Cooma Tigers Soccer Club Inc. & Tigers FC Inc.

STAGE 4 – COVID-19 SAFE PLAN FOR CLUBS

ALL AGE GROUPS

VERSION 2 – 26 MARCH 2021

Clubs Submission

This Stage 4 COVID-19 safe plan is provided by Cooma Soccer Club Inc. and Tigers FC Inc.

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

This plan will commence on 1 of April 2021

The club contact responsible for this plan is

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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.

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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

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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.

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Check in CBR and sign in sheets

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 on you, please sign in using the sign in sheets provided.

Service NSW App

It is strongly encouraged that clubs to keep a record of who has visited their venue for training and match play premises.

The Service NSW app efficient contact tracing helps slow or stop the spread of COVID-19 in the community.

Businesses, events and organisations must register as COVID Safe to access their unique NSW Government QR code.

If you have already registered as COVID Safe, you will be emailed the unique QR code.

Using the NSW Government QR Code there are different ways for customers to check in. They can use their own mobile phone and:

- The service NSW app and a MyServiceNSW Account
- The service NSW app only
- The service NSW Check-in webform

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 CBR app, Service 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 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)

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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 CBR app, Service NSW 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 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)
- Canteens and BBQ's are permitted in line with relevant government requirements

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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

- As per drawings supplied in below slides
- At Ainslie Oval ACT CBR is in use and the charts are posted at all entry points as well as on the walls of the change rooms
- At Nijong Oval the NSW version will be posted in a similar locations
- These are to be used by all players and spectator at time of entry
- For NSW they must also log out when they leave
- In addition to the electronic scanning a register will be kept at both venues for all spectators and players

Spectators

- As per drawings supplied in below slides and adjacent text

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Match and Training Operations at Venue

Canteens

- The club canteen will be operating at Nijong on game days following the NSW Govt Food Safety regulations
- There will be assigned areas with social distancing markers to ensure the queue purchasing food complies with our NSW COVID-19 safety plan. Entry and exit areas will be clearly marked.

Surfaces and equipment in the canteen will be cleaned regularly both inside and outside the canteen.

Amenities

- Toilets at Nijong are in fact physically 1.5m apart both for men and women, these are cleaned before and after each game day.
- There are additional public toilets at Nijong for spectators these are maintained by the Shire.
- At Ainslie 2, spectators have a single toilet for men and two cubicles for women. ACT grounds are in charge of these amenities and their cleaning and maintenance.
- There are non at Southwell park where we train our youth
- Our Seniors train at AIS, these toilets are cleaned maintained by AIS and all our players must follow the guidelines as set by AIS
- Change rooms are not open on training nights
- On match day only 7 persons are allowed in any one of the change rooms at any one time, this allows for current social distancing
- Neither Berridale nor Jindabyne ovals have any change room facility. Berridale has no toilets, Jindabyne Oval is maintain by the local Shire.

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Venue Map Miniroos

Legend

Participant entry and access to fields

Participant exit from fields

Spectator Areas

Field number

Covid 19 mandatory attendance register and sanitisation station

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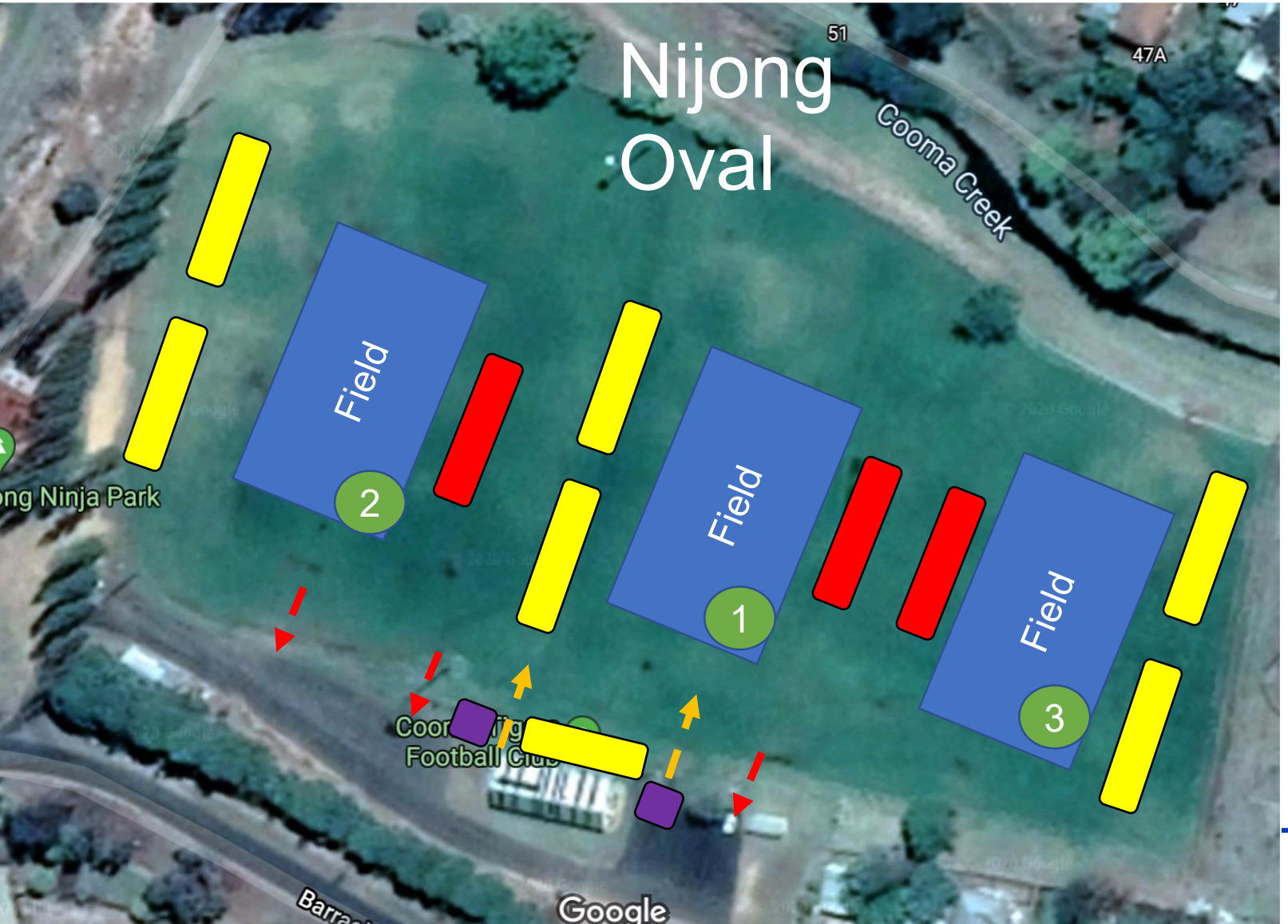
Venue Map NPL, NPLY, Seniors & Juniors



Legend

Participant entry and access to fields

Participant exit from fields

Spectator Areas

Technical area

Field number 1

Covid 19 mandatory attendance register and sanitisation station

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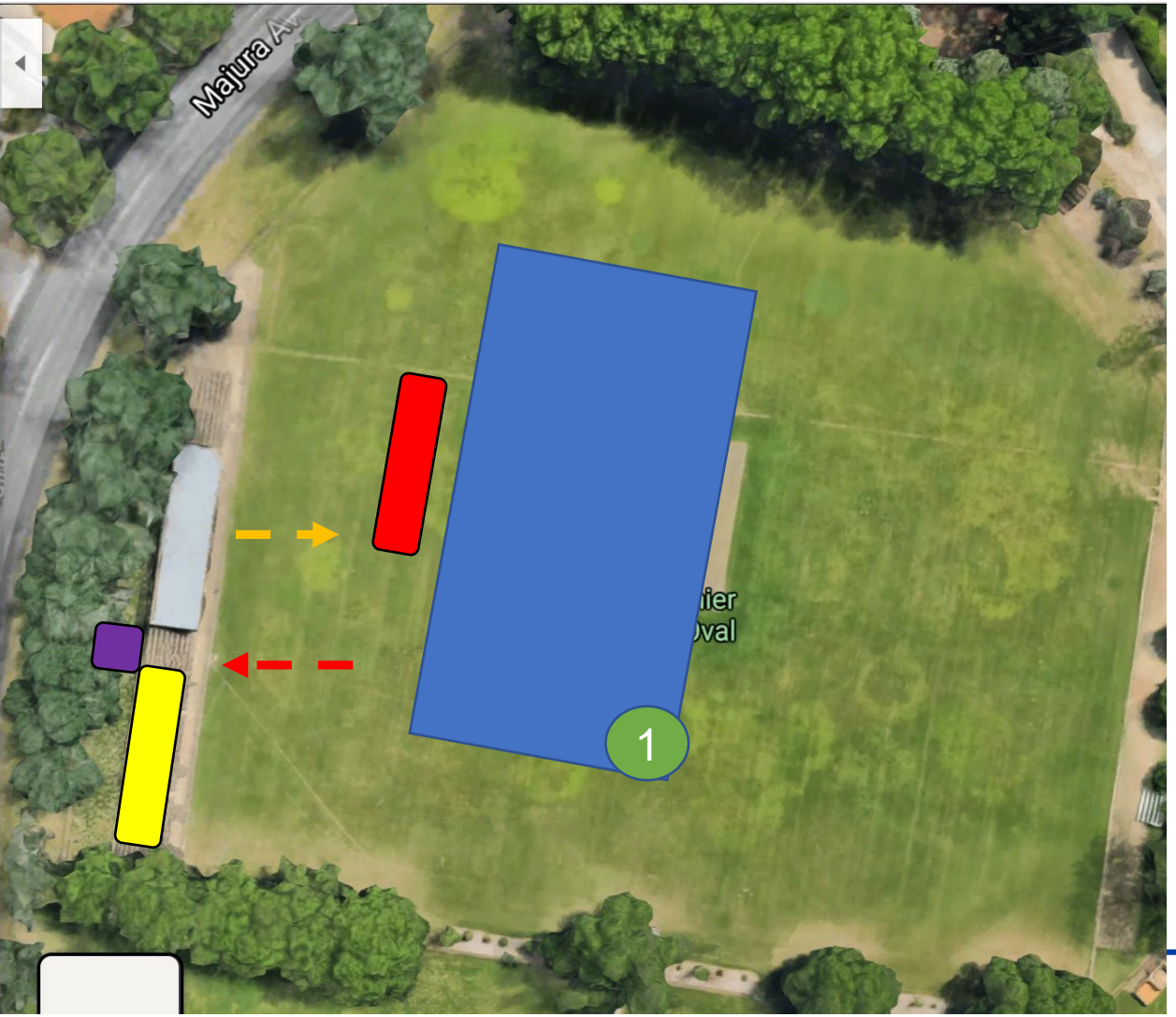
Keith Tournier Enclosed Oval



Legend

Participant entry and access to fields

Participant exit from fields

Spectator Areas

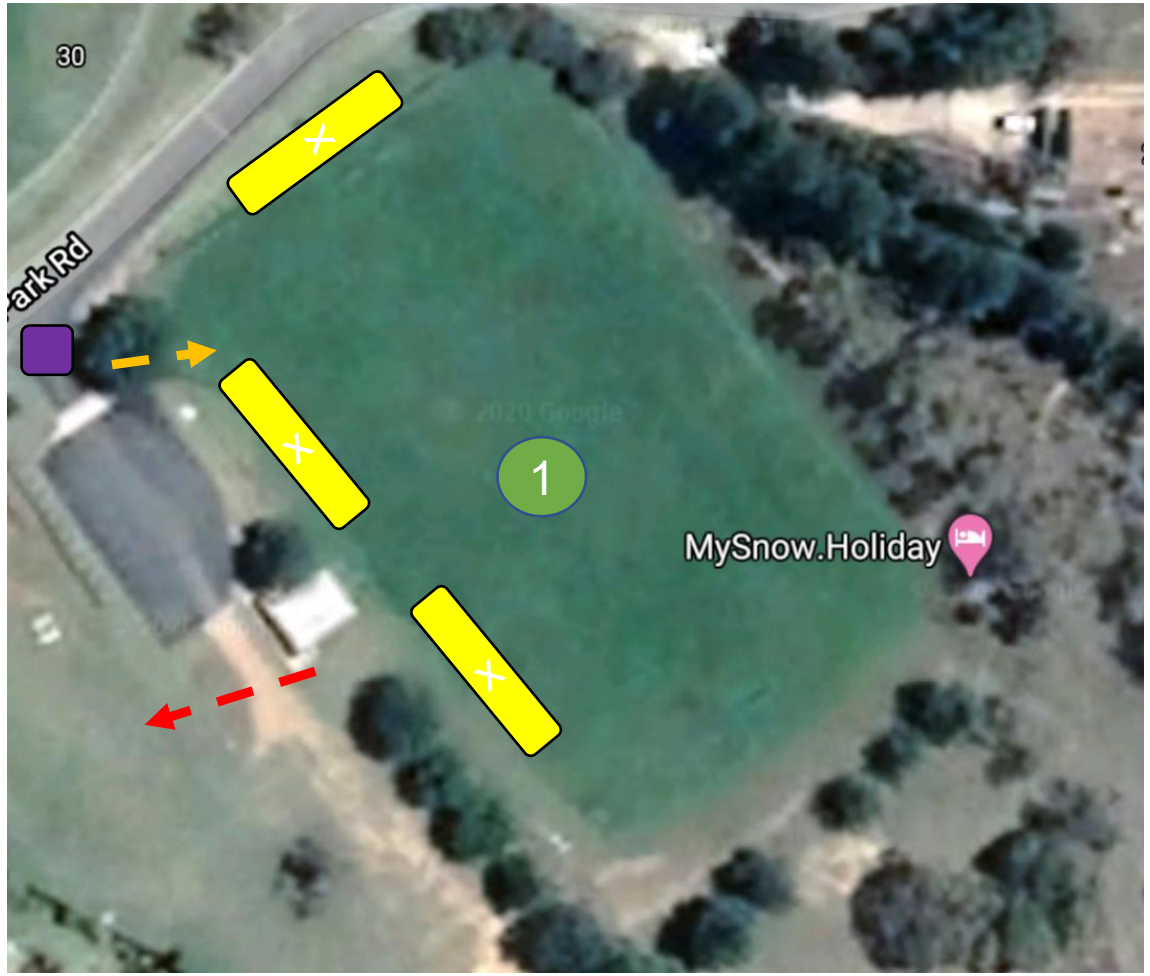
Technical Area

Field number

Covid 19 mandatory attendance register and sanitisation station

CAPITAL FOOTBALL

Jindabyne Oval Miniroos



Legend

Participant entry and access to fields

Participant exit from fields

Spectator Areas

Field number

Covid 19 mandatory attendance register and sanitisation station

CAPITAL FOOTBALL

Berridale Oval Miniroos

Legend

Participant entry and access to fields

Participant exit from fields

Spectator Areas

Field number

Covid 19 mandatory attendance register and sanitisation station

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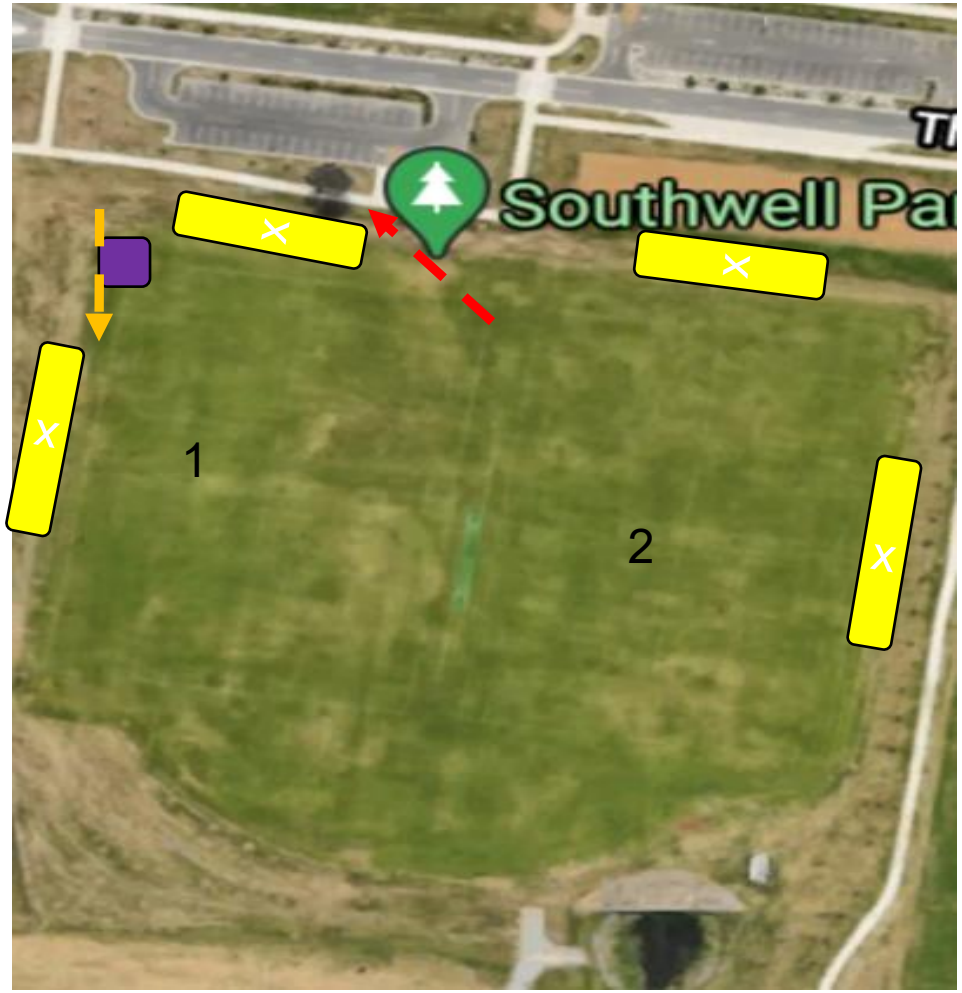
Southwell Park Playing fields 205 206



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Participant entry and access to fields

Participant exit from fields

Spectator Areas

Field number

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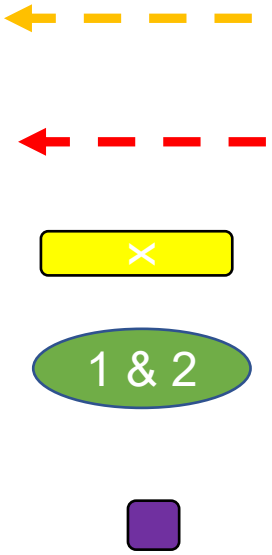

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Point to remind members

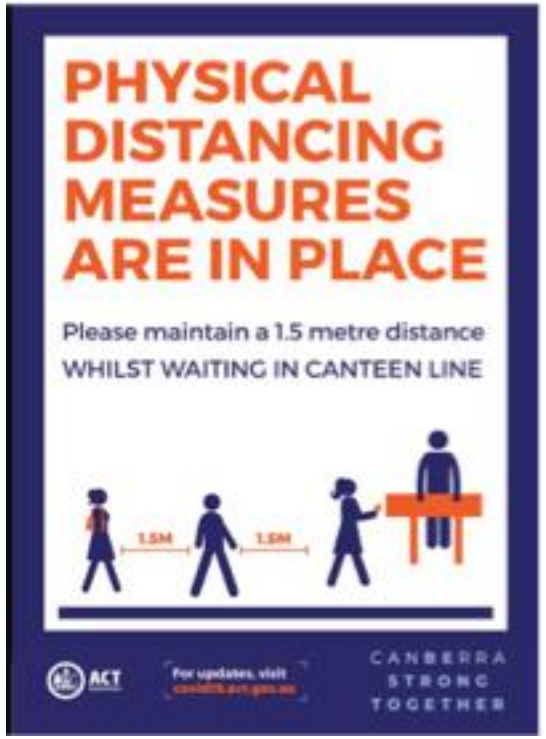
Ensure our club is regularly communicating with all members and stakeholders.

We will provide clear and coordinated guidance to participants and stakeholders across a range of communication channels on how your ‘Return to Play’ will be managed

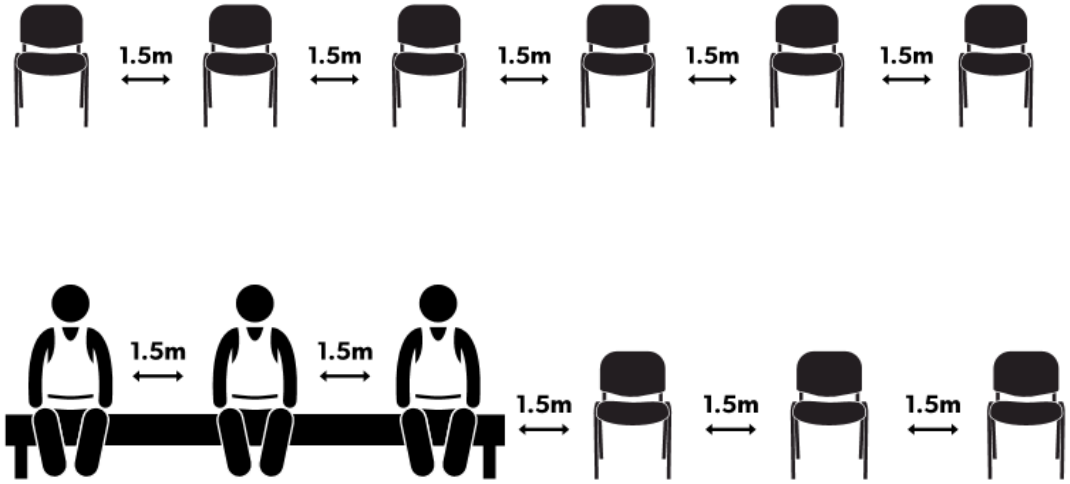
We will ensure there is clear messaging across the clubs’ digital platforms (i.e. websites and/or social media)

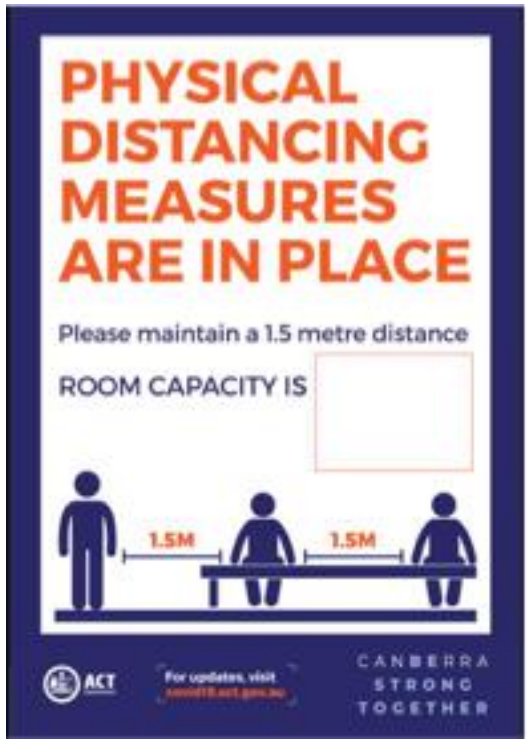
We will use every opportunity to remind and encourage participants to maintain good hygiene behaviors to reduce risk of transmission information about COVID-19 across both your digital channels and at appropriate spots around your club house or venue Advise players, coaches and others not to attend training or 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.

Technical area set up



In addition to clearly marked benches we will use chairs to ensure physical distancing as required





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