Belwest Foxes
Soccer Club Inc.
Est. 1982

Belwest Foxes Soccer Club Return to Football Guidelines

5 June 2020

Contents

- Introduction & COVIDSafe App
- Principles
- Snapshot of Return to Football Guidelines – Phase 2.1
- Attendance at Training
- Rules at Training
- Rules after Training
- Belwest venues – Latham, Charnwood, Page and Scullin
- Belwest venue maps - pick-up/ drop-off areas, entry/ exit as per Covid restrictions
- Belwest Training Setup and Times
- Belwest Venue Management
- Do's and Don'ts
- General Precautions
- Covid-19 Incident Management Plan – what happens if you get Covid during soccer?
- Resources & Further Information
- Belwest Conditions

Introduction

The resumption of football activities is subject to the provisions of each State/Territory government and/or Local Public Health Authorities. All clubs are required to comply with the public health advice for the state/territory in which they reside. 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 to 20 plus a coach)**
- Stage 2.2 – Moderate contact outdoor training (increased group size)
- Stage 3 – Games can resume with some limitations still in place

CF has applied guidelines for clubs and participants to assist with the implementation of **Stage 2.1.**

COVIDSafe App

Belwest supports the Australian Government's COVIDSafe app and we strongly encourage all members to download the app. This document will be updated in accordance with advice from CF, the Government and FFA.

Principles

- Health and safety is first and foremost
- Hasten slowly
- When in doubt, seek clarification from club / experts
- Do the right thing / Stick to the rules
- This is a framework for teams to OPT into or WAIT until they are comfortable to return to training
- Players must be registered with the club to attend training and be covered by insurance

Snapshot of Return to Football Guidelines - Phase 2.1

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 4m² 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 (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 10 people, including instructors) on ovals • Club meetings held online
Travel	• Avoid carpooling to and from training

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.

Rules at Training

- Children are to be accompanied by no more than one parent or guardian (and siblings as required).
- All players, club and team officials are advised to wash their hands with soap and water before training starts.
- 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.
- Clubs in the ACT can now train with 20 participants plus a coach.
- Coaches can train multiple groups of 20 in a 24 hour period however, they must ensure that the equipment is cleaned between groups or utilise different equipment for each group.
- Players cannot move between groups of 20 and training cannot be delivered in stations. Players should only have contact with 20 other people for the entirety of training.

Rules at Training

- Low-contact skills can be conducted (i.e. striking the ball, running with the ball, 1st touch and conditioning, volleying in pairs, heading in pairs etc but NO tackling is permitted. No physical contact or tackling. **Games are not permitted (including practice matches, modified training games)**.
  - Handling of the ball should be kept to a 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 20 people total.
- Physios must wash hands and wipe down treatment area after each patient.

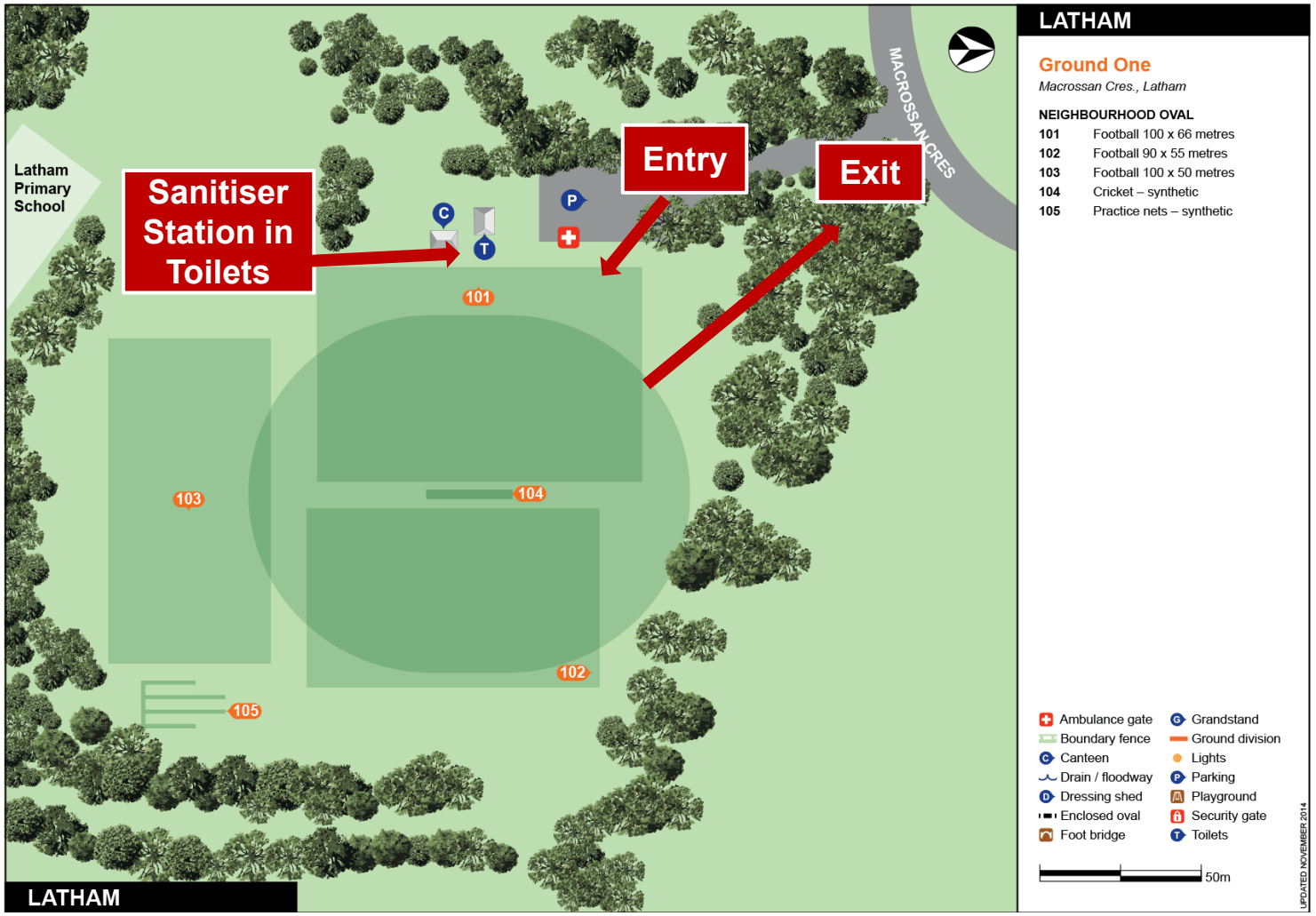
Rules After Training

- All players, club, and team officials are advised to wash their hands with soap and water after training finishes (hand sanitiser by the ACT Government)
- Players, parents, team, and club officials leave the training facility immediately after training has finished
- Coaches to be the last to leave after ensuring all players and relevant officials have left the ground
- No gatherings or team dinners are to occur.

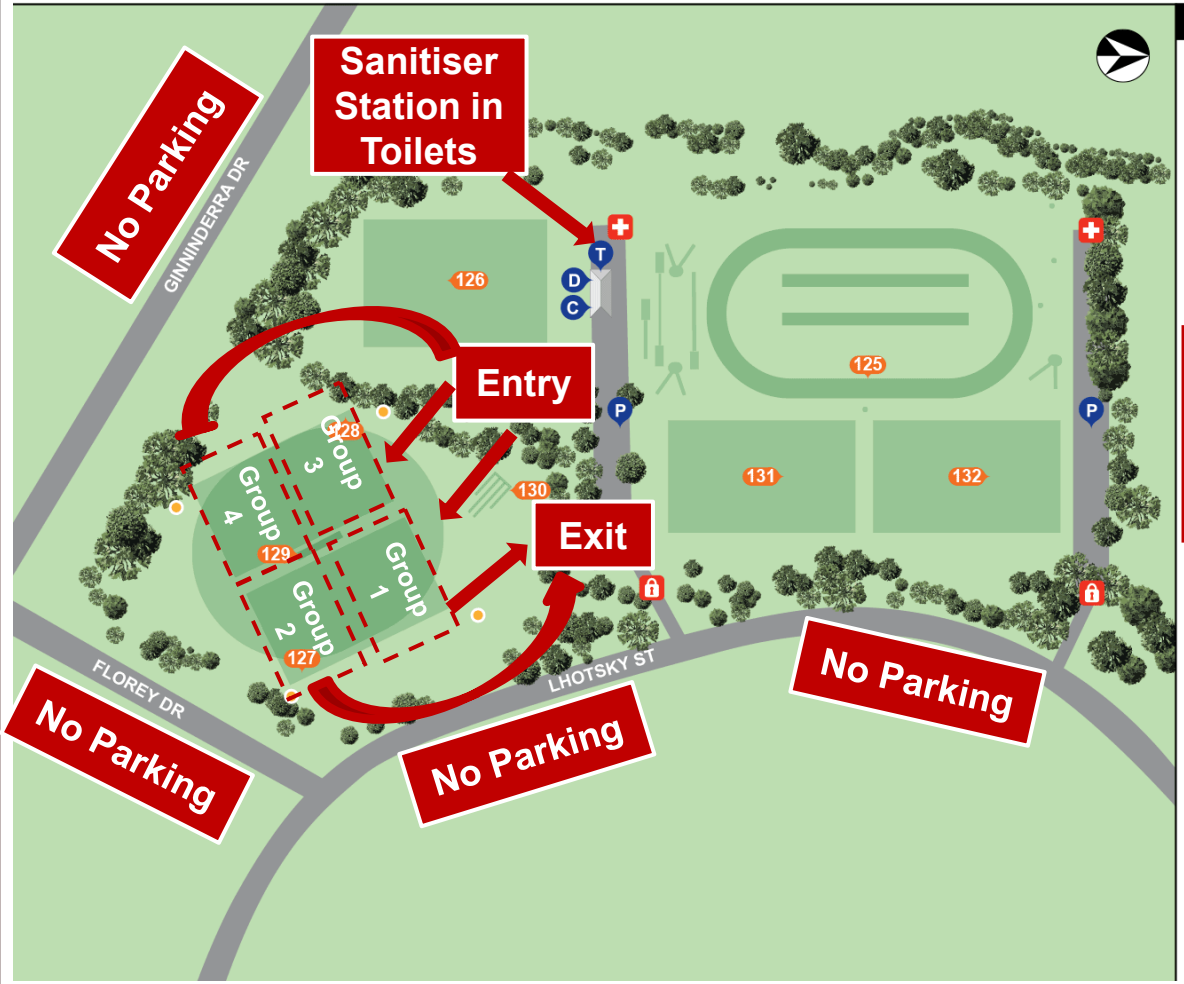
Belwest Venues – Latham, Charnwood, Page, Scullin

- Only essential participants should attend training (i.e. players, team and club officials and if needed one parent/guardians).
- Parents/guardians are encouraged to remain in the car (only to come out to drop off or collect the player).
- Only the toilets will be open.
- Entry and exit areas as per next slide.
- Coaches to contact Belwest equipment officer to have access to containers. No access given during training sessions.
- The Belwest canteen café, BBQ and change rooms at Latham will be closed (note: there is no food facility at Charnwood, Page or Scullin).

Venue – Latham Oval



Venue – Charnwood Oval



CHARNWOOD

Ground One

Lhotsky Street, Charnwood

DISTRICT PLAYING FIELDS

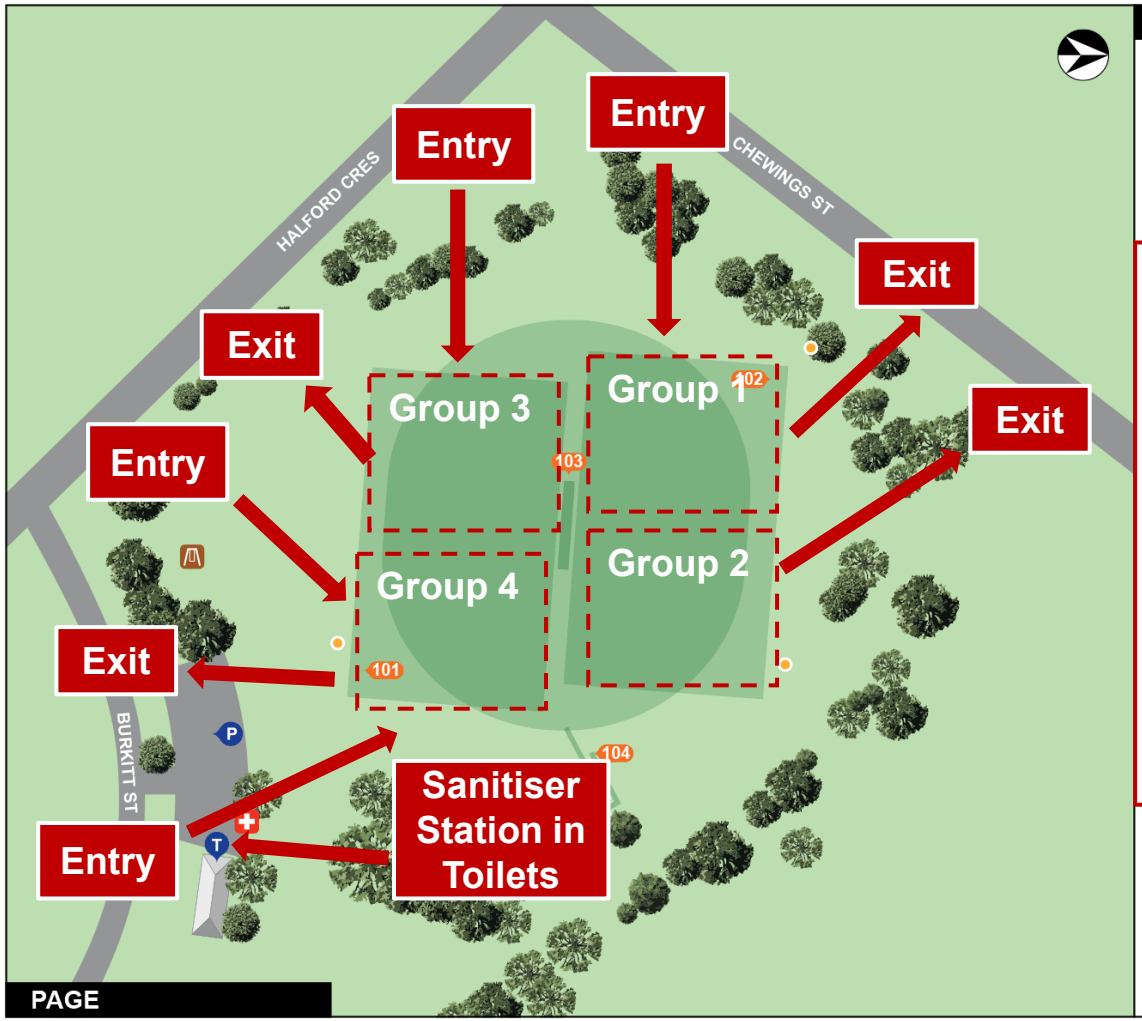
125	Athletics 400 metres
126	Football 98 x 68 metres
127-128	Football 94 x 54 metres
129	Cricket – Synthetic
130	Practice nets – Synthetic
131-132	Football 100 x 60 metres

- **There is only one entry and exit point for this oval via Lhotsky St.**

Ambulance gate
Boundary fence
Canteen
Drain / floodway
Dressing shed
Enclosed oval
Foot bridge
Grandstand
Ground division
Lights
Long jump pit
Parking
Security gate
Shot put circle
Throwing cage
Toilets

EMBER 2014

Training Venue – Page



PAGE

Ground One

Burkitt street, Page

NEIGHBOURHOOD OVAL

101	Rugby / football 91 x 54 metres
102	Football 92 x 55 metres
103	Cricket – synthetic
104	Practice nets – concrete

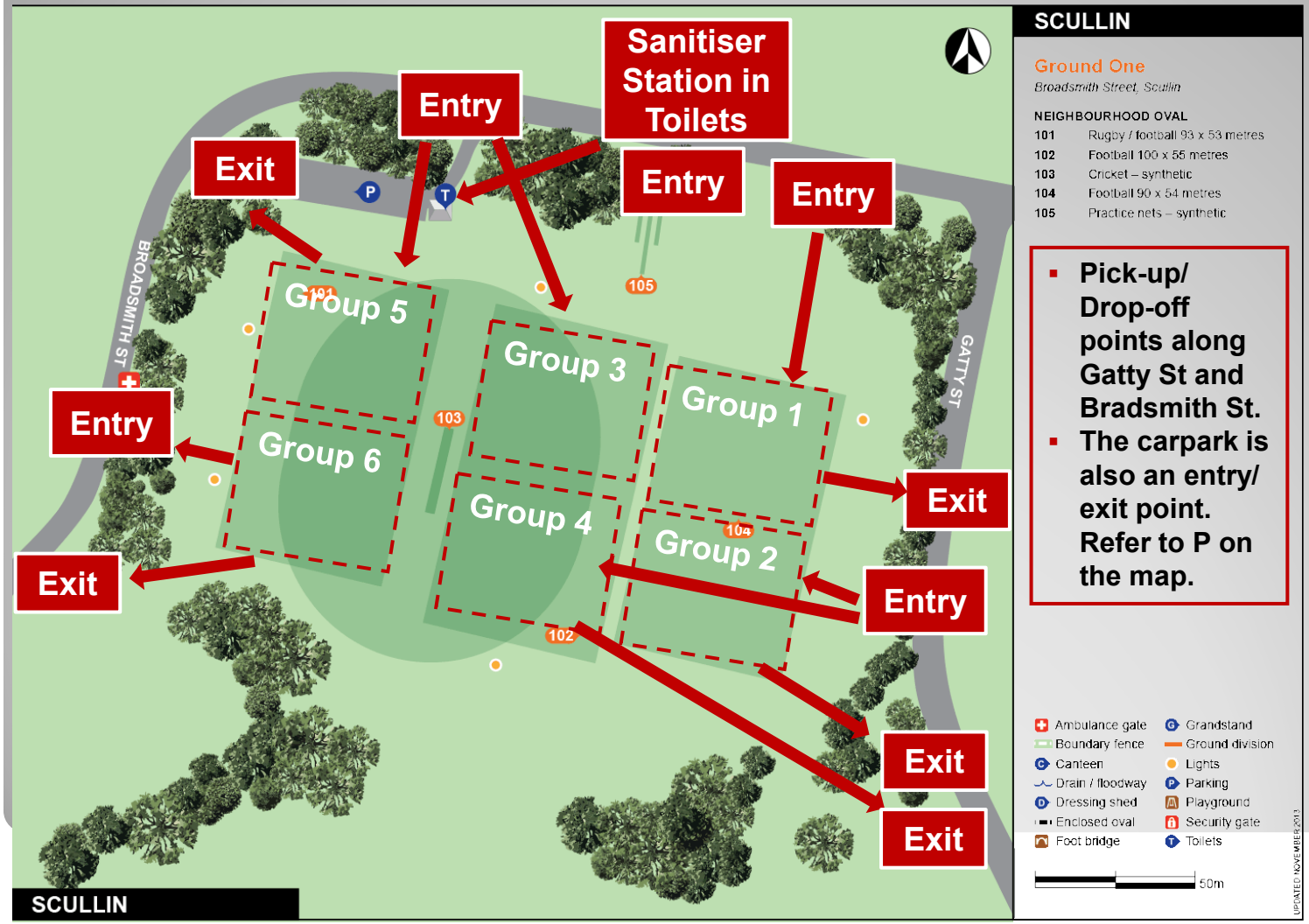
- **The teams who train at Page use half a field each.**
- **Pick-up/ Drop-off points along Halford Cres, Chewings St and Burkitt St.**
- **The carpark is also an entry/ exit point. Refer to P on the map.**

Ambulance gate
Grandstand
Boundary fence
Ground division
Canteen
Lights
Drain / floodway
Parking
Dressing shed
Playground
Enclosed oval
Security gate
Foot bridge
Toilets

50m

UPDATED NOVEMBER 2014

Training Venue – Scullin



SCULLIN

Ground One

Broadsmith Street, Scullin

NEIGHBOURHOOD OVAL

101	Rugby / football 93 x 53 metres
102	Football 100 x 55 metres
103	Cricket – synthetic
104	Football 90 x 54 metres
105	Practice nets – synthetic

- **Pick-up/ Drop-off points along Gatty St and Bradsmith St.**
- **The carpark is also an entry/ exit point. Refer to P on the map.**

Ambulance gate · Boundary fence · Canteen · Drain / floodway · Dressing shed · Enclosed oval · Foot bridge · Grandstand · Ground division · Lights · Parking · Playground · Security gate · Toilets

50m

UPDATED NOVEMBER 2013

Belwest Training Setup & Times – Stage 2.1

- Outdoor training can be conducted in small groups (20 participants plus one coach)
- Belwest has allocated half a field per team for training and staggered the start times for training, in accordance with stage 2.1 guidelines and the Covid-19 separation requirements.
- Belwest team training times are varied as to the requirement of the coach.
- Teams are required to turn up at the ground no more than 15 minutes before training is due to commence.
- Low contact skills can commence – i.e. volleying in pairs, heading in pairs etc but NO tackling is permitted. No physical contact or tackling.
- Warm ups are to be done in the allocated training session or done at home prior to training
- **Latham** – At the moment we have no requirement for training at Latham as there are no lights so if there is to be any training it will need to be early and will finish at 5.00pm.

Belwest Training Setup & Times

CHARNWOOD	Field one	Field two
Tuesday	5.30pm - 6.30pm	6.00pm - 7.30pm
Wednesday	6.30pm - 7.30pm	
Thursday	4.30pm – 5.30pm	5.30pm – 6.30pm
	6.00pm – 7.30pm	6.45pm – 7.30pm

PAGE	Field one	Field two
Tuesday	6.00pm - 7.30pm	6.30pm - 8.30pm
Thursday	6.00pm - 7.30pm	6.30pm - 8.30pm

Belwest Training Setup & Times

SCULLIN	Field one	Field two	Field three
Tuesday	5.00pm - 6.00pm	5.30pm - 6.15pm	
(senior men and women)	6.30pm – 8.30pm	6.30pm – 8.30pm	6.30pm – 8.30pm
Wednesday	4.00pm - 5.00pm	6.30pm – 8.30pm	
	5.30pm – 6.30pm		
Thursday	5.00pm - 6.00pm	5.30pm – 6.15pm	
(senior and women)	6.30pm – 8.30pm	6.30pm – 8.30pm	6.30pm – 8.30pm

Belwest Venue Management

The Belwest Committee and Support Role volunteers will:

- Make sure groups comply with COVID 19 restrictions,
- Make sure all players sanitise before entering field,
- Make sure players are allocated to same coach, and
- Update information via email to management group.

DO	DON'T
Install the COVIDSafe App	Participate if unwell
Comply with Belwest Foxes 'Return to Football' Guidelines	Train indoors
Training philosophy – GET IN, TRAIN, GET OUT	Exceed the number of people permitted per field/space
Only use Belwest booked ground and time slots	Use equipment unnecessarily if used, clean and disinfect before and between sessions
Train outdoors	Use changerooms, pavilions or communal areas
Comply with the maximum of 20 participants plus one coach rule	Stay at the field after training
Practice good hand hygiene before & after training	Share things drink bottles, towels, bibs etc.
Maintain social distance requirements	
Adhere to low-contact principles	

General Precautions

For all players, coaches, managers, volunteers and parents you must:

- 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
- Players are required to bring their own hand-sanitiser,
- If Players have a soccer ball, they are required to bring it along and use their own ball at training – no sharing,
- Hand cleaning soap will be provided by the ACT Government in the toilets at the soccer ovals.

General Precautions

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

Education Sessions and Club 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 20 people plus 1 coach (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
- If coaches need to pick up kits prior to commencement of training it must be done taking a staggered approach (i.e. 20 coaches at a time, only one person in clubhouse/container handing out equipment)

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

CAPITAL FOOTBALL

Covid-19 Incident Management Plan

What do you do if you get Covid-19 within the Belwest football community?

- 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 & Further Info

Please refer to Capital Football's website "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:

- 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
- COVIDSafe app

Belwest Conditions

- These guidelines refer to the return to training, revised guidelines will be provided regarding match play once games recommence.

- **Coaches and parents should note that non-compliance fines will be to the individual and not the Belwest Foxes Soccer Club.**

- ***Please note: Belwest Foxes Soccer Club reserves the right to close down any or all training sessions should a non-compliance event occur.***