

ANU Football Club

Return to Play Action Plan

Stage 4

Last Updated: 06/04/2021 07:00 pm

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Introduction

The ANU Football Club has a responsibility to protect not just the ANU football community, but the broader ANU and ACT communities, and to assist in preventing any outbreaks of COVID-19 where possible. We as a football community, including players, coaches and volunteers must all play a role if we are to help slow the spread of COVID-19.

The resumption of ANU Football Club activities is subject to the provisions of the ACT Government, ACT Health and ANU Sport. The ANU Football Club is required to comply with the public health advice. This plan sets out the conditions under which players, coaches and officials of ANU Football Club will re-engage with training and games, compliant with the conditions set out by ANU Sport, Capital Football and the ACT Government.

The club trusts its members to do the right thing and make sensible choices. We expect you to strictly adhere to all the requirements outlined in this report.

Sanctions

Potential sanctions imposed by the club for not adhering to these rules include:

- individual suspension from training,
- team suspension from training,
- membership cancellation; and
- team removal from Capital Football competitions.

Other potential sanctions that may be imposed by ANU Sport include:

- cancellation of all future bookings;
- suspension of ANU Sport membership;
- reporting to the ANU Sport Board and/or ANU Vice Chancellor; or
- reporting to police as appropriate.

ANU has made it clear that they will not hesitate to close facilities again if protocols are breached. We request that everyone maintains collective responsibility for managing risk and adhering to these guidelines so that our community can continue to take part in outdoor activity

Training and Competitive Game Rules

The following rules apply to all training and game sessions under Stage 4.0 restrictions:

- All training and games must be conducted outdoors;
- Outdoor training and games can be conducted in groups of no more than 500 people, including players, team and club officials);
- Adequate spacing for each player and staff (applying the 1.5 metre social distancing rule and 4m² per person);
- Players must turn up no earlier than 15 minutes prior to the start of training;
- If bibs are used, each player must have the bib for the whole session, and they must take the bib home and wash it before returning it;
- You can attend training only if you are participating - no spectators are allowed;

You cannot train if you:

- Feel unwell;
- Have any flu-like symptoms - players who show flu-like symptoms will be asked to leave the training facility directly;
- Have travelled internationally within the preceding 14 days;
- Have travelled to any interstate [COVID-19 affected areas](#) as listed by ACT Health;
- Have been exposed to a person with COVID-19 in the preceding 14 days
- Have been tested for COVID-19 and have not yet received the results; or
- Are at a high risk of more serious illness from COVID-19, including the elderly and those with pre-existing medical health conditions.

Training Times

MON & WED	ARRIVAL TIME	START TIME	FINISH TIME
GROUP 1	5:45PM	6:00PM	7:20PM
GROUP 2	7:25PM	7:40PM	9:00PM

THUR	ARRIVAL TIME	START TIME	FINISH TIME
GROUP 1	7:45PM	8:00PM	9:30PM

FRI	ARRIVAL TIME	START TIME	FINISH TIME
SOCIAL	4:45PM	5:00PM	6:00PM

Training sessions will be held on Mondays, Wednesdays & Thursdays as indicated in the above table, at either South Oval, Fellows Oval, Willows Oval, Lyneham 2 Oval or O'Connor 2 Oval. Home matches will be held as determined by Capital Football at either South Oval, Willows Oval, Fellows Oval, Lyneham 2 Oval or Hawker Football Centre. Coaches must log attendance and submit it to the club's COVID-Safe Officer for every team activity.

Social Football will run Friday's during semester as indicated in the above table, at Fellows Oval. Attendees are required to submit their attendance using the CheckinCBR app at Fellows Oval.

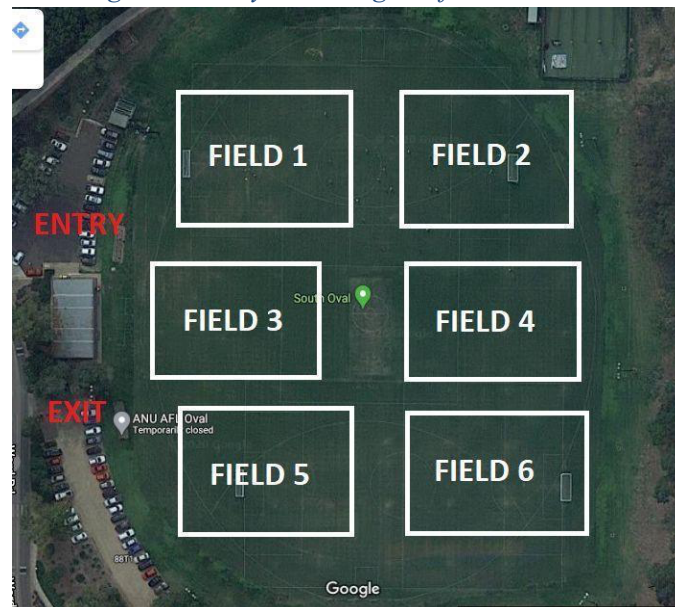
Training and Game Venues

- Each field identified in Figures 1-6 allows for one training group (100 people, including players, team and club officials).
- Participants will be assigned to a field for training and must proceed directly to that field upon arrival.
- Only participants (players, coaches and club officials) may attend training.
- Only one person can drop off and pick up a player from the venue if they are being driven to training.
- Players/coaches must not leave any items behind at training or game venues.
- Players and coaches are encouraged to leave the venue immediately after training and games.
- The change rooms at South Oval are not to be used before or after training unless it is to access the toilets or for first aid.

- The change rooms at Hawker Football Centre are not to be used before or after training unless it is for first aid.
- There are no toilet facilities available at Fellows Oval, Willows Oval, O'Connor 2 Oval or Lyneham 2 Oval.
- Change rooms at any ground are only to be used for toilets and first aid.
- There is no pedestrian access to the Hawker Football Centre fields from the east side of the facility (see figure 5).
- Entry and exit to football fields are indicated in Figures 1-6.

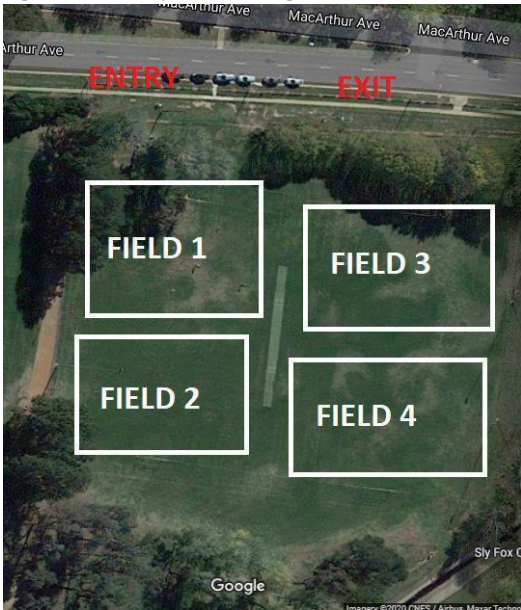
Accessing O'Connor 2 Oval

Figure 1: Entry/Exit Diagram for South Oval



Accessing O'Connor 2 Oval

Figure 2: Entry/Exit Diagram O'Connor 2 Oval



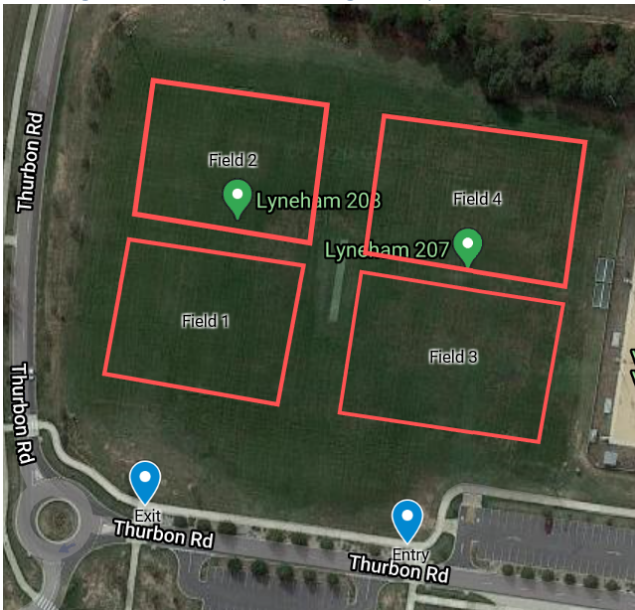
Accessing Willows Oval

Figure 3: Entry/Exit Diagram Willows Oval



Accessing Lyneham 2 Oval

Figure 4: Entry/Exit Diagram Lyneham 2 Oval



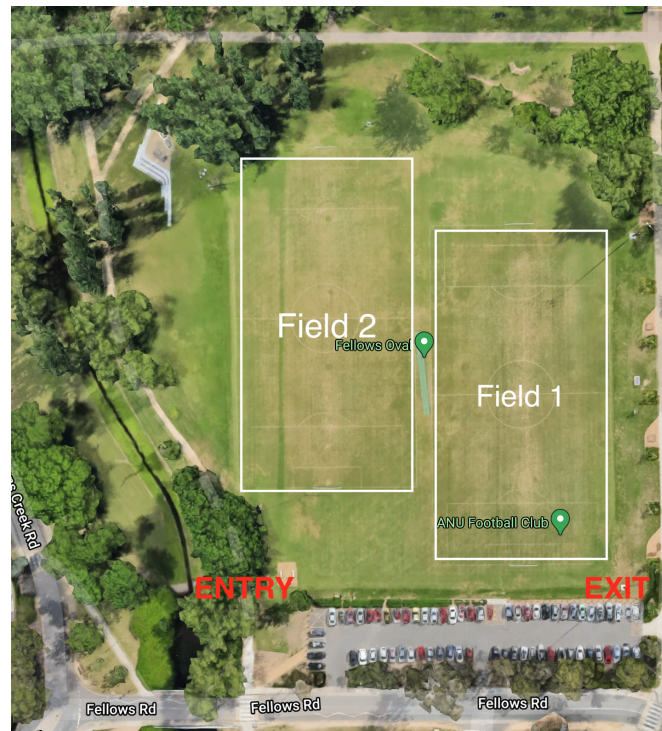
Accessing Hawker Football Centre

Figure 5: Entry/Exit Diagram Hawker Football Centre



Accessing Fellows Oval

Figure 6: Entry/Exit Diagram Fellows Oval



Hygiene Management

- All club members are encouraged to perform regular and thorough hand washing before and after training and competitions. Coaches will be provided with hand sanitizer for player use.
- Each team and club official must bring their own stationery to the training or competition venue; stationery must not be shared between individuals.
- Neither the club nor the coaches will provide drink bottles at training or games. You must not share drink bottles and you must ensure that any bottle you bring to training or games is clearly labelled.

Figure 4: Handwashing Guidance



Behaviour Management

- If you are unwell, you must not attend training or games;
- You must cover your mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze;
- If you use tissues, they must be placed directly in the bins provided;
- Do not touch your eyes, nose or mouth if your hands are not clean;
- No spitting at any time
- No handshakes, high-fives or body contact

Miscellaneous

- Where canteens are used,
 - operations will adhere to restrictions and protocols detailed in a COVID-19 Risk Assessment Plan and COVID-19 Safety Plan, both of which have been approved by ANU Functions on Campus;
 - appropriate physical distancing will be enforced through establishment of separate entry and exit lanes to canteen and socially distanced ground markers;
 - only contactless payments will be accepted;
 - hand sanitiser will be provided at point of sale;
 - canteen facilities and utensils will be regularly cleaned with disinfectant;
- Club meetings, including committee meetings and team meetings will continue to be held online. Non-essential social gatherings will be limited to end of season functions that adhere to all current ACT Health COVID-19 restrictions.
- Everyone is strongly encouraged to download the COVIDSafe App and the Check In CBR App as part of the ACT incident management plan.
- If travelling interstate, please read the following:
 - Teams stay up to date with current hotspots around Australia, these can be found on the [ACT Health website](#)
 - Do NOT travel to 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 provides guidance that takes 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.
- When travelling, use the ABCs of protecting yourself, your family and the greater football community from COVID-19:
 - **AVOID** COVID affected areas – check the COVID-19 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-19 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-19 symptoms while away or when you return, please get tested immediately and self-isolate until you get your results.

Resources

- [Training Attendance Form](#)
- [Australian Government information and resources](#)
- [ACT Government COVID-19 information and resources](#)
- [AIS Framework for Rebooting Sport](#)
- [National Principles for the resumption of sport and recreation activity](#)
- [COVIDSafe App](#)

COVID-Safe Training Plan – ANU Football Club

Name of Affiliated Club	Australian National University Football Club		
Name COVID-Safe Officer	Jonathan Saunders		
Phone number COVID-Safe Officer	0447306278		
Email address COVID-Safe Officer	vicepresident@anufc.org.au		
Date of recommencing activities	22nd March 2021		
Has your NSO / SSO published guidelines to return to activity?	YES		
If you answered yes above, please provide a link to the guidelines if they are published online or submit them as part of your Plan.	https://capitalfootball.com.au/return-to-football-guidelines/		
Please outline the communication you have provided to your members to ensure they understand the return to play measures.	Our Return to Play plan has been distributed to our members and coaches through email, social media (Facebook) and our website - https://www.anufc.org.au/wp-content/uploads/2020/08/ANUFC-Return-to-Play-Plan-3.1.pdf .		
Return to Play activity schedule – please provide information on the proposed activities the club wishes to recommence; this is not a training request form			
Day / Dates / Time	Proposed Activity – provide as much detail of the planned activity		Location of Activity
Every Monday and Wednesday/6pm-9pm until mid-September	Standard full-contact training will be designed for each session.		South, Willows, Lyneham 2 and O'Connor 2 Ovals
Every Saturday or Sunday for two hours until mid-September	Competitive game against Capital Football affiliated club.		Various field locations associated with Capital Football competitions.

Every Monday/ 6pm – 9pm and Saturday/ 11am-6pm until mid-September	<p>Standard use of club room facilities at South Oval for players, coaches, and officials.</p> <p>In accordance with ACT Government and ANU COVID-19 protocols, club rooms are to hold, at any time during the mentioned time frame, a maximum of:</p> <ul style="list-style-type: none">● 16 persons in the 'Home' room (32sqm);● 16 persons in the 'Away' room (32sqm); and● 10 persons in the 'Officials' room (20sqm). <p>Signage indicating the maximum number of occupants allowed will be affixed to the outside of each corresponding room.</p> <p>All persons accessing South Oval as a player or official will be required to sign-in using the QR codes affixed to the outside wall of the South Oval club rooms.</p>	Australian National University South Oval Pavillion Ward Rd Acton ACT 2601
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Please note: the COVID-19 Officer will be the key contact for managing Return to Play activities across the entire Club. They may be one of the existing Club Executive members or another member of the Club.

Attendance Record Template – ANU Football Club attendance will be logged online by coaches of individual teams -

<https://docs.google.com/spreadsheets/d/1l4taLpTD1aCmp7LXJypmPHtA932AjqSCM92Mx-Mgh5E/edit?usp=sharing>.

Each Coach is responsible for ensuring the Attendance Record is completed. Team Leader Name and Session Date and Attendees are indicated on the spreadsheet. Team, Session Time and Facility in use are determined by set schedules associated with Team Leader.

Risk Assessment of activities specific to COVID-19

NOTE: Clubs should have a full risk assessment for all 'usual' activities the club completes. This risk assessment should be with specific reference to risks associated with returning to play under the existing Government restrictions and the associated health and safety risks to members.

Identify Activity	Identify Hazards Against each stage / item list the hazards that could cause injury / illness / incident	Inherent Risk Score I = Impact; L = Likelihood; RS = Risk Score			Risk Control Measures List the control measures required to eliminate or minimise the risk	Residual Risk Score			Person Monitoring
		I	L	RS		I	L	RS	
Commence club training with multiple teams at one venue.	Increased chance of spreading COVID-19 due to gathering of larger numbers of people at one location.	5	2	M	1. All training will be conducted on outdoor training facilities. 2. Establish separate entry and exit points to training facilities and communicate to club members through email, social media and club website. 3. Provide sanitizer to each coaching group (max of 100 players) and encourage use. 4. Players must turn up no earlier than 15 minutes prior to the start of training. 5. Attendance at training only by participants. No spectating. 6. Change room facilities will not be used for training or games unless it is to access the toilets or for first aid. 7. Only one person can drop off and pick up a player from the venue if they are being driven to training. 8. Players and coaches are encouraged to leave the venue immediately after training. 9. Each team and club official must bring their own stationery to the training venue; Stationery must not be shared between individuals. 10. Neither the club nor the coaches will provide drink bottles at training. Participants must not share drink bottles and they must ensure that	3	2	L	Club executive Coaches of individual teams

					any bottle they bring to training is clearly labelled. 11. Any player who shows flu-like symptoms will be asked to leave the training facility directly. 12. Warmups are to be done in the allocated training session or done at home prior to training 13. Player attendance will be logged online for every training session. 14. All members are strongly encouraged to download the COVIDSafe App as part of the ACT incident management plan. 15. Keep abreast of any new guidance from the ACT government, ANU Sport and Capital Football and revise rules as appropriate.				
Running/aerobic/agility training.	Increased chance of spreading COVID-19 due to higher intensity of breathing, sweating.	5	2	M	1. Limit of 100 people to train in a group. In almost all settings small group training of no more than 20 people (incl. coach / team officials) will be organised. 2. Participants will not move between fields during training, i.e. training will not be delivered in stations. People should only be exposed to contact with 99 other people for the entirety of training. 3. Adequate spacing for each player and staff (applying the 1.5 metre social distancing rule and 4m ² per person).	2	2	L	Coaches of individual sessions
Non-contact skill training — passing, shooting, dribbling.	Increased chance of spreading COVID-19 due to accidentally sharing equipment, incidental contact between players	4	2	M	1. Limit of 100 people to train in a group. In almost all settings small group training of no more than 20 people (incl. coach / team officials) will be organised. 2. Participants will not move between fields during training, i.e. training cannot be delivered in stations. People should only be exposed to contact with 99 other people for the entirety of training. 3. Adequate spacing for each player and staff (applying the 1.5 metre social distancing rule and 4m ² per person).	3	2	L	Coaches of individual sessions

					4. If bibs are used, each player must have the bib for the whole session, and they must take the bib home and wash it before returning it. Players and coaches will be encouraged to bring personal light- and dark-toned shirts as a replacement.				
Heading	Increased chance of spreading COVID-19 due to individuals handling the ball.	5	1	L	None	5	1	L	N/A
Competitive Games	Increased chance of transmitting COVID-19 within a larger social circle through player contact.	5	2	M	1. Players must turn up no earlier than 30 minutes prior to the start of a competitive game. 2. Change room facilities will only be used for toilets or first aid. 3. Players and coaches are encouraged to leave the venue immediately after training.	5	1	L	Coaches of individual sessions
Canteen	Increased chance of transmitting COVID-19 through club member contact.	4	2	M	Where canteens are used, <ul style="list-style-type: none"> operations will adhere to restrictions and protocols detailed in a COVID-19 Risk Assessment Plan and COVID-19 Safety Plan, both of which have been approved by ANU Functions on Campus; canteen facilities and utensils will be regularly cleaned with disinfectant. hand sanitiser will be provided at point of sale; gloves will be provided for canteen volunteers; only contactless payments will be accepted separate entry and exit lanes to canteen and socially distanced ground markers for canteen queues will be established. 	2	2	L	Canteen manager and Club executive
Meetings	Increased chance of transmitting COVID-19 through prolonged individual engagement.	5	3	H	1. Club meetings, including committee meetings and team meetings will continue to be held online. Non-essential social gatherings will be limited to end of season functions that adhere to all current ACT Government COVID-19 restrictions.	2	3	L	President Coaches of individual teams

ANU Sport & Recreation Association Inc.

The Australian National University

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Risk Matrix to measure Risk Score – Low, Medium, High, Extreme.

Note:

- If activities receive a score of High or Extreme, they should not be continued.
- If activities receive a score of Medium, clear mitigation tools must be in place.
- If activities receive a score of Low, they can be continued.

	IMPACT	Insignificant (1)	Minor (2)	Moderate (3)	Major (4)	Catastrophic (5)
LIKELIHOOD		Minor illness / no illness	First aid treatment / doctor required	Hospital treatment required	Severe or permanent illness	Fatality
Almost Certain (5)	Will almost definitely occur, could occur many times during the activity	Low	Medium	High	Extreme	Extreme
Likely (4)	High probability, likely to occur a few times during activity	Low	Medium	High	High	Extreme
Possible (3)	Reasonable likelihood to occur once during activity	Low	Low	Medium	High	High
Unlikely (2)	Plausible, could occur once during activity	Low	Low	Low	Medium	High
Rare (1)	Extremely unlikely during the activity	Low	Low	Low	Low	Medium