



COMMUNITY FOOTBALL

RETURN TO TRAIN & PLAY -

COVID SAFE PLAN-

ALTONA CITY SOCCER CLUB

TANIA ODDI – CLUB MANAGER

REVIEW DATE – 28 JULY 2021

COVID-19 COMMITMENT STATEMENT

Altona City Soccer Club is fully committed to providing a safe and healthy environment for members of our club (volunteers, players, personnel, families, spectators) and the wider community and are committed to implementing practices in line with guidance available from Sport Australia, Football Federation Australia, Football Victoria, Hobsons Bay City Council, the Victorian State Government and other relevant authorities applicable to Altona City Soccer Club.

We also acknowledge the directions imposed by the Victorian State Government will be followed as we undertake football activities and we commit to adhering to the latest advice from Football Victoria, Hobsons Bay City Council and the Victorian State Government in this regard.

It is important that Altona City Soccer Club lead and promote a strong culture of COVID-19 safety for the health and wellbeing of participants and the broader community.

1. ENSURE PHYSICAL DISTANCING

You must ensure participants, coaches, club/association personnel, parents, permitted spectators, etc. are 1.5 metres apart as much as possible.

Examples of how this can be done include:

- Displaying signs to show patron limits at the entrance of enclosed areas where limits apply (e.g. canteen or changeroom)
- Limit the number of participants to the minimum required to play (i.e. limit training to usual age group squad size)
- Zone training areas to limit intermingling between training groups
- Stagger training start times, leaving 15 minutes between training sessions
- Limit use of seats and toilet or changing cubicles at facility to every second seat/cubicle
- Discourage carpooling
- Use floor markings to indicate appropriate physical distancing
- Signpost entry and exit points to limit congregation at the start and end of training
- Conduct meetings or individual fitness sessions from home, where possible

To ensure physical distancing, our club/association will:

- Enforce density levels within toilets, the Clubroom, storage spaces and all changerooms. Signage is clearly displayed in all said areas.
- Group sizes are limited to the minimum number of participants required to conduct the sport – this means normal squad/team/age group sizes, support personnel – including coaches, trainers, one parent or carer are allowed in addition to the participants.
- A gap of no less than 15 minutes in between scheduled training sessions or matches.
- COVID Officers will be present and remind members to socially distance.
- Training zones are large enough to accommodate number of participants
- Parents are asked to remain in their cars during training and to not congregate.
- One parent/carer per child/ren to attend training
- Markers are placed on the floor outside the canteen to remind members to keep a 1.5m distance from each other.
- Coaches are advised that drills must maintain 1.5m distance between participants and avoid intention contact.

Our club/association has the following indoor spaces:

- Canteen - density quotient: 40 persons
- Toilets – one patron at a time/ sign on doors to remind patrons
- Changerooms – 1 member per 4m allowed. Only players and essential staff allowed.
- Storage sheds- one patron at a time.

We will provide/require the following training and guidance to our personnel/volunteers:

- COVID Officers / Coaches / Team Managers / Committee / Volunteers – online training course provide by Australian Government - COVID 19 Infection Control Training.
- ACSC Return to Training/Play Guideline – available at the Club in printed form, on our website, on TeamApp and are emailed to all members.
- Guidance posters on display around the venue and grounds to remind to wash hands, social distance, number of people allowed a in indoor spaces.

2. WEAR A FACE MASK

Everyone above the age of 12 years old must wear a face mask when they leave their home, unless they have a lawful reason for not doing so.

Employers must ensure employees wear a face mask while at work, unless an exemption applies.

Clubs and associations should consider the following actions to satisfy this principle:

- Ensure a supply of disposable face masks are available for the use of all participants/attendees at all training sessions and matches
- Install screens or barriers for additional protection, where necessary (e.g. to protect canteen workers, or to segment change room areas)
- Provide information to participants around washing reusable masks each day, and changing disposable masks at least once per day

To ensure all participants over the age of 12 wear a face mask, our club/association will:

- Advise all members that correctly fitting face masks must be worn as per the current Government regulations.
- Communicate all current Government facemask regulations via ACSC's Return to Play/Training Guidelines, social media, the ACSC website and TeamApp.
- COVID Officers in attendance to ask all members to be compliant with the current facemask wearing regulations.
- Signage is clearly displayed requesting the wearing of facemasks, when and where required.
- Have disposable masks available. Sell reusable masks

3. PRACTISE GOOD HYGIENE

Additional hygiene measures are a priority. Clubs/associations and venue and facility operators should maintain good hygiene in their premises, and document hygiene practises in this COVIDSafe Plan.

Examples of practising good hygiene as a club/association and/or venue and facility operator include:

- Ensuring that cleaning products and disinfectants are accessible to participants and personnel (Note to clubs/associations: a complimentary allocation of Two Hands hand sanitiser is available to you. Please find [more information here](#))
- Venue/facility cleaning and disinfecting on a frequent and scheduled basis, ensuring particular frequency for high touch surfaces and bathrooms/change rooms
- Developing a cleaning/disinfecting schedule for high touch surfaces at the venue as well as for equipment
- Ensuring that one or more personnel from your club or association undertakes infection control training (available free [online](#) or [in person](#))
- Display a cleaning log (or request the facility owner does so) in shared spaces such as toilets
- Ensuring that handsoap and santiser dispensers are regularly refilled and always available for participants and personnel
- Display posters on good hygiene and handwashing practises in prominent places and establish hygiene stations at entrances and throughout the venue/facility to encourage good hand hygiene

To ensure that our club/association and all personnel and participants practise good hygiene, our club/association will advise all members and visitors to-

- Rub hands with hand sanitiser immediately before & after training & during breaks during training. Hand sanitiser is provided by the Club & is available at the designated pitch entry points.
- No hugging, high fives, or physical contact.
- Socially distance at all times
- No spitting at any time.
- Not share drink bottles and clearly label your own bottle.
- Cover mouth and nose with your elbow (not your hands) when you cough or sneeze. Place all tissues directly in bins.
- Avoid touching eyes, nose or mouth if your hands are not clean.
- Avoid the use of public toilets, however, if necessary, ensure hands are washed thoroughly and sanitiser is used before returning to the pitch. Sanitiser is available in all bathroom
- Display signage to encourage all of the above points.

4. KEEP RECORDS AND ACT QUICKLY IF WORKERS BECOME UNWELL

All venues and clubs/associations must keep records of every person who attends the venue/facility or participates in community sport and recreation, and should have a response plan, as part of this COVIDSafe Plan, ready for the possibility of a person with COVID-19 at their premises.

Clubs must ensure that they maintain an attendance register for every person that attends for a period of more than 15 minutes (including participants, personnel, parents and other permitted spectators). This could be in the form of the [Record of Attendance template](#) on the Football Victoria website, or in another suitable format (e.g. QR code).

You must keep the attendance register record for at least 28 days.

If a worker participant or volunteer who is a confirmed case of COVID-19 has attended your venue/facility while they are infectious, you must follow your response plan. Consider the [DHHS Workplace guidance for managing suspected and confirmed cases](#), which has minimum requirements for this response plan, including:

- a. Undertake a risk assessment
- b. Contact DHHS and Worksafe
- c. Determine hot spots
- d. Clean the premises

Our club/association will keep records of all attendees in the following way:

- Unique Government supplied QR code
- Written log in records kept for members who do not have mobile phone

If a worker, participant or volunteer who is a confirmed case of COVID-19 attends our venue/facility while they are infectious, our response plan is:

- 1. Isolate the person in ACSC First Aid Room, ensure they are wearing a well fitted mask and have access to tissues and sanitiser. Get all their contact details.
- 2. Call the National COVID Helpline 1800 020 080 (operate 24 hours a day, 7 days a week) and follow their advice.
- 3. Ensure that the person has safe transport home, to a location they can isolate or a medical facility.
- 4. Close off the affected areas, do not let other us them or enter them until they have been cleaned and disinfected. Open outside door to increase air flow.
- 5. Document who the infected person might have come into contact with, what areas they had been at HC Kim Reserve, their arrival and departure time. If instructed by health officials, tell close contacts that they may have been exposed to COVID 19 and the requirements of quarantine.
- 6. Review the procedure and access and decide on any potential changes or additional control measures required.

5. AVOID INTERACTIONS IN ENCLOSED SPACES

In Victoria, employers have OHS duties and obligations to do what is reasonably practical to provide a working environment that is safe and without risks to the health of workers or other visitors/participants.

As part of creating a safe working environment that addresses risks associated with potential exposure to coronavirus (COVID-19), venues and facilities should have a plan in place to minimise the amount of interactions conducted in enclosed spaces and maximise ventilation, air quality and use of outdoor spaces.

Where the use of indoor spaces is required (for example entrances and bathrooms) venues/facilities should have a plan to minimise the amount of interactions conducted and maximise ventilation, air quality and use of outdoor spaces.

In the context of football, it is most likely that this will be relevant to the use of toilets, changerooms, storage rooms and canteens. Examples of actions that you could take to satisfy this principle are:

- Where workers and participants are required to be indoors, open windows and outside doors where possible to maximise ventilation
- Limit interactions indoors
- Increase the number of areas for changing, or allow more time for changing, and consider staggering change times where practicable
- Encourage participants to change at home and limit use of toilet facilities
- Restrict and control access to shower facilities

To minimise interactions in enclosed spaces, our club/association will:

- Advise all members to arrive ready to play/train, changerooms are only used when absolutely necessary and always in line with density levels and Government and Council Regulations.
- Players are advised to shower at home. If used players are spread out to multiple changerooms and shower stalls.
- If used, changerooms are cleaned and sanitised after use.
- At all times comply with, enforce and advise members of the current Government and Football Victoria density quotient.
- If required, limit the number of participants to those that are required to conduct the sport. This includes players, coaches, team managers, physio and one parent or carer are allowed.
- Clear signage at the entry to indoor areas, stating the amount of people that are allowed within each space.
- Ensure maximum ventilation is in place when indoor areas used.

6. CREATE WORKFORCE BUBBLES

'Workforce bubbles' can help reduce the risk of infection and support contact tracing initiatives. A 'workforce bubble' in the football context is a defined group – coaching staff, necessary health/training staff, participants – who limit their in-person interactions to other members of the group.

This reduces the number of individuals that each person comes into contact with, rather than the number of interactions. This would contain any positive COVID-19 cases to a confined group within your club/association.

Examples of how bubbles can be achieved in football are:

- Limit training sessions to one squad or team and the minimum staff required for coaching
- Follow rules around limiting spectators to one per participant, and only where parental supervision is required, or where care is required for a participant with additional needs
- Use clearly marked training zones to maintain consistent training groups
- Minimise any player movement between teams or squads
- Stagger training sessions so that different teams arrive at different times to reduce interaction between groups
- Advise participants and personnel not to carpool to training/matches
- Limit shared equipment to one training group
- Clean shared equipment between sessions or if it is to be used/rotated to another training group

Our club/association will create a 'bubble' if required by:

- Group sizes at training and matches would be limited to the minimum number of participants required to conduct the sport – this means normal squad/team/age group sizes. Support personnel, including coaches, trainers, one parent or carer are allowed in addition to the participants.
- All our teams have their own training equipment which is not shared. All equipment is cleaned and disinfected before and after each training session/match.
- If allocated a training bib take your allocated bib home plus any other items worn/used during training and wash individually
- Players are asked to bring a bag with their own, clearly labelled drink bottle, shin pads and alternatively coloured top.
- Training zones are large enough to encourage social distancing and movement between teams.
- Training zones are clearly zoned with designated entry and exit points to limit social contact.
- Coordinate training times so minimum cross over of members and density levels are kept to a minimum.
- When required limit or have no spectators at matches other than one parent/carers per child or support people for players with additional needs.