



## PLAN FOR RETURN TO PLAY

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## Introduction

Due to the impact of COVID-19, all football activities were officially suspended in the ACT from 18 March 2020. In the interim, the Burns Football Club committee and Capital Football staff have been planning and preparing for an eventual return to football.

We have been closely gauging the recent announcements and guidelines in relation to ***Canberra's Recovery Plan*** to determine an appropriate, viable and safe time for us 'as a club' to officially recommence our own sporting activities. **With the recent announcement of the Stage 2.2 lifting of restrictions, we are pleased to announce that our club has developed and will implement our plan in-line with these lifting of restrictions for a 'Return to Play' in season 2020.**

Our club has a responsibility to protect not just the football community, but the broader community in the ACT and surrounding regions, and to assist in the prevention of any further outbreaks of COVID-19 wherever 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 Authority. For sport in the ACT, it is the ACT Government and it is important to note that clubs are required to comply with the public health advice for the state/territory in which they reside.



## ACT Government – Canberra’s Recovery Plan

On 26 May 2020 the ACT Government released Canberra’s Recovery Plan which delivers a Covid-19 easing of restrictions roadmap, and which aligns with the Australian Government’s Framework for a COVIDsafe Australia. The ACT’s road map is an easy way for Canberran’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 midday on 19 June 2020 the ACT entered Stage 2.2. Like the other stages, this stage continues to focus on social participation, training and activities within groups and with continuing emphasis on physical distancing, personal and respiratory hygiene.

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

Restrictions will continue to be eased at the discretion of the Territory, with each phase 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)
- **CURRENT STAGE - 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 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 the various stages.

This document will be updated in accordance with any future advice from Government, FFA and Capital Football.

**ACT ANNOUNCES STAGE 2.2 OF RECOMMENCEMENT FOR COMMUNITY SPORTS**

*From midday on **19 June** the ACT will enter **Stage 2.2** of recommencement for community sporting activity, increasing the allowable number of people in a group to 100 and supporting the reintroduction of full contact in training.*

*Like the previous stages, this stage continues to focus on social participation, training and activities within a group setting, albeit much larger, and with continuing emphasis on physical distancing away from the field or court, personal and respiratory hygiene. Sharing of equipment and use of communal facilities is permitted with appropriate cleaning measures in place.*

*Indoor sport and venues which recommenced under Phase 2 can increase their capacity to 100 people within any enclosed space providing the one person per 4sqm rule can be maintained. Pools are also provided scope to increase their activities, with 100 people in any pool and up to four swimmers per lane.*

**Stage 3** is identified to commence from **10 July**. This will support the recommencement of full contact competition activities and the likely easing of a number of other measures that support “normal” competition delivery.



## Our Return to Play Guidelines

### General Precautions

- Our practical/training sessions will take place at an outdoor facility and will adhere to social distancing. A maximum of 100 people or one person per four square metres, whichever is lesser (this includes all coaches, players and/or participants, team and club officials) will be allowed to attend.
- All practical/training sessions must abide by all relevant sections in this document
- Regular and thorough handwashing with soap/water OR use of the provided hand sanitiser before, during and after training is encouraged.
- Our club will avoid any presentations or unnecessary gatherings.
- All theory sessions, coaching courses, team/committee meetings will be held via phone/video conference.

### Your 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



## CovidSafeApp

The Burns Football Club and Capital Football fully support the use of the Australian Government's **COVIDSafeapp** and we strongly encourage all members of our club and the football community to download the app.

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



## The Do's and Don'ts Summary

### **Do**

- Adhere to all of our guidelines
- Teams/Coaches must ensure that Sportsgrounds are booked prior to use
- Practice good hand hygiene before and after training
- Maintain social distancing requirements
- Adhere to low-contact principles
- **Get in, ... train ... and Get out**

### **Don't**

- Participate if unwell
- Exceed the number of 100 people permitted per field/space
- Use equipment unnecessarily –if used, clean and disinfect before and between sessions
- Stay and socialise at the field after training
- Share things – like bibs, gloves, drink bottles, shin-pads, towels etc.

## Travel to & from Training

- Avoid carpooling to and from training wherever possible



## Training

- Outdoor training can be conducted in groups of no more than 100 people.
- **Intra-Club full contact activities / training 'games' are permitted** including practice matches and modified training games.
- **Inter-Club games or practise matches will not be allowed until Stage 3** or the further official lifting of restrictions are introduced.
- Adequate spacing must be maintained for each player, coaching staff and club member (applying the 1.5 metre social distancing rule and 4m<sup>2</sup> per person) at all times.
- Players should 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
- Only the coach to handle and set up the equipment. Coaches should also ensure that equipment is cleaned between use of groups or utilise different equipment for each group.
- Handling of the ball should be kept to a minimum, including drills with goal keepers.
- No sharing of bibs, gloves, drink bottles, shin-pads, towels etc.
- No shaking of hands, high-fives, hugs 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).
- If any team/club official or player starts to feel unwell whilst at training they are to leave immediately
- Participants should not attend or 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 health conditions



## Attendance at Our 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
- One parent/guardian to drop off and pick up player from venue (applying the 1.5 metre social distancing rule)
- All attendees should review and adhere to our **'Entry & Drop-off / Exit & Pick-up'** zones (*in this document*) for each of our club football venues.

## After Training

- All players, club, and team officials are advised to wash their hands with sanitiser after training finishes
- Players, parents, team, and club officials should leave the training facility immediately after training has finished
- No gatherings, team meetings, socialising is to occur



## Incident Management

- In the event of a COVID-19 positive result within the football community, clubs may be required to support contact tracing efforts by ACT Health (including access to records related to training and groupings)
- To enable this, all Burns Football Club teams 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.

## Training Times

Day	Zone - Coach/Mgr.	Times
Tuesday	A – CL Mens – Luke Fattore	7pm to 8pm
	B – Women’s – Kerry Neall	7pm to 8pm
	C – SL Men’s – Chris Diamond	7pm to 8pm
Wednesday	A – Masters O35’s – Andy Donnelly	7pm to 8pm
	B – Masters O45’s – Alan Froud	7pm to 8pm
	C – SL Men’s – Ross Crawford	7pm to 8pm
Thursday	A – CL Men’s – Luke Fattore	7pm to 8pm
	B – SL Men’s – Chris Daimond	7pm to 8pm
	C – SL Mens – James Gibson	7pm to 8pm



## Kambah 303 Oval – Training Field Access and Egress

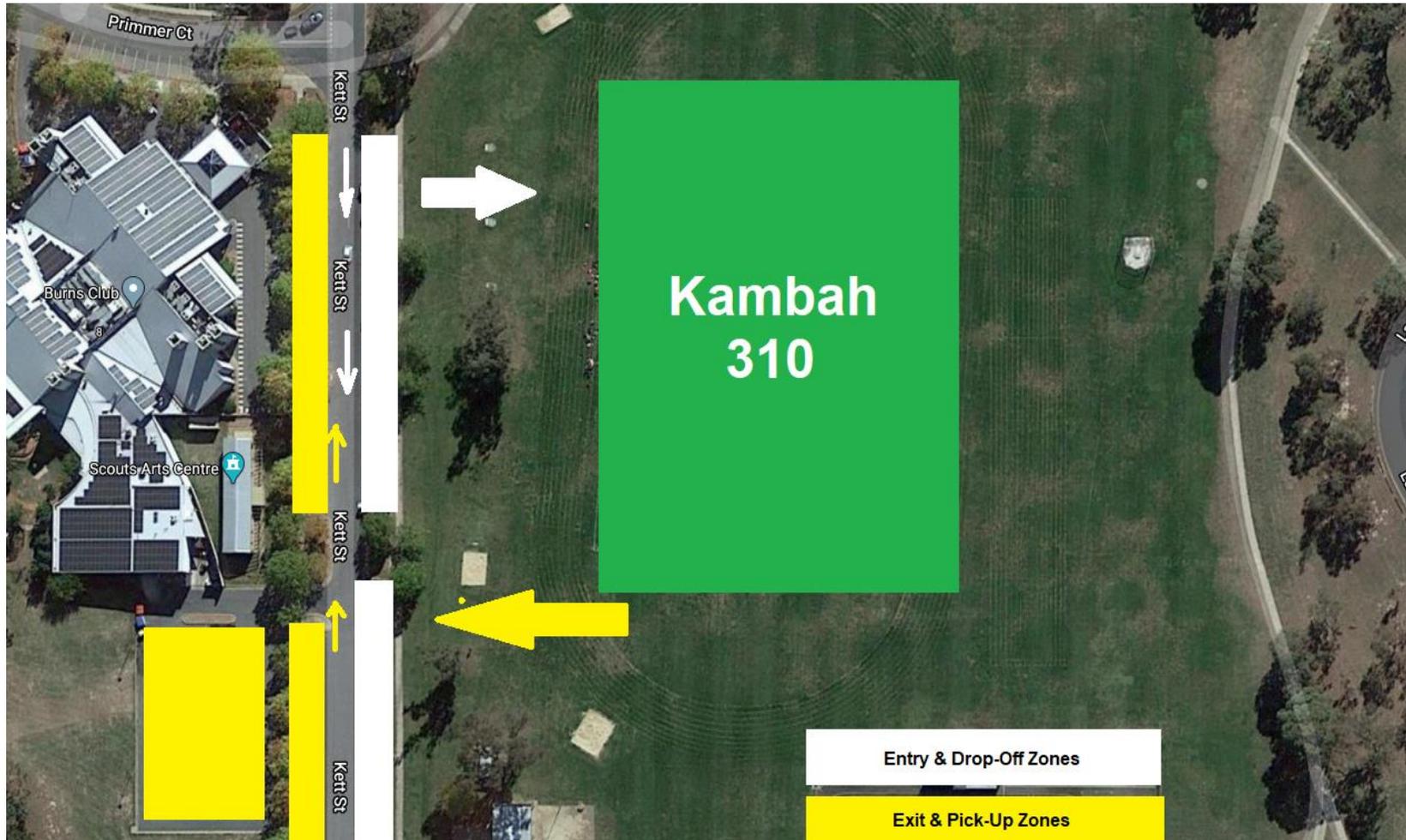




# Burns Football Club



## Kambah 310 Oval - Field Access and Egress





## Resources

Capital Football has provided 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](#) (Video Conferencing)
- [Zoom](#) (Video Conferencing)