



RETURN TO PLAY IN A COVID SAFE ENVIRONMENT

Due to the impact of COVID-19 , all football activities were suspended from 18 March 2020 until at least 31 May 2020. On Wednesday 13 May 2020 the ACT Government announced an easing of restrictions to allow a return to community sport training from Saturday 16th May 2020.

As part of the return to sport each individual sporting club **must** develop a Return to Play in a COVID-Safe Environment Plan prior to recommencing training which needs to be submitted to Capital Football. The plan does not need to be approved by Capital Football or the ACT Government however we must be able to produce a copy of this plan for compliance purposes if asked.

This is the plan for the Tuggeranong United Football Club (TUFC).

In developing this plan the TUFC has been informed by the following resources:

- [ACT Government Public Health Directions](#)
- [National Principles for the resumption of sport and recreation activity](#)
- [AIS Framework for Rebooting Sport in a COVID-19 Environment](#)
- [Capital Football – Return to Football Guidelines](#)

This plan is designed as the TUFC club response to the ongoing obligations to ensuring a safe environment for its players, coaches, and members. This plan covers all of the TUFC training venues at Kambah 2, Kambah 3 and Wanniasa 1 and Wanniasa 2. It needs to be noted that the TUFC has released Waniassa 101 and Wanniasa 102 to the Woden Weston Football Club for its exclusive use for the duration of the 2020 winter season.

This plan will cover the following areas

1. Hygiene
2. Physical Distancing
3. Training
4. Communications
5. Incident Management
6. Review and Monitor



1. HYGIENE

TUFC will adopt the following procedures in regards to Hygiene:

- Encourage participants to shower before and after attending training sessions
- Provision of hand sanitiser and encourage players to bring their own if they can
- Ensure surfaces and objects at each training venue are cleaned regularly by the use of Glen 20 or some other domestically available product. This will include toilet flush buttons, taps, door handles and surfaces
- Promote regular and thorough hand washing (20-30seconds) by club and team officials and participants
- Not allow sharing of equipment ie water bottles, towels, goal keeping gloves, pens, clipboards
- Each participant to bring their own clearly labelled drink bottles
- Ensure bins are provided around the venue
- Discourage spitting or nasal secretions from participants
- Clean training balls prior to the start and at the completion of each session
- TUFC will mandate participants to leave training immediately if they begin to feel unwell
- TUFC will promote clear direction that if unwell, DO NOT ATTEND TRAINING
- Encourage participants to sneeze or cough into their elbow (or a tissue as a last resort)
- Provide TUFC club members with [Hand washing guidance](#) to be undertaken before/after training (at home)



Physical Distancing

TUFC will adopt the following procedures in regards to Physical Distancing:

- No more than 1 person per 4 square metres
- Adopt the mantra of 'Get in, train, get out'
- Participants to arrive ready to train – no changing in the carpark or toilets
- Discourage any unnecessary social interactions such as face to face meetings, group functions or socialising in the carpark
- Activities to be conducted in groups of no more than 10 people (including coaches/managers)
- No physical contact between participants
- Avoid the Four 'H's - Handshakes, Hugs, High 5's and Huddles
- Discourage spectators – although acceptable for one parent/carer per participant provided one person per 4 square metres
- Entry and exit to facilities to be monitored. No more than 2 people to go to the toilet block at any one time (where practical)
- In sportsgrounds carparks (where practical) encourage the use of vehicles utilising every second car park. Exercise common sense when exiting/entering vehicles
- Parents / guardians should remain in their vehicles if they decide to wait through training. Should they decide to get out of the vehicles they are to remain 10 metres from the field of play as well as apply social distancing rules



Training

TUFC will adopt the following procedures in regards to Training:

- Training sessions are limited to 10 people (including the coach and/or manager). There is to be no movement between groups. Once you start with your group, you finish the session with that same group.
- Adopt the training setups as outlined by Capital Football in the Return to Football Guidelines (located at the end of this plan)
- Coaches will only do one session per training night
- Adopt staggered start times to training.
- Design a time table for each day of the week for each training field to cover training times, changeover, age group and coach
- Ensure adequate spacing for each player while observing the 1 person per 4 square metre rule
- Discourage the attendance of players or coaches who feel unwell or have any flu like symptoms
- Any player/coach who starts to feel unwell is to leave immediately
- Exclude players/coaches who have travelled internationally or been exposed to Covid -19
- Exclude players/coaches who are at high risk
- Only one designated person handle and set up equipment

- Only non contact skills training can be conducted although heading of the ball is permitted
- No ball handling except for goal keepers
- Encourage fitness activities in stage 1 (beep test, and running)
- Encourage individual ball skills (running with ball, dribbling , core skills)
- Where possible – avoid the use of unnecessary equipment (static silhouettes, poles)
- Only the designated person who set up the equipment to clean equipment after the session
- Ensure all attendees at training to wash hands before and after training
- Ensure a supply of hand sanitizer at each venue
- If bibs are used the player is responsible for taking it home and washing it
- Implement the use of google spreadsheets to record the registering of participants prior to training
- Encourage the download of the COVIDSAFE App for contact tracing
- Clear instructions issued at the start of every training session
- Coaches encouraged to provide session plans
- Establish a training roster for all of our teams at our respective venues
- Coaches with access to S2S App are to record attendees and anyone that may leave training due to feeling unwell
- Encourage parents/carers to remain in their vehicles at training – if that’s not possible we will advise they need to remain 3 meters from the field of play as well as applying social distancing rules.





Communications

TUFC will adopt the following procedures in regards to Communications:

- Communicate with all club members (players, coaches, managers, parents) as to what activities will look like as we transition from lockdown to stage 1. Clearly outline individual expectations concentrating on the key aspects outlined in this plan
- Reinforce the need to be able to contract trace in the event there is a Covid19 case within the club
- Provide clear guidance to coaches/managers in regards to the training requirements which includes venue set up, training structures in accordance with this plan and hygiene protocols
- Liaise with ACT Government in regards to venue signage
- Inform spectators/parents of their responsibilities and obligations
- Make our Return to Play in a COVID-Safe Environment Plan available for member access and review
- Make our Return to Play in a COVID-Safe Environment Plan available to Capital Football and ACT Government (if requested)

Incident Management

TUFC will adopt the following procedures in regards to Incident Management:

- Encourage club members to download the CovidSafe app
- Support contact tracing efforts by ACT Health
- Abide by any instructions issued by health authorities
- Advise Capital Football and the TUFC club in the event of a Covid19 positive result
- Allow access to records relating to training
- Record attendance at training of players and coaches
- Record parent/carer details if they choose not to remain in their vehicle for the duration of the training
- Any club member who has been infected with Covid 19 can not return to activities until they no longer pose an infection risk to the community and have sufficiently recovered
- Suspend team training for the affected club member

Review and Monitor

TUFC will adopt the following procedures in regards to reviewing an monitoring:

- Acknowledge this is the very first step back towards training and ultimately matchplay
- Accepts that just one positive case can have dire implications for our sport
- Will stay up to date with advice provided by National Cabinet, ACT Health, ACT Government, FFA and Capital Football
- Treat this plan as a 'living' document
- Will make amendments to the plan as we move through the various stages of eased restrictions
- Will make amendments to this plan (if required) based on advice from Capital Football

The Tuggeranong United Football Club acknowledges the extremely difficult time this has been for the football family. We record our utmost appreciation for Phil Brown's leadership and to the whole team at Capital Football who have been faced with some really difficult last few months, but have still managed to keep the business running.

We also acknowledge the significant impact that this pandemic has had within our club as well as the wider footballing community. To those who have lost jobs, to our sponsors who have had to battle through these difficult months we are here to support you. Our club acknowledges that all TUFC players, coaches, parents and officials are ambassadors for our sport and what happens at our club could have an impact on the whole operation of football in Canberra if we don't get it right.

The Tuggeranong United Football Club is fully aware that Covid 19 spreads from person to person, usually during close contact and the club acknowledges that practicing good hygiene and physical distancing are the best ways to stop the spread of the virus.

The club commits to the contents of this plan fully and without hesitation to enable the process of transitioning to full match play in a patient and careful manner. We purposely chose the images in this plan as a reminder that if we all do the right things and abide by our plans, we are well placed to resume match play in the coming months.

This plan has been wholeheartedly endorsed by the Tuggeranong United Football Club Board.

Yours in Football

Stan Mitchell

TUFC Club President.

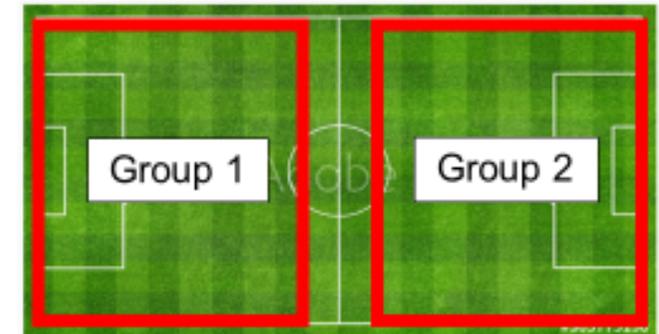
Examples of Training Setups

Ages	Group Size	Training Area Size	Training areas per Football Field
U6 - U9	10 people including the coach	40 m x 20 m	4
U10 - U11	10 people including the coach	40 m x 20 m	4
U12 - U16	10 people including the coach	60 m x 40 m	2
U18 and above	10 people including the coach	60 m x 40 m	2

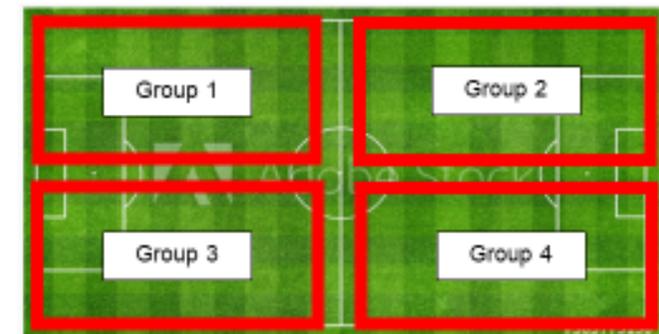
Example of how fields can be divided for training purposes

Ages	Arrival Time	Training Start Time	Training Finish Time
U6 - U11	4:15 pm	4:30 pm	5:30 pm
U12 - U16	5:45 pm	6:00 pm	7:00 pm
U18 and above	7:15 pm	7:30 pm	8:30 pm

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



Example of 60m x 40m fields split into two groups



Example of 40m x 20m fields split into four groups