



BALMAIN & DISTRICT FOOTBALL CLUB

COVID-19 SAFETY PLAN FOR JUNIOR GRADING

Balmain and District Football Club – COVID-19 Safety Plan for Junior Grading for 2021 Winter Season

Grading trials for junior players will be taking place over three weekends in November and December 2021.

As the trials are being held at Balmain Road, a venue managed by Inner West Council (**IWC**), we have produced this COVID-19 safety plan to specifically cover the arrangements relating to the grading trials.

At all other times, [the regular COVID-19 safety plan](#) for Balmain and District Football Club is in place.

ORGANISATION DETAILS	
Organisation name:	Balmain and District FC
In alignment with:	<p>The Return to Play Guidelines developed by Football NSW.</p> <p>The regular COVID-19 safety plan for Balmain and District Football Club</p>

REQUIREMENTS	ACTIONS
Wellbeing of staff and visitors	
Exclude staff, volunteers, parents/carers and participants who are unwell:	<p>Before participating in the grading event, we will advise all players, team officials, parents/carers and other club members that they must not attend, if in the past 14 days they have:</p> <ul style="list-style-type: none"> - been unwell or had any flu-like symptoms, or - been in contact with a known or suspected case of COVID-19, or - any sudden loss of smell or loss of taste, or - are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions. <p>We will advise that they should check the NSW Government website for advice regarding the full list of symptoms associated with COVID-19 infection: https://www.nsw.gov.au/covid-19/symptoms-and-testing</p> <p>This will be communicated in the email inviting people to register, in a reminder email in the lead up to the grading session and also on the website.</p>
Provide staff and volunteers with information and training on COVID-19, including	<p>We have worked with Football NSW to promote and encourage the use of the following resources and websites in order to obtain accurate information:</p>

<p>when to get tested, physical distancing and cleaning, and how to manage a sick visitor:</p>	<ul style="list-style-type: none"> - Australian Government Department of Health: https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert - NSW Government Department of Health: https://www.health.nsw.gov.au/Infectious/covid-19/Pages/default.aspx - World Health Organisation: https://www.who.int/ - Australian Institute of Sport: https://ais.gov.au/health-wellbeing/covid-19 - Sport Australia: https://www.sportaus.gov.au/ <p>Similarly, we have promoted the range of COVID-19 “campaign resources’ produced by the Federal Government, including posters outlining hygiene practices (e.g. promoting thorough hand washing) found at: https://www.health.gov.au/resources/collections/coronavirus-covid-19-campaign-resources</p>
<p>Make staff aware of their leave entitlements if they are sick or required to self-isolate.</p>	<p>All staff and volunteers will be advised to stay away from the club and self-isolate in the event that they experience any symptoms.</p>
<p>Display conditions of entry (website, social media, venue entry):</p>	<p>The conditions of entry and arrangements for the day will be specified via communications about the grading event. This will include any emails sent out, any posts on social media and information put on the website.</p> <p>We have already arranged appropriate posters in the venue.</p>
<p>If hiring the facility, consult with the owners/operators to address these requirements to understand what measures may already be in place:</p>	<p>They may only be used by BDFC staff and volunteers. Where used, appropriate social distancing protocols will be observed.</p> <p>When using shared public areas, we will encourage individuals to be respectful of shared space, minimise time spent in these areas and observe physical distancing measures. Signage has already been put in place by APIA.</p> <p>The canteen will be operating, and will operate it in accordance with their COVID-19 safety plan. This will include:</p> <ul style="list-style-type: none"> - marking social distancing for queues; - having hand sanitiser at point of sale; - providing gloves for canteen volunteers; and - displaying hand washing directions above sinks.
<p>Ensure COVID-19 Safety Plans are in place, where relevant, for:</p> <ul style="list-style-type: none"> • Swimming pools • Gyms • Restaurants and cafes 	<p>There is no pool or gymnasium. The canteen, if operating, will operate in accordance with the protocols mentioned above.</p>
<p>Ensure processes are in place to exclude participants (including spectators and officials) if they have visited</p>	<p>All participants will be asked to follow the advice on the NSW Government website (https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules).</p>

Victoria in the 14 days prior	Unless the restriction is lifted, we will remind all players, team officials, parents/guardians and other club members that they must not attend the grading event if they have visited Victoria in the 14 days prior.
Ensure processes are in place to exclude participants (including spectators and officials) if they have attended any of the reported case locations listed on the NSW Health website here	All participants will be asked to follow the advice on the NSW Government website (https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules). Before participating in the grading event, we will remind all players, team officials, parents/guardians and other club members that they must not attend the event if they have attended any of the reported case locations listed on the NSW Health website.
Take all reasonable steps to minimise the number of spectators attending community sport events.	We will communicate that only players registered for grading should attend, they should only attend the grading session(s) for which they are registered and that a maximum of one parent/guardian is to accompany each junior player.
If sufficient numbers to field teams cannot be achieved, prioritise delaying the game/event rather than substituting with people from other teams	As this is a grading event, this does not apply.

REQUIREMENTS	ACTIONS
Physical distancing	

<p>Ensure the number of people in a facility does not exceed one person per 4 square metres of space (excluding staff) to a maximum of 500 people.</p>	<p>The plans for grading only allow for a maximum of 100 players to participate in any session. Therefore, assuming each player only comes with one parent / guardian, each session will be capped at a maximum of 200 people.</p> <p>We will ensure the number participating in this event is capped by monitoring the numbers of registrations that we accept.</p>
<p>Minimise co-mingling of participants from different games and timeslots where possible:</p>	<p>Grading is organised into different timeslots for different age groups. Sufficient gaps will be left to allow any group allocated to a timeslot to depart before the next group arrives. All participants (players and accompanying parents / guardians) will be encouraged to depart swiftly upon their session finishing.</p> <p>Further to the above, we will be capping the number of age groups that players can trial with. Male players will only be able to trial in one age group. Female players will only be able to trial in one group for U14 and upwards. Female players in the U8 – U13 age groups will be allowed to trial in a maximum of two sessions being the Mixed and Girls sessions within the same age group (e.g. U9 Mixed and U9 Girls).</p> <p>We will also have separate entry and exit points to minimise mingling.</p>
<p>Ensure any spectators comply with 1.5 metres physical distancing where practical, such as through staggered seating. People who live in the same household are not required to distance. Have strategies in place to prevent spectators from different games and timeslots co-mingling.</p>	<p>We will request that only players grading and one parent/guardian are to attend the grading.</p> <p>We will also encourage players and spectators to leave the facility as soon as possible following the conclusion of their grading session.</p> <p>We will request that all parents / guardians are situated furthest away from the players. There are already signs there to encourage social distancing and we will also remind participants of the importance of social distancing in any communications about the event.</p>
<p>Have strategies in place to manage gatherings that may occur immediately outside the premises, such as with drop off and pick up zones or staggered start/finish times:</p>	<p>When dismissing each age group at the end of each session, players will be released in small groups and we will request that people leave promptly via the specified exit.</p>
<p>Reduce crowding wherever possible and promote physical distancing with markers on the floor:</p>	<p>We will promote and communicate the importance of social distancing of 1.5 metres between spectators (e.g. parents/carers). This will include direct communication and signage already in place at the ground.</p> <p>Signs are already in place to show the number of people that can occupy indoor spaces in accordance with the 4m² guideline including toilets, change rooms, canteens, club rooms etc.</p> <p>When arriving at the ground, payers will need to line up to at the registration desk to receive their bib. We will put markers on the floor to encourage suitable spacing. If the registration numbers merit it, we will set two registration desks up to reduce the amount of queuing time and allow people to be spaced further apart.</p>

	After a player is registered, they will be asked to wait on the grass bank and parents / guardians will be requested to move to the grandstand.
Assess the safe capacity of communal facilities such as showers, change rooms and lockers. Communicate this at their entrance and have strategies in place to reduce crowding and promote physical distancing:	<p>Change rooms and showers will not be used for this event.</p> <p>Toilets will be open for public use and will display clear signage to indicate the recommended number of people entering (dependent on the space of the amenities).</p>
Where practical, stagger the use of communal facilities. Strongly encourage participants to shower/change at home where possible:	All participants will be asked to shower/change at home and access will not be provided access to the change rooms.

REQUIREMENTS	ACTIONS
Hygiene and Cleaning	
Adopt good hand hygiene practices:	<p>Key spaces, surfaces and objects (such as benchtops, door handles, team benches, keys etc) will be wiped down regularly.</p> <p>Further, APIA have said that they will:</p> <ul style="list-style-type: none"> - Promote and provide hand washing guidance to all participants and volunteers (http://www.who.int/gpsc/clean_hands_protection/en/); - Promote regular and thorough hand washing by volunteers and participants;

	<ul style="list-style-type: none"> - Provide sanitising hand rub within the venue and refill regularly; - Replace/refill soap in toilets regularly; - Place bins around the venue. <p>We may need to write a number on a player's hand to assist with the grading process. If this occurs, the player will be asked to place their hand with the palm down on the table. A club volunteer, who will be wearing gloves, will write the number on the hand but without touching the hand. The table will be immediately wiped down afterwards with a disinfectant wipe.</p>
Ensure hand sanitiser is accessible at the venue entry and throughout the facility or ground:	<p>Hand sanitiser will be provided at the entrance and also at the registration desk.</p> <p>We will also arrange for hand sanitiser to be available with the coaches / assessors running the grading sessions for players participating in the grading.</p>
Ensure bathrooms are well stocked with hand soap and paper towels:	<p>IWC will:</p> <ul style="list-style-type: none"> - Refill soap in toilets regularly. - Refill paper towel dispensers in toilets when required. - Place bins around the venue.
Provide visual aids above hand wash basins to support effective hand washing:	<p>IWC display hand washing guidance in all toilets, changerooms and canteens within the facility.</p>
Encourage participants to bring their own water bottle, snacks/orange slices and sweat towels. Avoid shared food and drinks:	<p>We will stipulate that all participants are to provide their own clearly labelled drink bottle for their use only.</p> <p>We will communicate to all participants the importance of not sharing any food or drinks.</p> <p>We will not provide any communal drink or food for players such as drink drums, packets of lollies, fruit etc.</p>
Ensure processes are in place to launder shared uniform items after use, such as bibs or jerseys:	<p>Players will use their own personal kit for this grading event and will be responsible for laundering it.</p> <p>However, each player will be provided a numbered bib for their grading session. These are to be taken off at the end of a session and placed in baskets that will be available on the pitch. All bibs will only be used by a single player in each session and will be laundered by BDFC staff before being used again.</p>
Clean frequently used indoor hard surface areas, including children's play areas, at least daily; first with detergent and water, and then disinfectant:	<p>Not applicable</p>
Clean frequently touched areas and surfaces, including in communal	<p>Not applicable</p>

facilities, several times per day:	
Clean areas used for high intensity sports with detergent and disinfectant after each use:	Not applicable
Reduce sharing of equipment where practical and ensure these are cleaned with detergent and disinfectant between use:	<p>Within the constraints of the sessions, we will implement arrangements to minimise the shared use of equipment where possible.</p> <p>Players and coaching staff will be encouraged to not share personal equipment including playing equipment, playing kits, bibs, drink bottles and towels.</p> <p>We will discourage the sharing of common stationery (pens, clip boards etc.) and other personal IT equipment (laptops, iPads, headphones, etc).</p> <p>We will minimise the touching of equipment but, where touched, it will be wiped with antibacterial wipes or alcohol-based sanitiser in between sessions.</p> <p>The drills / exercises used in grading will be set to minimise contact. For example, we will aim to avoid or minimise throw ins and headers.</p>
Ensure there is accessible detergent/disinfectant and gloves for visitors to use, should they wish:	IWC has soap or disinfectant/sanitiser available in common areas for visitors to access.
Disinfectant solutions need to be maintained at an appropriate strength and used in accordance with the manufacturers' instructions:	We will store sanitisers, disinfectant solutions and detergents appropriately and use in accordance with the manufacturer's instructions.
Staff are to wear gloves when cleaning and wash hands thoroughly before and after with soap and water:	We will encourage volunteers and staff to wear gloves when cleaning and wash their hands thoroughly before and after with soap and water.

Encourage contactless payment options:	Our plan will ensure appropriate food/beverage and cash handling arrangements are in place including the use of correct monetary value to minimise contact and where possible, we encourage contactless electronic payment.
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REQUIREMENTS	ACTIONS
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Record Keeping

Keep a record of name and a mobile number or email address for all staff, volunteers, participants, spectators and contractors attending community sports activities for a period of at least 28 days. Ensure records are used only for the purposes of tracing COVID-19 infections and are stored confidentially and securely:

We will maintain a record of all people present at grading.

Players are required to register with BDFC to participate in grading and will provide contact details as part of the registration process. They will be marked off on the day and, as a consequence, we will have a list of attendees and their contact details.

We will also maintain a list of all staff and volunteers who work / assist on each day.

All other attendees e.g. parents / guardians will be asked to register their attendance via a QR code which will be located at the front of the venue.

Make your staff and volunteers aware of the COVIDSafe app and its benefits to support contact tracing if required:

Football NSW has supported the Australian Government's COVIDSafe app and has strongly encouraged all members of the football community to get behind this initiative.

We have also encouraged members of our club to download the app from the Apple App store and Google Play.

Cooperate with NSW Health if contacted in relation to a positive case of COVID-19 at your workplace, and notify SafeWork NSW on 13 10 50:

We commit to cooperate fully with NSW Health if contacted in relation to a positive case of COVID-19 and notify SafeWork NSW on 13 10 50.