



St Christophers JRLFC

COVID 19 Safety Plan

Approvals

- St Christophers JRLFC ensures that all NSW State Government, NSWRL and CBJRLFC protocols are followed in allowing junior rugby league to commence.
- St Christophers JRLFC ensures that all participants, officials and volunteers are educated and comply with these protocols.

Our Responsibility

St Christophers JRLFC will ensure that;

- All participants, officials, volunteers and spectators are educated in Covid 19 protocols as per NSW State Government and NSWRL Framework
- All social distancing protocols will follow the Covid 19 NSW State Government and NSWRL Framework
- All facilities will be operated as per NSW State Government and NSWRL Framework
- All records will be managed as per NSW State Government and NSWRL Framework and that they will be submitted to CBJRLFC in a timely manner.

Employees & Volunteers

St Christophers JRLFC will ensure that;

- All volunteers, officials and staff are provided a Covid 19 safe workplace at all times
- All volunteers, officials and staff are provided a Covid 19 education program covering safe work practises that covers the NSW State Government and NSWRL Framework
- All volunteers, officials and staff are aware of their responsibility to not present themselves if ill or having been in the presence of those who are ill

Facilities

St Christophers JRLFC will ensure that;

- All facilities that are utilised by participants, officials, volunteers and spectators are suitably sanitised prior, during and after activity. This includes toilets, and touch points upon ground entry, canteen, training amenities and clubhouse.
- All facilities will be correctly signposted with social distancing protocols, hand sanitation responsibilities and disposal of waste.
- All facilities will be provided with adequate hand sanitation stations, towel and disposal bins.
- All staff, officials, participants will be educated in and consistently reminded of these protocols whilst using the facilities. Ongoing education includes club emails, social media, bill posters and ground announcements.
- Procedures and education sessions are provided for officials, participants, volunteers, canteen and cooking staff and spectators about the use of facilities.
- Safe storage of sanitising chemicals will be ensured along with appropriate Safety Data Sheet information.

Facilities – Indoor

- Toilets only will be available to participants, officials, volunteers and spectators. These will be signposted for social distancing and regularly touch point cleaned throughout training and game days.
- Change rooms will not be opened.
- Clubhouse facilities will not be open on training nights.
- Canteen facilities will not be open on training nights
- During game day canteen and clubhouse facilities will be manned by select staff and Covid 19 NSW State Government and NSWRL Framework protocols will be followed. Attendance lists will be kept and provided
- All volunteers and staff will be educated on their responsibility to not present if suffering flu like symptoms or suspected exposure to Covid 19.

Facilities – Outdoor

- All teams will be rostered to field positions as per field roster, NSWRL framework and CBJRL instruction.
- Training ground entry is through one gate where a sanitising station will be used for participants and officials upon entry and exit. This will have hand sanitising gel, paper towel and bin disposal.
- Participants shall be required to turn up to training no earlier than 10 mins before training and promptly leave on completion. Following the “GET IN.....TRAIN.....GET OUT” principle.
- All Participants must register their attendance and departure with the Covid 19 club official, manager and/or coach. Attendance sheets will be provided for each side.
- All participants and spectators are required to record their attendance on game day. This will be managed by Covid 19 officer and ground officials.
- Training sessions will be run in accordance with NSWRL Framework until further notice.
- Only one parent to attend training **and matches** per participant.
- Spectators are required to practice social distancing protocols, remain outside of the training/playing surface and stand at the marked locations around the ground.
- All participants will be aware of their responsibility to present in good health without flu like symptoms.

Social Distancing

St Christophers JRLFC will ensure that;

- All social distancing measures will be followed in the course of training and game day activities in accordance with NSW State Government and NSWRL Framework protocols.
- All areas of outdoor facilities are correctly signposted
- All participants, officials, volunteers and staff are educated correct social distancing protocols for our venue and activities.

Hygiene

St Christophers JRLFC will ensure that;

- All participants, officials, volunteers and staff are aware of, practise and know the correct hygiene protocols they are to follow and what the club is carrying out as per NSW State Government and NSWRL Framework guidelines.
- All educational information is prominently displayed
- Sanitation of all facilities and touch points is carried out on a regular basis
- Sanitation on and off training and ground facilities is available and monitored along with adequate disposal facility.
- Sanitation of all canteen equipment and surfaces to be maintained whilst in use and safe food handling protocols are followed.

Personal Health

St Christophers JRLFC will ensure that;

- All participants, officials, volunteers and staff are educated of their responsibility to not present themselves if feeling ill or suffering flu like symptoms, having been exposed to someone that has Covid 19 or who have not isolated for 14 days after travelling overseas.
- No participants who have travelled to Victoria since July 1st or visited a known “hotspot” in NSW shall present themselves to training or matches.
- No participants who have visited reported case locations shall present themselves to training or matches.
- This will be communicated to members and participants through Social Media, Club Website, email and ground announcements during matches.

Training

St Christophers JRLFC will ensure that;

- A training attendance record will be kept and returned to CBJRLFC recording attendance, start and finish times
- A full team training roster carried out as per NSWRL Framework guidelines is provided to CBJRLFC
- A strict “GET IN.....TRAIN.....GET OUT” policy to training occurs
- Sanitising station provided through one only entrance/exit point with adequate sanitation equipment and disposal facilities.
- Sanitising program for balls and equipment for coaches, trainers and teams.
- Education for participants who travel to training using public transport and their responsibility to ensure they’re monitoring social distancing whilst doing so.
- No participants who have travelled to Victoria since July 1st or visited a known “hotspot” in NSW shall present themselves to training.
- All reasonable steps will be taken to minimise numbers at training and matches.
- This will be communicated to members and participants through Social Media, Club Website, email and ground announcements during matches.

Management of Unwell Participants

St Christophers JRLFC will ensure that;

- Any participant, official, volunteer etc. that becomes ill during club activities is identified and isolated as soon as possible.
- A dedicated location will be identified to isolate the patient and appropriate PPE provided to carers and patient.
- Contact made with parent or carer to remove the patient as soon as possible for testing.
- All officials, volunteers and staff are aware of these procedures.
- Adequate measures taken to sanitise areas affected.

St Christopher's JRLFC COVID Health & Safety Plan



1	<p>Do you currently have any of these Symptom's?</p> <ul style="list-style-type: none"> - Symptoms of acute respiratory disease? (including cough, sore throat or shortness of breath) - Fever over 38 degrees? - Sudden loss of smell or taste? 	<p>YES - No Not start training, follow instructions of local health authorities and get tested</p>
		<p>NO - Proceed to next question</p>
2	<p>Do you currently have COVID-19 or did you have it in the past 2 months, to the best of your knowledge?</p>	<p>YES - Do NOT start training, seek advice from your Doctor and see if/when you can resume training and provide medical clearance</p>
		<p>NO - Proceed to next question</p>
3	<p>Do you have a history of cardiac problems or other pre-existing health conditions?</p>	<p>YES - Do NOT start training, seek advice from your Doctor and see if/when you can resume training and provide medical clearance</p>
		<p>NO - You can go to training</p>

Signage for toilets and clubhouse

KEEPING YOUR DISTANCE.

Help stop the spread of coronavirus by keeping your distance. Remember, don't shake hands or exchange physical greetings. Wherever possible stay 1.5 metres apart and practise good hand hygiene, especially after being in public places.

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.
 Advice regarding **Coronavirus (COVID-19)** will change regularly. Keep up to date. Visit health.gov.au

HELP STOP THE SPREAD AND STAY HEALTHY

Australian Government

Australian Government

We are making some simple steps to help stop the spread.

PHYSICAL DISTANCING **SAFE HYGIENE** **INDUSTRY CLEAN**
CONTACTLESS PAY **CAPACITY LIMITS** **COVIDSAFE APP**

BE COVIDSAFE
 For more information about Coronavirus (COVID-19), please visit health.gov.au

COVIDSAFE NSW

Australian Government

Keeping your distance.

Help stop the spread of Coronavirus by keeping your distance. Wherever possible stay 1.5 metres apart and practise good hand hygiene, especially after being in public places.

1.5M

BE COVIDSAFE
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COVIDSAFE NSW

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

Duration of the entire procedure: 40-60 seconds

0 Wet hands with water; 1 Apply enough soap to cover all hand surfaces; 2 Rub hands palm to palm; 3 Right palm over left dorsum with interlaced fingers and vice versa; 4 Palm to palm with fingers interlaced; 5 Backs of fingers to opposing palms with fingers interlocked; 6 Rotational rubbing of left thumb clasped in right palm and vice versa; 7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa; 8 Rub hands with water; 9 Dry hands thoroughly with a single use towel; 10 Use towel to turn off faucet; 11 Your hands are now safe.

World Health Organization Patient Safety SAVE LIVES Clean Your Hands

Australian Government

Simple steps to help stop the spread.

Wash your hands regularly with soap and water. Practise social distancing. Where possible, stay 1.5m apart.
 Stay at home and self-isolate. Download the **COVIDSafe** app.

BE COVIDSAFE
 For more information about Coronavirus (COVID-19), please visit health.gov.au

COVIDSAFE NSW

Please always wash your hands regularly for 20 seconds.

BE COVIDSAFE

Coronavirus (COVID-19)

SIMPLE STEPS TO HELP STOP THE SPREAD.

Cough or sneeze into your arm Use a tissue
 Bin the tissue Wash your hands

HELP STOP THE SPREAD AND STAY HEALTHY

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.
 For more information about **Coronavirus (COVID-19)** visit health.gov.au

Australian Government

**GET IN
 TRAIN
 GET OUT**

St Christopher's JRLFC Training Plan



Team	Schedule	Training Area (See Field Grid Map)
Under 5		
Under 6-1		
Under 6-2		
Under 7-1		
Under 7-2		
Under 7-3		
Under 8-1		
Under 8-2		
Under 9-1		
Under 9-2		
Under 10-1		
Under 11-1		
Under 11-2		
Under 12-1		
Under 13-1		
Under 13-2		

Under 14-1		
Under 14-2		
Under 15-1		
Under 15-2		
Under 16G tag		
Under 16G		
Under 18G		
Under 18-1		

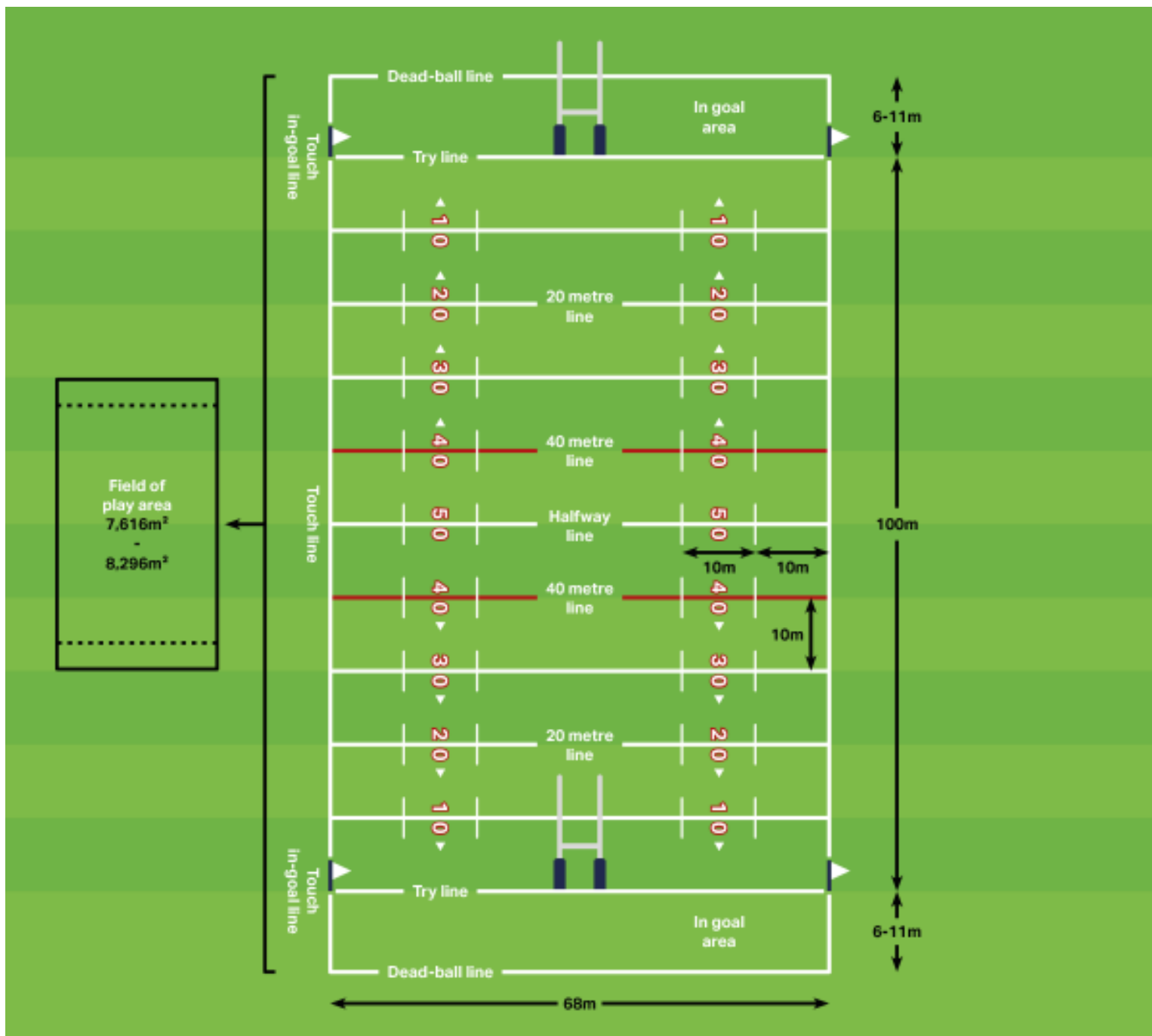
The minimal space for 10 people (players and coaches) is approximately 50 x 30 metres which equates to 1/4 of a field

Therefore if a club has a full pitch available to it this provides training space for 4 groups of no more than 10 people per group.

For example, a Mini's team where there are less than 10 players and coaches requires 1/4 field.

A Mod or International team where there may be 16-20 players and coaches will require a minimum 1/2 a field which is then subdivided into 2 with no more than 10 players or coaches per subdivision.

A nominated official who will act as a COVID-19 Marshal at each training session. The Marshal's role will be to remind people of their responsibilities to follow these guidelines.

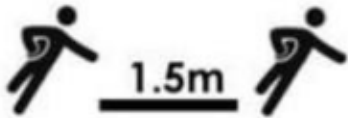


1. Maximum 10 people per group

Train only in your allocated area



2. Avoid close contact – keep 1.5m apart where possible



3. Non-contact training ONLY!



4. Get in, Train, Get out

Arrive ready to train (dressed, strapped etc)

Bring your own water bottle

Club rooms are closed



5. Practice Good Hygiene

Wash hands using soap or use sanitisation made available at grounds

Avoid coughing, spitting or clearing nose (please use bathrooms)



6. Do not attend if you are feeling unwell

