



**CAPITAL**  
FOOTBALL

**RETURN TO PLAY IN A COVID-SAFE ENVIRONMENT PLAN  
TALENT SUPPORT PROGRAM**

# Club Submission

This COVID-19 safe plan is provided by The Capital Football Talented Support Program

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

This plan will commence on **19 October 2021**

The club contact responsible for this plan is

Kelly Stirton

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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 500 participants (excluding coaching staff) can return to training outdoors (1 person per 2sqm)
- Matches can go ahead (intra or inter club)
- Matches can be played in NSW from 1 November
- Indoor competitions and training can resume with a maximum of 300 people (1 person per 4sqm)

For more information, please visit the [ACT 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





# 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 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



# Snapshot of Return to Football Guidelines

## Training

- ▶ Outdoor training can be conducted in groups 500 players maximum (not including the coaches)
- ▶ Adequate spacing for each player and staff (applying the 1.5 metre social distancing rule and 4m<sup>2</sup> 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
- ▶ Only essential participants should attend football 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
- ▶ Limit the use of facilities (i.e. no changerooms to be used unless it is to use the toilet)
- ▶ 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 small groups no more than 25 participants (not including the instructor)
- ▶ Club meetings held online

# Hawker Football Centre

To assist in complying guidelines at training venues:

- Only essential participants should attend training (i.e. players, team and club officials and if needed one parent/guardian)
- Parents/guardians are to remain in the car (only to come out to drop off or collect the player)
- There is no pedestrian access (including drop off/pick up) from the east side of the facility
- Changerooms will only be open for medical use (building 2 on the map)
- Toilets will be open; (end of building 2 on the map)
- Entry and exit to the field is via the sign posted gates (shown in the venue map)
- If coaches or club officials need to access storage containers or clubhouses whilst at training, only one person is in there at a time
- The canteen will not be operating



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# Hawker Football Centre

## Drop-off and Pick-up Protocols

- Parents/guardians to park in the drop off area no earlier than 15 minutes prior to the start of the scheduled session time.
  - Players to walk through entry gate and use hand sanitizer provided upon entry.
  - Players to continue to the left towards field entry at bottom left hand side of field (near the big net).
  - No parents or spectators are allowed to watch the training session in the grandstand or any open area
- Parents/guardians are welcome to drive to the east side of the facility and watch sessions from the comfort and warmth of their own car. **Under no circumstances** are people permitted to exit their cars when parked on the east side.
  - Following completion of the session, a parent/guardian must park their car in the drop off area and walk to gate at the entrance to the facility to take player/s home.
  - Upon exiting Hawker, it is recommended to also use the hand sanitizer provided.
  - At all times, social distancing protocols must be adhered to.





# Hawker Football Centre

## Attendance to Venue

- Participants, coaches, trainers and spectators should not attend the venue if they: are feeling unwell, have any flu-like symptoms, have been to a casual or close contact site or have been exposed to a person with COVID-19 in the preceding 14 days
- Any persons high risk from a health perspective are strongly encouraged to not attend the venue
- All those entering Hawker Football Centre are asked to please use hand sanitiser when entering and exiting the venue
- Arrive to the venue no earlier than 15 minutes prior to the start of the session
- Leave the venue immediately after training concludes

## Spectators

- Spectators can only watch training by parking on the east side of the field entering through the gate on Walhallow St
- Spectators are not allowed to exit their vehicles when parked in the Eastern carpark

## Access to Amenities

- Changerooms will be available for medical treatment only
- Toilets will be open



# 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](#)

