



Weston Molonglo FC



CAPITAL
FOOTBALL

COVID-19 SAFE PLAN FOR CLUBS **ALL AGE GROUPS**

VERSION 1 – 13 OCTOBER 2021

Clubs Submission

This COVID-19 safe plan is provided by Weston Molonglo FC.

This plan outlines our operational delivery of CPLM, CPLB, Junior League, Senior League and MiniRoos training.

This plan will commence on 17 October 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 Safe Plan and is aware of the hygiene and safety aspects at training.

Return to Football Guidelines - ACT

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

These *Return to Football Guidelines* have been developed by Capital Football 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 matches to be played in NSW
 - No indoor competitions or training can resume.

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

General Precautions

Attendance

Participants should not attend any training, 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](#) or [NSW 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 are at an age that puts them in a 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



Snapshot of Return to Football Guidelines

Training

- ▶ Outdoor training can be conducted in groups (25 excluding the coach in ACT, 20 including the coach in NSW)
- ▶ Adequate spacing for each player and staff (applying the 1.5 metre social distancing rule and 4m² per person)
- ▶ Players to arrive **no earlier than 15 minutes prior** to 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 prior to training

Football Venues

- ▶ All participants and spectators ***must check in*** using either the Check in CBR in the ACT or Service NSW for NSW
- ▶ 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 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 25 people, excluding instructors in ACT and no more than 20 people including instructors in NSW)
- ▶ Club meetings held online

Facemasks Requirements

ACT Requirements

- Anyone over the age of 12 must always wear a facemask in all indoor and outdoor areas
- Children 12 years and under do NOT need to wear facemasks
- The only time a facemask does not have to be worn 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](#).

NSW Requirements

- Facemasks do not need to be worn in outdoor areas
- Anyone over the age of 12 must always wear a facemask in indoor areas
- Children 12 years and under do NOT need to wear facemasks
- 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](#).

Sign in Requirements

ACT Requirements

All spectators and participants must sign in using either the Check in CBR app or sign in sheet provided at the venue.

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

Coaches will perform a roll call before the session ensuring every participant **has checked in** with the Check in CBR app **on a smart phone** owned by someone in the training group

NSW Requirements

All spectators and participants must sign in using either the Service NSW app or sign in sheet provided at the venue.

The Service NSW app efficient contact tracing helps slow or stop the spread of COVID-19 in the community.

Businesses, events and organisations must [register as COVID Safe](#) to access their unique NSW Government QR code.

If you have already registered as COVID Safe, you will be emailed the unique QR code.

Using the NSW Government QR Code there are different ways for customers to check in. They can use their own mobile phone and:

- The service NSW app and a MyServiceNSW Account
- The service NSW app only
- The service NSW Check-in webform

Training Operations at Waramanga

Entry and Exits

- Field 102 – use the car park near Stromlo High School
- Field 104 and 108 – car park near Arawang Primary School (Nemarang Cres)
- Field 107 – car park at Walpiri Place (behind St John Vianney school) then walk up to field 7

Spectators

- Designated spectator areas are marked on the maps for each age group



Training Operations at Waramanga

Canteens

- The canteen is not operating during *Phase B* from *15 October*
- First Aid equipment is stored in the senior container

Amenities

- The change rooms will remain locked during *Phase B* from *15 October*
- Must abide by 1 person per $4m^2$
- Players and spectators are to use the toilets at the end of the pavilion



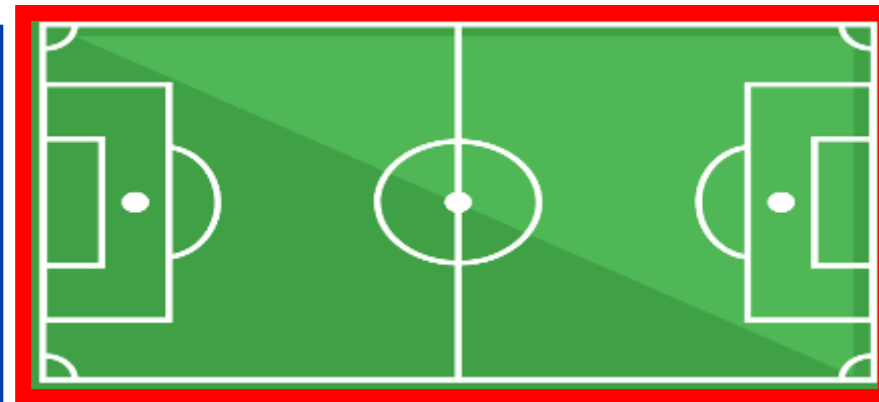
Examples of Training Setups in ACT

Ages	Group Size	Training Area Size	Training areas per Football Field
U6 - U9	25 people excluding the coach	Full size field	1
U10 - U11	25 people excluding the coach	Full size field	1
U12 - U16	25 people excluding the coach	Full size field	1
U18 and above	25 people excluding the coach	Full size field	1

Example of how fields can be divided for training purposes

Ages	Arrival Time	Training Start Time	Training Finish Time
U6 - U11	3:15 pm	3:30 pm	4:30 pm
U12 - U16	4:45 pm	5:00 pm	6:00 pm
U18 and above	6:15 pm	6:30 pm	7:30 pm

Example of training times to avoid overlap of players, parents/guardians and team and club officials.



Example of full sized field

Waramanga Venue Map



Legend

Participant entry and access to fields



Participant exit from fields



Spectator Areas



Field number



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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](#)

