RADFORD COLLEGE

CAPITAL FOOTBALL

COVID-19 SAFE PLAN FOR CLUBS

ALL AGE GROUPS

VERSION 2 – 25 OCTOBER 2021

Clubs Submission

This COVID-19 safe plan is provided by Radford College.

This plan outlines our operational delivery of NPLM, NPLW, NPLG, NPLB, CPLM, CPLB, Junior League, Senior League and MiniRoos training and/or match play

This plan will commence on 30 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 Safe Plan and is aware of the hygiene and safety aspects at 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.

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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
- 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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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.

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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

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Radford Training Operations

Entry and Exits

- Pedestrians should enter and exit in the directions as shown on the venue map

Spectators

- Spectators not encouraged
- Spectators to sign in using the Check in CBR app
- Spectators to are to remain on the outskirts of the ovals
- Spectators are to meet gathering restrictions and practice social distancing (1.5m)

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Radford Training Operations

Canteens

- N/A – no canteens

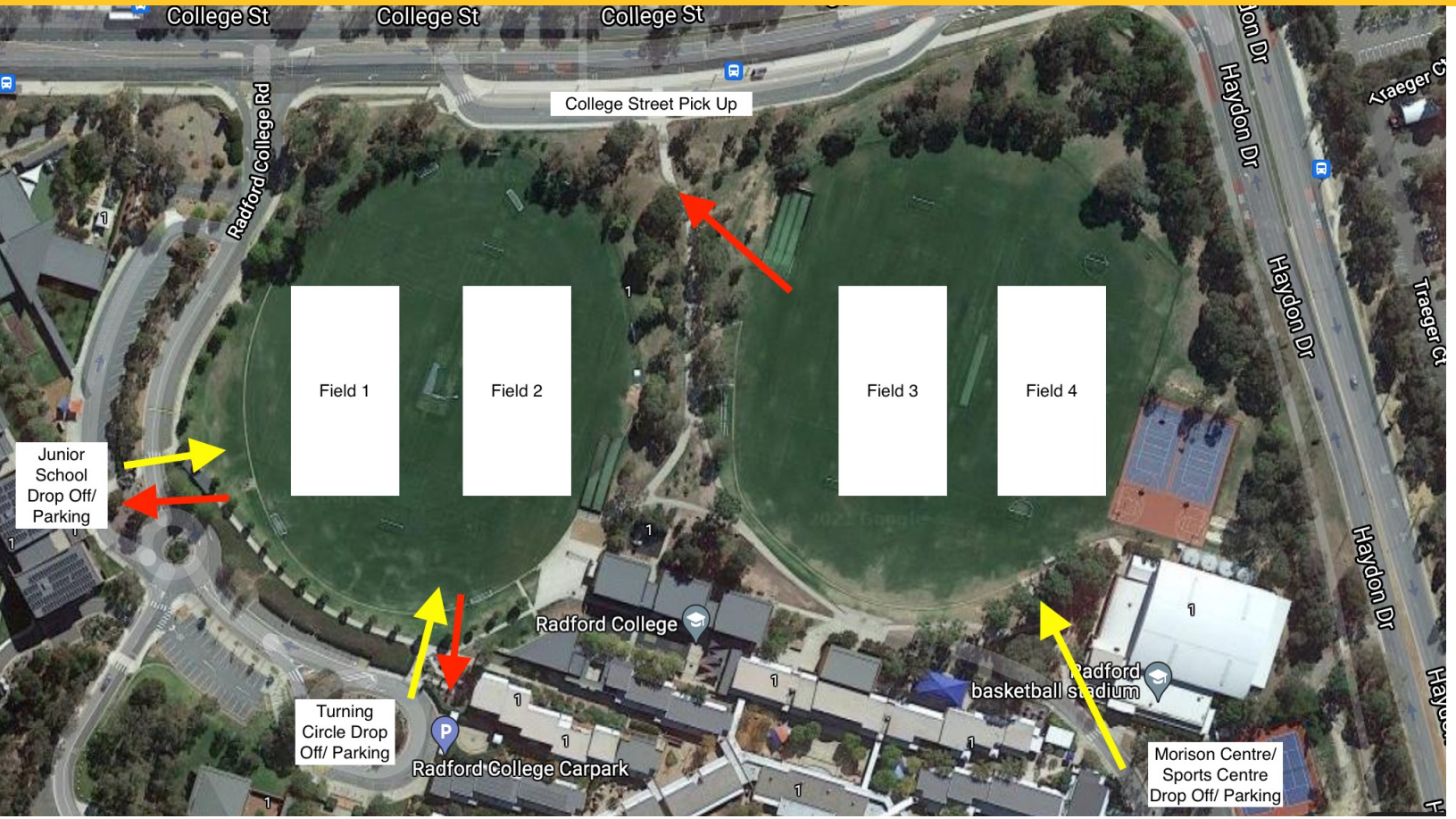
Amenities

- Where possible, players should come ready to play
- Use of changerooms permitted but abide by 1 person per 4sqm

Radford Training Schedule

Age Group	Arrival Time	Day	Training Start Time	Training Finish Time	Field
U10 Open	12:45pm	Saturdays	1:00pm	2:00pm	4
U11 Open	1:45pm	Saturdays	2:00pm	3:00pm	2
U12 Open	2:45pm	Saturdays	3:00pm	4:00pm	4
U13 NPLY	5:15pm	Tues & Thurs	5:30pm	7:00pm	1
U14 NPLY	5:15pm	Tues & Thurs	5:30pm	7:00pm	2
U16 NPLY	5:15pm	Tues & Thurs	5:30pm	7:00pm	3
U18 NPLY	5:15pm	Tues & Thurs	5:30pm	7:00pm	4

Radford Venue Map



Legend

Participant entry and access to fields

Participant exit from fields

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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