



Weston Molonglo FC



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 Weston Molonglo FC.

This plan outlines our operational delivery of CPLM, CPLB, Junior League, Senior League and MiniRoos training plus Summer Masters match play.

This plan will commence on 2nd November 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.

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
- 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 the Check in CBR app in the ACT
- ▶ 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'.

Coaches will perform a roll call before the session ensuring every participant **has checked in** with the Check in CBR app **on a smart phone** owned by someone in the team or training group

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 Waramanga

Entry and Exits

- Field 102 – use the car park near Stromlo High School
- Field 104 and 108 – car park near Arawang Primary School (Nemarang Cres)
- Field 107 – car park at Walpiri Place (behind St John Vianney school) then walk up to field 7

Spectators

- Designated spectator areas are marked on the maps for each age group



Training Operations at Waramanga

Canteens

- The canteen is not operating during *Phase C* from 2 November
- First Aid equipment is stored in the senior container

Amenities

- The change rooms will remain locked during *Phase C* from 2 November
- Must abide by 1 person per 4m² indoors
- Players and spectators are to use the toilets at the end of the pavilion



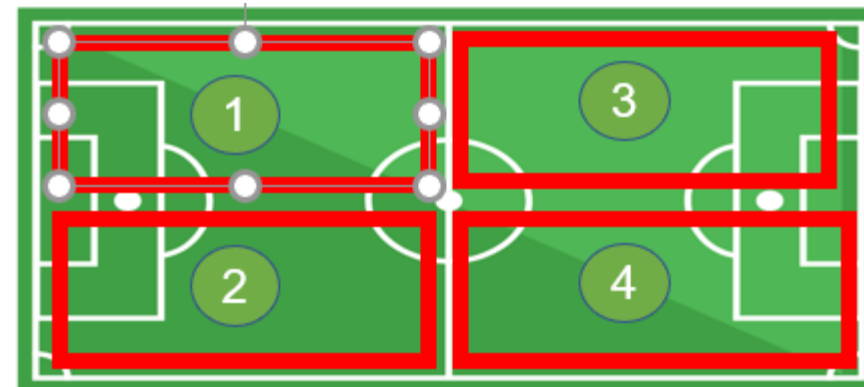
Examples of Training Setups in ACT

Ages	Group Size	Training Area Size	Training areas per Football Field
U6 - U9	300 people excluding the coach	50m x 30m	4
U10 - U11	300 people excluding the coach	50m x 30m	4
U12 - U16	300 people excluding the coach	50m x 30m	4
U18 and above	300 people excluding the coach	50m x 30m	4

Example of how fields can be divided for training purposes

Ages	Arrival Time	Training Start Time	Training Finish Time
U6 - U11	3:30 pm	3:45 pm	4:45 pm
U11 - U14	4:45 pm	5:00 pm	6:00 pm
U15 and above	6:00 pm	6:15 pm	7:15 pm

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

Waramanga Venue Map



Legend

Participant entry and access to fields



Participant exit from fields



Spectator Areas



Field number



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Match Operations at the AIS and UC

Entry and Exits

- AIS Grass fields – entry and exit is from the car park on Masterman Street
- AIS Synthetic Field – park in the car park off Leverrier Street and walk through to the synthetic field
- Uni Canberra Fields 5A or 5B – access the fields from the car parks off Allawoona Street

Spectators

- Follow the instructions from the venue managers
- Designated spectator areas are marked on the maps in yellow



Match Operations at the AIS and UC

Canteens

- There is no canteen in operation at either AIS or UC

Amenities

- AIS – The change rooms can be used to access the toilets.
- Uni Canberra – Toilets are available for use in the UC Sports and Fitness Centre
- Must abide by 1 person per 4m² indoors



AIS Synthetic field



Access to Synthetic field from
Leverrier Street Car Park

Legend

Participant entry and
access to fields



Participant exit from fields



Spectator Areas



AIS Grass fields



Legend

Participant entry and access to fields



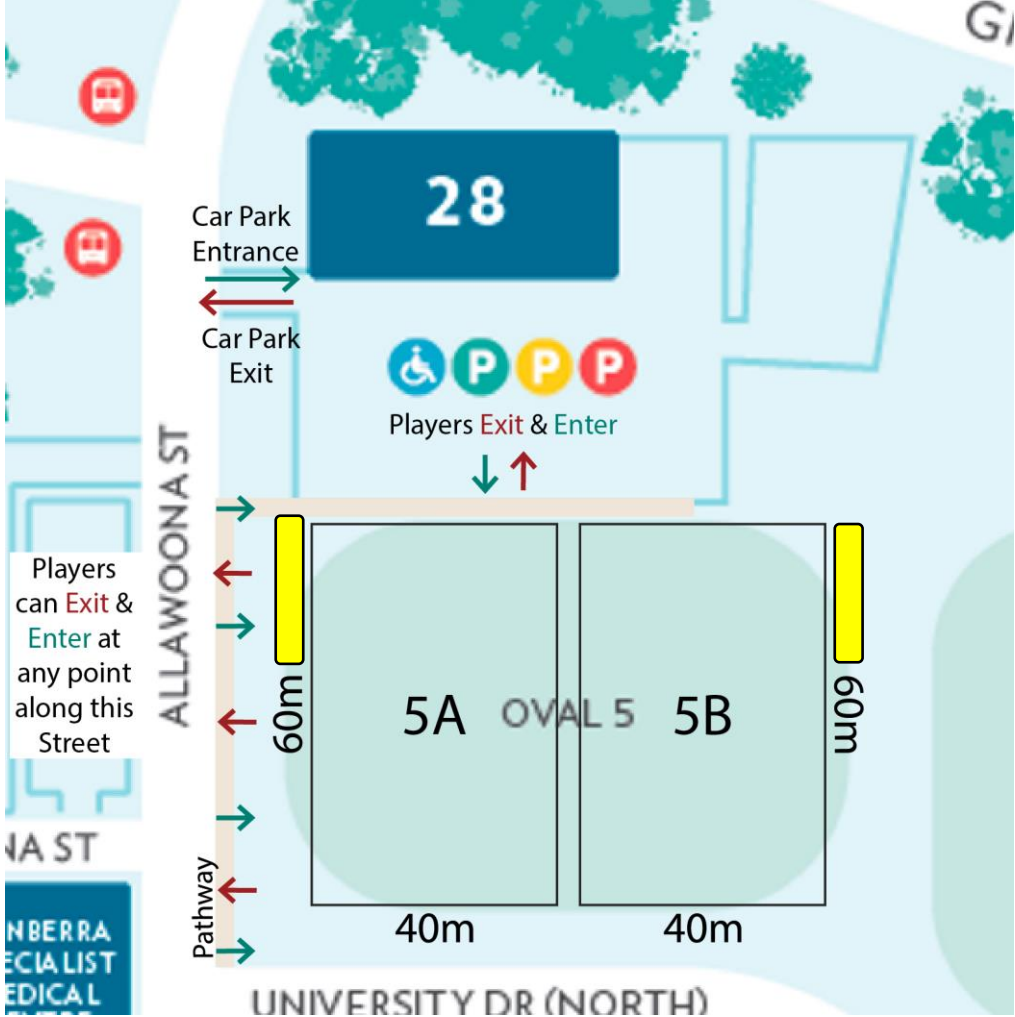
Participant exit from fields



Spectator Areas



Uni Canberra fields 5A or 5B



Access to Fields 5A and 5B
Allawoona Street Car Parks

Legend

Participant entry and access to fields ←

Participant exit from fields →

Spectator Areas 

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](#)

