



# Marist Canberra Football Club



**CAPITAL**  
FOOTBALL

## COVID PLAN ALL AGE GROUPS

VERSION 1 - 9 JULY 2020

# Club Submission

This COVID Play plan is provided by Marist Canberra Football Club

This plan outlines our operational delivery of matches in the following leagues

- ▶ MiniRoos Age 10 & 11, and
- ▶ Junior League Age 12 to 18.

This plan will be in place for the duration of the 2021 football season

The club contact responsible for this plan is;

Troy Kleppe

President@maristfootball.com.au

0404704318

The Club acknowledges that this plan is in accordance with the Capital Football and Marist College Canberra COVID-19 Guidelines.

# General Precautions

## Observe 1.5m Rule

### Attendance

Participants (including players, parents, coaches, referees, volunteers) are not to return to matches 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
- ▶ Attendees are encouraged to register with check in CBR at all venues they attend.

### Hygiene

- ▶ Spaces, surfaces and objects at each venue will be subject to periodic cleaning
- ▶ Sanitiser will be available at a number of points around the grounds including admin trolley, canteen, technical areas. Club and team officials are encouraged to sanitise regularly.
- ▶ Coaches to ensure players sanitise as appropriate.
- ▶ No sharing of drink bottles
- ▶ Bins are provided around the venue - encourage use

### Behaviour

- ▶ 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;
- ▶ No spitting at any time



# What is permitted during Match Play

The following is permitted at the venue and during match play;

- ▶ Full competitive and non-competitive matches are permitted within the normal Laws of the Game
- ▶ Where possible, players should come ready to play
- ▶ Play only – get in, play, get out
- ▶ Social activities when games have concluded are discouraged players and coaching staff need to exit the playing area as soon as possible after the game – so we can clean benches etc.
- ▶ Spectator should exit the area as soon as possible after the game, noting any requirements for Marist Parents to pack up fields.
- ▶ Multiple spectators are not encouraged, (1 per player is preferred, no more than 2)
- ▶ Physical distancing of 1.5 metres between spectators – Club Vested Official will assist
- ▶ Although available, the use of changerooms as a group is discouraged at Marist grounds – please turn up ready to play.
- ▶ The Marist Canteens and BBQ's will function in accordance with ACT Government guidelines.

# What is permitted during Training

The following is permitted at the venue and during match play;

- ▶ All participants and spectators must sign in using the check in Cbr app or sign in sheet
- ▶ Where possible, players should come ready to train
- ▶ Train only – get in, train, get out
- ▶ Social activities when training has concluded should be limited to essential activities only – within ACT Government guidelines
- ▶ Spectator are not encouraged, (1 per player is preferred, no more than 2)
- ▶ Physical distancing of 1.5 metres between spectators should apply
- ▶ Although available, the use of changerooms as a group is discouraged at Marist grounds – please turn up ready to play.

# What is NOT permitted during Match Play

The following is NOT permitted at the venue and during match play;

- ▶ Handshakes before and after the match
- ▶ Team huddles and high fives
- ▶ Multiplayer goal celebrations
- ▶ Spitting
- ▶ Sharing of equipment including drink bottles, towels, shin pads and bibs
- ▶ Post match group photos

# Match Operations at Venue

## Entry and Exits – common sense applies

- Marist will use a number of grounds with varying pathing requirements. Pathing maps are provided for each ground at the end of this plan.
- In the event you are at the Phillip ground please liaise with other field users (if any) and use the pathing as necessary.
- Club Vested Officials are to remind and assist spectators of the pathing arrangements and social distancing obligations.

## Spectators / Pathing

- Players are encouraged to limit spectator numbers
- Spectators to follow pathing as much as possible, particularly if and when there are crowds
- Spectator pathing is in the main around the outside of the fields.
- Player pathing is between fields.
- Focus on maintaining 1.5m distances wherever possible ie spectating or using amenities and moving around the grounds.
- Check in CBR QR codes are posted around the Marist hosted venues

# Match Operations at Venue

## Canteens

- Max 5 people permitted in canteen
- No children permitted in canteen
- No person displaying illness to be in canteen
- Staff to sanitise before entering canteen and frequently while in service
- All staff to wear gloves
- Staff handling money **not** to handle food
- Serving spaces to be wiped clean frequently
- Sanitiser to be available on counter
- Remind patrons of social distancing when queuing

## Amenities

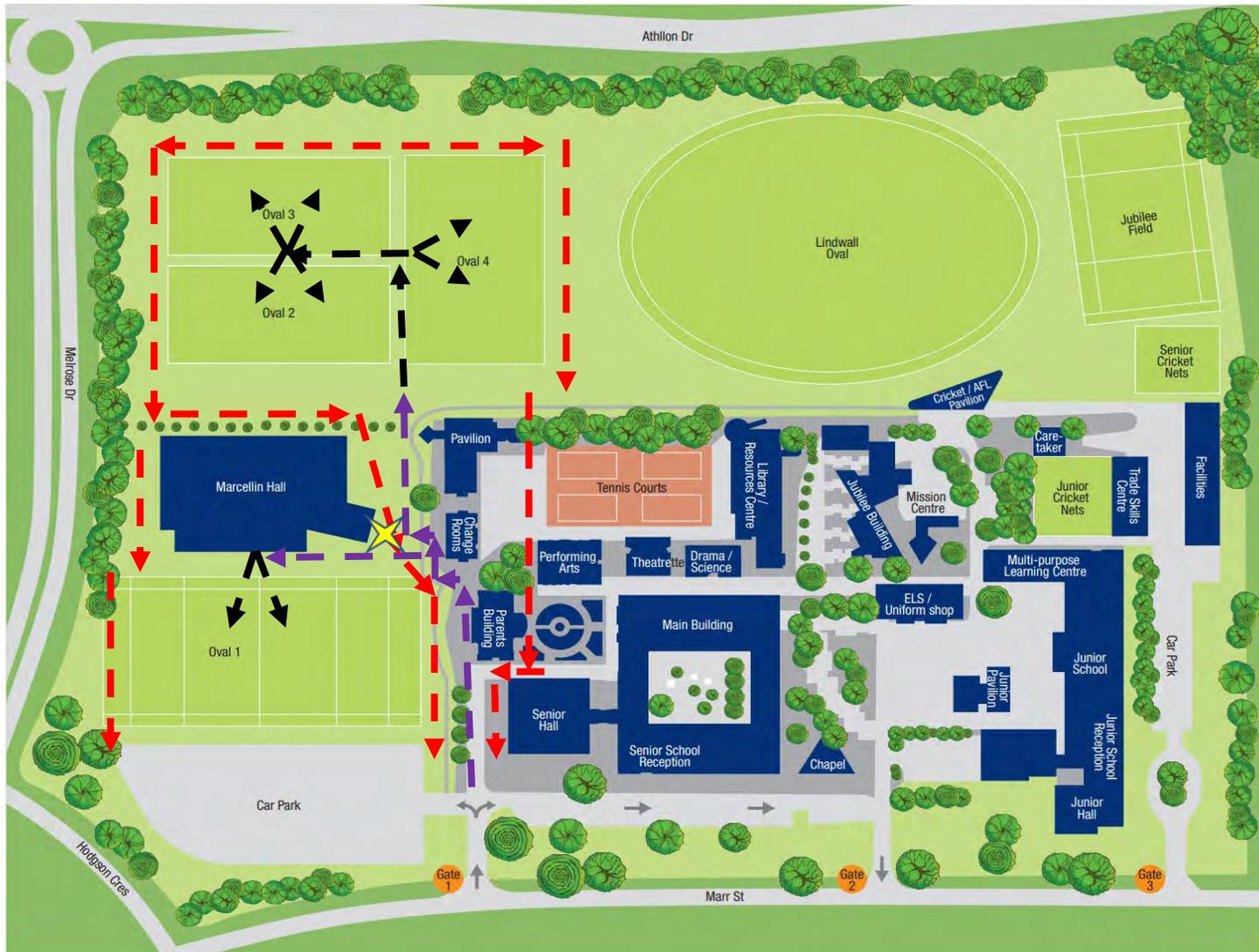
- Bathrooms are to be accessed following pathing protocols – most are accessed on the exit path behind the pavilion building.
- Return to the playing area can occur by re-joining the entry traffic

# Venue Map Marist College

Marist College Map



MaristCollege  
Canberra



Legend – Football/Rugby

Entry



Field entry



Exit



Trace station



Football/Rugby Game Day

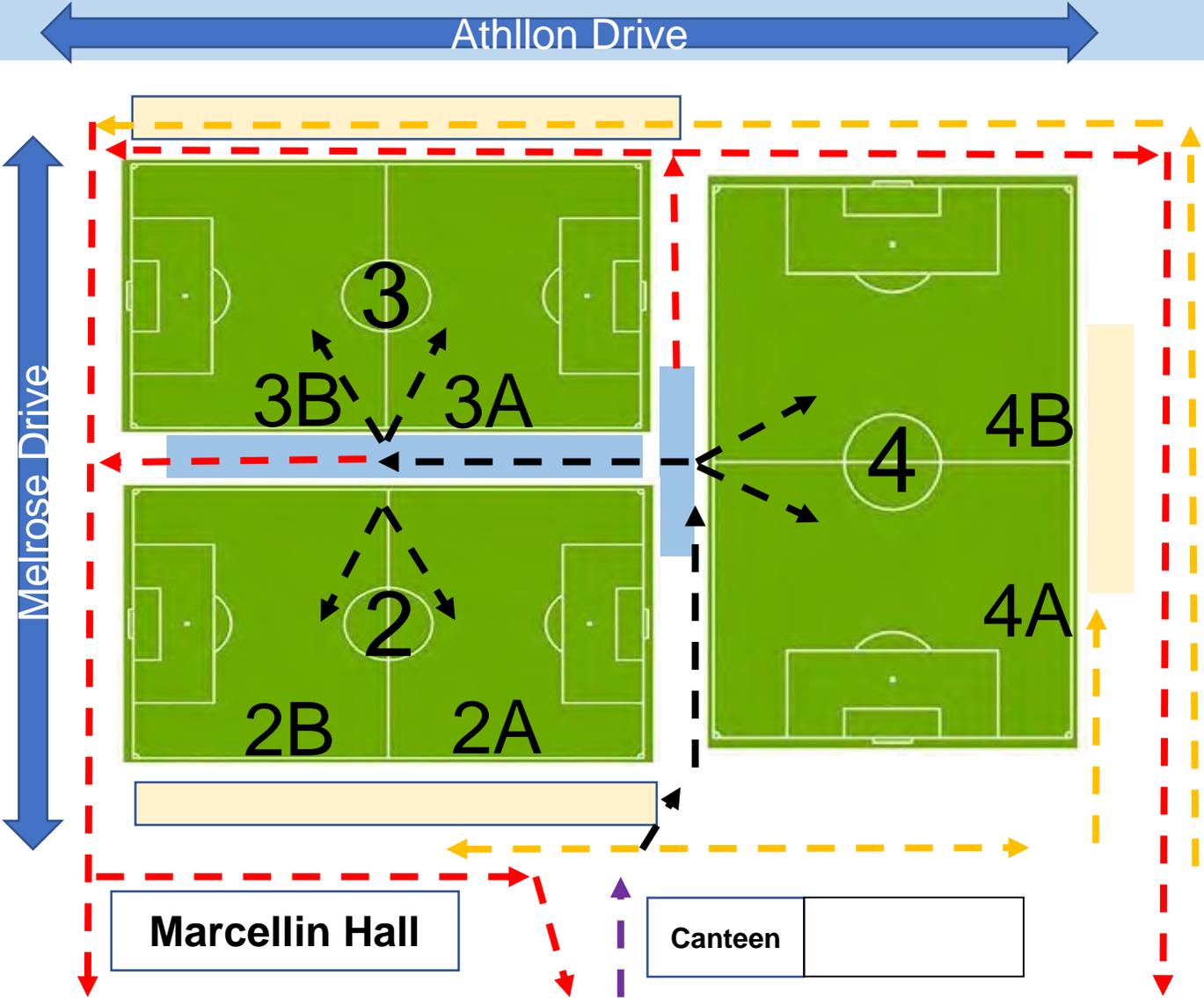
Enter via Gate 1 and Exit venue via Gate 1-2.

Parking in front Senior School and above Oval 1.



**CAPITAL**  
FOOTBALL

# Marist College Football Fields



## Legend

- Venue entry
- Field entry
- Spectator entry
- Field exit
- Spectator zone
- Technical zone
- Field number 2

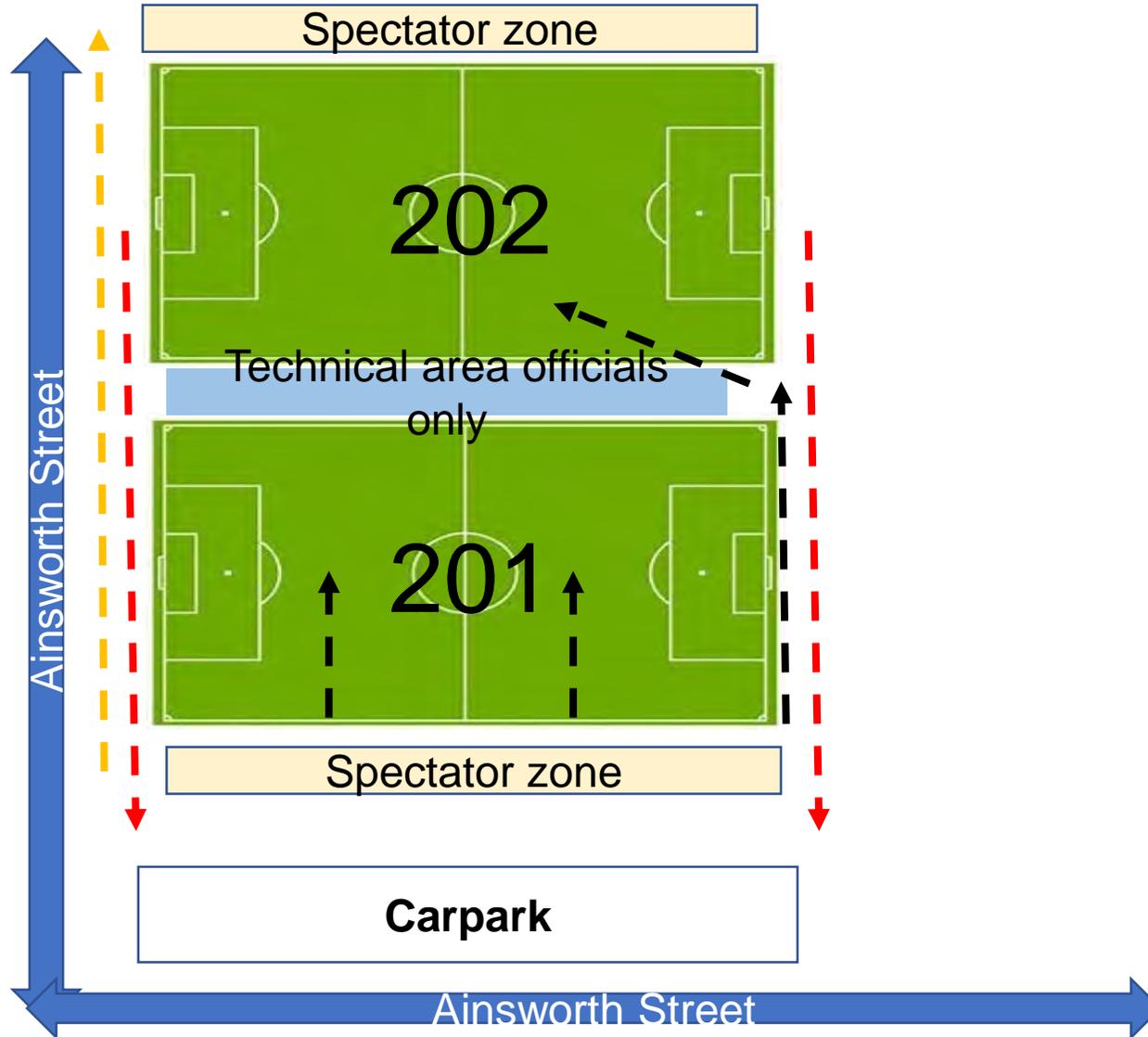
Marist College  
Canberra



[4A]937779823733

Can't scan? Enter the code **923733** manually to check in.

# Phillip Football Fields



## Legend

- Venue entry
- Field entry
- Spectator entry
- Field exit
- Spectator zone
- Technical zone
- Field number **2**

Marist College Canberra - Phillip

Oval



Can't scan? Enter the code **800096** manually to check in.

# Check in CBR and Sign in Sheets

- ▶ All spectators and participants must sign in using either check in CBR or sign in sheets provided at the venue.
- ▶ 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 apple app store.
- ▶ Once downloaded register your details(required for the first time only). At all Marist venues please open the app and scan the QR code, alternatively check in codes for Marist venues are provided on the next two slides.
- ▶ If you do not have your smart phone you should use the sign in sheets provided.

# School Ovals

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# Phillip Oval

## STAY SAFE WITH THE CHECK IN CBR APP



Download the APP from



Open the app and scan the QR Code  
to register your visit

Marist College  
Canberra



(454)937779922333

Can't scan? Enter the code **923733** manually to check in.

Thank you for supporting COVID-19 contact tracing efforts  
and doing your bit to keep Canberrans safe.

Questions? Call the **COVID-19 helpline (02) 6207 7244**  
from 8am-8pm daily



For further information visit  
[covid19.act.gov.au/check-in-cbr](https://www.covid19.act.gov.au/check-in-cbr)



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Marist College Canberra

Marist College Canberra - Phillip  
Oval



(454)937779922333

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# Pearce Oval

-

# Curtin Oval

## STAY SAFE WITH THE CHECK IN CBR APP



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to register your visit

Marist College Canberra

### Marist College Canberra - Pearce Oval



(454)917777980072

Can't scan? Enter the code **800072** manually to check in.

Thank you for supporting COVID-19 contact tracing efforts  
and doing your bit to keep Canberrans safe.

Questions? Call the **COVID-19 helpline (02) 6207 7244**  
from 8am-8pm daily



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## STAY SAFE WITH THE CHECK IN CBR APP



Download the APP from



Open the app and scan the QR Code  
to register your visit

Marist College Canberra

### Marist College Canberra - Curtin Oval



(454)9177779800102

Can't scan? Enter the code **800102** manually to check in.

Thank you for supporting COVID-19 contact tracing efforts  
and doing your bit to keep Canberrans safe.

Questions? Call the **COVID-19 helpline (02) 6207 7244**  
from 8am-8pm daily



For further information visit  
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# Travelling Interstate

- ▶ If travelling interstate, please read below;
- ▶ Teams stay up to date with current Hotspots around Australia, these can be found on the ACT Health website
- ▶ Do NOT travel into Hotspot areas
- ▶ If using public transport, please follow the rules and restrictions in the state/territory you are travelling in/to
- ▶ If carpooling, only carpool with people from the same household
- ▶ If staying overnight, please ensure that the accommodation has a COVID-safe plan in place (it is advised to call the accommodation provider prior to travelling)
- ▶ Ensure that everyone travelling carries a bottle of hand sanitiser on them at all times
- ▶ Ensure that everyone is vigilant with hand and respiratory hygiene
- ▶ Please ensure you use appropriate check in apps or sign in registers when visiting places (i.e. restaurants, playing venues, shopping centres etc)

# Travelling Interstate

- ▶ Unless travel is restricted, ACT Health does not declare areas safe or unsafe for travel. Instead ACT Health provide guidance, taking into account the COVID-19 situation in other states and territories.
- ▶ Travel advice can change rapidly if COVID-19 cases appear. You may need to cancel or amend your travel plans on short notice
- ▶ If you develop COVID-19 symptoms while away or after returning to the ACT, get tested immediately
- ▶ When travelling, use the ABC's of protecting yourself, your family and the football community from COVID-19;
- ▶ **AVOID COVID** affected areas – check the COVID website of the state and territory your are travelling to. If you are welcoming relatives or visitors from interstate, please ask them not to come if they are travelling from an area with a recent case or are feeling unwell
- ▶ **BEHAVE in a COVID-safe way** – be vigilant with hand and respiratory hygiene, maintain physical distancing from others groups, and stay home if feeling unwell
- ▶ **CHECK back when you get home** – monitor the COVID website of the state you visited to see if they had any cases, for two weeks after your return. Follow advice about testing and self isolation. If you feel unwell with COVID symptoms while away or when you return, please get tested immediately and self-isolate until you get result.

