



# RETURN TO **PLAY** GUIDELINES

LAST UPDATED OCTOBER 9, 2020



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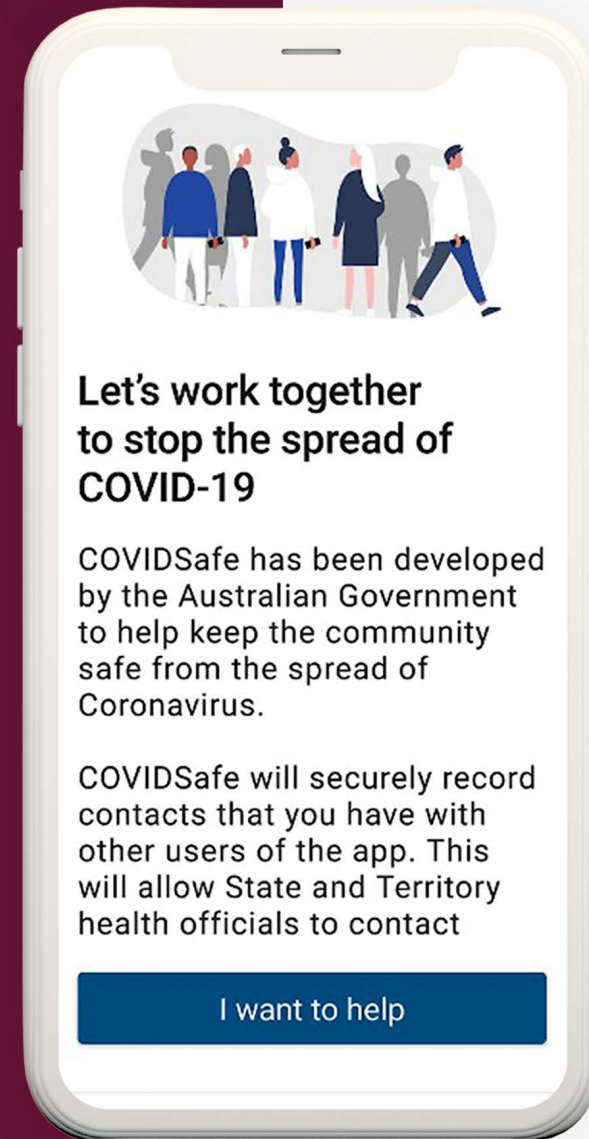


# COVIDSafe APP

To aid the fight against COVID-19, Football Queensland supports the COVIDSafe app and encourages the football community to get behind this initiative.

It represents our best chance to get back to football quickly.

Download from the Apple App store and Google Play.



# OVERVIEW

Football Queensland's priority is to safeguard the health and wellbeing of the football community and wider public during the COVID-19 pandemic.

**Stage 1** of the Queensland Government's Return to Play Guide outlines that no indoor or outdoor formal organised individual or team community sport or training will be permitted, with all football and futsal activity across the state suspended until June 1.

**Stage 2** commences on June 1, when non-contact activity will be permitted for up to 20 people and clubs may resume training sessions only as per these Return to Training guidelines. From June 5, non-contact activity can be held with three groups of 20 on each field with defined training areas.

**Stage 3** will commence from July 3, when contact training will be permitted as per the Industry COVID Safe Plan and the Return to Play Guide.

Indoor sports facilities can open with one person per 2 square metres for venues of 200 square metres or less (upto a total of 50 people) and 4 square metres for venues of 200 square metres or more.

Outdoor sports facilities can open with physical distancing (off the field of play).



# PRINCIPLES

## FEDERAL GOVERNMENT



Australian Government



# PRINCIPLES

## QUEENSLAND GOVERNMENT



The Queensland Chief Health Officer has approved that some sport and recreation activities can resume according to the following rules:

### STAGE ONE

FROM 15 MAY

PREVIOUS STAGE

#### Indoor - Including Team, Individual, Contact and Non-contact activities

- No indoor activity permitted, except for pools, which can operate for up to 10 people until Stage 2.
- No formal organised individual or team community sport or training (unless an exemption is approved).
- The following activities are exempt from the health directives: golf, tennis and lawn bowls.

#### Outdoor - Including Team, Individual, Contact and Non-contact activities

- No formal organised individual or team community sport or training unless an exemption is approved by the Chief Health Officer.
- Non-contact informal activity permitted for up to 10 people.
- Pools can operate for up to 10 people.
- Communal swimming pools are open for recreation, training and rehabilitation purposes, ensuring the following rules:
  - a maximum of 10 swimmers per pool
  - no spectators, except for up to one parent/carer per child, if necessary
  - communal showers and change rooms are closed, toilets may remain open
  - minimise the use of communal facilities.
- Shower with soap before and after swimming (at home, not at the pool).
- The following activities are exempt from the health directives: golf, tennis and lawn bowls.

### STAGE TWO

FROM 1 JUNE

PREVIOUS STAGE

- \*Non-contact activity permitted for up to 20 people.
- \*Pools can operate for up to 20 people.

\* More with COVID SAFE Plan approved by health authorities

#### FROM 5 JUNE

- Defined training areas for each training group of 20 must maintain a base density requirement of 4 square metres per person and physical distancing (>1.5 metres).
- Each playing space must be clearly marked and minimise the risk of balls moving into another zone, with no co-mingling between groups
- If space permits a parent/guardian zone can be established, maintaining social distancing

### STAGE THREE

FROM 3 JULY

WE ARE HERE

- Resumption of activity including competition and physical contact is permitted on the field of play
- Indoor sports facilities can open with one person per 2 square metres (off the field of play), for venues of 200 square metres or less and one person per 4 square metres (off the field of play), for venues of 200 square metres or more
- Outdoor sports facilities can open with physical distancing (off the field of play)
- Up to 500 people allowed per venue (no approval required)
- For events involving 500 to 10,000 people, COVID Safe Event Plan approval is required
- Facilities such as canteens, change rooms, bathrooms, storage room and bars will reopen. Refer to industry plans for cleaning and flow of people.
- Events such as championships, carnivals and gala days can recommence.
- Crowd capacity will be up to 25,000 spectators or 50% capacity (whichever is the lesser)
- COVID Safe Industry Plans continue to apply with revisions to reflect changes in Stage 3
- COVID Safe Checklists continue to apply for further information
- All activity is to be conducted in accordance with the relevant Industry and Stadia COVID Safe Plans and Public Health Directives. This includes organisations detailing how persons will be tracked, traced including spectators

# STAGE THREE SUMMARY

## FROM 3 JULY

This document outlines the conditions that must be met for training sessions to limit the spread of COVID-19 in line with Federal and State Government guidance.

Failure to meet these conditions may void your insurance policies under the national insurance program, may be dealt with under FQ's Grievance, Disciplinary and Tribunal Bylaw, and critically, may delay the return to competition.

### **Contact**

Full contact is permitted on the 'field of play' in line with pre-COVID contact activities. At all other times, participants, coaches, supervisors, officials, trainers, and spectators are to observe physical distancing requirements and undertake sound hygiene practices as detailed in this Plan. The definition of the field of play extends to incorporate the use of change rooms and match officials' rooms by active participants, allowing the full team and required coaching / medical officers without the occupant density requirements. Benches and dugouts are also considered part of the field of play and therefore social distancing is not required in these areas.

### **Facility Capacity**

The total number of people to attend an activity, training and competition at indoor venues is to be based on occupant density of one person per two square metres for venues of 200 square metres or less (up to a total of 50 people) and one person per four square metres for venues of 200 square metres or more. For outdoor venues, physical distancing off the field of play is required. Risks will be managed through mandatory record keeping, through group segmentation and buffer zones as appropriate. Individual organisations and facility managers will be responsible for implementing these requirements in line with the relevant approved Industry COVID Safe Plan.

### **Facility Usage**

All elements of community sport, recreation and fitness facilities are accessible in line with relevant health guidelines and directives. This means facilities such as canteens, change rooms, bathrooms, storage rooms, bars will reopen and operating hours can also be amended. Industry Plans will detail how organisations will manage the use of ancillary facilities in relation to cleaning/sanitisation and flow of people within venues. All facility components will be operated in accordance with the relevant approved Industry COVID Safe Plan.

### **Events**

Such as championships, markets, carnivals and gala days can recommence. Organisations must ensure the relevant approvals are in place based on the number of people attending as seen in the Roadmap to Easing COVID-19 restrictions.

### **Stadia**

Strict social distancing measures and hygiene practices will remain central to COVID Safe Plans for stadia, in line with Public Health Directives. Crowd capacity will be up to 25,000 spectators or 50% of capacity (whichever is the lesser). Group segmentation and buffering measures will be used to reduce co-mingling. Public messaging will ensure that patrons are aware of all requirements during sporting events and concerts. COVID Safe Plans for stadia will address transport management for patrons travelling to and from venues, including alternatives to public transport.

### **Compliance**

All activity is to be conducted in accordance with relevant Industry and Stadia COVID Safe Plans and Public Health Directives. This includes organisations detailing how all persons at the activity/facility will be tracked, and traced, including spectators.



# PRIOR TO TRAINING & GAMES





# PRIOR TO TRAINING & GAMES

## INDIVIDUALS

You must not attend training/games if in the past 14 days you:

- Have been unwell or had any flu-like symptoms;
- Have been in contact with a known or suspected case of COVID-19;
- Have had any respiratory symptoms (even if mild); or
- Are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.

Those with even mild symptoms are strongly encouraged to get tested.



# PRIOR TO TRAINING & GAMES

## CLUBS

In advance of commencing training or games, clubs must:

- Source written approval from the landowner of your facility e.g. Council – Clubs are not permitted to use venues other than those already agreed in advance of the season
- Comply with any additional requirements imposed by the landowner
- Ensure the venue meets all conditions in this document including particularly hygiene and pitch marking
- Ensure all communications with members about the return to training/games include this document, highlighting the information when not to attend training/games
- Communication with members is critical to maintaining a good COVID Safe environment
- Use of area designations for activities e.g. spectator areas, bar / food & beverage area and adequate supervision resources
- All club officials, coaches and anyone coordinating the training sessions must have read and be familiar with these guidelines
- Ensure that any person who attends training who is known in the last 14 days to have (or had) symptoms, contact with a known/suspected case, or be at high risk, is refused entry
- Ensure that all players and coaches are appropriately registered on PlayFootball
- Recommend that a COVID Safe Coordinator is allocated to each session to take responsibility of completing the cleaning requirements before the next group arrives
- Clubs must follow the relevant industry plan for each specific area e.g. The Field Sports Industry Plan and if a canteen/bar The Cafe and Hospitality Industry Plan
- Ensure density of patrons is maintained and social distancing is adhered to and limit the amount of co-mingling



# HYGIENE PROTOCOLS



# HYGIENE PROTOCOLS

## CLUBS

All clubs must ensure, in conjunction with the Council / landowner that:

- All surfaces, equipment and objects (including around entry points) are wiped down after each training session with appropriate anti-bacterial /disinfectant wipes or soap, particularly those frequently touched – this includes door handles, light switches, phones, remote controls, pitch entry points and any other high touch areas as well as all equipment including balls
- Regular and thorough hand washing is promoted via prominent signage (including at entry and exit points – to be marked as such) around the venue.
- Signage is available to download via our Return to Football portal
- Prominent signage (including at entry and exit points to be marked as such) around the venue instructing people when not to attend training
- Hand sanitiser dispensers are provided in prominent places around the venue (including entry and exit points) and are regularly refilled
- Soap dispensers in toilets are regularly refilled
- Bins are provided around the venue and regularly emptied
- Toilet facilities are regularly cleaned with disinfectant - advice on cleaning is available from the Department of Health and Human Services

# HYGIENE PROTOCOLS

## INDIVIDUALS

All individuals attending training & games must:

- Wash hands with hand sanitiser immediately before and after training and during scheduled breaks in training
- Not spit at any time
- Not share drink bottles and clearly label their own bottle
- Take their training bib or any other items worn/used during training, home to wash individually
- Carry hand sanitiser in order to enable good personal hygiene
- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze and place tissues directly in bins
- Not share pens or clip boards
- Avoid touching eyes, nose or mouth if your hands are not clean



# ATTENDING TRAINING & GAMES

FROM JULY 3, 2020



# PROTOCOLS

## COACH/CLUB OFFICIAL

The following conditions must be implemented:

- Recommend that a COVID Safe Coordinator is allocated to each session to take responsibility of completing the cleaning requirements before the next group arrives
- Clubs / Organisations may need to increase the number of COVID Safe Officers that they have to manage the additional requirements if looking to implement all aspects of Stage 3 restrictions
- Entry must be refused to any person with COVID-like symptoms, or who is known in the last 14 days to have (or had) symptoms, contact with a known/suspected case, or be at high risk (see page 28)
- Staggered training start times to minimise risk of congregation
- A gap of no less than 15 minutes in between scheduled training sessions to avoid congregation
- An accurate record of all attendees (including parents/ carers) for the purposes of contact tracing must be kept, including full name, phone number, date and time of attendance (see page 25)
- No more than 1 person per 2 square metres for venues of 200 square metres or less and 1 person per 4 square metres for venues of 200 square metres or more
- Heading of the ball can take place during training
- Contact training is now permitted
- Handling of equipment must be minimized
- Changerooms / showers are able to be used but must meet the guidelines below

# PROTOCOLS

## COACH/CLUB OFFICIAL CONT

- Sharing of equipment must be minimised
- No use of shared equipment that touches the head or face or cannot be effectively cleaned i.e. soft materials or clothing
- Adherence to the hygiene protocols in this document
- Regular breaks are to be provided for the purpose of rehydrating and hand sanitising
- No social activity is to occur once training has concluded
- Players must leave promptly in a staged approach
- All normal safety protocols apply – including Child Safety requirements (WWCC)





# PROTOCOLS

## PLAYER/PARENT

When attending training & games, the following conditions must be observed:

- You must not arrive more than 25 minutes prior to training commencing
- You must not congregate at the entry point
- You must bring your own drink bottles clearly labelled
- No sharing of drink bottles is permitted
- You must follow the hygiene protocols in this document - regular breaks will be provided for the purpose of rehydrating and hand sanitising
- Physical distancing of 1.5 metres must be maintained off the field of play
- No more than 1 person per 2m square metres for venues of 200 square metres or less and 1 person per 4 square metres for venues of 200 square metres or more
- Heading of the ball can take place during training
- Contact training is now permitted
- Handling of equipment must be minimized.
- Sharing of equipment must be minimised. No use of shared equipment that touches the head or face or cannot be effectively cleaned i.e. soft materials or clothing

# PROTOCOLS

## PLAYER/PARENT CONT

- ❑ You must provide your details including full name, phone number, date and time of attendance, and confirmation whether you have downloaded COVIDSafe App (not mandatory), to the coach/club official for the purposes of contact tracing.
- ❑ If training bibs are used, you will be allocated a bib and you must take it home and wash it
- ❑ You must leave promptly in a staged approach



# COVID SAFE PLAN

FIELD SET-UP GUIDELINES



# COVID SAFE PLAN

## FIELD SET-UP GUIDELINES

The field set-up guidelines are intended to prevent the transmission of COVID-19 among members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community.

### STAGE 3: PLAYING SPACES

Outdoor fields can accommodate multiple playing spaces or zones and will be mitigated with no co-mingling between groups by meeting the following requirements:

- Indoor sports facilities can open with one person per 2 square metres for venues of 200 square metres or less and 1 person per 4 square metres for venues of 200 square metres or more
- For outdoor venues physical distancing off the field of play is required (>1.5 metres).
- Each playing space must be clearly marked and minimise the risk of balls moving into another zone.
- No group from one playing space can come into contact with a group of another playing space.
- Must not create unnecessary risk of people congregating.

Management and segmentation of groups of participants through:

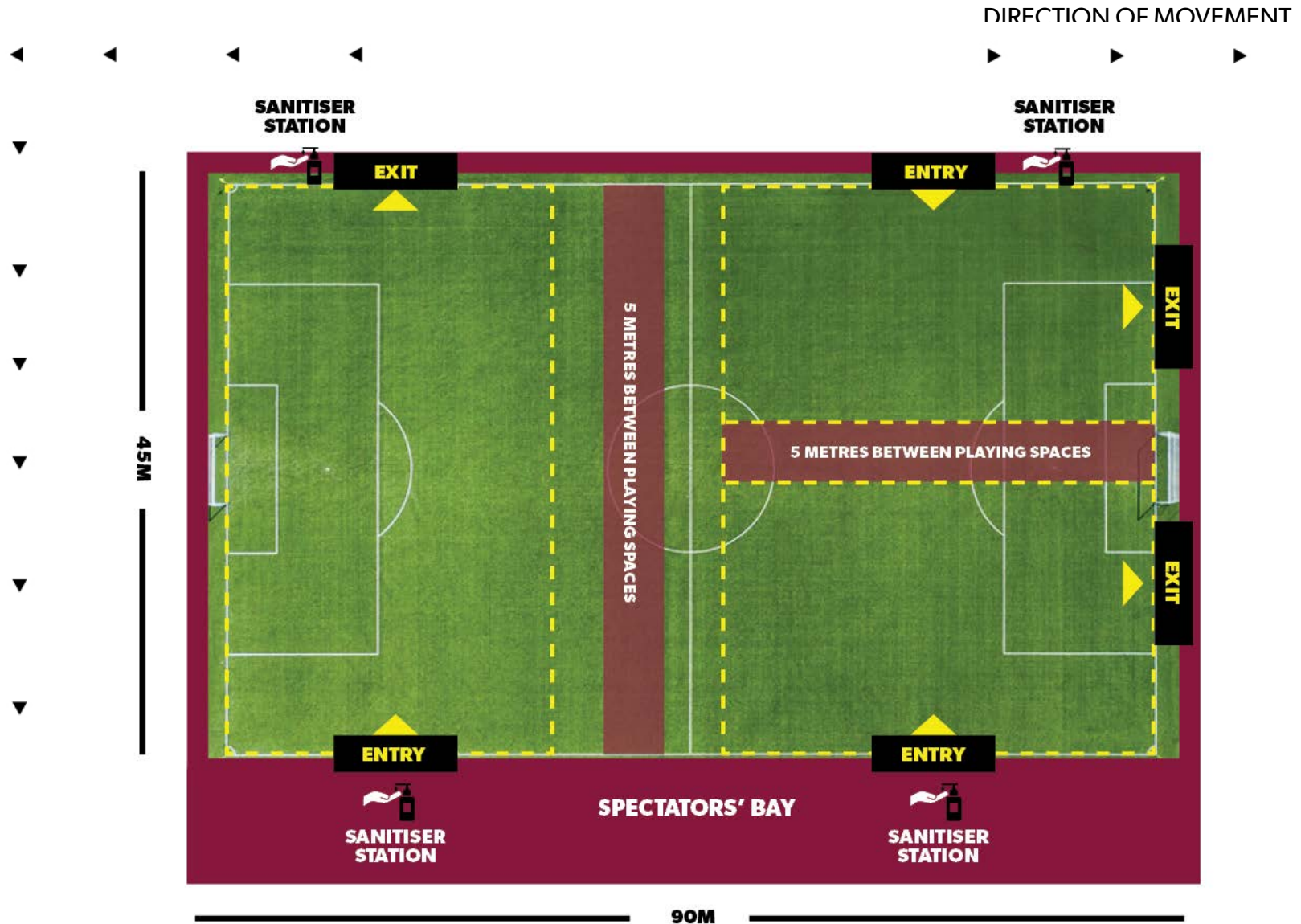
- Each playing space has a different entry and exit to other playing spaces
- At least 5 metres between playing spaces
- Separation whilst in play
- Scheduling – staggered start and finish times, staggered at each playing space to eliminate group overlap

Implementation of strict hygiene and sanitisation measures including:

- Equipment cannot be shared between zones
- Hand sanitizers are available at the entry and exit of each zone
- High contact points within a playing space must be cleaned before another group can access

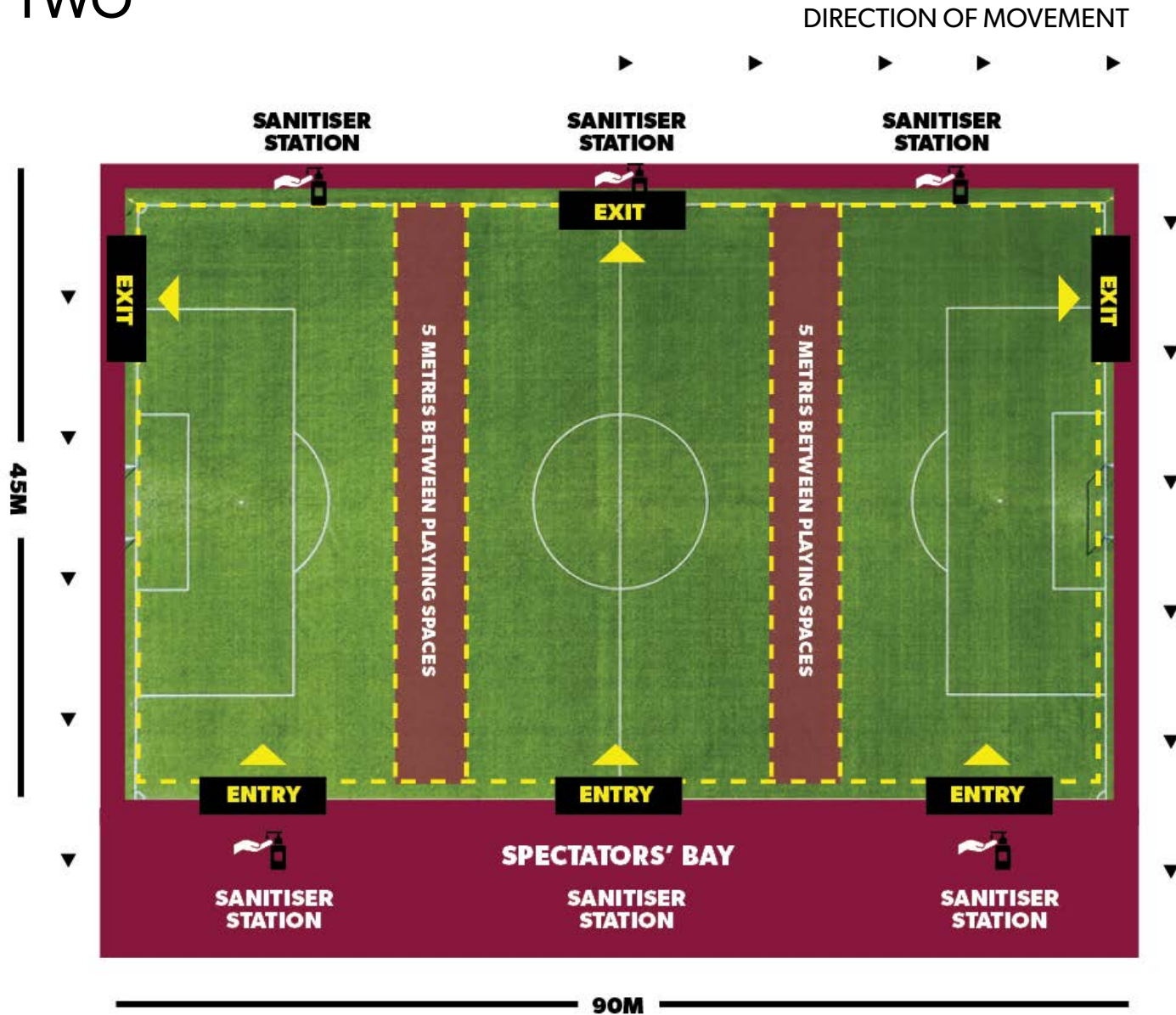
# PLAYING SPACES

## OPTION ONE



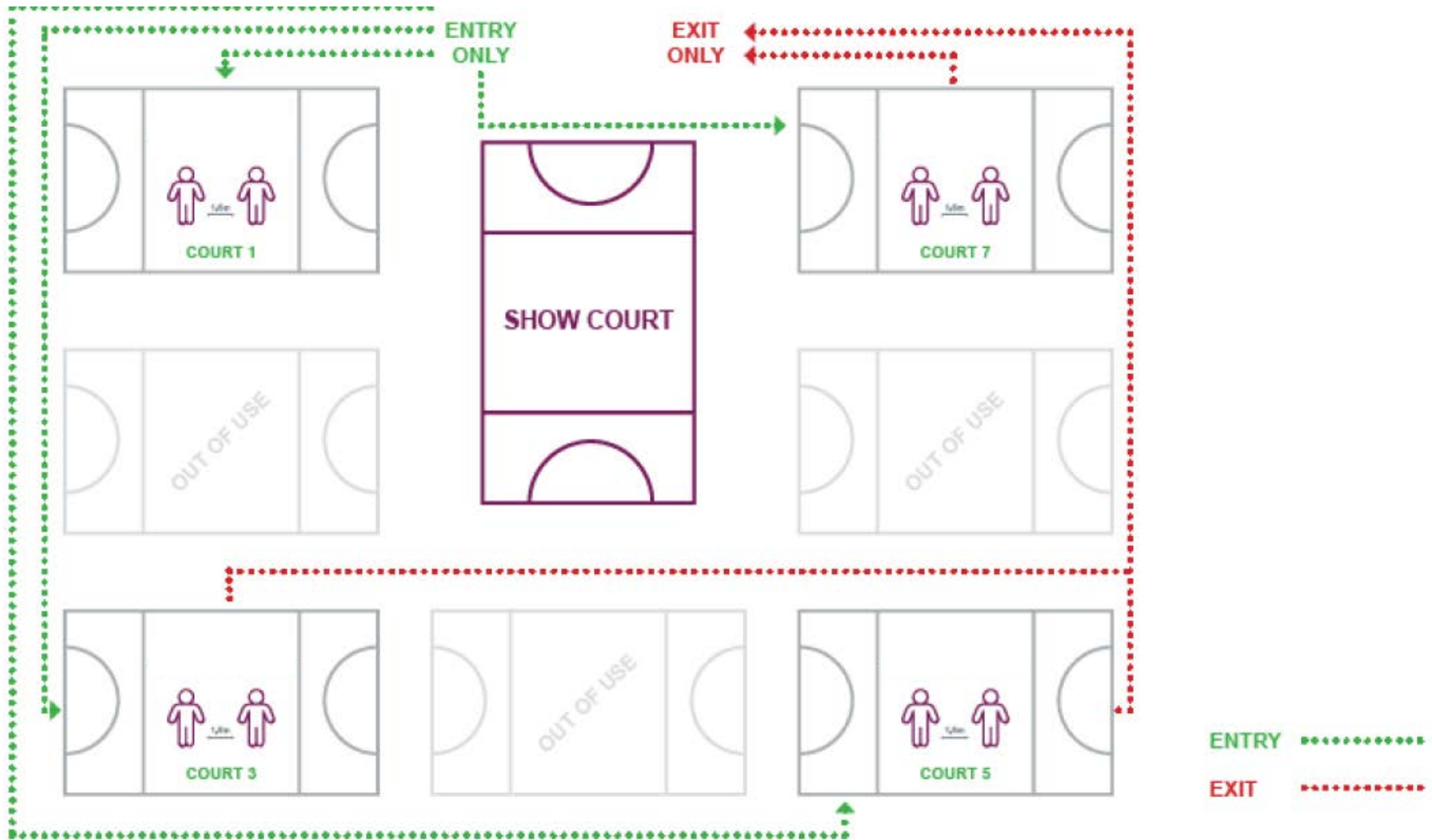
# PLAYING SPACES

## OPTION TWO



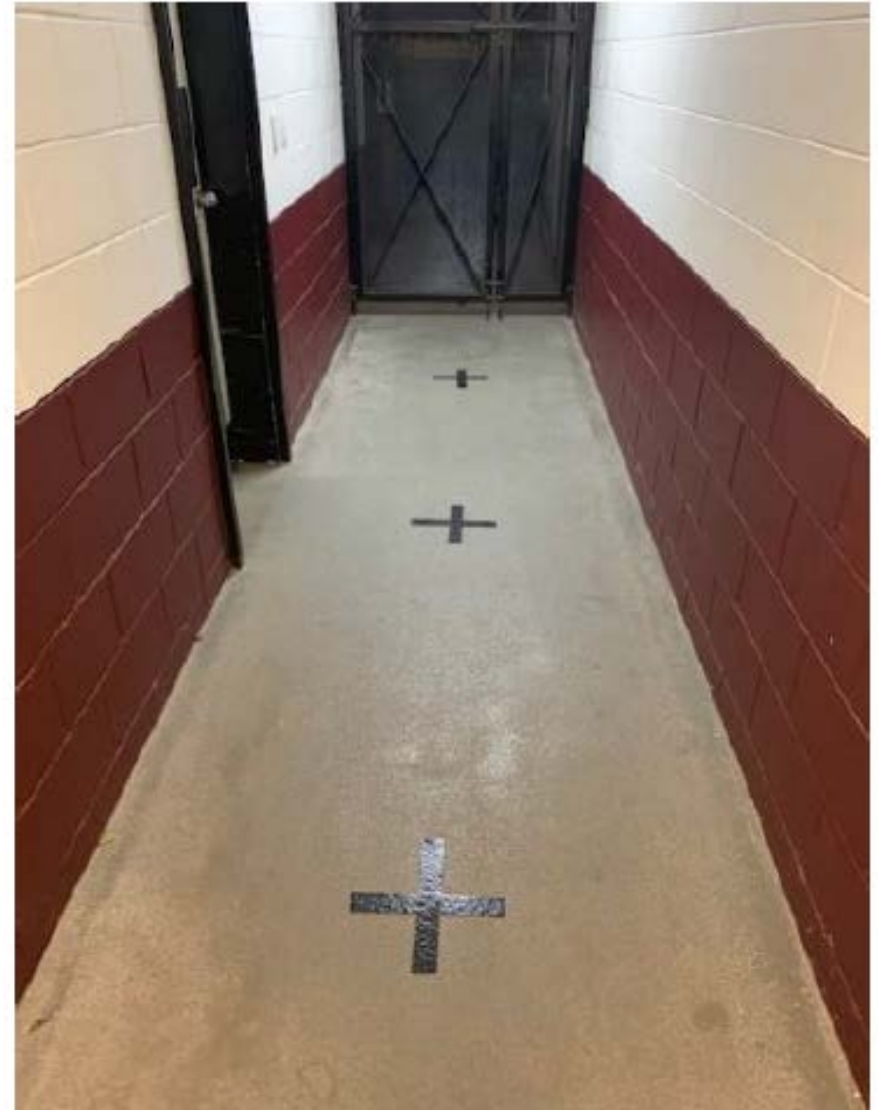
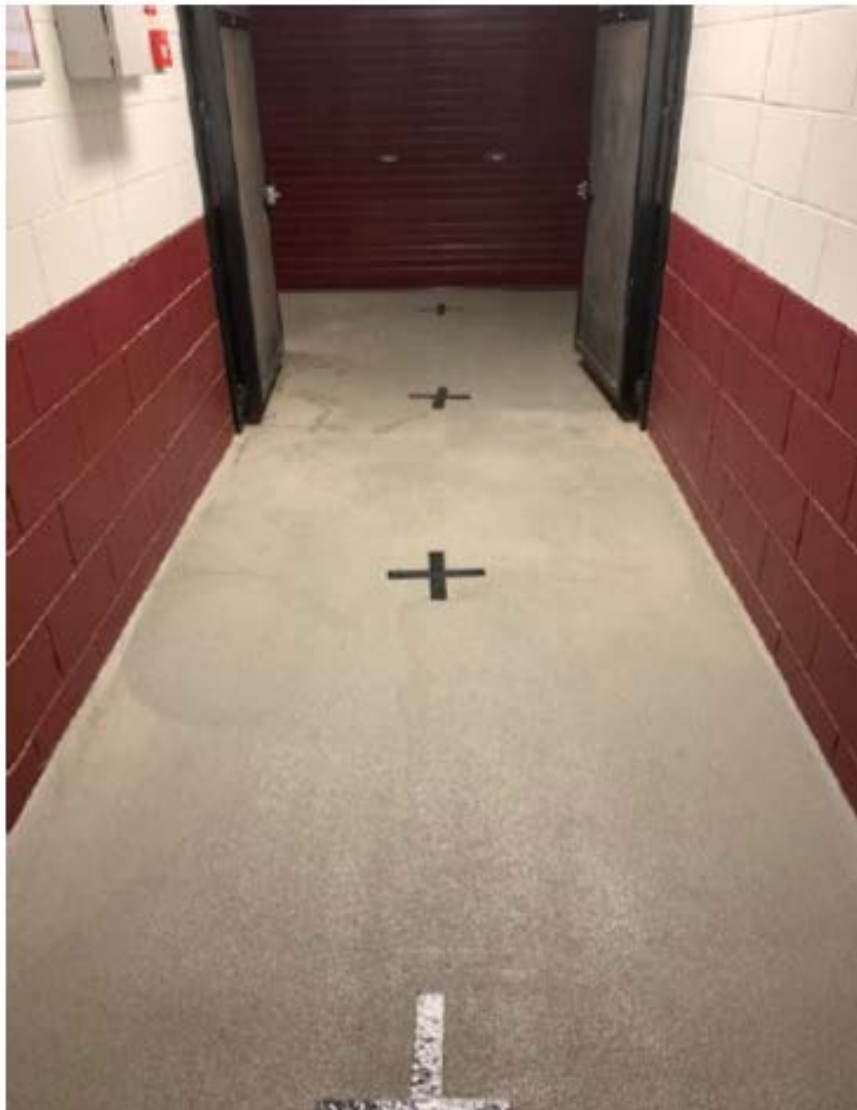
# PLAYING SPACES

## FUTSAL COURT EXAMPLE (NISSAN ARENA)



# **SOCIAL DISTANCING**

## **MARKERS ON ENTRY**







# TRAINING SCHEDULE

## EXAMPLE

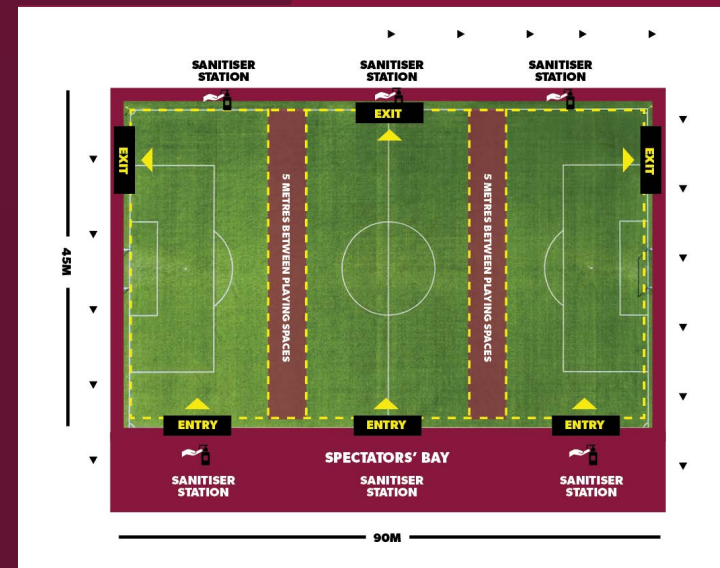
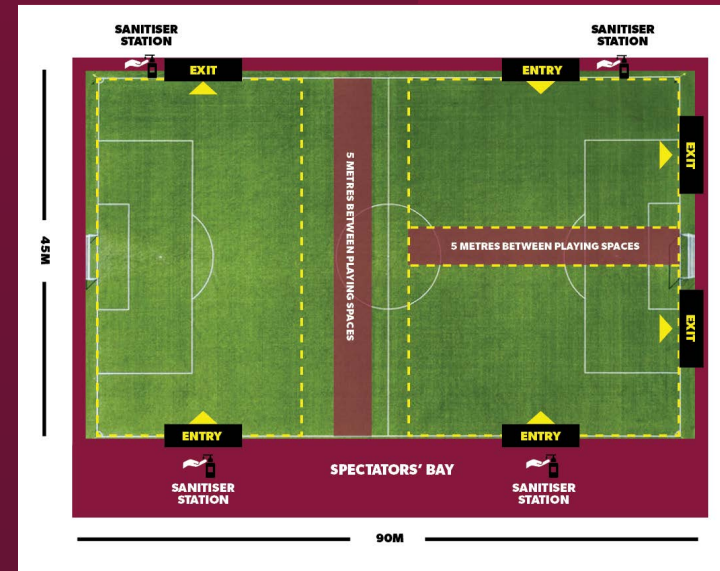
TIME	ENTRY GATE 1 - SOUTHERN CARPARK		ENTRY GATE 2 - NORTHERN CARPARK	
	FIELD 1 ZONE 1	FIELD 1 ZONE 2	FIELD 2 ZONE 3	FIELD 2 ZONE 4
BOOKING 1	4:00PM - 4:45PM	4:10PM - 4:55PM	4:05PM - 4:50PM	4:15PM - 5:00PM
BOOKING 2	5:00PM - 5:45PM	5:10PM - 5:55PM	5:05PM - 5:50PM	5:15PM - 6:00PM
BOOKING 3	6:00PM - 6:45PM	6:10PM - 6:55PM	6:05PM - 6:50PM	6:15PM - 7:00PM
BOOKING 4	7:00PM - 7:45PM	7:10PM - 7:55PM	7:05PM - 7:50PM	7:15PM - 8:00PM

# MOVEMENT OF PEOPLE

## AND SOCIAL DISTANCING

Football clubs will adopt the principles below in regards to movement around venues and social distancing:

- ❑ Where possible all ingress and egress will be at different points
- ❑ Movement of people around fields and venues should be one way
- ❑ Social distance markers are clearly visible.
- ❑ No co-mingling of groups in playing spaces/zones.
- ❑ Management and segmentation of groups of participants through scheduling.
- ❑ Implementation of strict hygiene measures at all entry and exit points, communal areas and managing equipment.



# MANAGEMENT OF UNWELL PARTICIPANTS

- Self-isolate at home if presenting symptoms.
- Compare the symptoms of coronavirus (COVID-19), with the common cold and flu.
- Anyone who is unwell or develops a fever, a cough, sore throat or shortness of breath, must contact a doctor or call 13HEALTH (13 43 25 84).
- Liaise with public health authorities and facilitate the sharing of information about all symptomatic participants at an activity run by your organisation, subject to privacy law.
- Notify Football Queensland and the Department Housing and Public Works (Sport and Recreation)
- Contact participants (refer to attendance register) if an attendee subsequently becomes unwell and provide advice on what actions should be taken. If an outbreak does occur at your facility, the register will need to be provided to relevant authorities (i.e. Department of Health) in a timely fashion.

Minimum details to be collected include:

- Date of entry
- First name and surname
- Phone number
- Time in
- Time out
- Club & team/group
- Communicate isolation and medical procedures for all players, members, volunteers and their families at the onset of any symptoms including organisation facilities that can be used to manage symptomatic participants.
- Identify with clear and unambiguous signage, a space that can be used to isolate staff or participants who become unwell at an activity and cannot leave immediately. The isolation area should be equipped with necessary PPE supplies to facilitate hand hygiene and respiratory etiquette, such as face masks and gloves.

# MANAGEMENT OF UNWELL PARTICIPANTS

## CONT

- Ensure staff/volunteers understand that participants who become unwell should be immediately isolated and given a clean disposable facemask to wear. Establish procedures to help unwell staff or participants leave the event as soon as possible and added protections for activity staff in such circumstances.
- Train volunteers/organisation management on treatment of symptomatic participants and disinfecting of facilities used by such participants.
- Confirm notification protocols for notifying public health authorities and other attendees of symptomatic participants.

This document is current as at 9 October 2020. FQ will continue to work with the State Government, FFA, Councils and other bodies regarding the safe resumption of football. The document is subject to change including upon the advice of government and clubs are expected to remain up-to-date with the latest advice.

Further information guide(s) will be published in line with government advice in the event of any further staged return to playing football.

## **RESOURCES**

Queensland Government Return to Play Guide:

Queensland Government Return to Play Readiness Checklist:

Queensland Health Resources and Fact Sheets:

Return to Play Portal:

The Approved COVID Safe Industry Plans are located at:

