c/o ANU Sport Building 19
North Road, ACTON ACT 2601
communication@anufc.org.au
ABN: 14 338 276 791
facebook.com/anufc

ANU Football Club

Return to Play

Action Plan

Last Updated: 13/8/20 10:00 pm

Table of Contents

Introduction 2
Sanctions 2
Training and Match Rules 3
Training Times 4
Training and Match Venues 5
Accessing South Oval 6
Accessing O'Connor 2 Oval 7
Accessing Willows Oval 8
Accessing Lyneham 2 Oval 9
Hygiene Management 9
Behaviour Management 11
Miscellaneous 11
Resources 11
References 12

Introduction

The ANU Football Club has a responsibility to protect not just the ANU football community, but the broader ANU and ACT communities, and to assist in preventing any outbreaks of COVID-19 where possible. We as a football community, including players, coaches and volunteers must all play a role if we are to help slow the spread of COVID-19.

The resumption of ANU Football Club activities is subject to the provisions of the ACT Government, ACT Health and ANU Sport. The ANU Football Club is required to comply with the public health advice. This plan sets out the conditions under which players, coaches and officials of ANU Football Club will re-engage with training and games, compliant with the conditions set out by ANU Sport, Capital Football and the ACT Government.

The club trusts its members to do the right thing and make sensible choices. We expect you to strictly adhere to all the requirements outlined in this report.

Sanctions

Potential sanctions imposed by the club for not adhering to these rules include:

- individual suspension from training,
- team suspension from training,
- membership cancellation; and
- team cancellation from Capital Football competitions.

Other potential sanctions that may be imposed by ANU Sport include:

- cancellation of all future bookings;
- suspension of ANU Sport membership;
- reporting to the ANU Sport Board and / or ANU Vice Chancellor; or
- reporting to police as appropriate.

ANU has made it clear that they will not hesitate to close facilities again if protocols are breached. We request that everyone maintains collective responsibility for managing risk and adhering to these guidelines so that our community can continue to take part in outdoor activity.

Training and Match Rules

The following rules apply to all training sessions and matches under level 2.2+ restrictions:

- All training and matches must be conducted outdoors
- Outdoor training and matches can be conducted in small groups (100 people including players, team and club officials)
- Participants must not move between fields during training, i.e. training cannot be delivered in stations. People should only be exposed to contact with 99 other people for the entirety of training.
- Adequate spacing for each player and staff at training and matches (applying the 1.5 metre social distancing rule and $4m^2$ per person).
- Players must turn up no earlier than 15 minutes prior to the start of training and matches.
- Warmups are to be done in the allocated training session or done at home prior to training. Where possible, players arrive at a match ready to play.
- Only the coach can handle and set up equipment
- If bibs are used, each player must have the bib for the whole session, and they must take the bib home and wash it before returning it
- You can attend training only if you are participating. No spectators are allowed.
- A maximum of one spectator per player is encouraged for matches.
- Participants and spectators should not attend training or matches, if in the past 14 days they have:
    - Felt unwell
    - Had any flu-like symptoms
    - Travelled internationally
    - Travelled into Victoria
    - Travelled to any of the reported case locations listed on the 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 COVID19 Protocol)
- Have a medical condition or are at an age that puts them in a high-risk category

- The following is not allowed during matches
  - Formal walk-ons by the teams and referees
  - Handshakes before and after the match
  - Team photos before and after the match
  - Other pre match formalities (i.e. gathering at half-way or the centre circle for a moment's silence)
  - Team huddles and high fives
  - Multiplayer goal celebrations
  - Spitting
  - Sharing of equipment including drink bottles, towels, shin pads and bibs.
- In matches where team benches are required, team benches will consist of moveable chairs, positioned at least 1.5 metres apart for the duration of and between matches.
- Substitutes and interchange players are to be allocated their own bib for a match and at the conclusion of the match they are to take the bib home and wash it.

Training Times

MON & WED	ARRIVAL TIME	START TIME	FINISH TIME
GROUP 1	**5:45PM**	**6:00PM**	**7:20PM**
GROUP 2	**7:25PM**	**7:40PM**	**9:00PM**

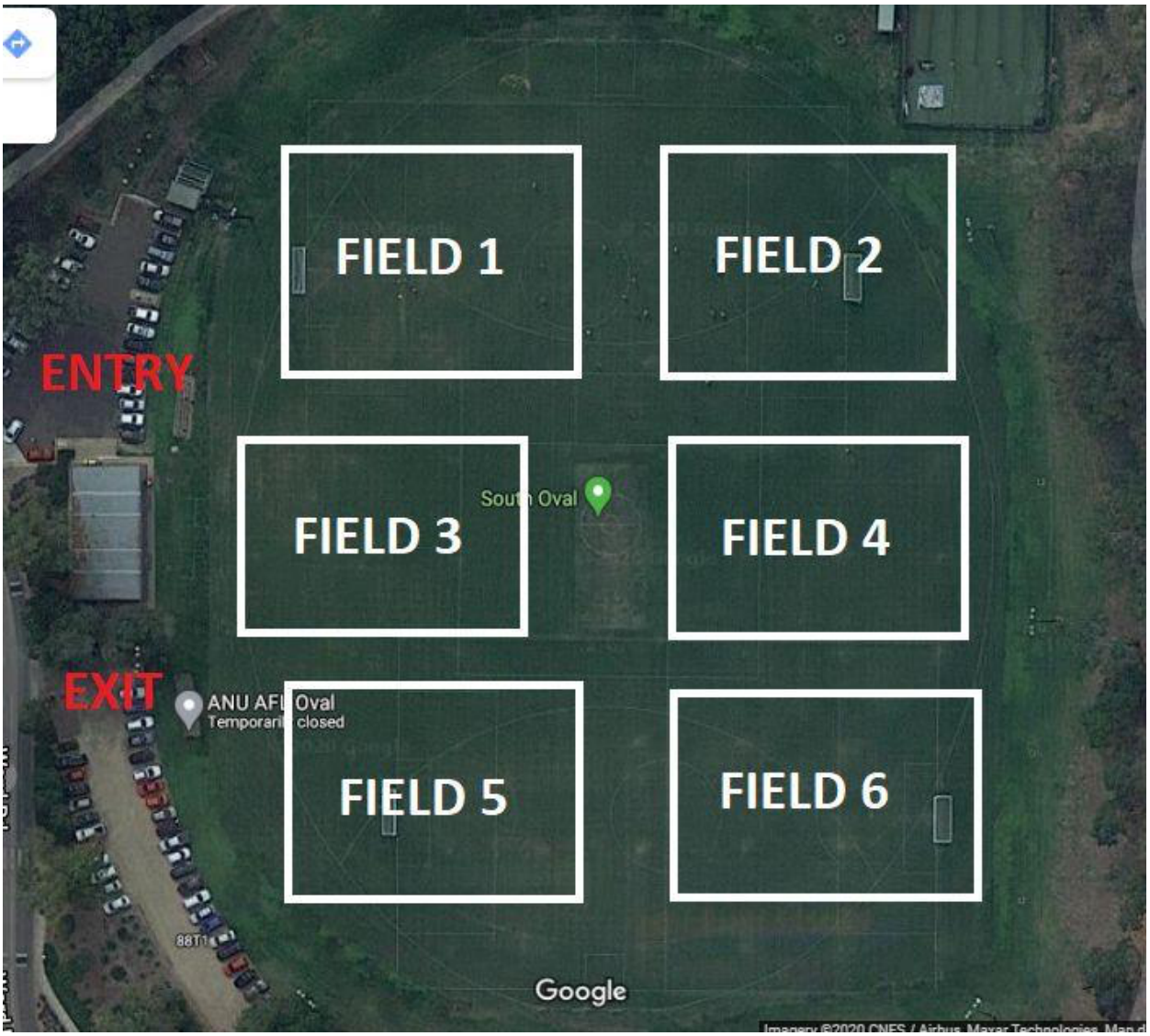
Training will run on Monday and/or Wednesday, at either South Oval, Willows Oval, O'Connor 2 Oval or Lyneham 2 Oval. Coaches must log attendance and submit it to the club's COVID-Safe Officer for every team activity.

Training and Match Venues

- Each field identified in Figures 1,2, 3 and 4 allows for one training group (100 people, including players, team and club officials).
- Participants will be assigned to a field for training and must proceed directly to that field upon arrival.
- Only participants (players, coaches and club officials) may attend training.
- Only one person can drop off and pick up a player from the venue if they are being driven to training.
- Players/coaches must not leave any items behind at training or game venues.
- Players and coaches are required to leave the venue immediately after training and games.
- Any change room facilities are only to be opened and used for toilets or first aid and only when regular toilet facilities are unavailable.

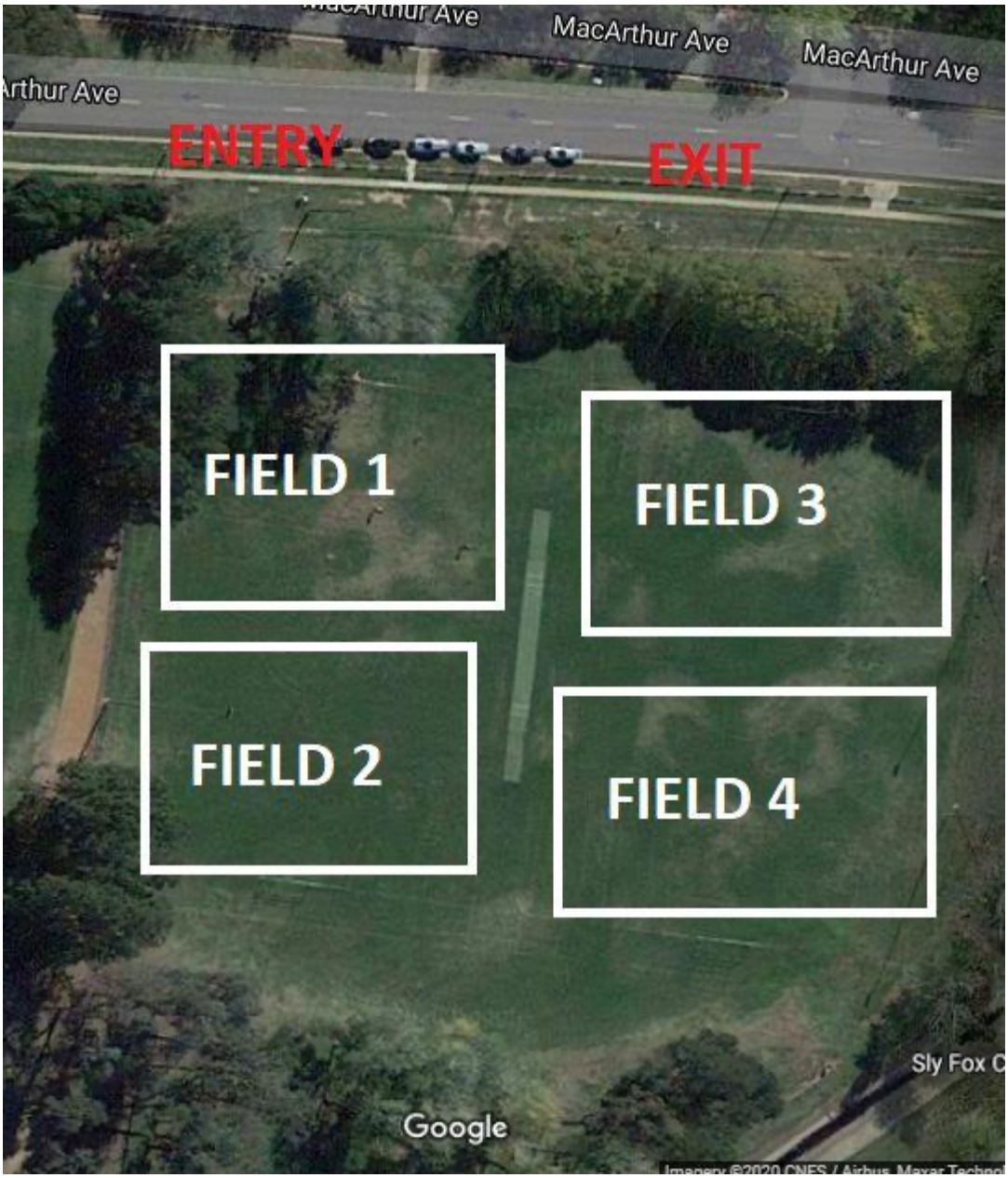
Accessing South Oval

Figure 1: Entry/Exit Diagram for South Oval



Accessing O’Connor 2 Oval

Figure 2: Entry/Exit Diagram O'Connor 2 Oval

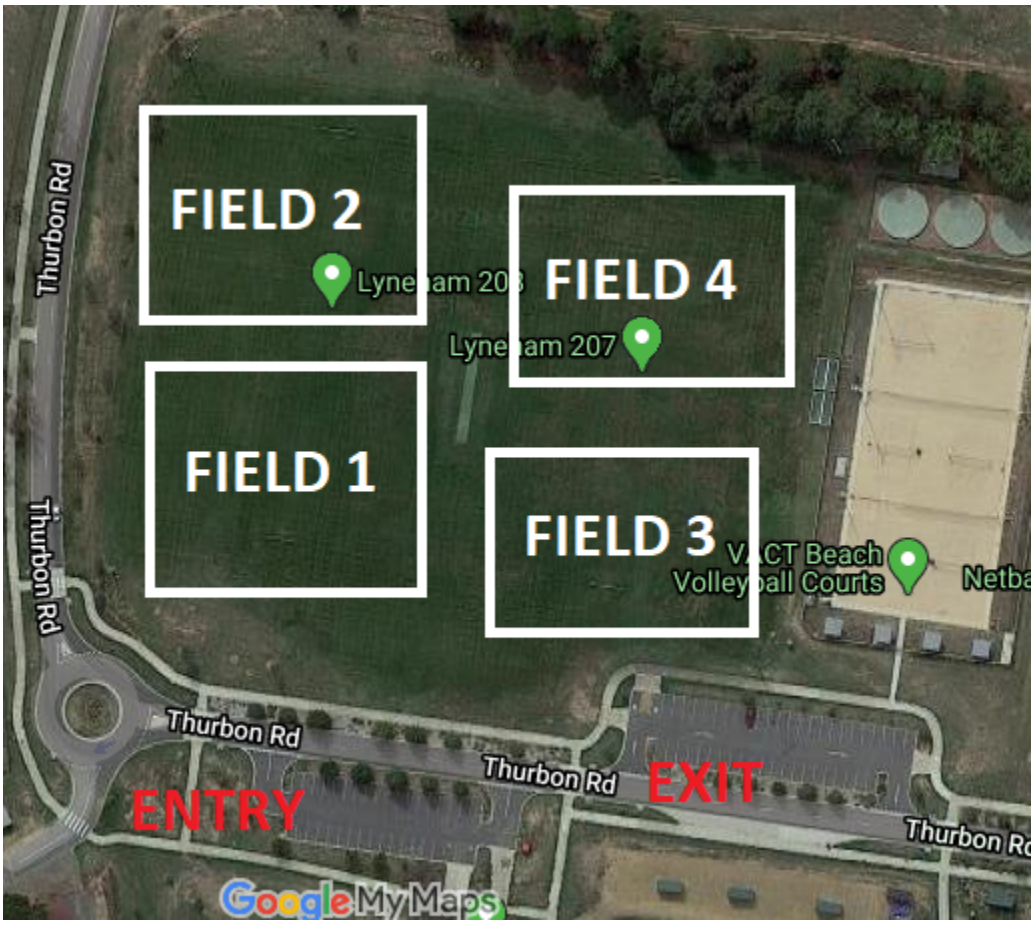


Accessing Willows Oval

Figure 3: Entry/Exit Diagram Willows Oval

Accessing Lyneham 2 Oval

Figure 4: Entry/Exit Diagram for Lyneham 2 Oval



Hygiene Management

- All club members are encouraged to bring their own sanitizer to perform regular and thorough hand washing before and after training and competitions. Coaches have also been provided with hand sanitizer for player use.
- Each team and club official must bring their own stationery to training and competition venues; stationery must not be shared between individuals.
- Neither the club nor the coaches will provide drink bottles at training or games. You must not share drink bottles and you must ensure that any bottle you bring to training or games is clearly labelled.

Figure 5: Handwashing Guidance

Behaviour Management

- If unwell, do not attend training
- You must cover your mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze;
- If you use tissues, they must be placed directly in the bins provided;
- Do not touch your eyes, nose or mouth if your hands are not clean;
- No spitting at any time
- No handshakes, high-fives or body contact

Miscellaneous

- No canteen facilities will be used during training or matches.
- Club meetings, including committee meetings and team meetings will continue to be held online. No physical gatherings or team dinners are to occur.
- Everyone is strongly encouraged to download the COVIDSafe App as part of the ACT incident management plan.

Resources

- Training Attendance Form
- Australian Government information and resources
- ACT Government COVID-19 information and resources
- AIS Framework for Rebooting Sport
- National Principles for the resumption of sport and recreation activity
- COVIDSafe App

References

FAQ Regarding the Return to Football Training. (2020). [online] Capital Football https://capitalfootball.com.au/wp-content/uploads/2020/05/20200522-COR-FAQ-Regarding-Return-of-Football-Training-V5.pdf

Return to Business in a COVID-19 safe environment. (2020). [online] *ANU Sport*. Available at: http://anu-sport.com.au/sites/default/files/2020-05/ANU%20Sport%20-%20Stage%201%20Plan.pdf [Accessed 22 May 2020].

RETURN TO FOOTBALL GUIDELINES. (2020). [online] *Capital Football*. Available at: https://capitalfootball.com.au/wp-content/uploads/2020/05/20200515-POL-Return-to-Play-Guidelines-v5.pdf [Accessed 22 May 2020].

COVID SAFE PLAN - RETURN TO PLAY. (2020). [online] *Capital Football*. Available at: https://capitalfootball.com.au/wp-content/uploads/2020/08/20200804-PLC-Return-to-Play-Guidelines-2.pdf [Accessed 13 August 2020].

WHO | Clean hands protect against infection. (2011). *Who.int*. Available at: https://www.who.int/gpsc/clean_hands_protection/en/ [Accessed 22 May 2020].