



## RETURN TO PLAY IN A COVID-SAFE ENVIRONMENT PLAN

29/5/20

### Introduction

Due to the impact of COVID-19, all football activities were suspended from 18 March 2020 until at least 31 May 2020. Since this suspension began, Belnorth FC has been planning and preparing for a return to football when it is safe, and the suspension is lifted.

Belnorth FC has a responsibility to protect not just the football community, but the broader community in the ACT and surrounding regions, and to assist in preventing any outbreaks of COVID-19 where possible. We as a football community, including players, coaches, match officials, staff, volunteers and parents/guardians, must play a role if we are to help slow the spread of COVID-19.

The resumption of football activities is subject to the provisions of each State/Territory government and/or Local Public Health Authorities. For sport in the ACT, it is the ACT Government. It is important to note that clubs are required to comply with the public health advice for the state/territory in which they reside.

### CovidSafe App

Belnorth FC supports the Australian Government's COVIDSafe app and strongly encourages all members of the club to download the app. For more information including where to download the app please click [here](#).

# Snapshot of Return to Football Guidelines - Level B

## Training

- Outdoor training can be conducted in small groups (20 people including players, team and club officials)
- Non-contact skills can commence (i.e. striking the ball, running with the ball, 1st touch and conditioning)
- No physical contact or tackling
- 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
- Warm-ups are to be done in the allocated training session or done at home prior to training

## Football Venues

- 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 a player from the venue (applying the 1.5-metre social distancing rule)
- Encourage all venues to have a 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 20 people, including instructors) on ovals
- Club meetings held online

## Travel

- Avoid carpooling to and from training

# Dos and Don'ts Summary

## Do

- Adhere to the guidelines
- Book sports grounds prior to use
- Train outdoors
- Practice good hand hygiene before and after training
- Comply with a maximum of 20 people rule
- Maintain social distancing requirements
- Adhere to non-contact principles
- Training only – get in, train and get out

## Don't

- Participate if unwell
- Train indoors
- Exceed the number of people permitted per field/space
- Use equipment unnecessarily – if used, clean and disinfect before and between sessions
- Use change rooms or pavilions
- Stay at the field after training
- Share things – drink bottles, towels, bibs etc.

## Training

### Attendance at Training

Participants are not to return to training if they:

- Feel unwell
- Have any flu-like symptoms
- Have travelled internationally or been exposed to a person with COVID-19 in the preceding 14 days, or
- Are at high risk from a health perspective, including the elderly and those with pre-existing medical health conditions

### Training Times and Setup

To ensure that Level B guidelines are being met at training, start times of training will be staggered and football fields will be divided into spaces whereby no more than 20 people are located in one space (including players and team and coaching officials) and the density requirement is adhered to.

Under Level B guidelines:

- Outdoor training can be conducted in small groups (20 people including all participants - players, coaches, team and club officials)
- Players and staff to turn up no earlier than 15 minutes prior to training
- No indoor training can occur (i.e. if rain occurs, teams cannot train indoors)
- Ensure adequate spacing for each player, team and club officials, applying the 1.5-metre social distancing rule (no more than 1 person per 4m<sup>2</sup>)

## Rules at Training

The following rules are to be applied at all Belnorth training sessions under Level B restrictions:

- Players are to be accompanied by no more than one parent or guardian (and siblings as required)
- All players, club and team officials are required to wash their hands with soap and water before training starts
- If a team/club official or player starts to feel unwell whilst at training they are to leave immediately
- Warm-ups and cool-downs will be incorporated into training sessions
- Only the coach is to handle and set up the equipment
- Players and coaches cannot move between groups of 20, i.e. training cannot be delivered in stations. People should only be exposed to contact with 19 other people for the entirety of training
- Only non-contact skills can be conducted (i.e. striking the ball, running with the ball, 1st touch and conditioning). **Games are not permitted (including practice matches, modified training games)**
  - Heading of the ball may occur during the natural process of a skill. However, practising heading by picking up the ball and throwing is not permitted
  - Handling of the ball should be kept to a minimum, including drills with goalkeepers
- Each player will be given a bib for the whole session and then take the bib home to wash
- No sharing of drink bottles, shin-pads, towels etc.
- No shaking of hands, high-fives or body contact
- Belnorth Coaches will not train more than 1 group of players per day

# Kaleen Training Times

Day	Start	Finish	Age Grade/div	Training area	Coach
<b>Monday</b>	4:30 PM	5:30 PM	U5 & U7	Kaleen (124) 3A	A Fernance
	5:00 PM	6:00 PM	O10/1A	Kaleen (103) 4 North	G Safi
	5:30 PM	6:30 PM	O11/1	Kaleen (107) 1 North	R Boyd
	6:30 PM	7:30 PM	O15	Kaleen (107) 1 South	P Ness
	7:00 PM	8:00 PM	O14/2	Kaleen (107) 1 North	N Blair
<b>Tuesday</b>	4:00 PM	5:00 PM	U7 Astons	Kaleen (124) 3C	B Lewthwaite
	4:30 PM	5:30 PM	U9 Porpoises	Kaleen (108) 2B	V Cosentini
	4:30 PM	5:30 PM	U9 Rays	Kaleen (108) 2C	S Radic
	4:30 PM	5:30 PM	U7 Audis	Kaleen (108) 2A	S Macintyre
	4:30 PM	5:30 PM	U9 Jellyfish	Kaleen (108) 2D	B Keens
	5:00 PM	6:00 PM	G8/9 Waratahs	Kaleen (107) 1B	J Preston
	5:00 PM	6:00 PM	G8/9 Bluebells	Kaleen (107) 1C	P Calvert
	5:00 PM	6:00 PM	U9 Walruses	Kaleen (107) 1A	S Pellat
	5:00 PM	6:00 PM	U8 Pelicans	Kaleen (107) 1D	P Arentsen
	5:00 PM	6:00 PM	U10/3	Kaleen (103) 4 South	H Lourdes
	5:30 PM	6:30 PM	10/1B	Kaleen (124) 3 East	E Yarbakhsh
	5:30 PM	6:30 PM	O10/2	Kaleen (124) 3 West	D Baillie
	6:00 PM	7:30 PM	U16/1	Kaleen (108) 2 North	Lee
	6:00 PM	7:30 PM	U14/3	Kaleen (108) 2 South	S Jones
	6:00 PM	7:00 PM	U11/2B	Kaleen (103) 4 North	M McCreath
	6:30 PM	7:30 PM	G14	Kaleen (107) 1 South	T Rolke
	7:00 PM	8:00 PM	O18	Kaleen (124) 3 East	I Richardson
7:00 PM	8:00 PM	O12	Kaleen (124) 3 West	C Young	
<b>Wednesday</b>	4:30 PM	5:30 PM	U8 Eagles	Kaleen (124) 3D	A Villatobas
	5:00 PM	6:00 PM	U9 Turtles	Kaleen (107) 1B	E Miranda
	5:00 PM	6:00 PM	U7 Maseratis	Kaleen (107) 1C	T Pearson
	5:00 PM	6:00 PM	G11/2	Kaleen (107) 1 South	A Daly
	5:30 PM	6:30 PM	U8 Rosella's	Kaleen (103) 4A	G Farrugia
	5:30 PM	6:30 PM	G8/9 Wattles	Kaleen (103) 4B	A Marek
	5:30 PM	6:30 PM	U8 Robins	Kaleen (103) 4D	K Newman
	6:00 PM	7:00 PM	O13/3	Kaleen (108) 2 North	N Davill
	6:00 PM	7:00 PM	O13/2	Kaleen (108) 2 South	D Correia
	6:00 PM	7:00 PM	G12 Bella's	Kaleen (124) 3 East	H Brazel
	6:00 PM	7:00 PM	U10/2	Kaleen (124) 3 West	D Houlihan
	6:30 PM	8:00 PM	MSL4 Bisons	Kaleen (107) 1 North	M Rahimi
	6:30 PM	7:30 PM	O15	Kaleen (107) 1 South	P Ness
	<b>Thursday</b>	4:30 PM	5:30 PM	U8 Parrots	Kaleen (108) 2B
5:00 PM		6:00 PM	U8 Magpies	Kaleen (103) 4A	I Rolke
5:00 PM		6:00 PM	U9	Kaleen (103) 4B	B Stege

	5:00 PM	6:00 PM	G10/3	Kaleen (103) 4 south	P Pavez
	5:30 PM	6:30 PM	O11/2A	Kaleen (107) 1 North	M Blood
	5:30 PM	6:30 PM	O11/1	Kaleen (107) 1 South	A Herd
	5:30 PM	6:30 PM	O11/1	Kaleen (108) 2 South	R Boyd
	5:30 PM	6:30 PM	U10/1B	Kaleen (124) 3 East	E E Yarbakhsh
	5:30 PM	6:30 PM	O10/2	Kaleen (124) 3 West	D Baillie
	6:00 PM	7:30 PM	U16/1	Kaleen (108) 2 North	Lee
	6:30 PM	7:30 PM	G10/2	Kaleen (103) 4 North	M Wrenford
	6:30 PM	7:30 PM	O12	Kaleen (103) 4 South	G Farrugia
	7:00 PM	8:00 PM	O14/2	Kaleen (107) 1 North	N Blair
	7:00 PM	8:00 PM	G14	Kaleen (107) 1 South	T Rolke
	7:00 PM	8:00 PM	U11/3	Kaleen (108) 2 South	J Sbirakos
	7:00 PM	8:00 PM	O18	Kaleen (124) 3 East	I Richardson
	7:00 PM	8:00 PM	O12	Kaleen (124) 3 West	C Young

## Giralang Training Times

Day	Start	Finish	Age Grade/div	Training area	Coach
Wednesday	5:30 PM	6:30 PM	G8/9 Tiger Lilies	Giralang (101) 1A	R Pietrukowski
	5:30 PM	6:30 PM	U8 Budgies	Giralang (101) 1B	M Valeri
	5:30 PM	6:30 PM	U10/3B	Giralang (101) 1 South	A Tomlinson
	7:00 PM	8:30 PM	O45	Giralang (101) South	S Barlow
	6:30 PM	8:00 PM	MSL4R Strikers	Giralang (102) North	A Stirton
	6:30 PM	8:00 PM	MSL5 Strikers	Giralang (102) South	A Goddard
Thursday	5:00 PM	6:00 PM	U10/3A	Giralang (101) 1 North	S Maunsell
	5:00 PM	6:00 PM	U9 Seals	Giralang (102) 2A	N Moyle
	7:00 PM	8:30 PM	Women 1	Giralang (101) 1 North	K Newman
	7:00 PM	8:30 PM	Women 2	Giralang (101) 1South	K Denigan
	6:30 PM	8:00 PM	MSL4R Sharks	Giralang (102) 2 North	S Holley
	7:00 PM	8:30 PM	MSL4 Buffaloes	Giralang (102) 2 South	D Iglewski
Sunday	10:00 AM	11:30 AM	M35/4 Action	Giralang (101) 1 North	T Rolke

## **After Training**

To assist in complying with Level B guidelines;

- Players, club, and team officials are advised to wash their hands with soap and water after training finishes
- Players are encouraged to bring their own hand sanitiser with them
- Players, parents, team, and club officials are to leave the training facility immediately after training has finished
- No one is to gather at Kaleen or Giralang playing fields, including the
- Car park, after training finishes

# Kaleen 1 Playing Fields for Junior teams

To assist in complying with Level B guidelines at training venues:

- Participants, coaches, trainers and spectators should not attend the venue if they: are feeling unwell, have any flu-like symptoms, have travelled internationally or have been exposed to a person with COVID-19 in the preceding 14 days
- Any persons at high risk from a health perspective are strongly encouraged not to attend the venue
- All those training at Kaleen playing fields are asked to use hand sanitiser when entering and exiting the venue
- Please park in the appropriate car park for your field (colour coded)
- Arrive at the venue no earlier than 15 minutes prior to the start of the session
- Leave the venue immediately after training concludes



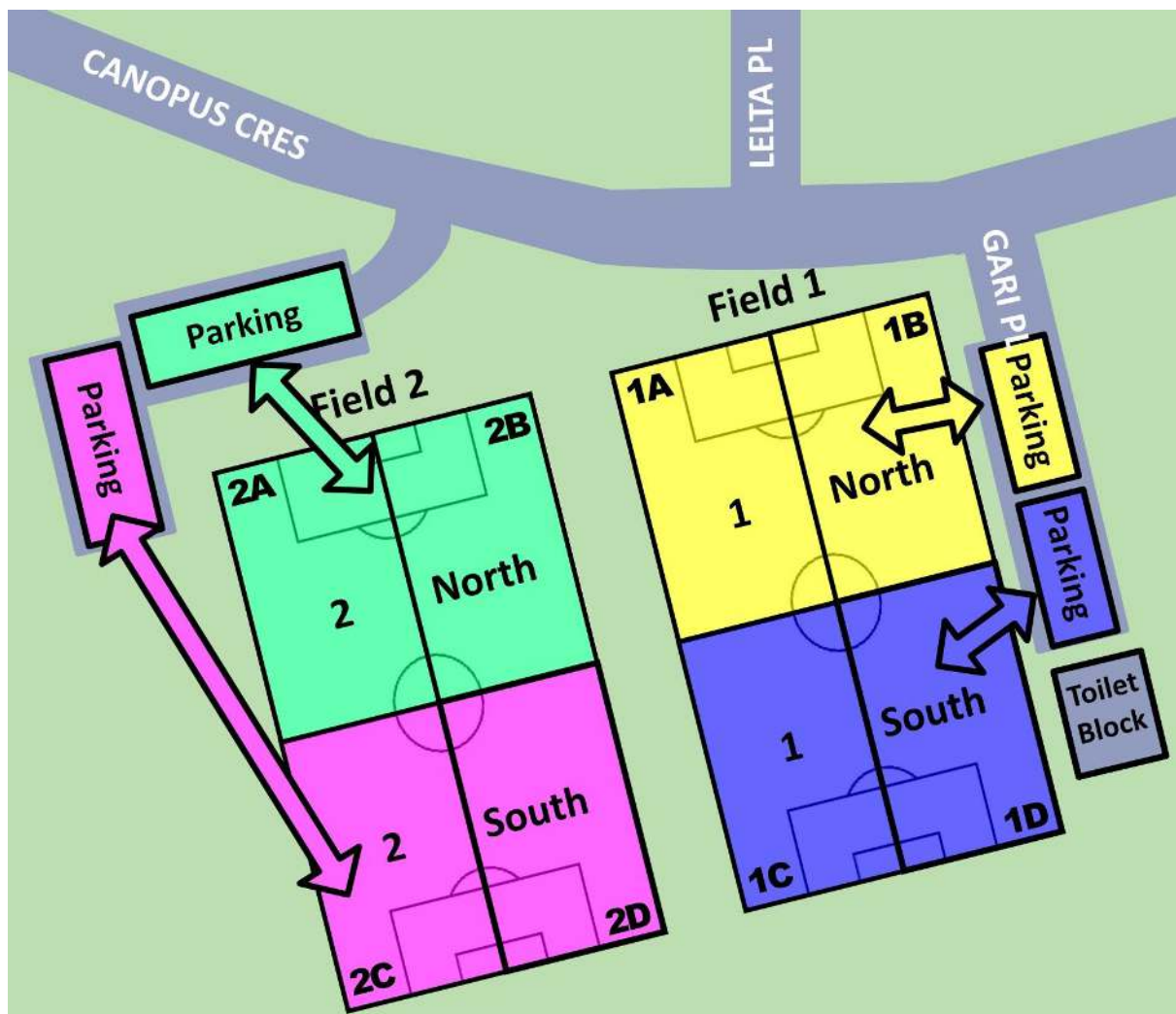
- Only essential participants should attend training (i.e. players, team and club officials and if needed one parent/guardian)
- Toilets will be open, but change rooms will be closed
- Parents/guardians are encouraged to remain in the car (only come out to drop off or collect the player)
- Participants will be required to follow the clockwise path around the fields
- Coaches will direct players the designated parking area upon the completion of training, ensuring groups are not exiting the venue at the same time
- Participants must sanitise their hands upon entering and exiting the venue



# Giralang 1 Playing Fields for Senior teams

To assist in complying with Level B 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 encouraged to remain in the car (only to come out to drop off or collect the player);
- Changerooms will not be open for use
- Toilets will be open
- Please park in the appropriate car park for your field (colour coded)
- If coaches or club officials need to access storage containers or clubhouses whilst at training, ensure only one person is in there at a time.



## Drop-off and Pick-up Protocols

- Participants/parents/guardians to park in the designated area no earlier than 15 minutes prior to the start of the scheduled session time.

- Players proceed to their designated field, and place bags/gear adjacent to the field as instructed by the coach.
- Following the completion of the session, players will be waiting with Belnorth coaching staff at the designated parking location.
- Players will be escorted from their designated field by the coaching staff.
- Upon exiting Giralang, it is recommended to also use hand sanitiser.
- **At all times, social distancing protocols must be adhered to.**

# General Precautions

To assist in complying with Level B guidelines the following conditions apply:

## Education Sessions and Meetings

- All theory sessions (i.e. tactical sessions/meetings, match analysis etc.) will be held on google meets
- There will be no face to face team or parent meetings
- If a parent wishes to speak with a coach they can organise a time to do so over the phone or via video conference.
- If coaches need to pick up kits prior to commencement of training it must be done taking a staggered approach (i.e. 10 coaches at a time, only one person in clubhouse/container handing out equipment)

## Hygiene

- [Hand washing guidance](#) is signposted at the venue and there is access to water, soap and hand sanitiser
- Players are encouraged to bring their own hand sanitiser
- Players and coaches are encouraged to wash their hands before and after training
- There is no sharing of equipment by coaches i.e. pens or clipboards
- There is no sharing of drink bottles, and we ask that any bottles bought by players are clearly labelled
- Bins are provided around the venue

## Behaviour

- If unwell, do not attend training
- 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;
- Do not touch your eyes, nose or mouth if your hands are not clean;
- No spitting at any time

## Travel

- Avoid carpooling where possible to and from training

# Incident Management

## CovidSafe App

Belnorth FC supports the Australian Government's COVIDSafe app and we strongly encourage all members of the football community to download the app. For more information including where to download the app please click [here](#).

## Training Attendance

- In the event of a COVID-19 positive result within the football family, clubs may be required to support contact tracing efforts by ACT Health (including access to records related to training and groupings)
- To enable this, Belnorth coaches will record attendance at training that will include the players name, coach, training group, training time and allocated field.
- Protocols will apply related to quarantine/self-isolation for the individual/s and those contacts considered at risk

## Infection Control Training

Belnorth coaches, managers and other volunteers are encouraged to complete the [Australian Government Online Infection Control Training](#).

# 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

- [Australian Government information and resources](#)
- [ACT Government COVID-19 information and resources](#)
- [AIS Framework for Rebooting Sport](#)
- [National Principles for the resumption of sport and recreation activity](#)

## Downloads

- [COVIDSafe app](#)
- [Google Meet](#)
- [Zoom](#)