



## **White Eagles Football Club**

**A B N 61296203162**



## **White Eagles Football Club Canberra ACT**

[www.whiteeaglesfc.org](http://www.whiteeaglesfc.org)

**ABN 61296203162**

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### **Canberra White Eagles Return to Football Guidelines**

#### **Training**

Outdoor training can be conducted in small groups (20 people including players, Plus 1 coach)

Each coach will only coach/instruct 1 group of players per day

Non contact skills can commence (i.e. striking the ball, running with the ball, 1st touch and conditioning)

Low Contact Activities are permitted (i.e working in pairs on volleying the ball with a receiver and kicker). Deliberate contact (i.e tackling) is not permitted. Practice games with tackling

Adequate spacing for each player and staff (applying the 1.5 metre social distancing rule and 4m<sup>2</sup> per person)

Players to turn up no earlier than 15 minutes prior to the start of training

Warm ups are to be done in the allocated training session or done at home prior to training

## **Training Venue - Ainsworth Street Phillip - See Sketch attached**

Only essential participants should attend football activities (i.e. players, team and club officials, and if needed one parent/guardian)

Where possible, parents/guardians are encouraged to remain in the car

Limit the use of facilities (i.e. no change rooms to be used unless it is to use the toilet)

One parent/guardian to drop off and pick up player from venue (applying the 1.5 metre social distancing rule)

Encourage all venues to have clear vehicle and pedestrian entry and exits

Players, staff and parents are required to leave the venue immediately after training

## **General Precautions**

Wash hands with soap and water often

Use hand sanitiser if soap and water not available

Clubs and venues should avoid any presentations or unnecessary gatherings

Drink bottles must not be shared

No handshakes, high - fives and body contact

Education Theory sessions held online, practical sessions held in small groups (no more than 10 people, including instructors) on ovals

Club meetings held online

## **Travel**

Avoid carpooling to and from training

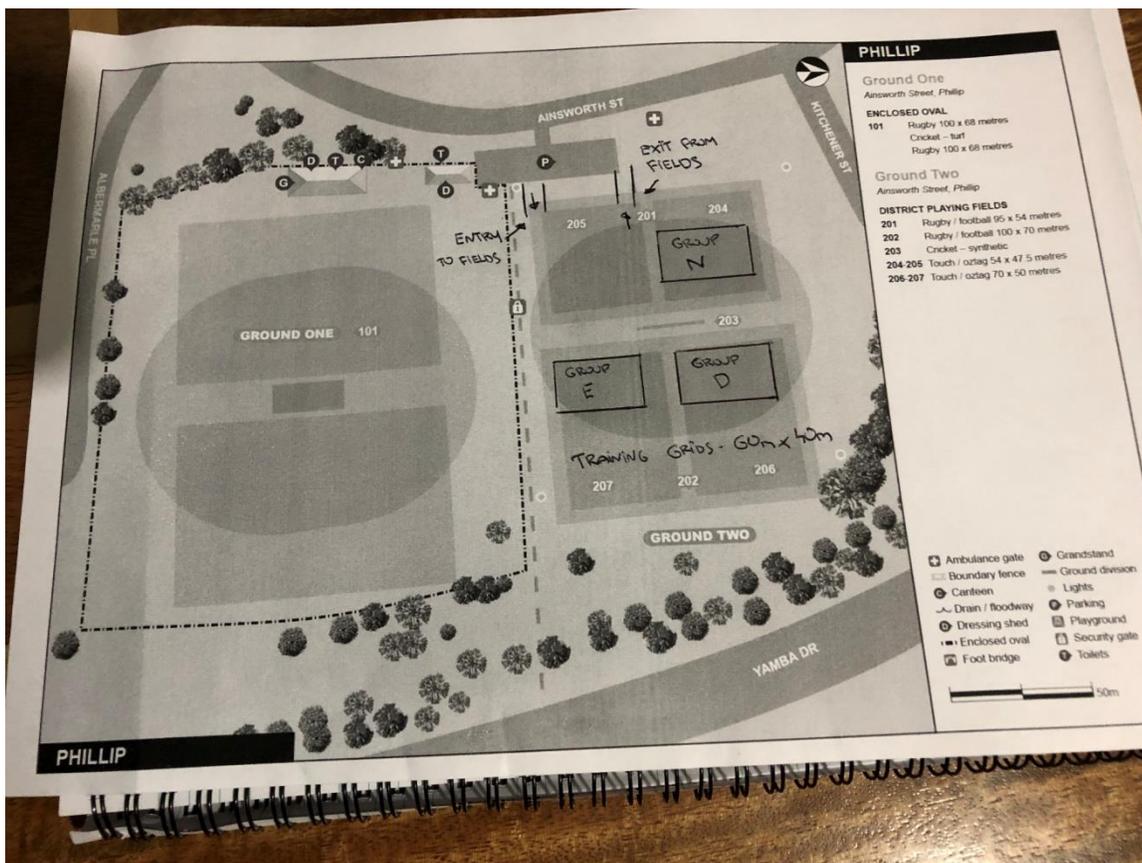
# Training Groups

## GROUP D: Training on left of far field

Dejan Santrac, Mitch Steenbergen (only Tuesday), Jacob Ayuel, Alusine Grant, Hassan Alnuwaysir, Aleks Vujic, Caleb Cullen-Rua, Nik Owen (GK), Eric Bonnett, Adam Firych, Jonathan Reis, Milan Santrac, Chris Nikitas, Danny Hately, Brad Moore, David McCarron, Ashley Collins (GK – only Tuesday),

Group E: **Training on right of far field** Ryan Brose (GK), Nik Rajak, Mo Shaaf, Rohan Maxwell (only Thursday), Malcolm Murta (GK), Aleksander Beljanski, Jevahn Vadasz-Hynes, Jack Duve, Aidan Cocking, Connor Falusi, Alex Killeen, Bojan Banjac, Liam Smith, Marcel Szrakity)

## Training Venue - Group Locations, Entry & Exit Points



## **Dos and Don'ts Summary**

### **Do**

Adhere to the guidelines

Book sportsgrounds prior to use

Train outdoors

Practice good hand hygiene before and after training

Comply with the maximum of 10 people rule

Maintain social distancing requirements

Adhere to non contact principles

Training only - get in, train and get out

### **Don't**

Participate if unwell

Train indoors

Exceed the number of people permitted per field/space

Use equipment unnecessarily, if used, clean and disinfect before and between sessions

Use changerooms or pavilions

Stay at the field after training

Share things such as drink bottles, towels, bibs etc.

## **Attendance at Training**

Participants are not to return to training 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

## **Training Times and Setup**

**Training Times - Tuesdays and Thursdays 7:00pm - 8:30pm**

### **Under Level B guidelines:**

Outdoor training can be conducted in small groups (10 people including all participants - players, coaches, team and club officials);

Players and staff to turn up no earlier than 15 minutes prior to training;

No indoor training can occur (i.e. if rain occurs, teams cannot train indoors);

Ensure adequate spacing for each player, team and club officials, applying the 1.5 metre social distancing rule (no more than 1 person per 4m<sup>2</sup>)

### **The following rules are to be applied at all training sessions under Level B restrictions**

Warm ups and cool downs need to be incorporated into training sessions or completed at home prior to and post training

non - contact skills can be conducted (i.e. striking the ball, running with the ball, 1st touch and conditioning).

Low contact activities are permitted (i.e working in pairs on volleying the ball with a receiver and kicker). Deliberate contact (i.e tackling) is not permitted

Games are not permitted (including practice matches, modified training games)

Ensure that all players, club and team officials are advised to wash their hands with soap and water before training starts

If a team/club official or player starts to feel unwell whilst at training they are to leave immediately

Only the coach to handle and set up the equipment

Heading of the ball may occur during the natural process of a skill. However, practicing of heading by picking up the ball and throwing is not permitted

Handling of the ball should be kept to a minimum, including drills with goal keepers

If bibs are used, please ensure that each player is given a bib for the whole session and then takes the bib home to wash

No sharing of drink bottles, shin - pads, towels etc.

If teams have physios or sports trainers attending training please ensure that before treating they wear protective gloves and avoid rub downs (where possible) Note: the attendance of a physio or sports trainer is included in the 10 people total

No shaking of hands, high - fives or body contact

**To assist in complying with Level B guidelines;**

Ensure that all players, club, and team officials are advised to wash their hands with soap and water after training finishes

Use hand sanitiser gel if soap and water are not available

Players, parents, team, and club officials leave the training facility immediately after training has finished

No gatherings or team dinners are to occur

## **Hygiene**

Ensure spaces, surfaces and objects at each training venue are regularly cleaned;

Provide hand washing guidance, including access to water, soap and/or hand sanitiser;

Encourage people to bring hand sanitiser

Promote regular and thorough hand washing by club and team officials and participants;

No sharing of pens or clipboards, each team and club officials must bring their own to venues;

No sharing of drink bottles, and ensure that any bottles are clearly labelled;

Ensure bins are provided around the venue

### **Behaviour**

If unwell, do not attend training

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;

Do not touch your eyes, nose or mouth if your hands are not clean;

No spitting at any time

### **Incident Management**

In the event of a COVID-19 positive result within the football family, clubs may be required to support contact tracing efforts by ACT Health (including access to records related to training and groupings)

To enable this, team and/or club officials are required to record attendance at training (i.e. record every team and/or club official as well as players and parents/guardians that attend all training sessions)

Protocols will apply related to quarantine/self isolation

for the individual/s and those contacts considered at risk.

## **Resources**

Capital Football has a COVID-19 resources page which can be found here. This webpage has up to date information for clubs and members of the Capital Football community.

For further information about COVID-19 please visit the below resources

<https://capitalfootball.com.au/wp-content/uploads/2020/05/20200514-POL-Return-to-Play-Guidelines.pdf>

If you have any queries please do not hesitate to contact Club President Zoran Milenkovic on 0499 853 969.

Zoran Milenkovic  
Canberra White Eagles - President