



Belconnen United Football Club



CAPITAL
FOOTBALL

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

VERSION 3 – 21 JANUARY 2022

COVID safe plan

This COVID-19 safe plan is provided by **Belconnen United Football Club**

This plan outlines our operational delivery of NPLM, NPLW, NPLG, NPLB and BUDS training and trial matches up until the end of March 2022 (or until superseded).

Continued attention to minimising infection is the best way to keep our members (and the wider football community) safe and to minimise the number of players absent through illness or quarantine.

Belconnen United Football Club encourages all participants to follow ACT Health recommendations for vaccination, including boosters.

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.

Organisation Details

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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* were initially developed by Capital Football in line with the [ACT Pathway Forward](#). The ACT COVID-19 restrictions were subsequently updated 12 November 2021, then modified with the advent of the Omicron variant of COVID-19. This plan has been updated by BUFC to reflect the current restrictions and public health situation.

- **January 2022**

- Groups of up to 2000 participants can return to training outdoors.
- Matches may go ahead (intra and inter club).
- Indoor competitions and training can proceed with 25 people before density limits apply (excl. staff) and thereafter a maximum of one person per two square meters usable indoor space (excl. staff) up to a maximum of 2000 people if the size of venue allows.
- Any person aged 12 years or older must wear a facemask in indoor settings except when undertaking vigorous exercise.
- Sporting events with between 1,000-2,000 people (excl. staff but including participants and spectators) must submit their COVID Safety Plan to ACT Health in accordance with the COVID Safe Event Guidance document

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;
- Been exposed to a person with COVID-19;
- Been tested for COVID-19 and have not yet received the results;
- Have a medical condition or are at an age that puts them in a high-risk category

International travellers who are released from quarantine after a negative test result should not attend football for at least 7 days following their arrival to Australia.

Hygiene

- Promote regular and thorough hand washing
- Bring your own hand sanitiser
- No sharing of drink bottles
- Ensure spaces, surfaces and objects at each venue are regularly cleaned
- Masks are required when indoors for people 12 years and older

Behaviour

- Minimise physical contact - no hugging, wrestling, hand shaking, high fives, huddles etc.
- Physically distance where possible
- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze
- No spitting at any time
- Minimise time spent in changing rooms
- Car pooling or sharing is discouraged



Do not attend training or matches if you exhibit any of these symptoms



Fever



Cough



Fatigue



Sore throat



Shortness of breath

Emphasis on physical distancing, personal and respiratory hygiene must be continued



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Return to Football Guidelines - NSW

As at January 2022:

Anyone can participate in sport, exercise, and outdoor gatherings.

- You are not required to be fully vaccinated or carry vaccination evidence.
- COVID-19 Safe Check-in is not required (except at gyms).
- Facemasks are required indoors but are not required outdoors.

Gyms and indoor recreation facilities can operate with no person or capacity limits in place, including group fitness classes.

Community sports, including matches, competitions and training, can take place for all staff, spectators and participants, with no person or capacity limits in place.

For more information, please visit the [NSW Office of Sport](#) and/or [NSW Government](#) COVID-19 website.

Snapshot of Return to Football Guidelines

Training /Matches

- ▶ Outdoor training and matches can be conducted (groups max 2000 in the ACT, no limit in NSW)
- ▶ Indoor training/matches can be conducted in groups of 25 people (excl. staff) before density limits apply, and thereafter a maximum of one person per two square meters usable indoor space up to a maximum of 2000 people (no limit in NSW).
- ▶ Maintain physical distancing wherever possible (applying 1.5 metre social distancing)
- ▶ Players to turn up no earlier than 15 minutes prior to the start of training
- ▶ Get in, train and get out
- ▶ Sporting events with between 1,000-2,000 people must submit their COVID Safety Plan to ACT Health in accordance with the COVID Safe Event Guidance document

Football Venues

- ▶ All participants and spectators must check in using either the Check in CBR in the ACT (check-in not required in NSW)
- ▶ Changerooms can be used (density limits of one person per two square metres of usable indoor space)
- ▶ Ensure that changerooms and any other indoor areas used are well ventilated (open windows, open doors, fans, air conditioning)
- ▶ Minimise the time spent in changerooms
- ▶ Wear masks indoors, and outdoors when not exercising if it is not possible to socially distance. We encourage facemasks to be worn when seated in outdoor grandstands.
- ▶ Players, staff and parents are required to leave the venue promptly after training
- ▶ Encourage all venues to have clear vehicle and pedestrian entry and exits

General Precautions

- ▶ Wash hands with soap and water often
- ▶ Use hand sanitiser if soap and water not available
- ▶ Drink bottles must not be shared
- ▶ No handshakes, high-fives, hugging etc. – physically distance
- ▶ Masks are to be worn when indoors
- ▶ Ensure that indoor venues are well ventilated

Facemask Requirements

- Anyone 12 years and over must wear a facemask in all indoor areas
- The only time a facemask does not have to 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.
- Facemasks do not need to be worn in outdoor areas
- Children under the age of 12 years are not required to wear facemasks
- For more information on facemasks in ACT please visit [here](#). For more information on facemasks in NSW please visit [here](#).

We strongly advise people to wear a facemask where they cannot physically distance.



Sign in Requirements

ACT Requirements

All spectators and participants must sign in using the Check in CBR app.

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'.

NSW Requirements

Spectators and participants are not required to sign in using the Service NSW app.



Training Operations at Venue

Entry and Exits

- Designated entry and exit points and assembly areas are marked on the venue maps below

Spectators

- Spectators are encouraged to either remain in their cars at training, else remain well away from the field and physically distance (1.5 metre social distancing rule)
- Wear a facemask if you cannot physically distance
- Car pooling or sharing is discouraged (if unavoidable then maximise ventilation e.g. car windows open, fan on)



Match Operations at Venue

Amenities

- Toilets may be used
- Changing rooms are allowed to be used if required
- Comply with 1 person per 2 m² indoor occupancy limit
- Minimise the time spent in changing rooms
- Maximise the ventilation of indoor areas such as changing rooms (e.g. open windows, run air conditioning)
- We encourage facemasks to be worn when seated in outdoor grandstands

Entry and Exits

- Designated entry and exit points are marked on the venue maps below
- Physically distance wherever practicable including at entry gates, on stairs, on pathways/laneways, and in grandstands

Canteen

- Comply with 1 person per 2 m² indoor occupancy limit and facemask requirements
- Ensure indoor areas are well ventilated
- Physically distance within queues
- Regularly clean and sanitise accessible surfaces



Operations

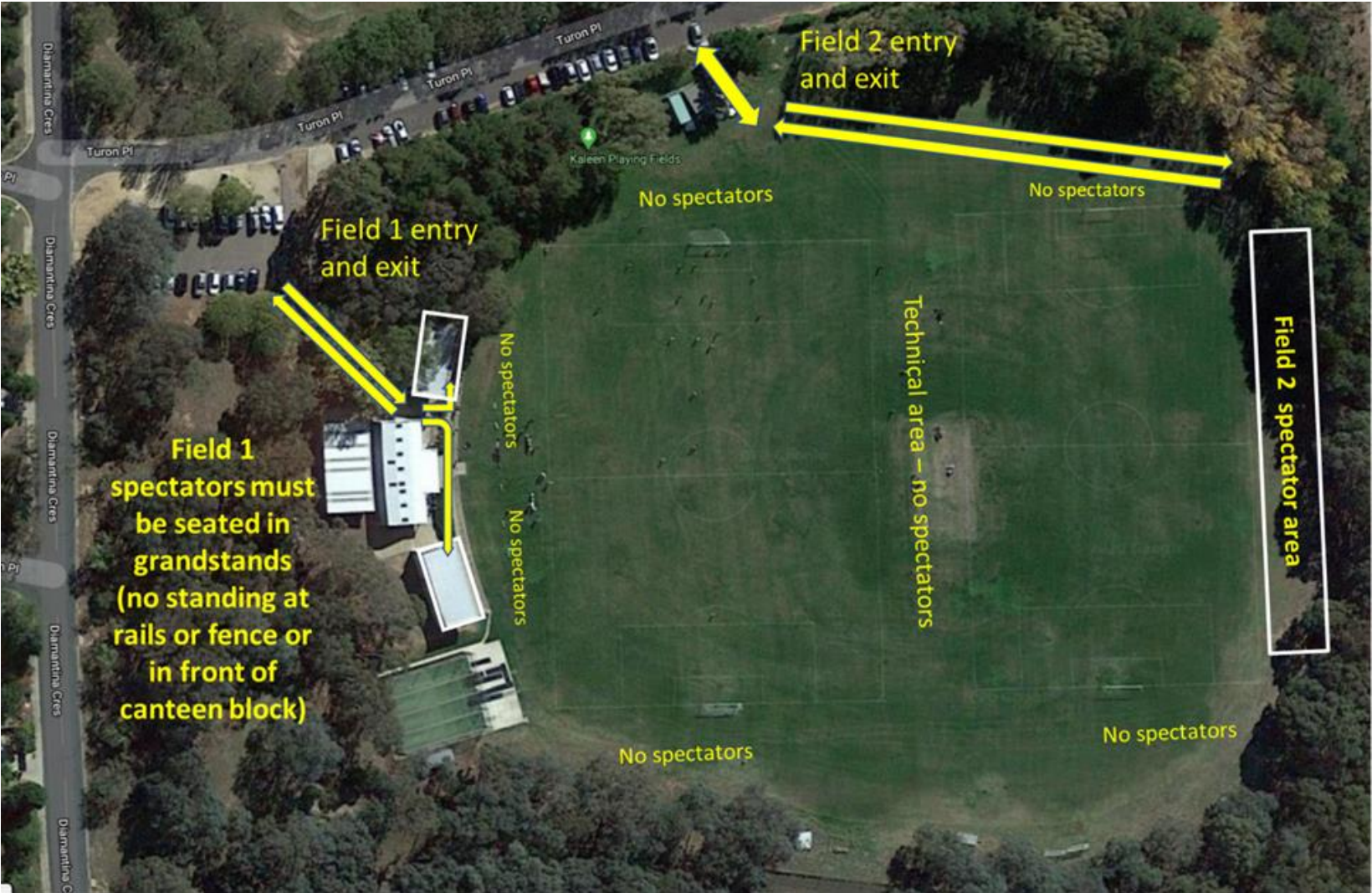
- Teams are only authorised to train or play where they have an official field booking in place as made and confirmed by the BUFC Director of Operations.
 - Coaches will be responsible for the management of the sessions that they are running, including that all COVID-safe practices are being followed, and that the participants are being adequately supervised.
 - Coaches will continue to retain and manage the training equipment that they use and will be asked to clean and disinfect that equipment before and after use.
- Communication, education and encouragement will be the first-resort approach to ensuring COVID-safe practices are being followed. Coaches and team managers will be asked to help explain, model, and manage good behaviour within their teams.
 - Self-regulation will be encouraged – all members will be encouraged to call-out any breaches of COVID-safe guidelines, and if necessary, report instances to a Board member or other club official.



Outdoor Venue Map



Outdoor Venue Map



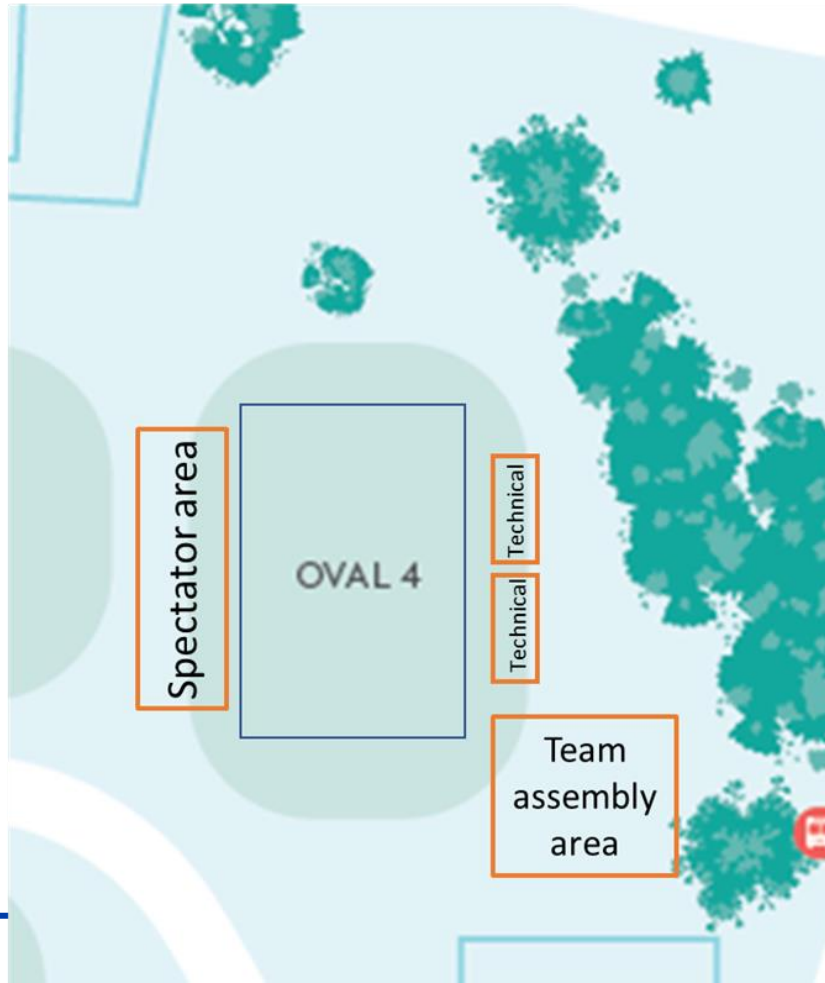
Kaleen Enclosed Oval



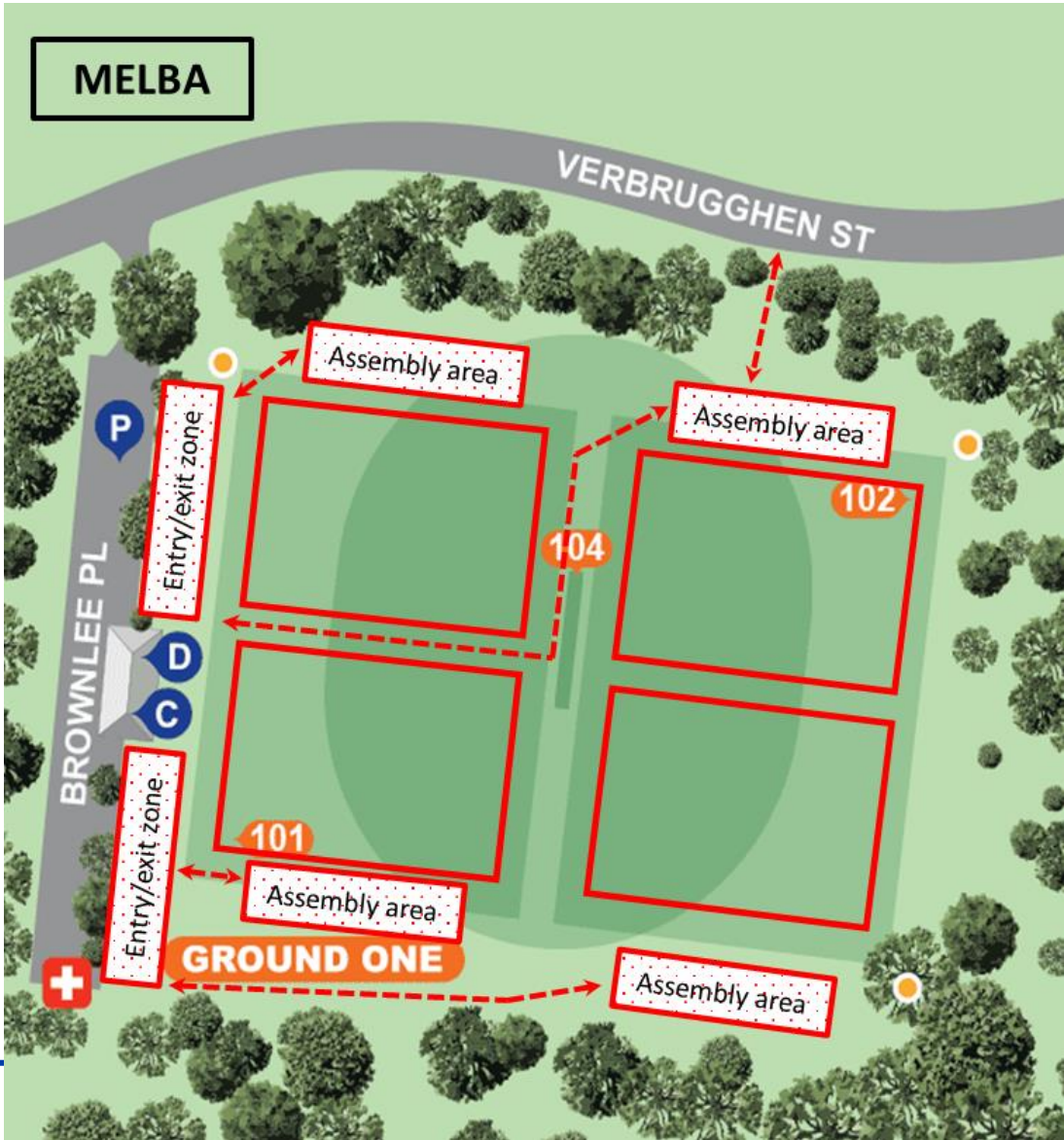
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Outdoor Venue Map

University of Canberra



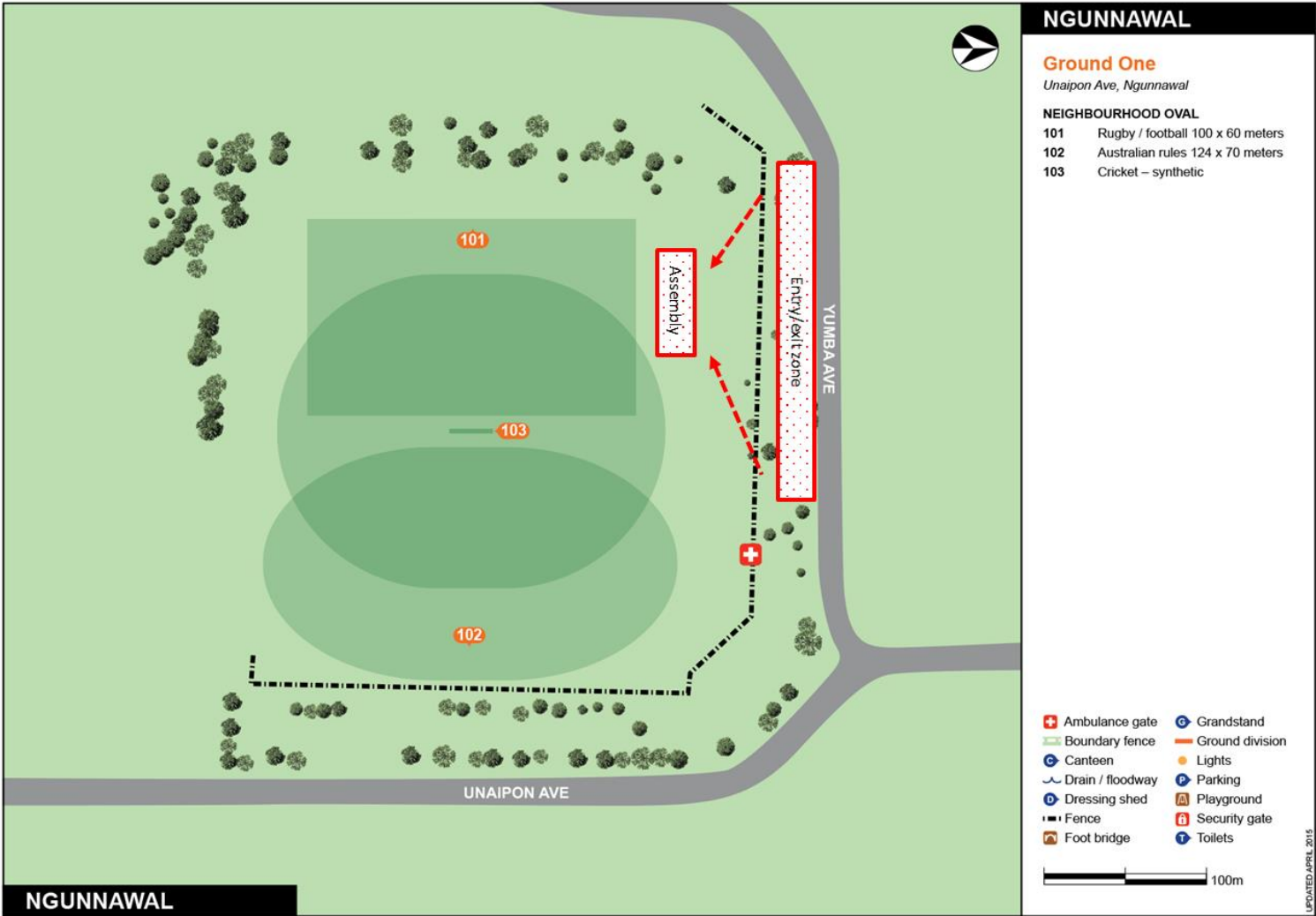
Outdoor Venue Map



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Outdoor Venue Map

NGUNNAWAL 101 – enter from Yumba Ave – park on side of road closest to field only



NGUNNAWAL

Ground One
Unaipon Ave, Ngunnawal

NEIGHBOURHOOD OVAL

- 101 Rugby / football 100 x 60 meters
- 102 Australian rules 124 x 70 meters
- 103 Cricket – synthetic

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100m

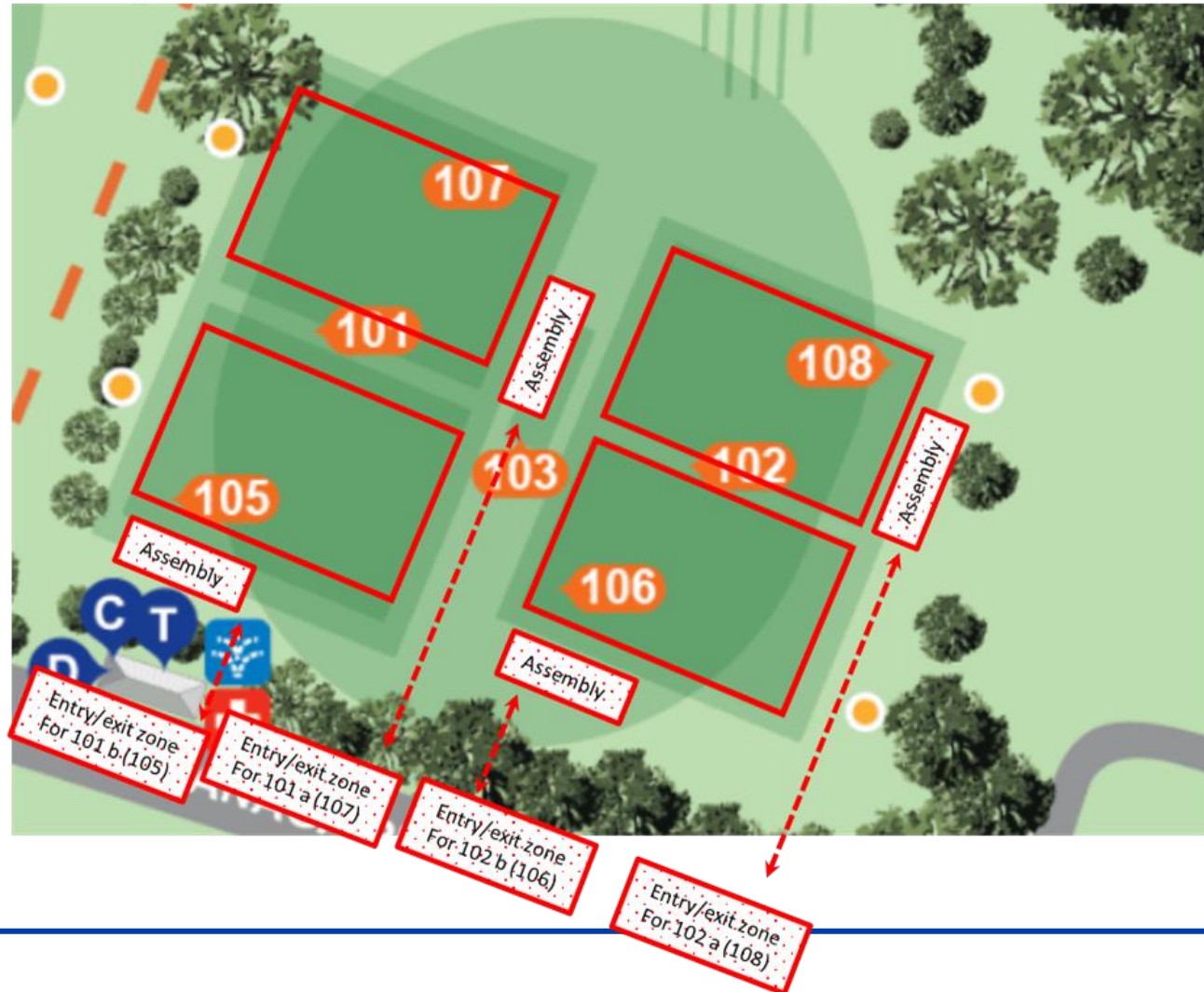
UPDATED APRIL 2015



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Outdoor Venue Map

ARANDA 101/102 – enter from Banaga Place (off Banambila St)



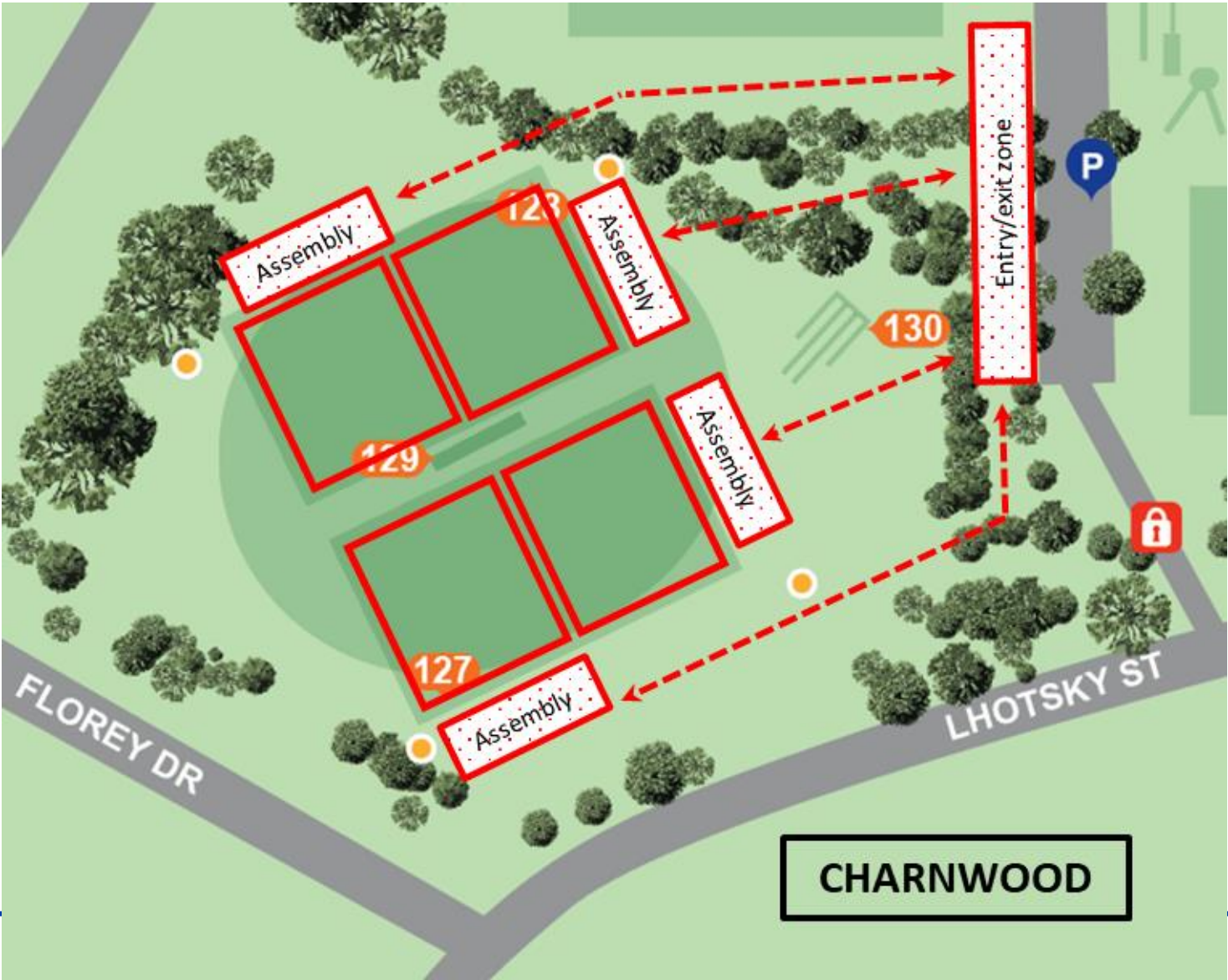
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Outdoor Venue Map



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Outdoor Venue Map



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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](#)
- [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](#)

Downloads

- [Check in CBR](#)
- [Service NSW](#)
- [Google Meet](#)
- [Zoom](#)

