



RETURN TO PLAY IN A COVID-SAFE ENVIRONMENT PLAN

Stage 4 - Winter Football

20/4/2021

This Stage 4 Winter Football plan is provided by Belnorth Football Club.

This plan outlines our operational delivery of training and match play during the winter 2021 season.

This plan will commence on 20/4/2021

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 Stage 4 – COVID-19 Safe Plan, and is aware of the hygiene and safety aspects of training and grading.

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 participants of Summer Football to download the app. For more information including where to download the app please click [here](#).

Check-In CBR App

Belnorth FC also supports the ACT Government's Check-In CBR app to assist with contact tracing. We strongly encourage all participants of Football to download the app. For more information including where to download the app please click [here](#).

Kaleen and Giralang's QR and manual codes for the Check-In CBR app are below:

Kaleen



938074

Giralang



904336

General Precautions

Attendance

Participants (including players, parents, spectators, coaches, referees, volunteers) are not to training or grading if in the past 14 days they have:

- Feel unwell
- Have any flu-like symptoms
- Travelled internationally
- Travelled to any of the reported locations listed on the [ACT 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 at an age that puts you in the high-risk category

Hygiene

- Ensure spaces, surfaces and objects at each venue are regularly cleaned
- Promote regular and thorough hand washing by the club and team officials and participants
- Encourage people to bring hand sanitiser
- No sharing of pens or clipboards, participants must bring their own to venues
- 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

Travelling interstate

If travelling interstate, please read below;

- Teams stay up to date with current Hotspots around Australia, these can be found on the [ACT Health website](#)
- Do **NOT** travel into Hotspot areas
- If using public transport, please follow the rules and restrictions in the state/territory you are travelling in/to
- If carpooling, only carpool with people from the same household

- If staying overnight, please ensure that the accommodation has a COVID-safe plan in place (it is advised to call the accommodation provider prior to travelling)
- Ensure that everyone travelling carries a bottle of hand sanitiser on them at all times
- Ensure that everyone is vigilant with hand and respiratory hygiene
- Please ensure you use appropriate check-in apps or sign in registers when visiting places (i.e. restaurants, playing venues, shopping centres etc)
- Unless travel is restricted, ACT Health does not declare areas safe or unsafe for travel. Instead ACT Health provides guidance, taking into account the COVID-19 situation in other states and territories.
- Travel advice can change rapidly if COVID-19 cases appear. You may need to cancel or amend your travel plans on short notice
- If you develop COVID-19 symptoms while away or after returning to the ACT, get tested immediately
- When travelling, use the ABC's of protecting yourself, your family and the football community from COVID-19;
 - **AVOID** COVID affected areas – check the COVID website of the state and territory you are travelling to. If you are welcoming relatives or visitors from interstate, please ask them not to come if they are travelling from an area with a recent case or are feeling unwell
 - **BEHAVE** in a COVID-safe way – be vigilant with hand and respiratory hygiene, maintain physical distancing from other groups, and stay home if feeling unwell
 - **CHECK** back when you get home – monitor the COVID website of the state or territory you visited to see if they had any cases, for two weeks after your return. Follow the website's advice about testing and self-isolation. If you feel unwell with COVID symptoms while away or when you return, please get tested immediately and self-isolate until you get the result.

What is permitted during Training

The following is permitted at the venue and during training;

- All participants and spectators must sign in using the Check-in CBR app or a through a sign-in sheet provided by the club
- Where possible players should come ready to train
- Get in, train, get out
- Social activities when training has concluded should be limited to essential gatherings and within the government's guidelines
- Spectator areas must meet gathering restrictions (In ACT no more than 500 per venue in NSW no more than 3000 per venue)
- Maximum of 1 person per 2 square metres
- Ensure physical distancing of 1.5 metres between spectators
- Where clubs choose to use change rooms they must maintain 1 person per 2sqm (a sign must be placed on the door stating the maximum capacity within the area)
- Canteens and BBQ's are permitted in line with relevant government requirements

What is NOT permitted during Training and Grading

The following is NOT permitted at the venue and during training:

- Handshakes before and after the training
- Team huddles and high fives
- Multiplayer goal celebrations
- Spitting
- Sharing of equipment including drink bottles, towels, shin pads and bibs.
- Use of change rooms

What is permitted during Match Play

The following is permitted at the venue and during matches;

- All participants and spectators must sign in using the Check-in CBR app or a through a sign-in sheet provided by the club
- Where possible players should come ready to play
- Get in, Play, Get out
- Social activities when matches have concluded should be limited to essential gatherings and within the government's guidelines
- Spectator areas to meet gathering restrictions (In ACT no more than 500 per venue in NSW no more than 3000 per venue)
- Maximum of 1 person per 2 square metres
- Ensure physical distancing of 1.5 metres between spectators
- Where clubs choose to use change rooms they must maintain 1 person per 2sqm (a sign must be placed on the door stating the maximum capacity within the area)
- Canteens and BBQ's are permitted in line with relevant government requirements

What is NOT permitted during Training/Match Play

The following is NOT permitted at the venue and during training and/or match play;

- Handshakes before and after training or match play
- Team huddles and high fives
- Multiplayer goal celebrations
- Spitting
- Sharing of equipment including drink bottles, towels, shin pads and bibs

Training and Grading Operations at Venue

Entry and Exits

- Clear pedestrian entry points to the venue and allocated fields
- Clear pedestrian exit points from the venue and allocated fields

Spectators

- Spectators to reside in the designated areas outlined.
- Spectators are to remain 3 to 5 metres from the playing area.
- No more than 2 spectators per player.

Training and Grading Operations at Venue

Food Van

Must comply with the relevant Government Food Safety regulations and COVID-19 protocols

Amenities

- Toilets will be open and regularly checked for cleanliness.
- Referees room will be open (ensuring 4m² per person)
- Shipping containers will be staffed to ensure minimal entry by parents and players

Change rooms

Change rooms can be used for:

- Use by referees, only for the number of people permitted on the signage displayed outside the changeroom
- Use for medical services and support, only for the number of people permitted on the signage displayed outside the changeroom

Change rooms cannot be used for:

- Teams to prepare for a match
- Coaches to discuss tactics among themselves
- Coaches to address players pre-match, at half-time, or post-match

Venue Map

Kaleen 1- Birie Pl and Turon Pl, Kaleen

- Field 1, 2 and 3: park at the [Birie Place car park](#)
- Field 4, 5 and 6: park at the [Turon Place car park](#)



Giralang 1- Gari Place and Atalumba Close, Giralang.

Field 1: park at the Gari Place car park

Field 2: park at the car park off Canopus Crescent

Field 3 and 4: park at the Atalumba Close (7-Eleven) car park

