



**CAPITAL
FOOTBALL**

COVID SAFE PLAN

RETURN TO PLAY

CLUSTER VENUES

VERSION CONTROL

VERSION	DATE	AUTHOR	RATIONALE
1.0	14/07/2020	Capital Football	Return to Play Guidelines
2.0	01/07/2021	Capital Football	Updated Guidelines

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PURPOSE

From midnight 27 June 2021, the ACT Government issued updated COVID-19 requirements and restrictions. These requirements and restrictions include mandatory wearing of face masks in indoor settings.

From 26 June 2021, the NSW Government issued updated COVID-19 requirements and restrictions. These requirements and restrictions include mandatory wearing of face masks in all indoor and outdoor places. The only time people do not need to wear their face masks is if they are warming up and/or playing in a match.

The purpose of the COVID Safe Plan is to provide clubs information and guidelines for the resumption of competitions in Capital Football Senior Leagues.

This document outlines the requirements determined by the relevant Government departments. Capital Football has developed 'Return to Play' guidelines in line with these requirements for matches at cluster venues.

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](#)
- [Check in CBR app](#)



To further aid the fight against COVID-19, it is required that all participants, spectators, match officials, team officials, volunteers and venue managers check in using the Check in CBR app.

QR codes are situated around all venues.

ATTENDING FOOTBALL ACTIVITIES

Participants, spectators, volunteers, match officials, team officials and venue managers should not attend training or matches, if in the past 14 days they have:

- ▶ Felt unwell
- ▶ Had any flu-like symptoms
- ▶ Travelled internationally
- ▶ Travelled to any places of concern that have been listed on the [ACT COVID-19 website](#)
- ▶ 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 training 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 club and 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.
- ▶ Face masks must be worn in all indoor settings, including changerooms and canteens within the ACT.
- ▶ Face masks must be worn in all indoor and outdoor settings, the only time you do not need to wear a face mask is when you are warming up for a match or playing in the match (team officials and substitutes must wear them on the bench)
- ▶ People under the age of 12 do not need to wear a face mask

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 carpooling where possible to and from training.
- ▶ Prior to travelling, ensure that you check if you are going into an area of concern by going on the [ACT](#) or [NSW](#) Government websites

WHAT IS PERMITTED DURING MATCHES

The following is permitted at the venue and during match play;

- ▶ In ACT, Capital Football strongly encourages that players, team officials, match officials, spectators, venue managers and volunteers wear face masks when not participating in a match.
- ▶ In NSW, all players, team officials, match officials, spectators, venue managers and volunteers wear facemasks all the time. The only time a player or match officials do not have to wear a mask is if they are warming up and are on the field of play playing the match.
- ▶ Team officials and substitutes in NSW must wear face masks on the bench
- ▶ Face masks must be worn in change rooms and canteen areas (this is for both ACT and NSW)
- ▶ 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
- ▶ Spectator areas to meet gathering restrictions (**In the ACT gatherings of no more than 1000, In NSW no more than 5000 per venue**)
- ▶ Continue to encourage limitation of spectators
- ▶ Promote physical distancing of 1.5 metres between spectators
- ▶ In NSW, where clubs choose to use changerooms they must limit use to a maximum number of people that equals 1 person per 4sqm
- ▶ In ACT, where clubs choose to use changerooms, they must limit use to a maximum number of people that equals 1 person per 2sqm
- ▶ Canteens and BBQs are permitted in line with relevant government requirements.

Promote the importance of social distancing of 1.5 metres between spectators and the 4m² per person guideline through PA announcements, marked seating, social media, direct communication and signage.

WHAT IS NOT PERMITTED DURING MATCHES

- ▶ Formal walk-ons by the teams and referees
- ▶ Handshakes before and after the match
- ▶ Team photos before and after the match
- ▶ 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.

FACEMASKS

In the ACT face masks must be worn;

- ▶ In all indoor settings, this includes changerooms and canteen areas
- ▶ Capital Football strongly encourages that all players, team officials, match officials, spectators, volunteers and venue managers wear face masks around the venue (this excludes when you are on the pitch playing).
- ▶ People under the age of 12 do not need to wear face masks

In NSW face masks must be worn;

- ▶ At all times, this excludes when players and match officials are warming up and/or on the pitch playing.
- ▶ Team officials and substitutes must wear them on the bench

- ▶ Spectators, volunteers and venue managers must wear facemasks all the time

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 (maps to all cluster venues are in this document). These pathways are to limit the risk of separate groups of people converging in one place and manage congestion.

If you unsure about 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 gathering limits.

See Appendix A for venue maps.

AMENITIES

Changerooms will not be open at Cluster 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.

ATTENDANCE RECORDS AT VENUE

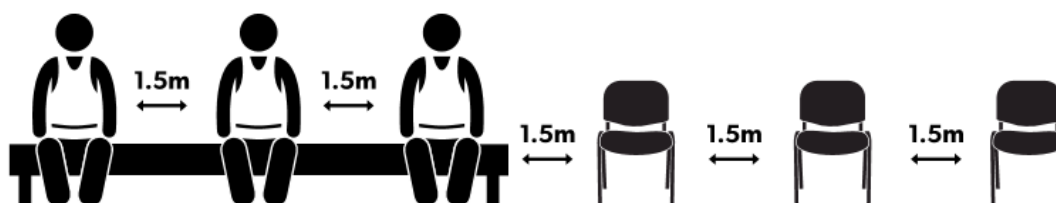
In the event if a COVID-19 positive result within the football family, clubs may be required to support contact tracing efforts by ACT and NSW Health.

To enable this, all players, team officials, match officials, spectators, volunteers and venue managers must sign in using the Check in CBR app, by scanning the QR codes around the venues.

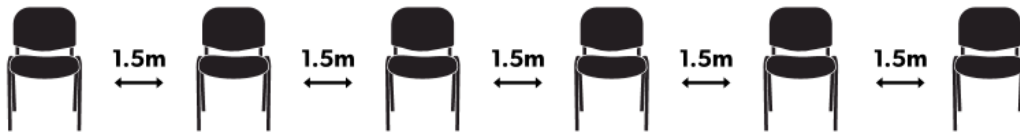
If someone is unable to use the Check in CBR app, then the venue manager will ask you to fill out a attendance form so Capital Football can enter the data into system.

ORGANISATION OF TEAM BENCHES

Where team benches are permanent (fixed), limit the number of seats to ensure 1.5 metres 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.

ANNEXURE 1 – VENUE MAPS

Mawson Playing Fields



Legend

Entry



Exit



Spectators



Venue Manager

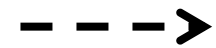


Calwell Playing Fields



Legend

Entry



Exit



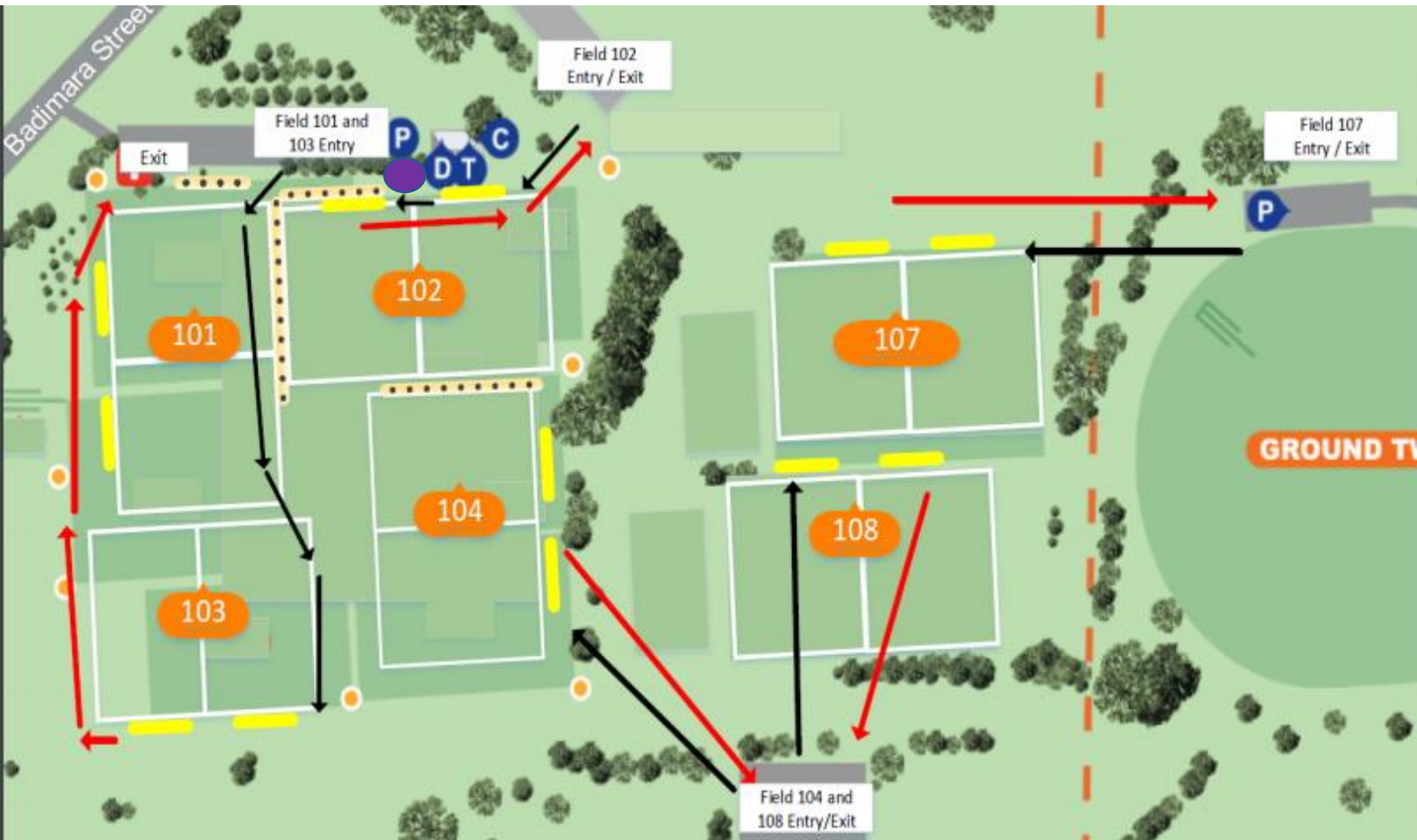
Spectators



Venue Manager



Waramanga Playing Fields



Legend

Participant entry and access to fields



Participant exit from fields



Spectator Areas



Field number



Separate zones at the Venue



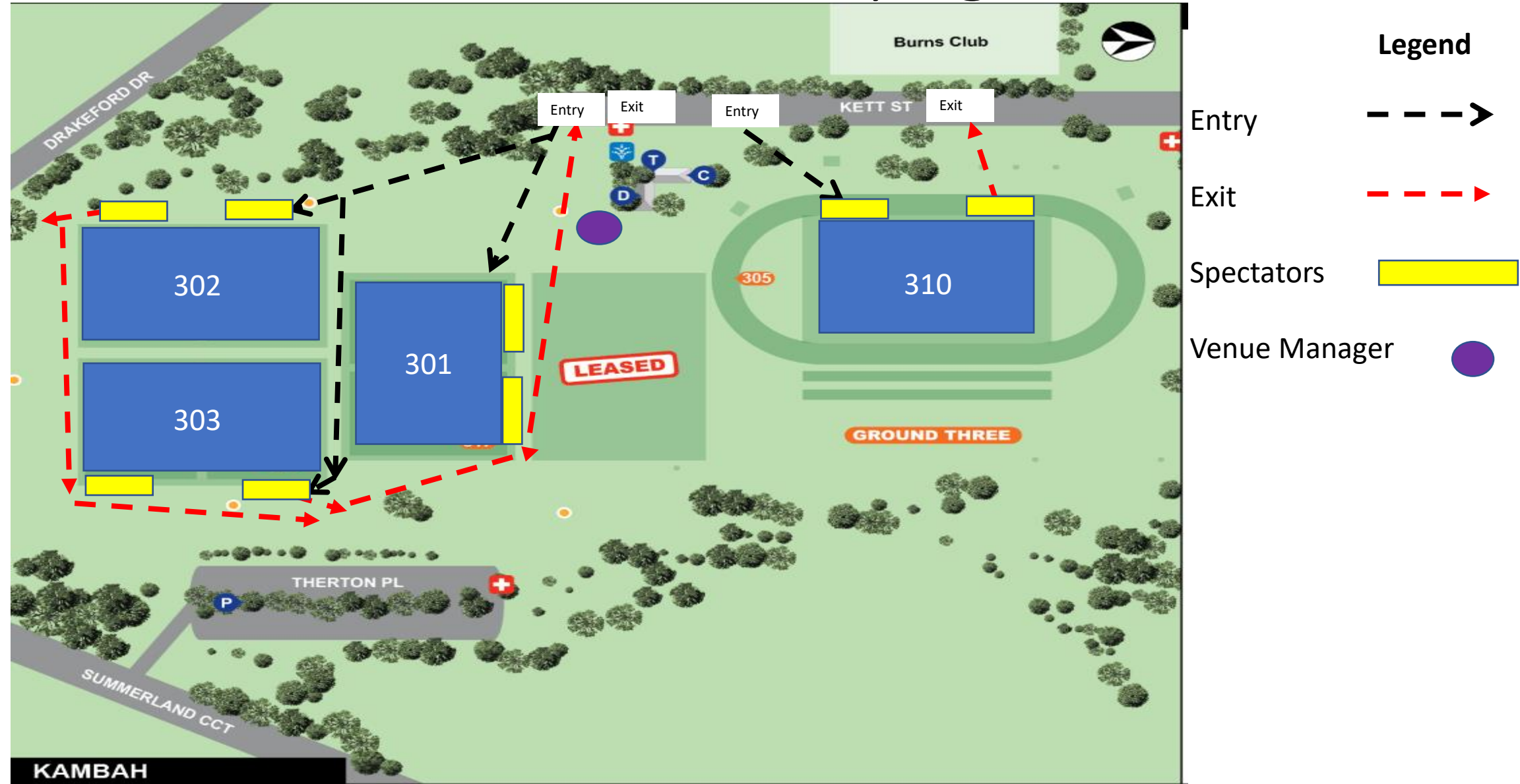
Venue Manager



Wanniassa Playing Fields



Kambah Playing Fields



Kaleen Playing Fields



Lyneham Playing Fields



Charnwood Playing Fields



Legend

- Entry
- Exit
- Spectators
- Venue Manager

Harrison Playing Fields



Legend

Participant entry and access to fields



Participant exit from fields



Spectator Areas



Field number



Venue Manager






Harrison Fields

Giralang Playing Fields



Legend

- Entry 
- Exit 
- Spectators 
- Venue Manager 