



Belsouth Football Club



CAPITAL
FOOTBALL

COVID SAFE TO PLAY STAGE 4

Club Submission

This Stage 4 plan is provided Belsouth Football Club

This plan outlines our operational delivery of games and training for all participants at Belsouth fields.

This plan will commence on 16 April 2021

The club contact responsible for this plan is;

Rohan Smith

president@belsouthfootball.club

0409460914

The Club acknowledges that this plan is in accordance with the Capital Football COVID-19 Stage 4 – Return to Play Guidelines, and is aware of the hygiene and safety aspects of return to matches.



CAPITAL
FOOTBALL

Introduction

Belsouth FC has been planning and preparing for a return to football when it is safe, and the suspension is lifted.

Belsouth 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. Football activities are subject to the provisions of State/Territory government and/or Local Public Health Authorities.

Belsouth FC has registered for the ACT Government's Check-In CBR app to assist with contact tracing. All attendees to Belsouth fields and facilities are required to "check-in" via the QR code available on the posters displayed at Belsouth fields and facilities.



General Precautions

Attendance

Participants and spectators should not attend grading, if in the past 14 days they have:

- Felt unwell
- Have any flu-like symptoms
- Travelled internationally or to an identified hotspot within Australia
- 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 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



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.



**CAPITAL
FOOTBALL**

What is permitted during Training

The following is permitted at the venue and during match play;

- 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 4 square metres
- Ensure physical distancing of 1.5 metres between spectators



What is not permitted during training

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.



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 4 square metres
- Ensure physical distancing of 1.5 metres between spectators



CAPITAL
FOOTBALL

What is NOT permitted during 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
- Spectators are to remain 3 to 5 metres from the playing area.
- No more than 2 spectators per player.



Checkin CBR and sign in sheets

All participants and spectators must sign in either using the Check In CBR app or sign in sheets located at the canteen.

Before using the Check In CBR QR code, you will need to download the Check In CBR app. This can be found at either the Google Play Store or Apple Store.

Once downloaded, register your details (required for the first time only). At all venues that have a Check In CBR QR code, open the app, select 'Check In now' and hover your smartphone over the QR code and press 'Check In'.

If you do not have a smartphone, please sign in using the sign in sheets provided.



Match Operations at Venue

Canteen

The canteen at the Murrarji Street grounds will be open and operating as per ACTG guidelines.

Attendees are to maintain social distancing at all times.

Amenities

- Toilets will be open and regularly checked for cleanliness. There are no change rooms at Belsouth fields
- Shipping containers will be staffed to ensure minimal entry by parents and players



Match Operations at Murraraji Street

Entry and Exits

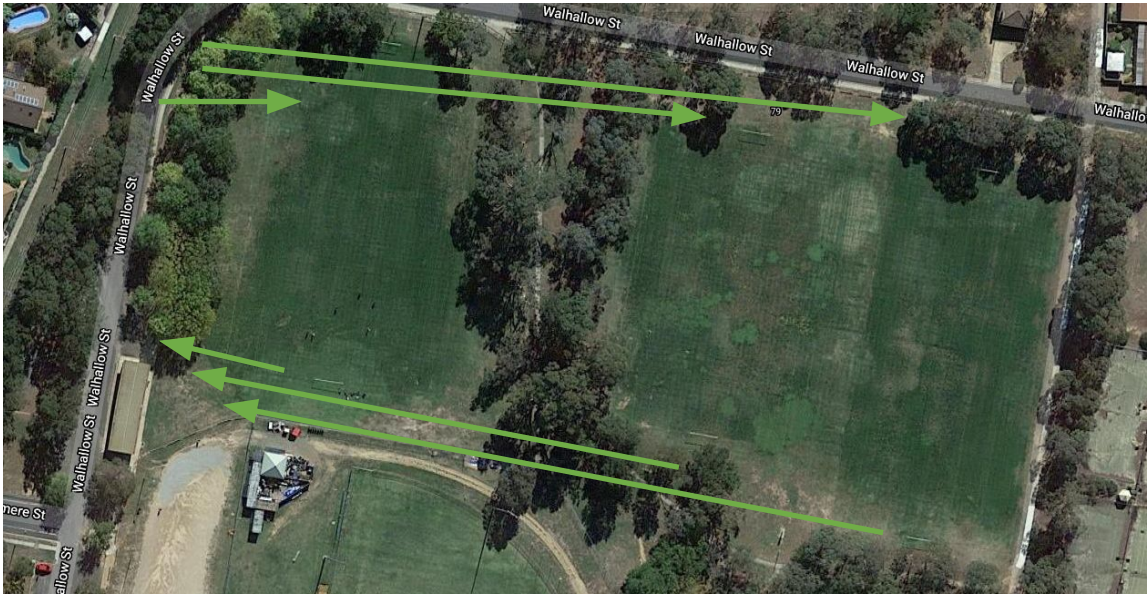


Spectators (Red arrows)



Match Operations at Walhallow Street

Entry and Exits



Spectators (Red arrows)

