

COVID SAFE PLAN

ESSENDON ROYALS SOCCER CLUB

RICHARD DI SAURO - PRESIDENT

REVIEW - FEBRUARY 2022

COVID-19 COMMITMENT STATEMENT

As Essendon Royals Soccer Club we are 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, our local council, the Victorian State Government and other relevant authorities applicable to our club Essendon Royals Soccer Club.

We also acknowledge the directions imposed by the Victorian State Government will be followed as we undertake football activities during 2022, and we commit to adhering to the latest advice from Football Victoria and the Victorian State Government in this regard.

It is important to Essendon Royals Soccer Club to 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 changing room)
- 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: Develop and hold activities and drills which maintain distancing and prevent intentional contact. There must be a minimum distance of 1.5m between participants at all time.

- Our club/association has the following indoor spaces:
- N/A (density quotient:

- We will provide/require the following training and guidance to our personnel/volunteers:
- Vaughan Coveny & David Rowan

2. WEAR A FACE MASK

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 wear a face mask, our club/association will:

1. Face masks will be worn to and from training for players & coaches.
2. Players will be asked to bring a minimal bag for alternate coloured top, shin pads, etc.
3. No access will be provided to shower, spa, ice bath, social area or canteen.
4. Players shall bring and only use their own water bottles and equipment.
5. Gym equipment inclusive of free weights, mats and resistance bands will not be used.
6. Players shall be instructed to minimise hand contact with soccer balls and other non-essential surfaces.

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:

- Players will exercise the following measures while attending the facility: remaining 1.5m apart maintaining players, coaches and minimal support staff in each zone or spectator area at any time.
- No shaking hands, hugs or “high-five” contact.
- Utilising hand sanitiser on entry and exit.
- Covering mouth and nose with a tissue or sleeve during coughing/sneezing no spitting anywhere or on any person.
- Thoroughly wash hands on frequent occasions.
- Individual use of drink bottles and snacks (no sharing of lollies, oranges etc.)
- Not congregating at the entry or exit 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:

- Undertake a risk assessment
- Contact DHHS and Worksafe
- Determine hot spots
- Clean the premises

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

- Essendon Royals Soccer Club will keep attendance of all players via Team App.

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:

Players, officials, parents, carers and staff shall not attend training if in the last fourteen days they have been unwell or have had contact with a known or suspected case of COVID-19.

2. Players and personnel who feel they are vulnerable should delay their return to training. Future selections will not be based on presence or not at training during this period.

3. Everyone entering the facility is strongly recommended to have installed the government COVID tracing app on their phones.

4. Players, officials, parents, carers and staff with common symptoms of coronavirus including fever, chills, cough, sore throat, shortness of breath, runny nose or loss of sense of smell – however mild - shall not attend training until cleared by their own doctor.

5. Players, officials, parents, carers and staff with a higher risk of serious illness from COVID-19 including those 70 years of age and older, those 65 years and older with chronic medical conditions, people with weakened immune systems and Aboriginal and Torres Strait Islander people 50 years and older with a chronic medical condition must not attend training or enter the facility.

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:

- Essendon Royals Soccer Club will have all enclosed areas closed for training & games.

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' by:

- Limiting 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
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ADDITIONAL RESOURCES

1. CURRENT STATE GOVERNMENT POSITION

The current principles and restrictions that apply in Victoria are set out in our Return to Play/Training conditions which are available in the [COVID-19 Football Portal](#).

Please review the Return to Play/Training Conditions, which will be updated from time to time as the Government announces further easing of restrictions. All COVIDSafe Plans will be subject to these conditions.

2. CORONAVIRUS RESOURCES

The following resources may assist your club or association to prepare your COVIDSafe Plan, and to comply with Government restrictions. These resources are not exhaustive, and there may be additional resources available.

- [Federal Department of Health, Online Infection Control Training](#)
- [Victorian Department of Education and Training, Skills Gateway – Infection Control training](#)
- [Victorian Government Coronavirus website, Creating a COVIDSafe workplace](#)
- [Victorian Government Coronavirus website, COVIDSafe Plan](#)
- [Victorian Government Coronavirus website, Industry Restart Guidelines: Community Sport and Recreation \(October 2020\)](#)
- [Victorian Department of Health and Human Services, Coronavirus information posters](#)
- [Federal Department of Health, Coronavirus information posters and resources](#)
- [Federal Department of Health, Translated coronavirus information posters and resources](#)