



COVID-19 Safety Plan 2021

Document management:

Applies to the COVID Normal Stage of the ACT Government Canberra Recovery plan
(from February 2021)

Incorporates the BUFC Return to Football planning

The document will be updated when the level changes.

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Organisation Details

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Introduction and purpose

The ACT Government has announced successive easing of COVID-19 restrictions that allowed a return to community sport after the shutdown in early 2020. Capital Football developed Return to Football Guidelines in line with the Australian Institute of Sport (AIS) 'Framework for Rebooting Sport in a COVID 19 Environment', as well as directions from the ACT Government and Football Federation Australia.

On 26 May 2020 the ACT Government released Canberra's Recovery Plan which delivers a Covid-19 easing of restrictions roadmap, and aligns with the Australian Government's Framework for a COVIDsafe Australia. The Canberra Recovery plan outlines four recommended stages of community activities and individual sport. The ACT entered Stage 2.1 from on 29 May 2020, and then Stage 2.2. from on Friday June 19th. From Friday 23 July 2020 the ACT Government approved a return to contact sport with other Stage 2.2 restrictions remaining. ACT subsequently entered Stage 3.1 on Monday 10th August 2020, Stage 3.2 on Friday 9th October, Stage 4 on December 2nd and then the 'COVID Normal' stage in February 2021.

Capital Football has provided guidelines for clubs and participants (referees, coaches, players, volunteers, administrators, parents and spectators) who are part of Capital Football activities through the stages of the Canberra Recovery Plan.

Belconnen United Football Club (BUFC) has developed this document, our 'COVID-safe Environment Plan', to guide the safe resumption of football consistent with the broader principles for this phase of eased restrictions, but providing operational detail specific to our club. It is to help guide a careful and safe return to football and to assist in planning and communication within our Belconnen United community. The primary objective is to protect the health and safety of all participants in our club. This plan is updated when the resumption of sport moves to another level or when the ACT Government, Capital Football or Football Federation of Australia update their rules or advice.

This version of the document applies to the COVID Normal Stage of the ACT Government Canberra Recovery plan, with competitive contact sport ongoing.

Key changes or elements from previous versions of this plan:

- Full competitive and non-competitive football matches are permitted
- Use of the Check in Canberra App is mandatory at all venues for people aged 16 years and over
- Changerooms can be used (max 1 person per 2m²)
- Non ticketed events, or events without fixed seating, can include up to 1000 people using the one person per two square metre rule (events over 1000 people must apply for an exemption)
- Enclosed outdoor venues with permanent tiered seating/grandstands can have up to 100% capacity, provided events are ticketed and seated and a COVID Safety Plan is in place for each event.

Emphasis on physical distancing, personal and respiratory hygiene must be continued

Safety requirements – behaviours

The easing of ACT Government restrictions allows for groups of up to 1000 people per venue (including players, coaches and officials) to participate in competitive contact sport and in contact training or trials as part of outdoor sporting activities where sportsgrounds are booked prior to use. Social distancing protocols must be followed. ACT Government officers will be monitoring compliance with COVID-19 restrictions and fines can be imposed for breaches. If the football community does not successfully comply with these COVID-safe guidelines then continuation of competitive football matches will be jeopardised.

The following safety requirements are mandatory for BUFC members:

- Do not attend matches or training if you have:
 - travelled internationally in the preceding 14 days
 - travelled to any of the reported COVID case locations listed on the ACT Health website (<https://www.covid19.act.gov.au/what-you-can-do/latest-changes>)
 - been exposed to a person with COVID-19 in the preceding 14 days
 - been tested for COVID-19 and have not yet received the results
 - or are at a high risk from a health perspective, including from pre-existing medical health conditions.
- You must not attend any Club activity (incl. matches or training) if you feel unwell or have any flu-like symptoms (even if you have very minor symptoms).
- If you become unwell during matches or training (or any Club activity) you must leave the session immediately.
- You must minimise physical contact - no hugging, wrestling, hand shaking, high fives, huddles etc.
- Bring your own hand sanitiser to matches and training and use it to clean your hands before training starts and after it is finished.
- Bring your own water bottle to matches and training and it must be clearly marked with your name.
- Do not share drinks or drink bottles, shin pads, bibs, or other personal equipment.
- Cover your mouth and nose with a tissue or your elbow (not your hands) if you cough or sneeze.
- You must not spit or expel nasal secretions at any time (unless into a tissue which is immediately placed into a rubbish bin).
- Avoid touching your eyes, nose or mouth with your hands.
- Players should minimise touching training equipment with your hands (goals, cones, etc.) and minimise handling of the ball.

- Players should arrive at training already wearing full kit (including boots and shin pads) and no earlier than 15 minutes before the start time.
- Where possible players should arrive at matches wearing your kit and ready to play
- Players, parents, team, and club officials are to leave football venues immediately after training or trials or matches have finished (the principle is – get in, train or play, and get out).
- Parents and spectators at a training or trials or match venue should apply the 1.5 metre social distancing rule and the 1 person per 2 m² rule.
- You must comply with/follow the processes outlined in the next section which are designed to help keep everybody safe.

Do not attend matches or training or trials if you exhibit any of these symptoms



Fever



Cough



Fatigue



Sore throat



Shortness of breath

Safety requirements – processes

All participants and spectators must sign in using the Check in CBR app or a through a sign in sheet provided by the club (this applies to all club activities - training, trials, matches, meetings etc.). This is a legal requirement.

The following processes will be implemented to facilitate social distancing:

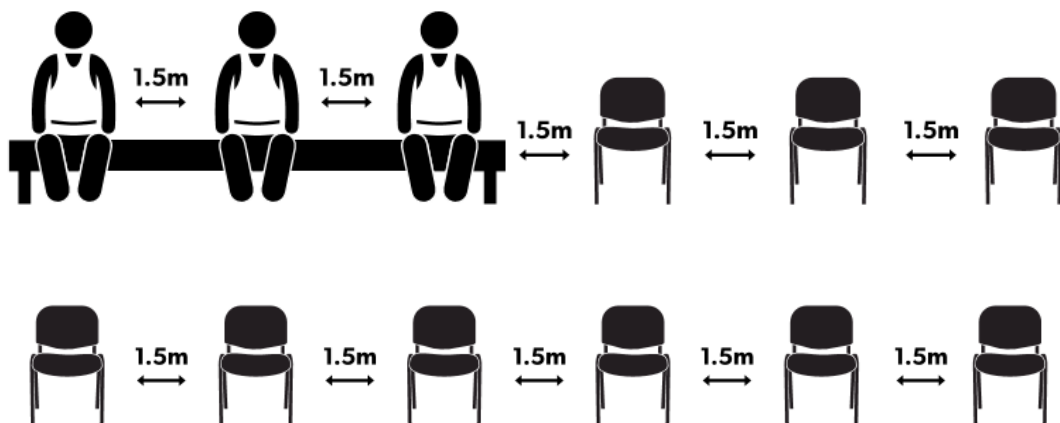
Training

- Training is to be conducted outdoors in groups of no more than 1000 people per venue (including coaches, players, team and club officials).
- Contact football training is permitted (including tackling and training games).
- Inter club trial matches are permitted.
- Players are to proceed to designated assembly areas for their part of the training pitch for commencement of training (maintain social distancing).
- A coach can coach more than one group in a day; however, they must ensure that the equipment is cleaned between groups or utilise different equipment for each group.
- Handling of the ball should be kept to a minimum.

- Bibs will be provided to each player if necessary, that player will keep the one bib for the duration of the session (no sharing). Bibs are to be washed before next use.
- Player handling of equipment should be kept to a minimum.
- Coaches will set up and pack up all training equipment at the beginning and end of the sessions.
- Training equipment (cones, balls, mini goals etc.) will be cleaned and disinfected before and after each training session.
- Physical distancing of at least 1.5 m between spectators will be promoted and expected.

Matches

- 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.
- Note the following is not allowed:
 - Handshakes before and after the match
 - Team huddles and high fives
 - Multiplayer goal celebrations
- Matches are to be conducted outdoors in groups of no more than 1000 people (including coaches, players, team and club officials) (exceptions are in enclosed stadiums with fixed tiered seating - which can operate at 100% capacity; and when special exemptions are granted for more than 1000 people).
- Change rooms may be used - do not exceed the number of people permitted on the signage displayed outside the change room.
- Team benches are to be arranged to ensure 1.5 m spacing between players and team officials:



- Bibs will be provided to each player if necessary, that player will keep the one bib for the duration of the match (no sharing) and it will be washed after use. Players and substitutes must not share bibs.

- Physical distancing of at least 1.5 m between spectators will be promoted and expected.
- Canteens and BBQ's are permitted in line with relevant government requirements.

Football Venues

- Regular and thorough hand washing by players, and team and club officials will be actively promoted at each venue, including immediately before and after training.
- All participants will be asked to bring their own personal hand sanitiser.
- Players, staff and parents will be informed of vehicle and pedestrian entry and exits from venues, and player assembly areas, to reduce congestion.
- Change rooms may be used - do not exceed the number of people permitted on the signage displayed outside the change room.
- Spaces, surfaces and objects at each venue will be regularly cleaned.
- Bins will be provided at venues where possible.
- Car-pooling to and from training is to be avoided if possible.

Training venue maps are provided below in a separate section with information to help facilitate social distancing. Match venue operations and maps are also detailed in a separate section below.

Football activity other than training

- Education or theory sessions or meetings (e.g. coaching courses, team sessions/meetings) can be held. Venues can have 25 people or they can apply the one person per two square metres of usable space rule in both indoor and outdoor spaces.
- Any additional practical sessions must be held on ovals practicing social distancing and following the guidelines and principles in this document. Density for any unfixed seating areas should be calculated using the one person per two square metre rule, up to 1,000 people.
- Club meetings will be held online where practical.

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).
- 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 you 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.

Tracking and tracing

- All spectators and participants must sign in using either the Check in CBR app or sign in sheet provided at the venue.
- Before using the Check in CBR QR code, you will need to download the Check in CBR 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 CBR 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 with you, please sign in using the sign in sheets provided.
- All members of the club will be encouraged to use the COVID-19 app.
- Team managers or coaches and/or club officials are required to record attendance at matches and at training or trials (i.e. record every team and/or club official as well as players and parents/guardians that attend all training sessions).

Match operations at playing venues

McKellar Park

- No participants, coaches, officials or spectators should attend the venue if they:
 - travelled internationally in the preceding 14 days
 - travelled to any of the reported COVID case locations listed on the ACT Health website (<https://www.covid19.act.gov.au/what-you-can-do/latest-changes>)
 - been exposed to a person with COVID-19 in the preceding 14 days
 - been tested for COVID-19 and have not yet received the results
 - or are at a high risk from a health perspective, including from pre-existing medical health conditions.
- All participants and spectators must sign in using the Check in CBR app or a through a sign in sheet provided by the club
- Venue entry and exit and through the gates as marked on the map below.
- Spectators must be seated in tiered seating either in the grandstands or bleachers.
- Spectators from different households must maintain social distancing.
- All those using McKellar Park are required to use hand sanitiser when entering and exiting the venue.
- Change rooms may be used - the maximum occupancy limit must not be exceeded at any time.
- Toilets will be open
- Social distancing and hygiene signage will be erected in prominent, high visibility locations.
- Entry and exit to the field are *via* the sign posted gates (shown in the venue map)
- Additional seating will be provided for substitute players so they can maintain 1.5 m distance apart.

Kaleen Enclosed Oval

- No participants, coaches, officials or spectators should attend the venue if they:
 - travelled internationally in the preceding 14 days
 - travelled to any of the reported COVID case locations listed on the ACT Health website (<https://www.covid19.act.gov.au/what-you-can-do/latest-changes>)
 - been exposed to a person with COVID-19 in the preceding 14 days
 - been tested for COVID-19 and have not yet received the results
 - or are at a high risk from a health perspective, including from pre-existing medical health conditions.

- All participants and spectators must sign in using the Check in CBR app or a through a sign in sheet provided by the club
- The double width vehicle gates at the entry and the pedestrian entry gate immediately adjacent will both be left wide open so there are no congestion points for entry and exit.
- Motor vehicles are not to enter through the perimeter gates.
- Parking and drop-off and pick-up is on Turon Place, including the parking area just outside of the main entry point to the venue.
- For watching games on field one spectators must be seated in the grandstands following social distancing rules. Spectators must not congregate around the change room areas or at the front of the pavilion near the canteen and referees' rooms.
- Spectators watching games on field two will proceed to the far eastern side of field 2 and watch from there, maintaining appropriate social distancing.
- Change rooms may be used- the maximum occupancy limit must not be exceeded at any time.
- Toilets will be open.
- Social distancing and hygiene signage will be erected in prominent, high visibility locations.
- Club officials will encourage spectators to social distance.
- Additional seating will be provided on the field for substitute players so they can maintain 1.5 m distance apart.

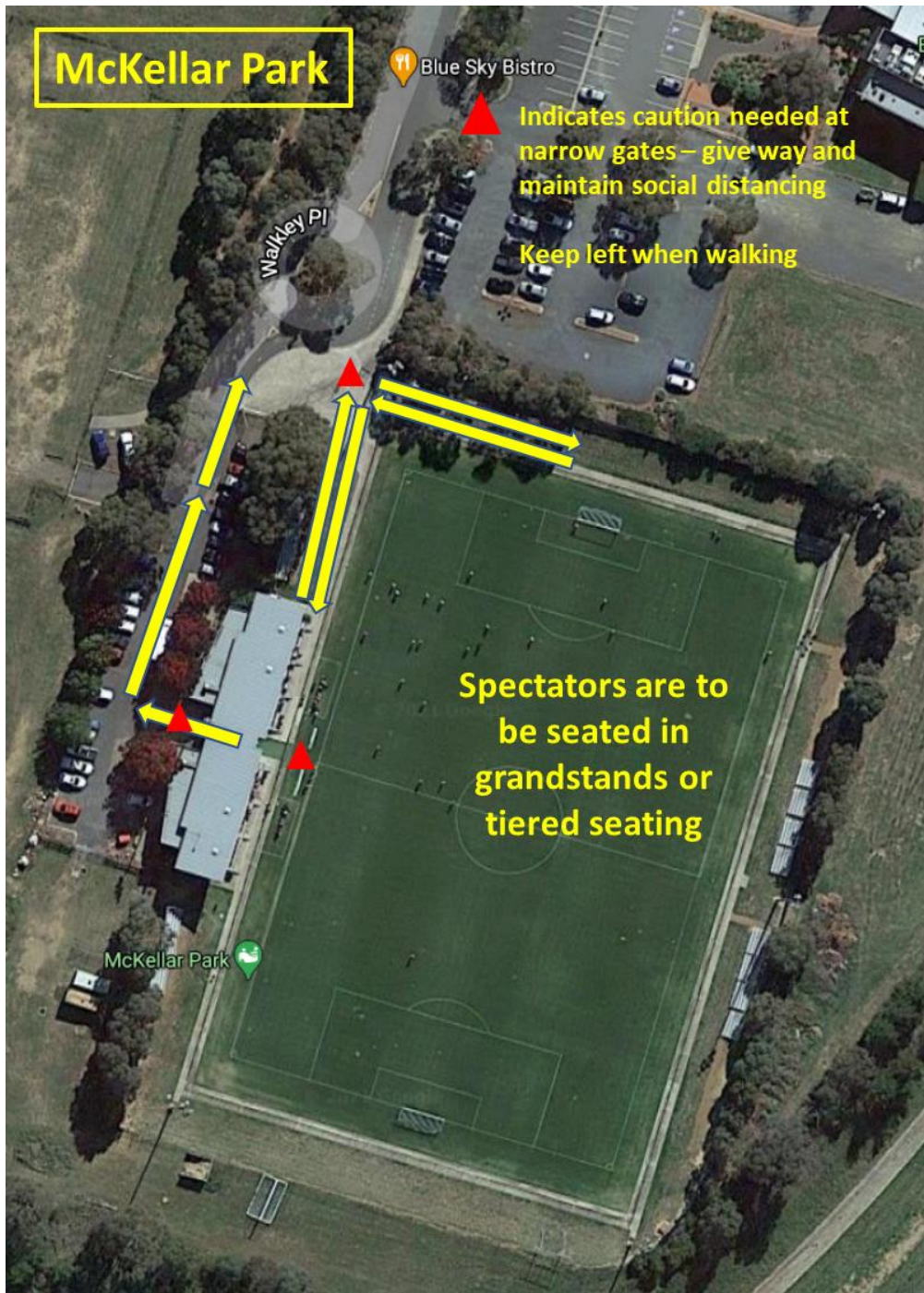
Canteen operation

- Physical distancing will be encouraged inside the canteen (where an indoor canteen is used), or around an outdoor BBQ and serving area, and while people are queuing for service. The number of people inside the canteen will be based on the one person per 2 square metre rule. Outside the canteen, people must remain 1.5 metres apart.
- Areas where customers queue will be clearly marked with locations to stand that are at least 1.5m apart.
- No volunteer BBQ or canteen staff will be working if they have any flu like symptoms, or are ill, or don't meet the requirements outlined earlier for attending a football venue.
- Staff will wear gloves where practical.
- Payment methods will be contactless where the facilities are available, otherwise anybody handling cash will regularly sanitise their hands and will not be handling food.
- The following hygiene practices and cleaning procedures will be in place:
 - Volunteer staff will regularly sanitise their hands
 - Benches will be regularly wiped down with disinfectant
 - Hand sanitiser will be provided for public use
 - Volunteers will be instructed on hand COVID-safe hygiene practices

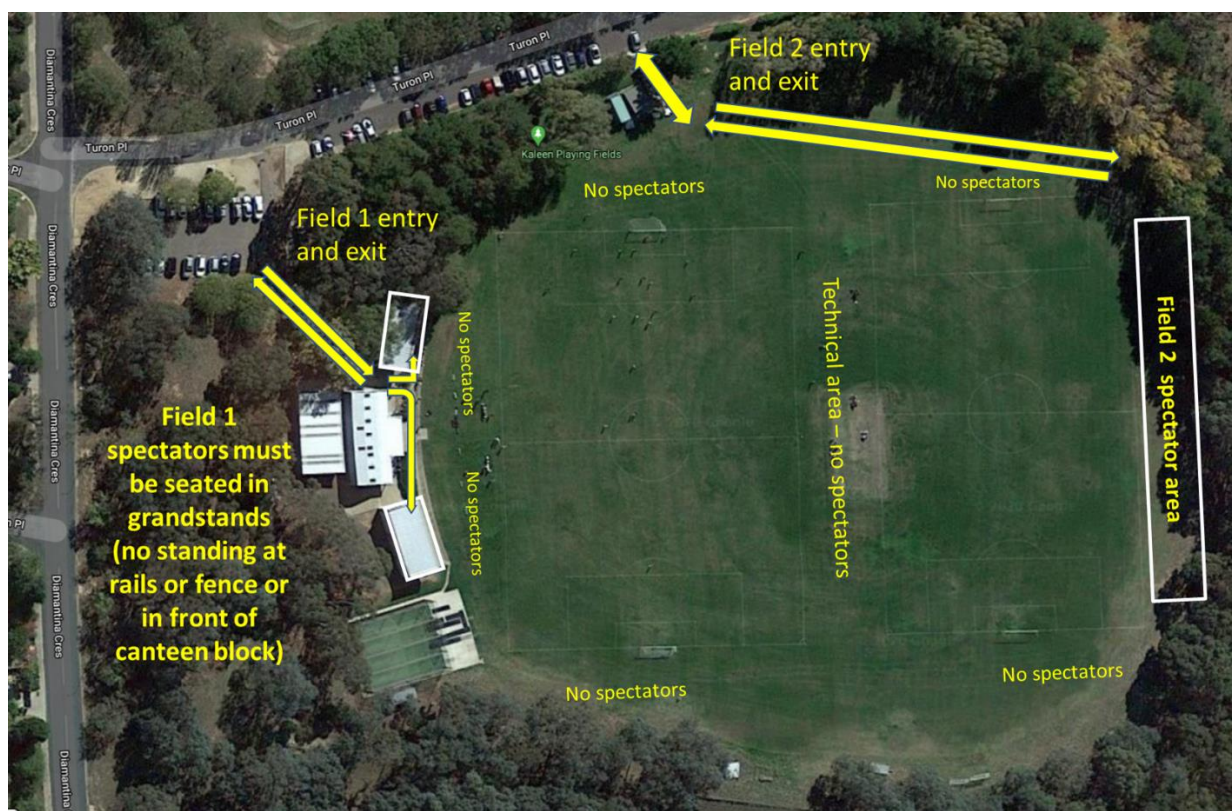
- All surfaces, equipment, utensils, frequently touched surfaces ('touch points'), EFTPOS machines etc. will be regularly wiped or cleaned using detergent or a 2-in-1 detergent and disinfectant solution.

Playing venue maps

McKellar Park



Kaleen Enclosed Oval

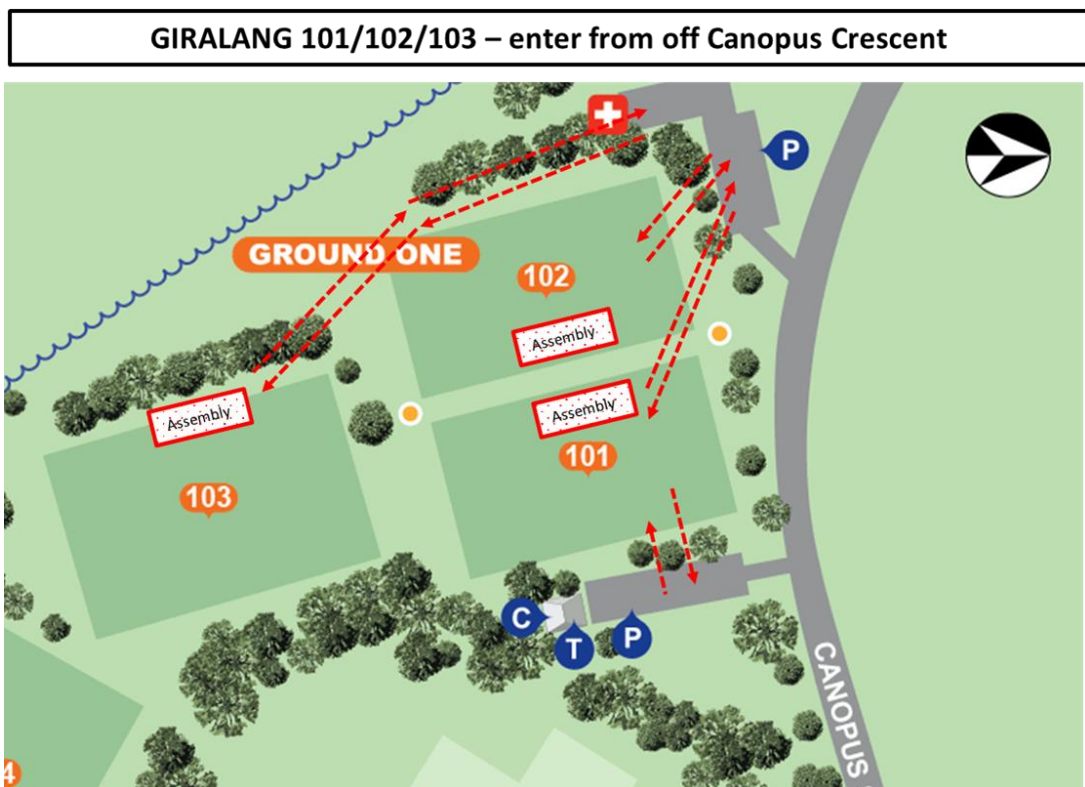
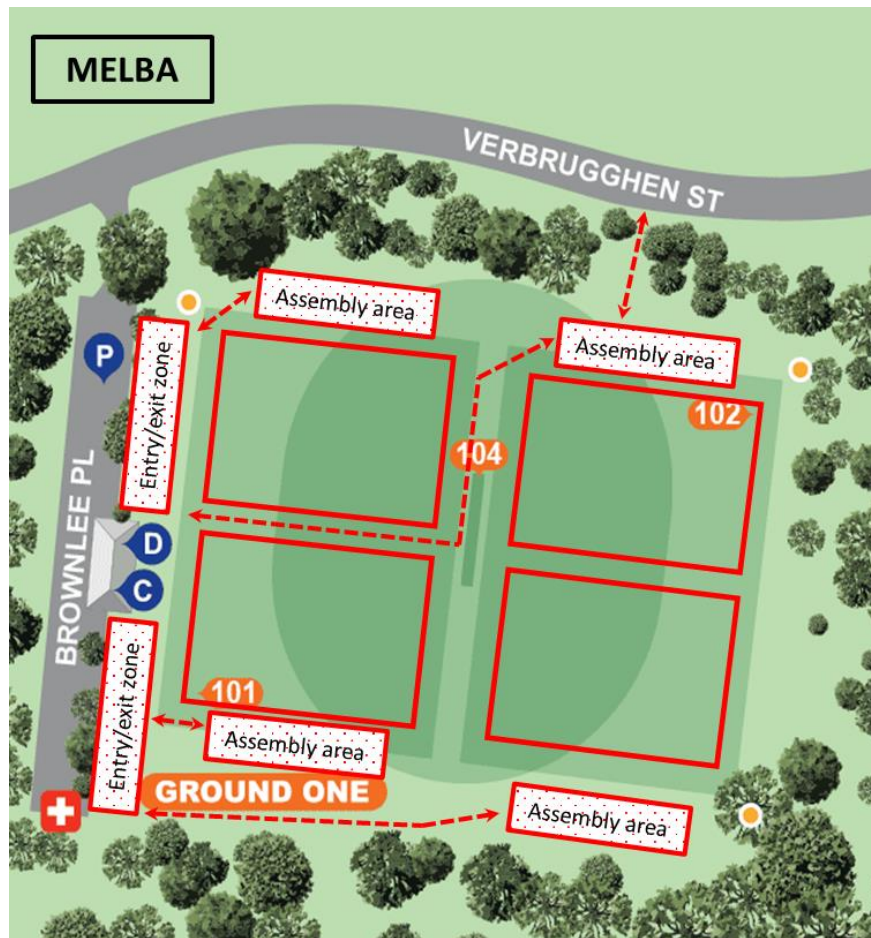


Training venue maps

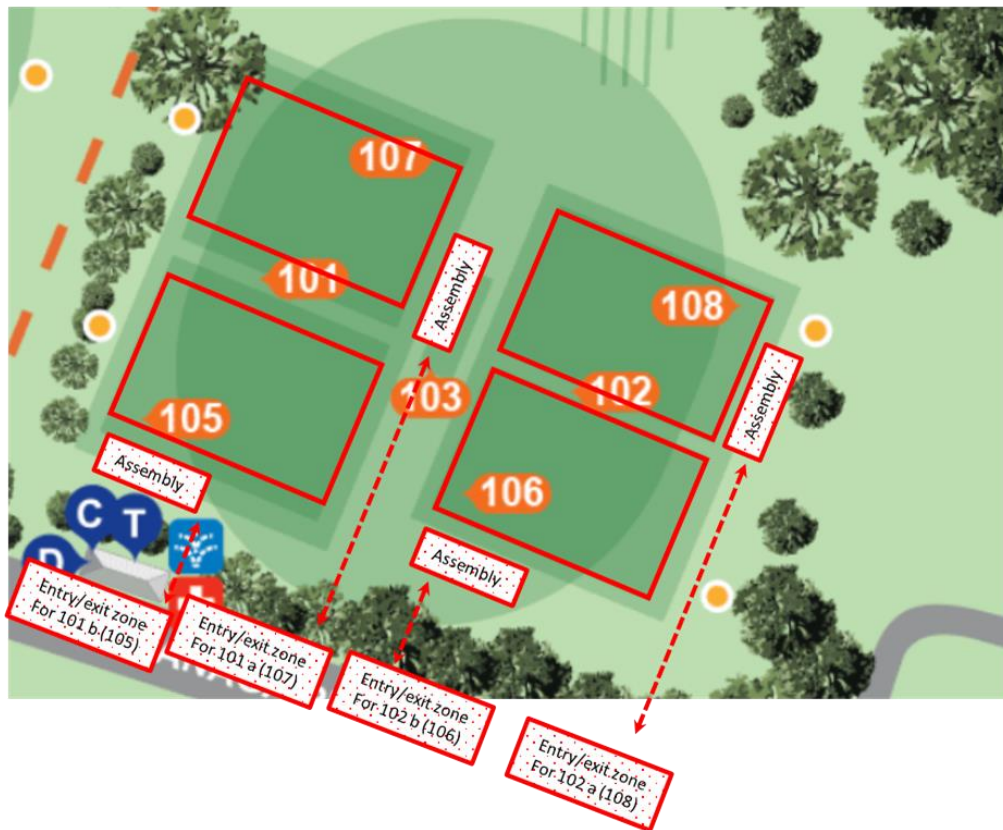
The following maps and diagrams indicate vehicle and pedestrian entry and exits from venues, and player assembly areas. Please enter the venue ready to train (already changed into full training kit) through the designated entry area and make your way to the assembly area indicated for your portion of the training pitch. Once at the assembly area you must maintain social distancing from the other players and coaches. Once training has finished leave promptly through the designated exit area to your vehicle and leave the venue.

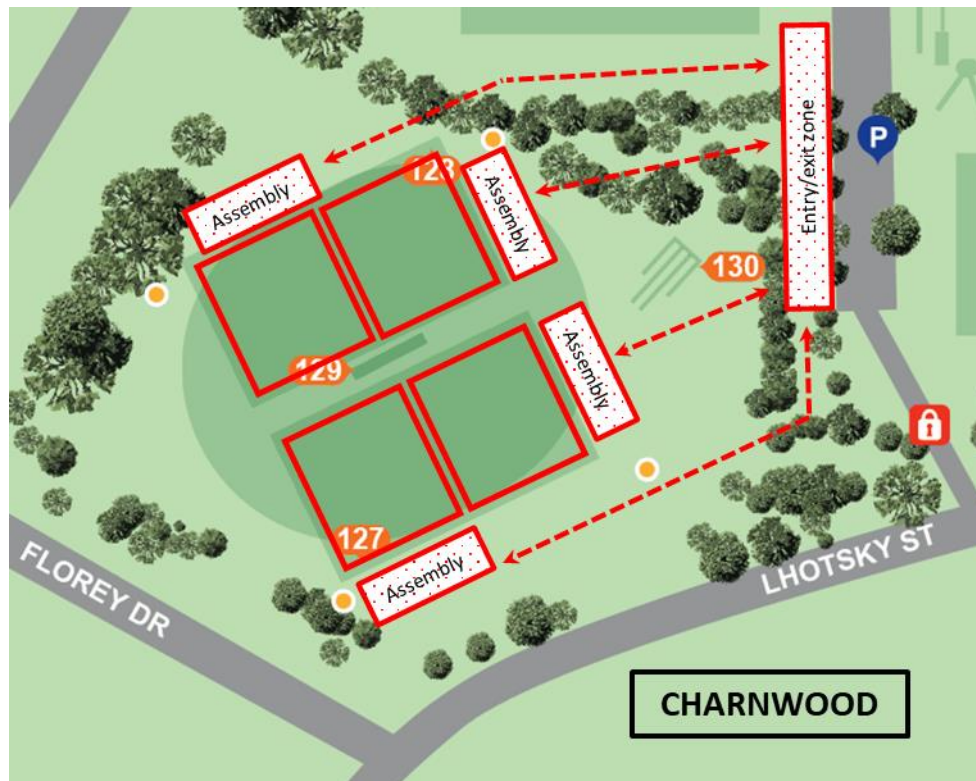
Additional venue maps will be added as required.





ARANDA 101/102 – enter from Banaga Place (off Banambila St)





Implementation actions and responsibilities

Communication

- Version 1.0 of this document, and the Capital Football 'Return to Football Guidelines' was provided to all players, parents, coaches, managers and club officials and they have been asked to
 - a) acknowledge that they have received and read the documents
 - b) commit to adhere to the requirements therein.

Team managers have distributed these resources to their teams and the club has a record of the acknowledgements and commitments received in reply. Players who have not met the above request are not allowed to train or play.

Subsequent versions of this document are posted on the Belconnen United FC website under the 'policies' link and made available to all members, and the public.

- The Club has informed players and parents that training is voluntary and if players elect not to train due to safety concerns then they will not be disadvantaged or pressured in any way. We acknowledge that for some households COVID-19 risks (e.g. pre-existing medical conditions, elderly family members) are much greater than for others.
- All coaches and managers have been given a detailed on-line briefing on COVID-safe practices and guidelines before teams resumed training.

- Players will periodically be given a reminder from their coach or manager to follow COVID-safe practices.
- Regular reminders and updates on COVID-safe football will be communicated via the BUFC Facebook page and via email and messaging platforms through team managers. This will include reinforcement of key risk factors – e.g. players must not participate if they are unwell (even with very minor cold or flu symptoms).

Football and venue management

- BUFC will have a nominated venue manager (a club official) at each match and training venue to help monitor, supervise, and educate club participants to ensure that COVID-safe behaviours and processes are being properly followed.
- Club vested officials at matches will be asked to assist in monitoring, supervising, and educating participants to ensure that COVID-safe behaviours and processes are being properly followed.
- Teams are only authorised to train where they have an official field booking in place as made and confirmed by the BUFC Director of Operations.
- Coaches will be responsible for the management of the sessions that they are running, including that all COVID-safe practices are being followed, and that the participants are being adequately supervised.
- Coaches will continue to retain and manage the training equipment that they use and will be asked to clean and disinfect that equipment before and after use.
- Team managers will help facilitate the process of players taking training bibs home for washing after use, and then bringing the clean bib back to the next training session.
- Team managers will assist with participant attendance registers.

Compliance management

- Communication, education and encouragement will be the first-resort approach to ensuring COVID-safe practices are being followed. Coaches and team managers will be asked to help explain, model, and manage good behaviours within their teams.
- Self-regulation will be encouraged – all members will be encouraged to call-out any breaches of COVID-safe guidelines, and if necessary, report instances to a Board member or other club official.
- There will be a zero-tolerance approach to any breaches of the key COVID-safe requirements – if necessary, players will be excluded from matches or training and/or teams will have their permission to train withdrawn. Examples include: players or coaches turning up to matches or training unwell (they will be immediately sent home).
- If any individuals or teams are caught in breach of COVID-19 regulations and fined then the payment of those fines will be their responsibility (not the responsibility of BUFC).
- Any players or parents not following the directions of coaches or club officials may be asked to immediately leave the venue.

- As a last resort, if the individual behaviours and the strategies explained in this plan are not working successfully to achieve the necessary COVID-19 safety, then training for individual teams, or for the whole club will be suspended.

Incident management

BUFC team and/or club officials are required to ensure attendance is recorded at training and at matches by encouraging/mandating use of the Check in Canberra App and supplementing with sign in sheets as required (i.e. record every team and/or club official as well as players and parents or guardians that attend all training sessions and matches).

In the event of a COVID-19 positive result within the club then BUFC will support contact tracing efforts by ACT Health (including access to records related to training and groupings). Protocols will apply related to quarantine or self-isolation for the infected individual/s and those contacts considered at risk.

In the event of a COVID-19 infection or event BUFC will follow all advice from ACT Health. The club will communicate with members to keep all relevant people informed of the situation and to provide appropriate advice.

BUFC will immediately notify ACT health authorities and Capital Football if we become aware of any suspected COVID-19 cases or other issues that present a risk to the health and safety of our football community.

Monitor and review

- Compliance with COVID-safe guidelines will be continuously reviewed and evaluated. If necessary, reminders will be communicated to the club membership, and/or mandated processes will be updated.
- The BUFC Board will review and evaluate the implementation and operation of these COVID-safe guidelines at each Board meeting.
- This document will be updated and redistributed to club members as required.

Playing schedule

Available for each team from links at the BUFC website:

<https://www.bufc.com.au/mens-football>

<https://www.bufc.com.au/womens-football>

Training schedule

The training schedule for the club will be revised weekly and communicated to teams via the Directors of Football and then Team managers and coaches.

Resources

Australian Government

<https://www.australia.gov.au/>

ACT Government

<https://www.covid19.act.gov.au/home>

Capital Football

<https://capitalfootball.com.au/covid-19-resources/>

AIS Framework for Rebooting Sport

<https://ais.gov.au/health-wellbeing/covid-19>

National Principles for the resumption of sport and recreation activity

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-national-principles-for-the-resumption-of-sport-and-recreation-activities>

ACT Government Food Safety Regulations

<https://www.health.act.gov.au/businesses/food-safety-regulation>

COVIDSafe app

<https://www.health.gov.au/resources/apps-and-tools/covidsafe-app>

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