training;

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- ▶ Get in, train, get out
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- ▶ Spectator areas must meet gathering restrictions (In ACT no more than 1000 per venue in NSW no more than 3000 per venue)
- ▶ Maximum of 1 person per 2 square metres
- ▶ Ensure physical distancing of 1.5 metres between spectators
- ▶ Where clubs choose to use changerooms they must maintain 1 person per 2sqm (a sign must be placed on the door stating the maximum capacity within the area)

What is permitted during Matches

The following is permitted at the venue and during matches;

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- ▶ Canteens and BBQ's are permitted in line with relevant government requirements

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The following is **NOT** permitted at the venue and during training and/or match play;

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- ▶ Spitting
- ▶ Sharing of equipment including drink bottles, towels, shin pads and bibs

Match and Training Operations at Venue

Entry and Exits

- Entry Point for the Field is from the change rooms – away team and then home team
- Exit Point for Field 1 the reverse of the above.
- Spectators will arrive at the front gate to the left and depart to the right as per the diagram.
- Spectators in the club house will enter from the field side and exit through the doors at the front of the club house.

Spectators

- Spectator areas will be clearly marked with cones.
- Spectators are to keep to the 1.5 metre spacing.

Match and Training Operations at Venue

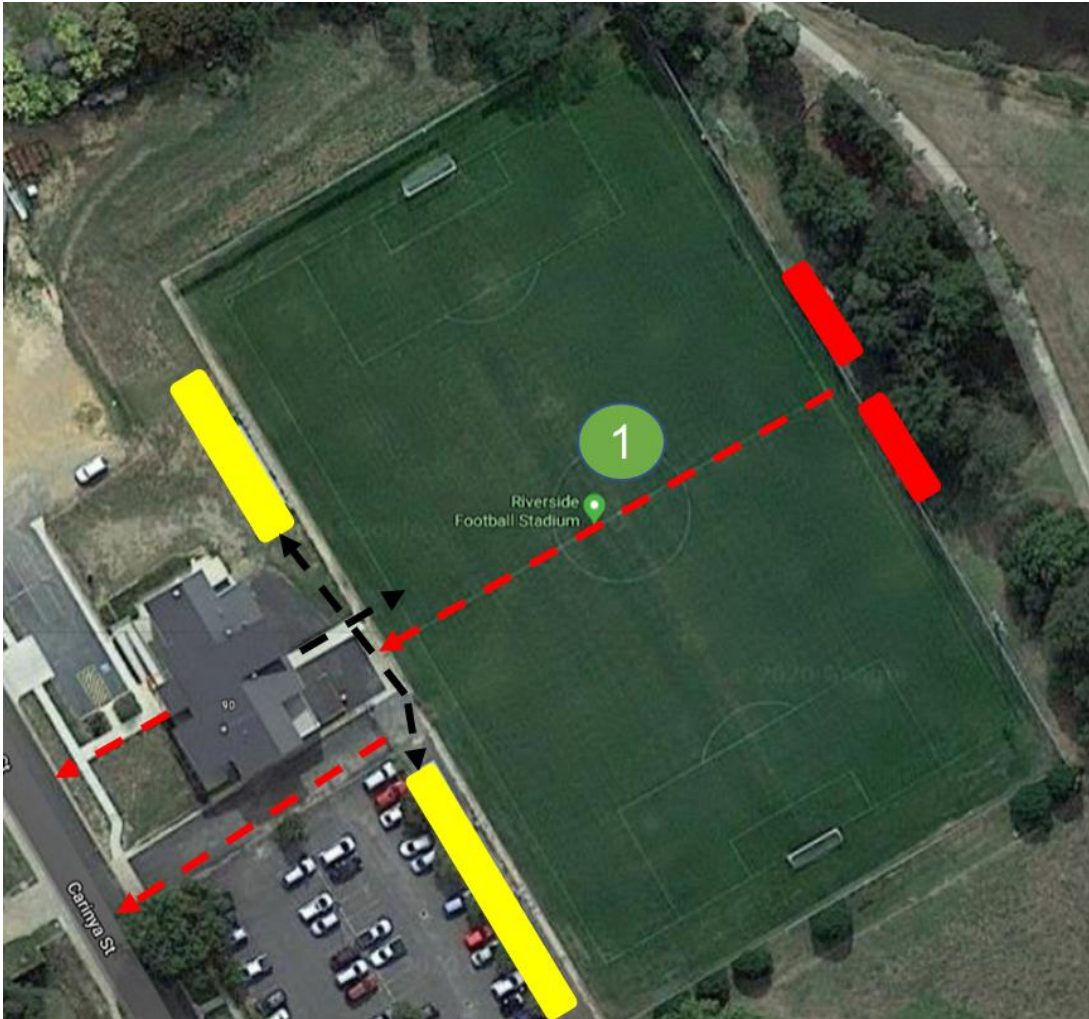
Canteens

- will be operated by two members only
- Operators will wear gloves at all times
- prior to shift handover the canteen is to be cleaned
- users will be spaced out 1.5 metres apart
- No more than four people in the line at anyone time

Amenities

- Coffee van support will be operated along the same guidelines as the canteen
- Change rooms will have a sign on the door stating the numbers of attendees
- Change rooms are to be cleaned prior to games and left in a clean state by all teams using them. No items are to be left in the change rooms at anytime.
- Change rooms and Toilets to be cleaned and have soap, Hand Sanitiser and paper towel available

Venue Map



Legend

Participant entry and access to fields



Participant exit from fields



Spectator Areas



Field number



Riverside



CAPITAL
FOOTBALL



MONARO PANTHERS FOOTBALL CLUB

Wright Park Upper



CAPITAL
FOOTBALL

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ALL AGE GROUPS

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Hygiene

- Ensure spaces, surfaces and objects at each venue are regularly cleaned
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- No sharing of drink bottles
- Ensure bins are provided around the venue

Behaviour

- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze
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CAPITAL
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Match and Training Operations at Venue

Entry and Exits

- Entry Point for the Field is from the first two gates as you arrive at the field.
- Exit Point for Field is the gate on the far side of the grand stand ensuring you retain distance between spectators and players as you leave.

Spectators

- Spectators are to use the grandstand area on the right side of the field or be to the right or left of the grand stand.

Match and Training Operations at Venue

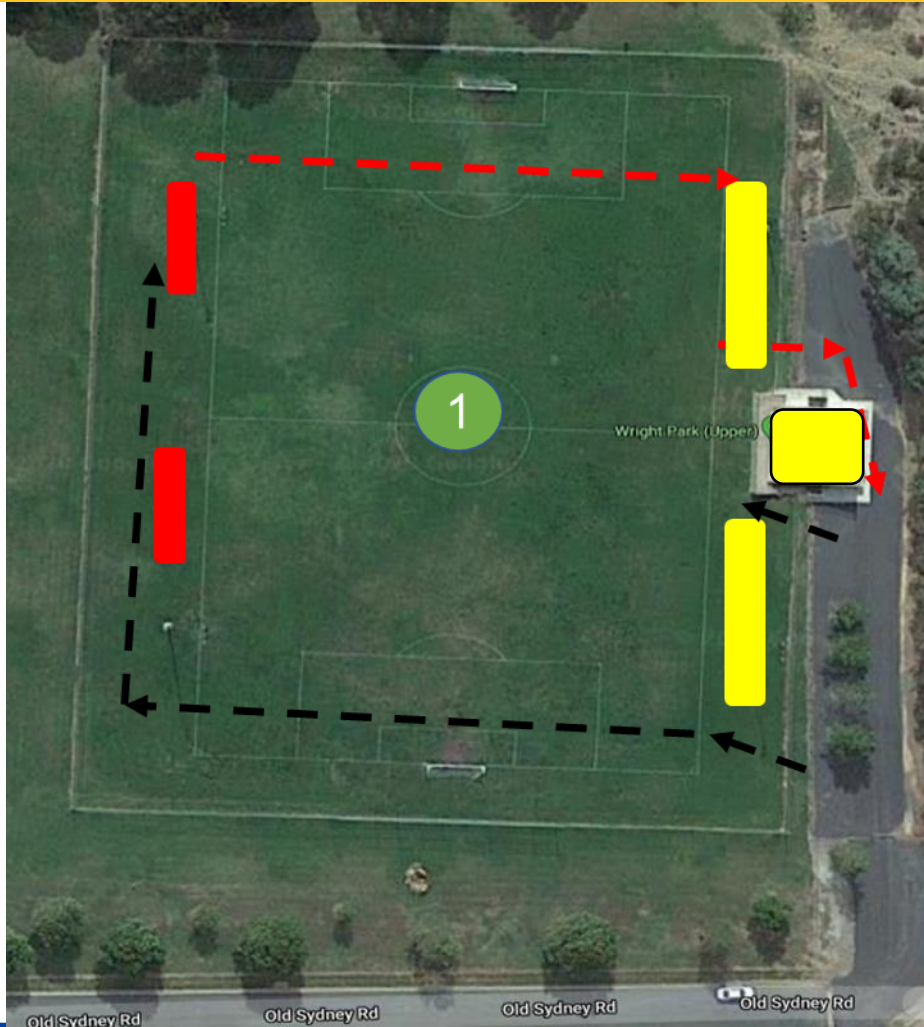
Canteens

- There is no Canteen at this field.

Amenities

- Toilets are open at either end of the change rooms, spectators are to be aware of the other users.
- Must abide by 1 person per 2m².
- Change rooms will have a sign on the door stating the numbers of attendees.
- Change rooms are to be cleaned prior to games and left in a clean state by all teams using them. No items are to be left in the change rooms at anytime.
- Change rooms and Toilets to be cleaned and have soap, Hand Sanitiser and paper towel available.

Venue Map



Legend

Participant entry and access to fields



Participant exit from fields



Spectator Areas



Field number



Wright Park Upper



CAPITAL
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