

# BELSOUTH FOOTBALL CLUB

## RETURN TO FOOTBALL GUIDELINES

Stage 2.1 – From 30 June 2020



**30 June - Updates in Red**

# 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, Capital Football staff have been planning and preparing for a return to football when it is safe, and the suspension is lifted.
- \* Capital Football 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

- \* Capital Football and Belsouth Football Club support 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](#).

# Return to Football Guidelines – ACT

On 26 May 2020 the ACT Government released Canberra's Recovery Plan which delivers a Covid-19 easing of restrictions roadmap, and aligns with the Australian Government's Framework for a COVIDsafe Australia. The ACT's road map is an easy way for Canberra's to be aware of when and how the Government plans to move out of restrictions that were put in place in March 2020 to limit the spread of COVID-19 in our community. The nature of COVID-19 means that we must remain flexible and readily able to respond to the changing circumstances of the pandemic. That's why, there will be a number of check points along the way so that each stage of the easing of restrictions can be assessed before moving to the next, ensuring the health and safety of our community. From midnight on 29 May 2020 the ACT will enter Stage 2.1. Like the first stage, this stage continues to focus on social participation, training and activities within small groups and with continuing emphasis on physical distancing, personal and respiratory hygiene. Deliberate physical contact, sharing of equipment and use of communal facilities continues to be discouraged.

Canberra's Recovery Plan : <https://www.covid19.act.gov.au/resources/canberra-recovery-plan>

# Return to Football Guidelines – ACT

Restrictions will continue to be eased at the discretion of the Territory, with later phases progressively reintroducing larger groups, full training (including contact) and increased allowances for spectators and competition. The Canberra Recovery plan outlines four recommended stages of community activities and individual sport, these stages are:

- Stage 1 – only solo training allowed (one individual by themselves)
- Stage 2.1 – Low contact outdoor training (increased group size)
- Stage 2.2 – Moderate contact outdoor training (increased group size)
- Stage 3 – Games can resume with some limitations still in place Capital Football has set out these guidelines for clubs and participants (referees, coaches, players, volunteers, administrators, parents and spectators) who are part of Capital Football activities, including but not limited to; National Premier Leagues, Senior Leagues, Junior Leagues and MiniRoos to assist with the implementation of Stage 2.1.

This document will be updated in accordance with advice from Government and FFA.

# What has changed for the ACT?

Key changes from Stage 1 to Stage 2.1 include;

- \* ➤ Small groups for training have been expanded to 20 participants plus a coach
- \* ➤ Coaches are permitted to work with more than one small group per day, and on multiple consecutive days per week
- \* ➤ Low contact activities are permitted (i.e. working in pairs on volleying the ball with a receiver and kicker).
- \* Deliberate contact (i.e. tackling) is not permitted

More information on the eased restrictions for Stage 2.1 of Canberra's Recovery Plan are available in the FAQ on the ACT Sport and Recreation website.

# Snapshot of Return to Football Guidelines

## Travel

- \* Avoid carpooling to and from training

## Training

- \* Outdoor training can be conducted in small groups (20 participants plus 1 coach)
- \* Low contact activities are permitted (i.e. working in pairs on volleying the ball with a receiver and kicker)
- \* Deliberate contact (i.e. tackling) is not permitted
- \* 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 (toilets are closed)
- \* 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 10 people, including instructors) on ovals
- \* Club meetings held online

# Dos and Don'ts Summary

## Do

- \* Adhere to the guidelines
- \* Book sportsgrounds prior to use
- \* Train outdoors
- \* Practice good hand hygiene before and after training
- \* **Comply with the maximum of 20 participants plus one coach rule**
- \* Maintain social distancing requirements
- \* **Adhere to low-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 - NEW

## 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 a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions

## Training Times and Setup

To ensure that Stage 2.1 guidelines are being met at training, start times of trainings should be staggered, football fields are to be divided into spaces whereby no more than 20 people plus 1 coach are located in one space (including players and team/coach officials) and the density requirement (4m<sup>2</sup>) is adhered to.

Under Stage 2.1 guidelines:

- \* ➤ Outdoor training can be conducted in small groups (20 participants plus 1 coach);
- \* ➤ Players and staff to turn up no earlier than 15 minutes prior to training;
- \* ➤ 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

Games are not permitted (including practice matches, modified training games)

The following rules are to be applied at all training sessions under Stage 2.1 restrictions;

- ✦ Ensure that all players, club and team officials are advised to wash their hands with soap and water before training
- ✦ Children are to be accompanied by no more than one parent or guardian (and siblings as required)
- ✦ If a team/club official or player starts to feel unwell whilst at training they are to leave immediately
- ✦ Warm ups and cool downs need to be incorporated into training sessions or completed at home prior to and post training
- ✦ Only the coach to handle and set up the equipment
- ✦ Players cannot move between groups of 20 and training cannot be delivered in stations. Players should only be exposed to contact with 20 other people for the entirety of training
- ✦ A coach can coach more than one group of 20 individuals a day, however, they must ensure that the equipment is cleaned between groups or utilise different equipment for each group
- ✦ Only low contact skills can be conducted (i.e. ball work in pairs – no tackling). Games are not permitted (including practice matches, modified training games)
- ✦ Handling of the ball should be kept to the minimum,, including drills with goal keepers.
- ✦ If bibs are used, please ensure that each player is given a bib for the whole session and then takes the bib home to wash
- ✦ No sharing of drink bottles, shin-pads, towels etc.
- ✦ No shaking of hands, high-fives or body contact
- ✦ If teams have physios or sports trainers attending training please ensure that before treating they wear protective gloves and avoid rub downs (where possible) Note: the attendance of a physio or sports trainer is included in the 10 people total

# After Training

To assist in complying with Stage 2.1 guidelines;

- \* Ensure that all players, club, and team officials are advised to wash their hands with soap and water after training finishes
- \* Use hand sanitiser gel if soap and water are not available
- \* Players, parents, team, and club officials leave the training facility immediately after training has finished
- \* No gatherings or team dinners are to occur

# General Precautions

To assist in complying with Stage 2.1 guidelines the following conditions apply

## Education Sessions and Meetings

- ★ All theory education sessions (i.e. coaching courses, team sessions/meetings, referee courses etc.) need to be held through online portals i.e. google meets or zoom
- ★ Any practical sessions that must happen should take place at an outdoor facility with a maximum of 10 people (this includes instructors, players and/or participants, team and club officials)
- ★ If practical sessions go ahead please ensure you abide by all relevant sections in this document
- ★ **Coaches are able to coach more than one group of players in any 24 hour period.**

# General Precautions

## Hygiene

- ★ Ensure spaces, surfaces and objects at each training venue are regularly cleaned;
- ★ Provide [hand washing guidance](#), including access to water, soap and/or hand sanitiser;
- ★ Encourage people to bring hand sanitiser
- ★ Promote regular and thorough hand washing by club and team officials and participants;
- ★ No sharing of pens or clipboards, each team and club officials must bring their own to venues;
- ★ No sharing of drink bottles, and ensure that any bottles are clearly labelled;
- ★ Ensure 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

- ★ 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, team and/or club officials are required to record attendance at training (i.e. record every team and/or club official as well as players and parents/guardians that attend all training sessions)
- ★ Protocols will apply related to quarantine/self isolation for the individual/s and those contacts considered at risk.

# 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](#)
- [NSW 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](#)

# Training Times

## Under 10 – Under 18

Hawker – Murrarji Street Fields  
Monday to Thursday

Field	Start	Finish	Notes
1A, 1B	4.00pm 5.10pm 6.20pm 7.40pm	4.50pm 6.00pm 7.20pm 8.50pm	4 sessions 1 team per ½ field
2A, 2B	4.10pm 5.20pm 6.30pm 7.50pm	5.00pm 6.10pm 7.30pm 8.50pm	4 sessions 1 team per ½ field
3A, 3B	4.00pm	5.00pm	1 session 1 team per ½ field

# Training Times

## Under 7 – Under 9

Hawker – Murrarji Street Fields  
Saturday afternoon

Field	Start	Finish	Notes
1A, 1B	12pm 1pm 2pm 3pm 4pm	12.45pm 1.45pm 2.45pm 3.45pm 4.45pm	
2A, 2B	12pm 1pm 2pm 3pm 4pm	12.45pm 1.45pm 2.45pm 3.45pm 4.45pm	
3A, 3B	12pm 1pm 2pm 3pm 4pm	12.45pm 1.45pm 2.45pm 3.45pm 4.45pm	

# Hawker Fields Access and Egress



# Training Times

## Seniors

### Aranda Fields

Day	Start	Finish	Field	Sub-Field
Wednesday	7.00pm	8.20pm	1	A+B
	7.10pm	8.30pm	2	A+B

Sub-Field A is the rear of the primary field  
(Furthest from the carpark)

Sub-Field B is the front of the primary field  
(Closest to the carpark)

# Aranda Fields Access and Egress



- Only essential participants should attend training (i.e. players, club officials and if needed one parent/guardian)
- Where possible parents/guardians are to remain in the car
- If parents/guardians cannot remain in the car they are to remain at least 3 meters from the field of play and 1.5 meters from other people