



Canberra Olympic FC



CAPITAL
FOOTBALL

COVID-19 SAFE PLAN FOR CLUBS **ALL AGE GROUPS**

VERSION 1 – 18 OCTOBER 2021

Clubs Submission

This COVID-19 safe plan is provided by Canberra Olympic FC.

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

This plan is updated from the previous COVID- Safe plans implemented from February 2021. The update plan will commence on 25 October 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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Return to Football Guidelines - ACT

On Monday, 27 August 2021 the ACT Government released the pathway forward with easing of restrictions

These *Return to Football Guidelines* have been developed by Capital Football in line with the [ACT Pathway forward](#).

- **Phase C – 29 October**

- groups of up to 300 participants (including coaching staff) can return to training outdoors (1 person per 2 square meters).
- Matches may go ahead (intra and inter club)
- Matches can be played in NSW from 1 November
- Indoor competitions and training can proceed with a maximum of 300 depending on the size of the venue (in line with the 1 person per 4 square meters)

For more information, please visit the [ACT Government COVID-19 website](#).



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Return to Football Guidelines - NSW

With NSW reaching the 80% double vaccination target, an updated Public Health Order (PHO) was published, with the updated restrictions having come into effect from Monday 18 October 2021.

The amendments to the PHO provide that the limit on the number of participants in a COVID-19 safe outdoor public gathering for a community sporting activity' is the lesser of 1000 people or 1 person per 2sqm.

From **Wednesday 20 October**;

- People aged 16 and over are fully vaccinated or have a valid medical exemption (Medical Certificate required); and
- Organised outdoor community sport, including club training, trials, friendly and competition matches can go ahead with a limit of 1000 people or 1 person per 2sqm
- For indoor sports including but not limited to training, trials, friendly and competition matches can go ahead with a limit of 20 people or 1 person per 4sqm

For more information, please visit the [NSW Office of Sport](#) and/or [NSW Government](#) COVID-19 website.

General Precautions

Attendance

Participants should not attend any training or trials, 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



Snapshot of Return to Football Guidelines

Training /Matches

- ▶ Outdoor training/matches can be conducted in groups (300 excluding the coach in ACT, max 1000 including the coach in NSW)
- ▶ Indoor training/matches can be conducted in groups (300 excluding the coach in ACT, max 20 people including in NSW)
- ▶ Adequate spacing for each player and staff (applying the 1.5 metre social distancing rule and 2m² per person)
- ▶ Players to turn up no earlier than 15 minutes prior to the start of training
- ▶ Get in, train and get out
- ▶ Warm ups are to be done in the allocated training session or done at home prior to training

Football Venues

- ▶ All participants and spectators must check in using either the Check in CBR in the ACT or Service NSW for NSW
- ▶ Only essential participants should attend football or futsal activities (i.e. players, team and club officials, and if needed one parent/guardian)
- ▶ Where possible, parents/guardians are encouraged to remain in the car
- ▶ Changerooms can be used
- ▶ One parent/guardian to drop off and pick up player from venue (applying the 1.5 metre social distancing rule)
- ▶ Encourage all venues to have clear vehicle and pedestrian entry and exits
- ▶ Players, staff and parents are required to leave the venue immediately after training

General Precautions

- ▶ Wash hands with soap and water often
- ▶ Use hand sanitiser if soap and water not available
- ▶ Clubs and venues should avoid any presentations or unnecessary gatherings
- ▶ Drink bottles must not be shared
- ▶ No handshakes, high-fives and body contact
- ▶ Education Theory sessions held online, practical sessions held in large groups (no more than 150 people outdoors and 100 people indoor, excluding instructors in ACT and no more than 1000 people outdoors and no more than 20 people indoors including instructors in NSW)
- ▶ Club meetings held online

Facemasks Requirements

ACT Requirements

- Anyone over the age of 12 must always wear a facemask in all indoor areas
- Children 12 years and under do NOT need to wear facemasks
- The only time a facemask does not have to worn indoors is when undertaking vigorous activity
- There are some exemptions for people who have a physical or mental health illness or condition, or disability that makes wearing a facemask unsuitable.
- For more information on facemasks please visit [here](#).

NSW Requirements

- Facemasks do not need to be worn in outdoor areas
- Anyone over the age of 12 must always wear a facemask in indoor areas
- Children 12 years and under do NOT need to wear facemasks
- There are some exemptions for people who have a physical or mental health illness or condition, or disability that makes wearing a facemask unsuitable.
- For more information on facemasks please visit [here](#).



Sign in Requirements

ACT Requirements

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.

NSW Requirements

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

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



Match and Training Operations at Venue

Entry and Exits

- Pedestrian entry and exit points to all fields are primarily accessed from the car park entry off Melba Street, additional parking is available on Frenchman and Bonython street. An accompanying walk path also exists for this purpose.
- Car drop offs can also be made at the car park entry off any of the above streets. (Training at Downer)
- Refer to individual location map to source relevant entry and exit information

Spectators

- Only essential spectators (one parent) should attend the training session.
- All spectators must comply with previously provided information provided regarding health and hygiene.
- Comply with 1.5m social distancing requirements and density requirements 1 person per two square metres



Match and Training Operations at Venue

Canteens

- Will not be operating during the trial period

Amenities

- Comply with the outdoor density caps and two square metre rule and maintain 1.5m social distancing requirements
- COFC will maintain records and attendance information of players on match day and those playing in case this is required for tracing efforts by ACT Health.
- Amenities such as bathrooms rooms will sign posted and used in line with the 1 person per 4sqm rule.
- All equipment is to be washed between training sessions, while match balls will be sanitised before and after session.

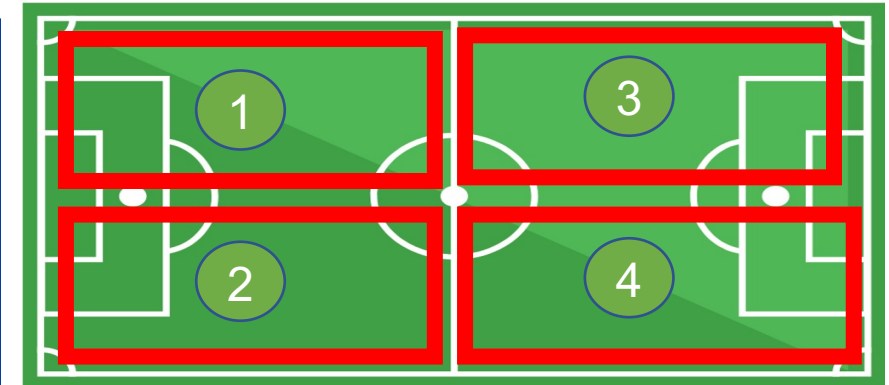


Trial arrival and training times per age groups

Ages	Group Size	Training Area Size	Training areas per Football Field
NPL U4 – U16	20 people including the coach	50 x 30 meters	4
NPL U13 and U18	20 people including the coach	50 x 30 meters	4
WNPL U14 - U17	20 people including the coach	50 x 30 meters	4
WNPL open ages	20 people including the coach	50 x 30 meters	4

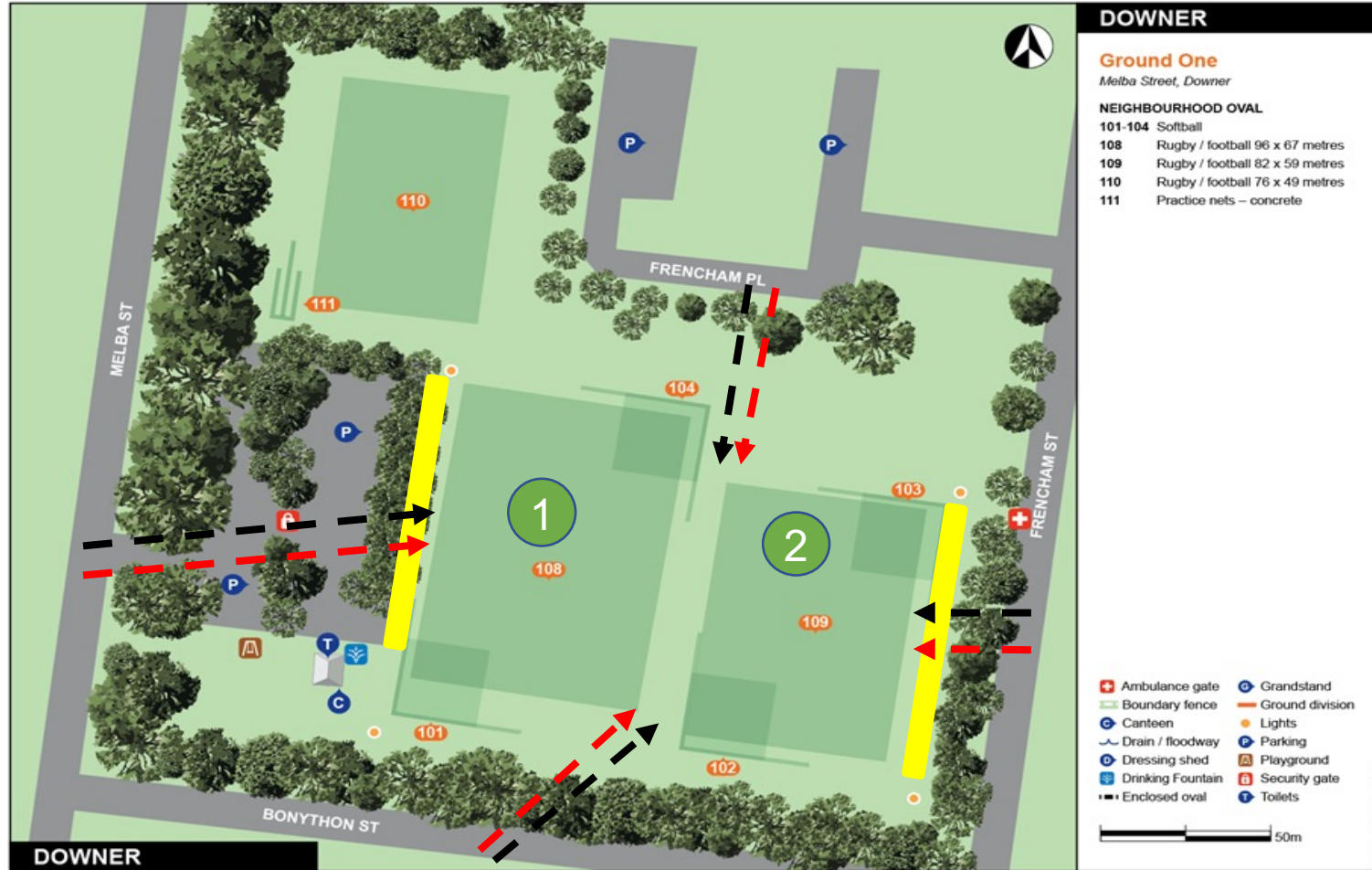
Trial times are per the attached trial date document.

Example of training times to avoid overlap of players, parents/guardians and team and club officials.



Example of full sized field split into four fields

Venue Map - Downer



Legend

Participant entry and access to fields



Participant exit from fields



Spectator Areas



Field number



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Resources

Capital Football 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

- [ACT Pathway Forward](#)
- [NSW 80% Roadmap](#)
- [Australian Government information and resources](#)
- [ACT Government COVID-19 information and resources](#)
- [NSW Government COVID-19 information and resources](#)
- [National Principles for the resumption of sport and recreation activity](#)
- [NSW Government – Public Health Order \(no 2\) Local Government FAQ](#)

Downloads

- [Check in CBR](#)
- [Service NSW](#)
- [Google Meet](#)
- [Zoom](#)

