



RETURN TO PLAY IN A COVID-SAFE ENVIRONMENT PLAN

Updated
29/10/2021

This plan outlines our operational delivery of Junior League, Senior League and MiniRoos training and match play.

This plan will commence on 29/10/2021

The club contact responsible for this plan is:

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The Club acknowledges that this plan follows the Capital Football COVID-19 Safe Plan and is aware of the required hygiene and safety at football activities.

Introduction

On Monday, 27 August 2021, the ACT Government released the pathway forward with the easing of restrictions.

Capital Football has developed these Return to Football Guidelines in line with the [ACT Pathway forward](#).

- **Phase A – 1 October**
 - 2 participants plus a coach outdoors
- **Phase B – 15 October**
 - Medium groups of 25 participants (excluding coaching staff) can return to training outdoors.
 - No matches (intra or inter-club)
 - No games to be played in NSW
 - No indoor competitions or training can resume.
- **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)
 - Games 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 one person per 4 square meters)

For more information, please visit the [ACT Government COVID-19 website](#).

Check-In CBR App

Belnorth FC supports the ACT Government's Check-In CBR app to assist with contact tracing. It is a requirement that all football participants use the app to check-in at venues home and away. 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



818121

Giralang



817902

General Precautions

Attendance

Participants (including players, parents, spectators, coaches, referees, volunteers) are not to attend training or grading 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](#)
- 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, utilising it on arrival and when leaving the venue
- No sharing of pens or clipboards. Participants must bring their own stationery to venues
- No sharing of drink bottles
- Provide bins at venues.

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 before 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 before 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 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 a player from the 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 is 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 the ACT and no more than 1000 people outdoors and no more than 20 people indoors, including instructors in NSW)
- Club meetings held online

Facemask Requirements in the ACT

- 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 be 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](#).

Check-in Requirements in the ACT

All spectators and participants must check-in using either the Check in CBR app.

Before using the Check in CBR QR code, you must 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', hover your smartphone over the displayed QR code, and press 'Check in'.

If you do not have your smartphone on you, please get assistance from another attendee to check-in.

Training Operations at Venue

Entry and Exits

- There will be clear pedestrian entry and exits for the venue. See venue maps at the end of this document for specifics.

Spectators

- Spectators to reside in the designated areas outlined.
- Spectators are to remain 1.5 metres from the playing area.
- Two spectators per player.

Training and Matchplay Operations at Venue

Food Van

- Currently not in operation over summer, but if in operation, will comply with the relevant Government Food Safety regulations and COVID-19 protocols.
- People waiting to be served must stay in the specified area and practice the appropriate social distancing.

BBQ/Sausage Sizzle

- In the event of holding a BBQ, only two people will operate the BBQ to serve. The operation will be supervised by a Food Safety Officer.
- People waiting to be served must remain in the specified area and practice the appropriate social distancing.
- We will 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 staffed to limit entry by parents and players

Change rooms

Change rooms are permitted:

- By referees

- By players to get changed
- For medical services and support

Change rooms are not permitted:

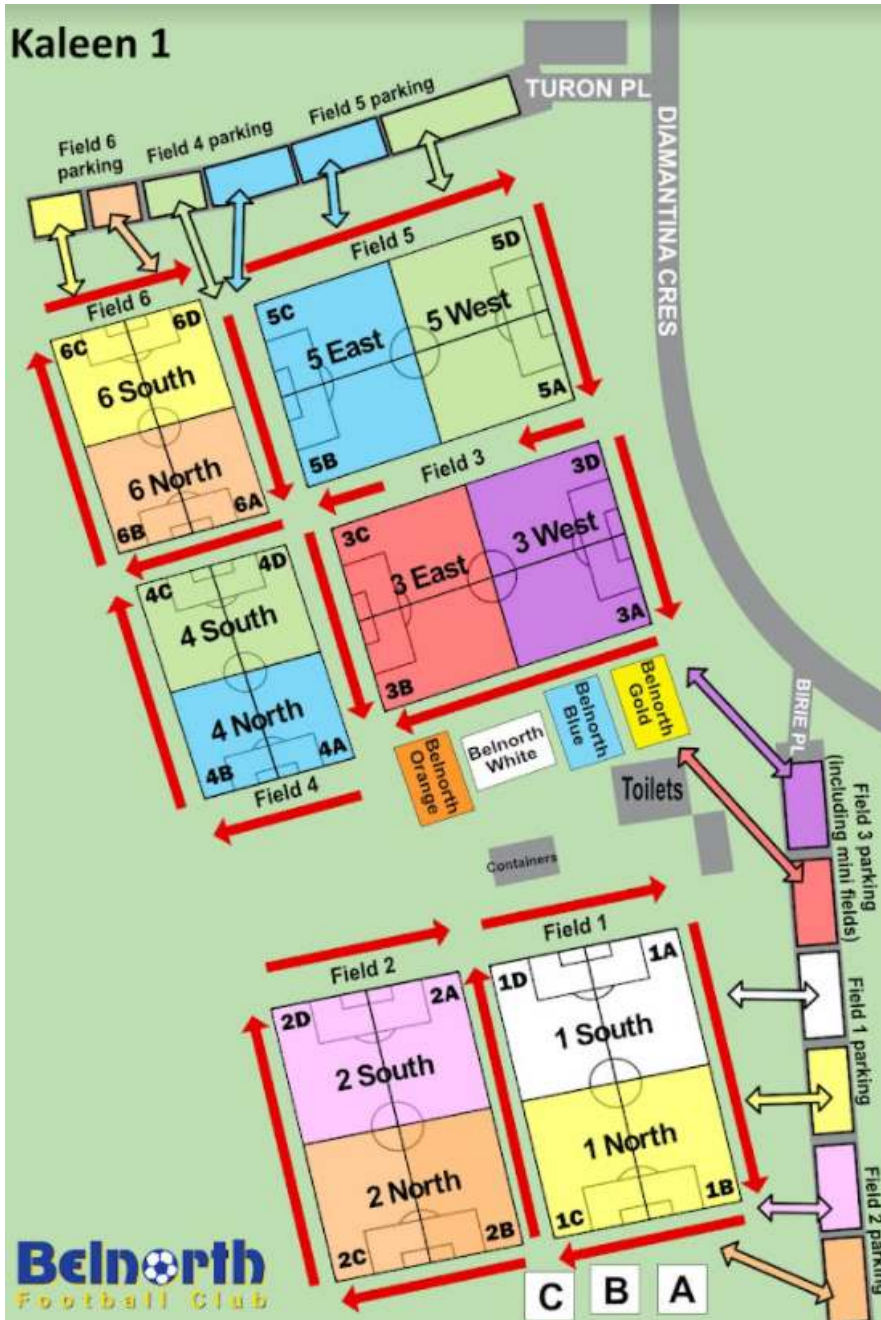
- For coaches to discuss tactics among themselves
- For coaches to address players pre-match, at half-time, or post-match

Venue Maps

Kaleen 1- Birie PI and Turon PI, 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](#)

Kaleen 1

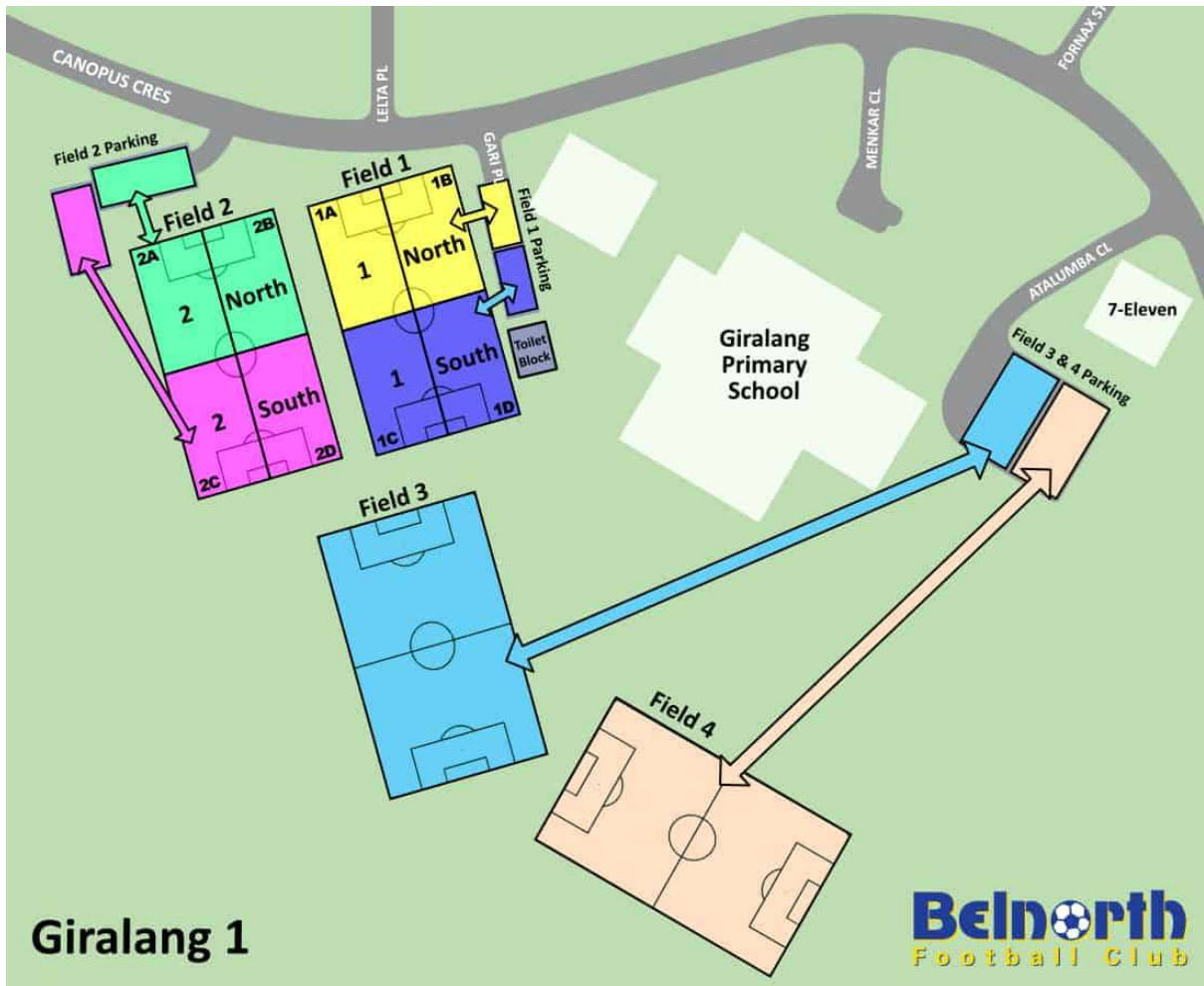


Giralang 1- Gari Place and Atalumba Close, Giralang.

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



Giralang AFL Oval - Tucana Street, Giralang



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](#)