



# Belconnen United Football Club



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

**VERSION 2 – 29 OCTOBER 2021**

# Clubs Submission

This COVID-19 safe plan is provided by **Belconnen United Football Club**

This plan outlines our operational delivery of NPLM, NPLW, NPLG, and NPLB training and trials up until the end of 2021.

This plan will commence on **29 October 2021** and will be updated prior to commencement of football activities in January 2022 (if not before).

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 Safe Plan and is aware of the hygiene and safety aspects at training.

# Organisation Details

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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](#).

# General Precautions

## Attendance

Participants should not attend any training, 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](#) or [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

## 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
- Bring your own hand sanitiser
- No sharing of drink bottles

## Behaviour

- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze
- No spitting at any time
- Minimise physical contact - no hugging, wrestling, hand shaking, high fives, huddles etc.

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



Fever



Cough



Fatigue



Sore throat



Shortness of breath

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



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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.

# Snapshot of Return to Football Guidelines

<b>Training /Matches</b>	<ul style="list-style-type: none"><li>▶ Outdoor training/matches can be conducted in groups (300 excluding the coach in ACT, max 1000 in NSW)</li><li>▶ Indoor training/matches can be conducted in groups (300 excluding the coach in ACT, max 20 people in NSW)</li><li>▶ Adequate spacing for each player and staff (applying the 1.5 metre social distancing rule and 2m<sup>2</sup> per person)</li><li>▶ Players to turn up no earlier than 15 minutes prior to the start of training</li><li>▶ Get in, train and get out</li><li>▶ Warm ups are to be done in the allocated training session or done at home prior to training</li></ul>
<b>Football Venues</b>	<ul style="list-style-type: none"><li>▶ All participants and spectators must check in using either the Check in CBR in the ACT or Service NSW for NSW</li><li>▶ Only essential participants should attend football or futsal activities (i.e. players, team and club officials, and if needed one parent/guardian)</li><li>▶ Where possible, parents/guardians are encouraged to remain in the car</li><li>▶ Changerooms can be used</li><li>▶ One parent/guardian to drop off and pick up player from venue (applying the 1.5 metre social distancing rule)</li><li>▶ Encourage all venues to have clear vehicle and pedestrian entry and exits</li><li>▶ Players, staff and parents are required to leave the venue immediately after training</li></ul>
<b>General Precautions</b>	<ul style="list-style-type: none"><li>▶ Wash hands with soap and water often</li><li>▶ Use hand sanitiser if soap and water not available</li><li>▶ <u>Clubs and venues should avoid any presentations or unnecessary gatherings??</u></li><li>▶ Drink bottles must not be shared</li><li>▶ No handshakes, high-fives and body contact</li><li>▶ 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)</li><li>▶ Club meetings held online</li></ul>

# Facemasks Requirements

## ACT Requirements

- Facemasks do not need to be worn in outdoor areas
- 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

# Training Operations at Venue

## Entry and Exits

- Designated entry and exit points and assembly areas are marked on the venue maps below
- When approaching the trial registration table outside the Giralang Playing Fields canteen area players must socially distance while in the queue

## Spectators

- One parent/guardian to drop off and pick up player from venue (1.5 metre social distancing rule)
- Spectators are encouraged to either remain in their cars at trials or training, else remain well away from the field and socially distance
- Car pooling is discouraged



# Training Operations at Venue

## Canteens

- Canteens will not be in operation

## Amenities

- Changing rooms are allowed to be used if required
- Toilets may be used
- Must abide by 1 person per 4sqm indoor occupancy limit



# Operations

- 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.
- 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 behaviour 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.

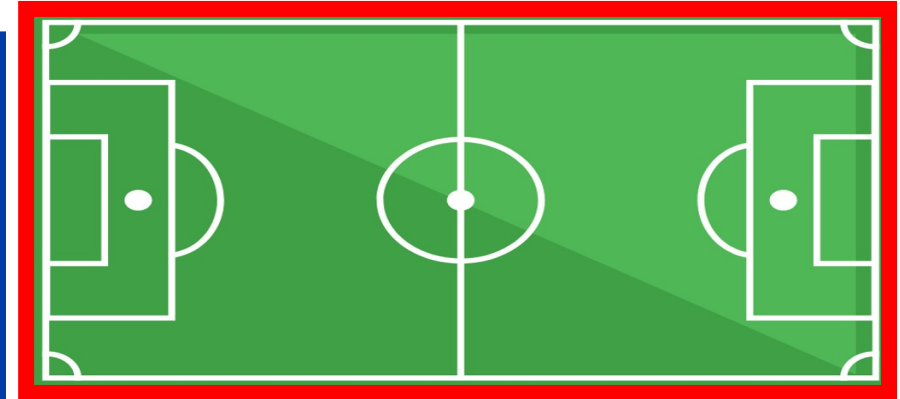


# Training Setups

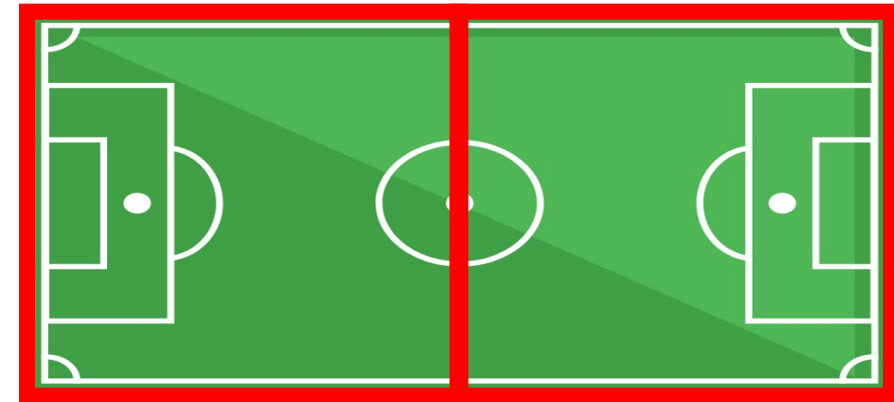
Ages	Group Size	Training Area Size	Training areas per Football Field
U13 and above	300 people excluding the coach	50m x 30m	1, 2 or 4

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.

Training times will be staggered to avoid overlap of players, parents/guardians and team and club officials.



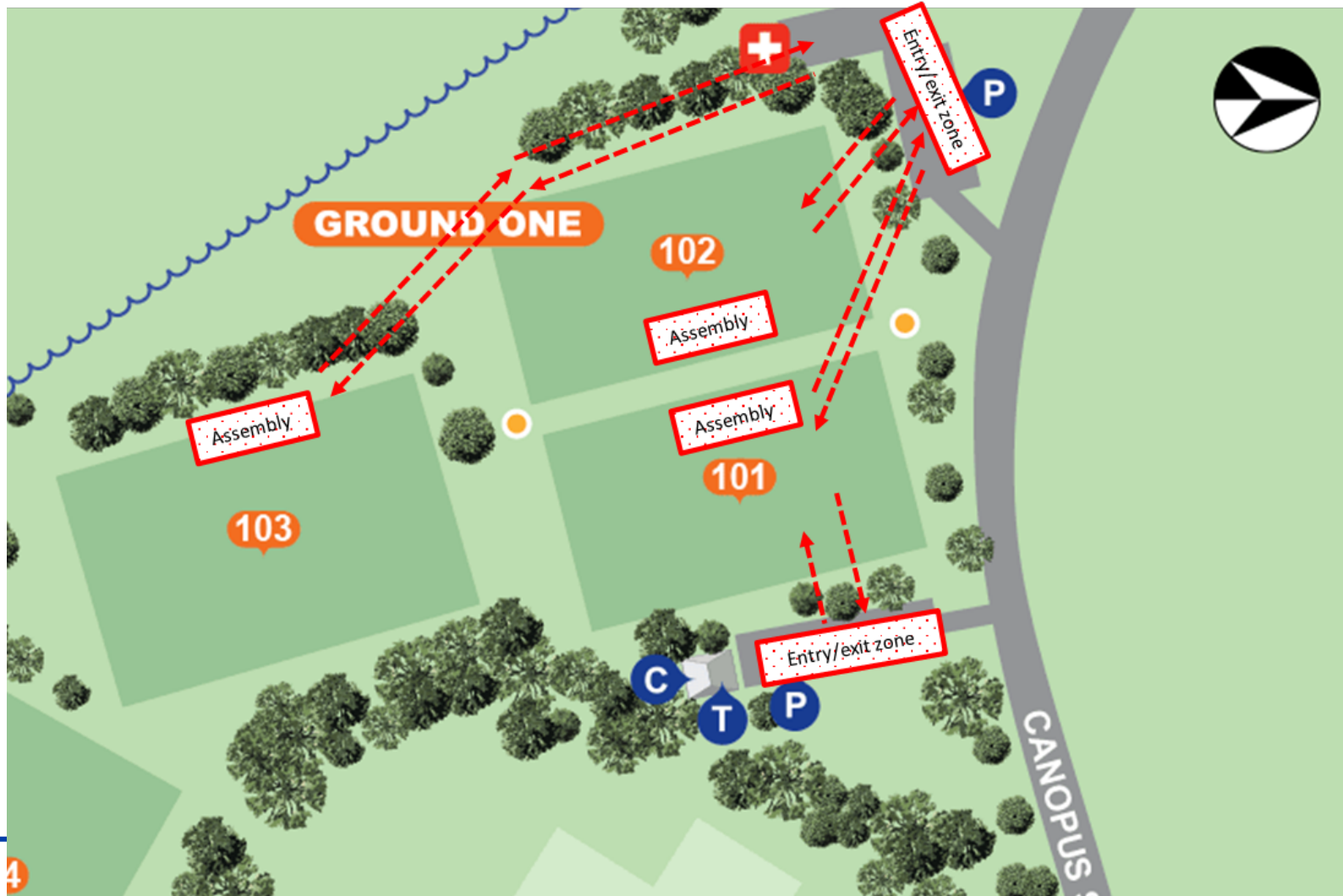
*Example of full sized field*



*Example of half sized field*

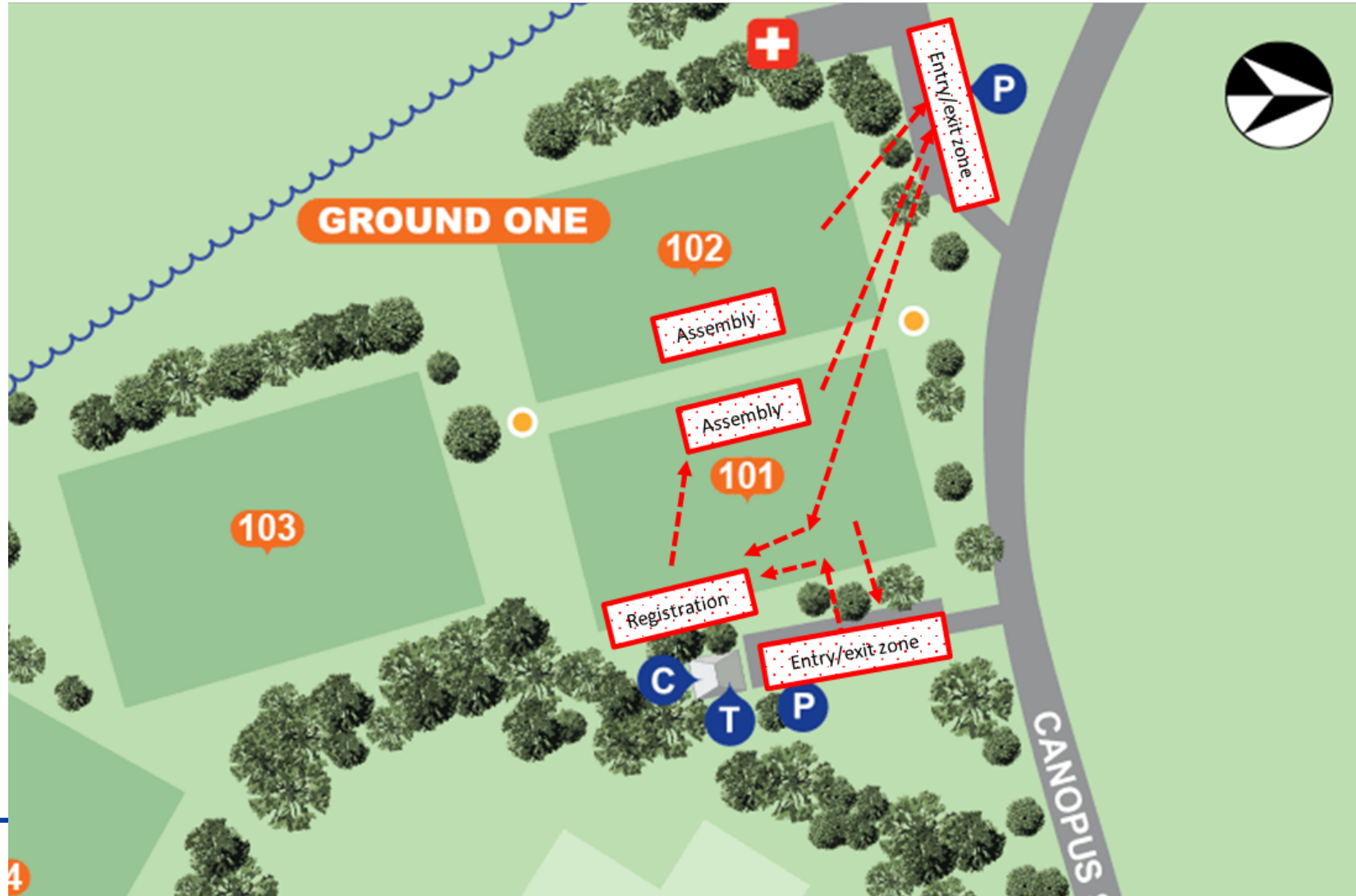
# Outdoor Venue Map

**GIRALANG 101/102/103 – enter from off Canopus Crescent**



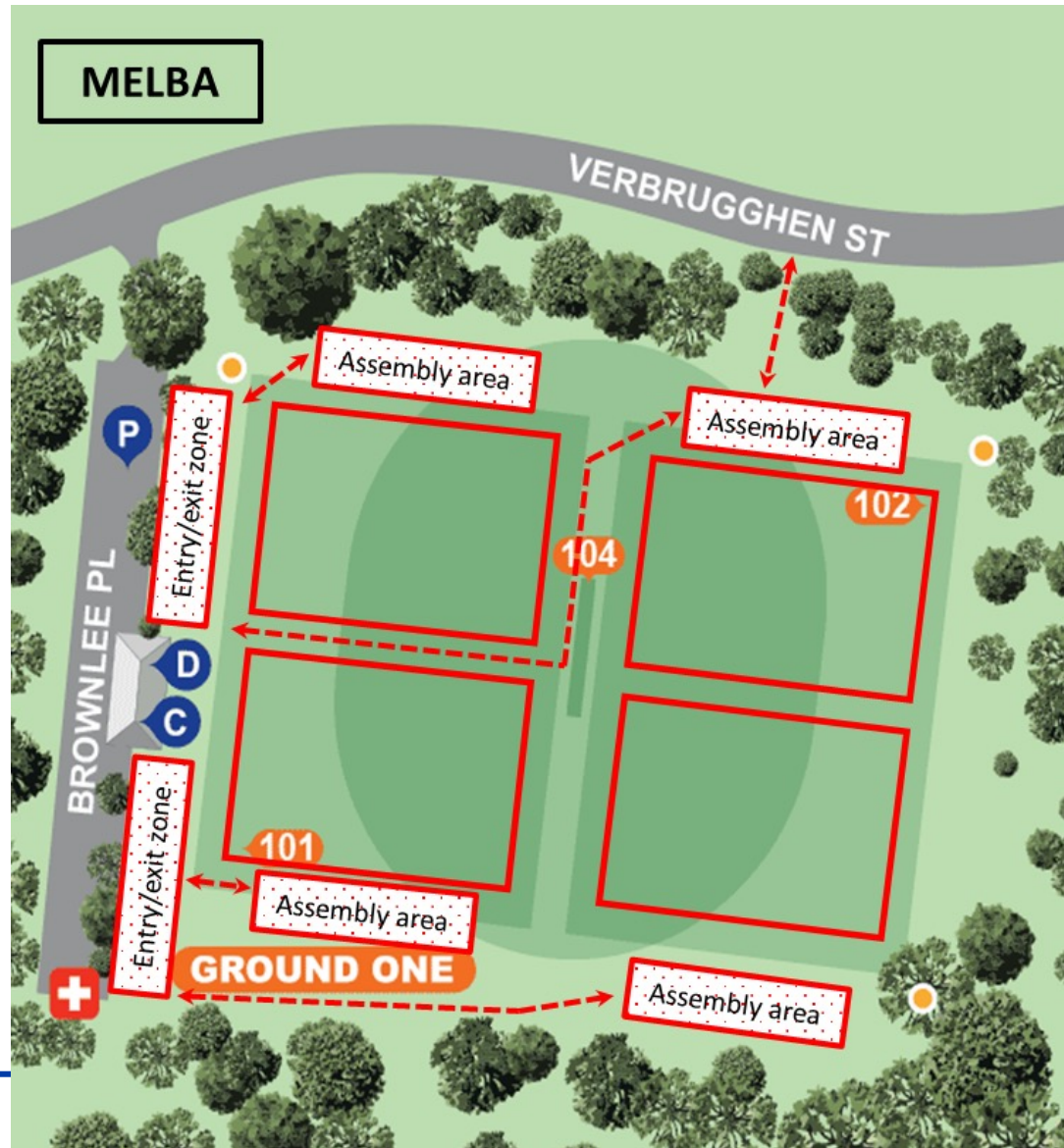
# Outdoor Venue Map

GIRALANG 101/102 – Junior Trials – enter from off Canopus Crescent



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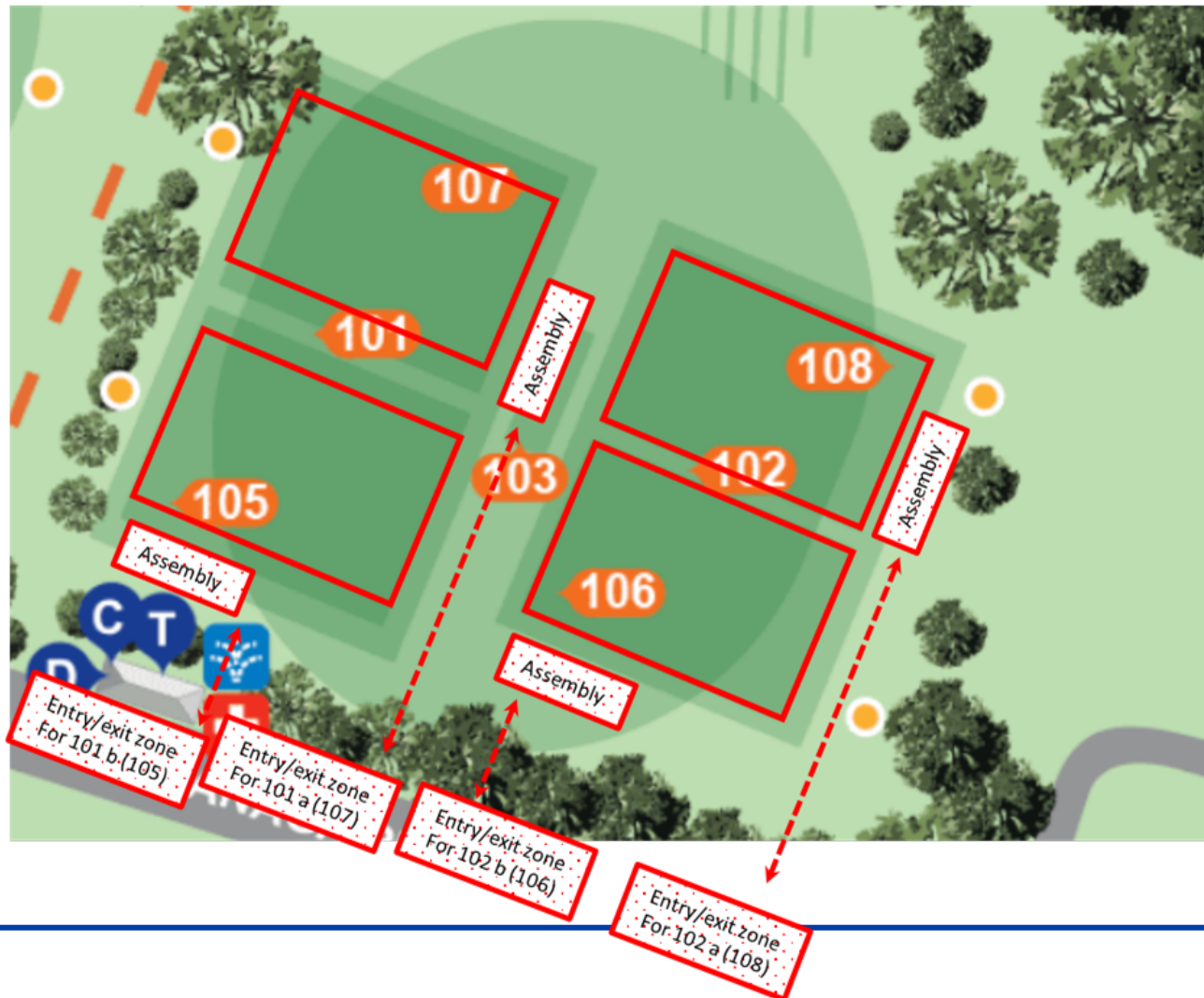
# Outdoor Venue Map



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# Outdoor Venue Map

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



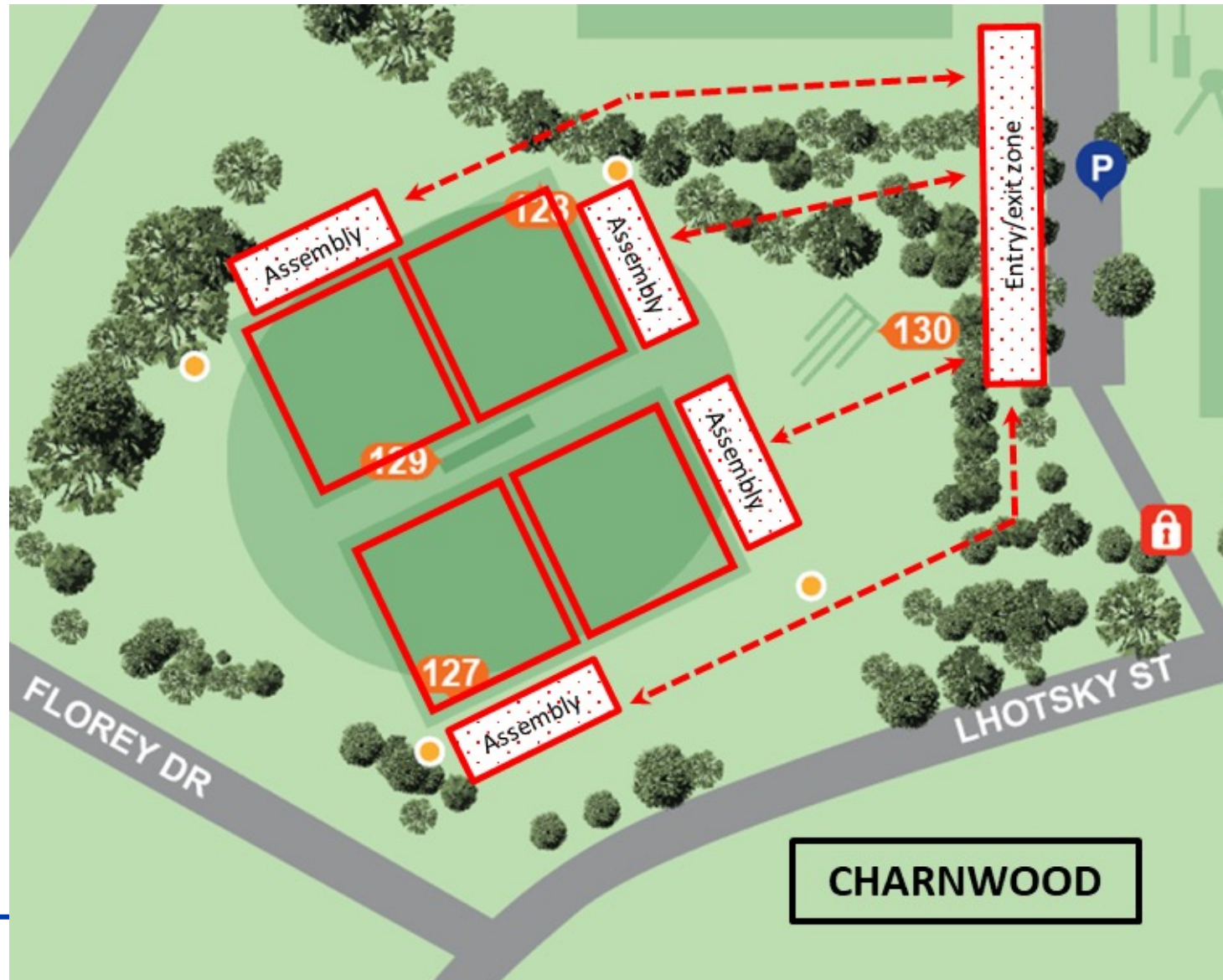
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# Outdoor Venue Map



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# Outdoor Venue Map



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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](#)

