



# **QRL Return to Play Handbook**

## **Version 4.0**

### **4 June, 2020**



## Contents

Queensland Rugby League Board Endorsement.....	3
Acknowledgments .....	4
QRL Guidelines for Community Rugby League .....	4
1. General Information .....	4
1.1 Contracting COVID-19 .....	4
1.2 Slowing the Transmission.....	4
1.3 Good Hygiene Practices during training and playing .....	4
1.4 Venue Sanitation.....	5
1.5 Reporting Requirements .....	6
2. QLD Government Stage 1 (up to 1 June 2020).....	7
2.1 Venue preparation (Appendix A & C).....	7
2.2 Training Protocols .....	7
3. QLD Government Stage 2 (up to 9 July 2020) .....	8
3.1 Venue preparation.....	8
<b>Venue Capacity</b> .....	8
(60 participants per field up to a maximum number of 100 people per venue see appendix D).....	8
4. Queensland Government Stage 3 (post 10 July 2020) .....	10
4.1 Training.....	10
4.2 Competition Formats .....	10
4.3 Venue preparation (Appendix E).....	11
4.4 Personal belongings .....	11
4.5 Canteen .....	11
4.6 Spectators / Parents.....	11
4.7 Post Game.....	12
Appendices .....	13
Appendix A .....	13
Appendix B.....	14
Appendix C.....	15
Appendix D .....	17
Appendix E.....	18
Appendix F.....	19
Appendix G .....	20
Appendix H .....	21

## Queensland Rugby League Board Endorsement

The Queensland Rugby League (QRL) Board of Directors have endorsed these guidelines that have been developed to support a return of Community Rugby League in Queensland. They prioritise the health and wellbeing of participants and the general safety of the wider community.

The guidelines are in accordance with the AIS Re-booting Sport Framework and follow a staged approach through 3 levels of participation; individual non-directed general fitness activity, club directed training and instruction in small groups, and full training and competition. It is also acknowledged that throughout the staged return period the public health rules relating to physical distancing, hand hygiene, respiratory hygiene and environmental cleaning and disinfection will be maintained.

The QRL acknowledge that these guidelines will require increased commitment from our clubs, participants and volunteers. They have been designed in consultation with a range of stakeholders including Community Rugby League volunteers, with the understanding that they are necessary to enable a return to play in 2020.

All QRL affiliate Clubs, League and Associations are in agreement that for a return to play they **must** comply with the [QLD Return to Play Readiness Checklist](#) and that these guidelines specifically support compliance with the Return to Play criteria. Individual Clubs, Leagues or Associations failing to comply with these requirements may lose their ability to conduct training sessions or administer competitions.

It is acknowledged that these guidelines may be changed over time in accordance with advice received from the relevant Government authorities. Further to this, some individual areas may find compliance impractical and elect not to resume in 2020 or may choose to delay a return to training and competition beyond the recommended timelines in the QLD Government Road Map.

## Acknowledgments

### QRL Guidelines for Community Rugby League

These guidelines have been constructed based on what is practicable for Community Rugby League in QLD to implement and using the following guiding documents as at 18/05/2020;

- [World Health Organisation - Considerations for sports federations/sports event organizers when planning mass gatherings in the context of COVID-19;](#)
- [The Australian Institute of Sport \(AIS\) - Framework for Rebooting Sport in a COVID-19 Environment;](#)
- [QLD Government Roadmap to Easing Restrictions.](#)
- [QLD Government Return to Play Guide for Sport](#)
- [QLD Return to Play Readiness Checklist](#)

## 1. General Information

### 1.1 Contracting COVID-19

COVID-19 is most commonly spread by:

- breathing in droplets spread from someone coughing or sneezing
- getting the virus on your hands from a contaminated surface and then touching your eyes, nose or mouth.

### 1.2 Slowing the Transmission

Everyone should continue keeping their distance from other people whenever possible. When we are around other people, it is important we practice [physical distancing](#) and [good hygiene](#).

All participants and volunteers with mobile phone access are encouraged to download the [COVIDSafe app](#), which works alongside physical distancing, good hygiene and enhanced testing to slow the spread of coronavirus.

In addition to these measures it is recommended that everyone gets a flu shot. Information provided by the Commonwealth of Australia Department of Health relating to the flu shot can be accessed [here](#).

### 1.3 Good Hygiene Practices during training and playing

Best practice is considered:

- Washing your hands properly and often, with soap and water for at least 20 seconds;
- Using alcohol-based hand sanitiser when you can't wash your hands with soap and water;
- Being mindful when coughing or sneezing – cover with your elbow or a tissue/handkerchief, turn away from others, and wash or sanitise your hands.

You should wash/sanitise your hands:

- Before and after eating
- Before and after using the bathroom;
- After training or matches
- Between use of gym equipment
- After touching any surface in a public space or at your Club (avoid where possible, touching high contact surfaces like lift buttons, door handles, light switches, hand railings, benchtops, drink taps and grandstand seating).
- As a general rule, wash your hands regularly (at least every 2-3 hours) in addition to the above.

#### 1.4 Venue Sanitation

**General information on sanitation of venues/facilities /equipment using the [QLD Health Cleaning and Disinfection Protocols](#).**

##### **Frequently Touched Areas**

All high contact surfaces as above, must be sanitised prior to and post training and matches.

##### **Water Stations**

The Return to Play Readiness Checklist instructs *limiting water bubbler/tap use*.

If in use, taps or water barrels are to be attended to by a single official to refill water bottles and provide, paper towels, hand sanitiser, single use cups and a covered waste bin for used items must also be present. The Official will ensure that careful hygiene and sanitation processes are maintained.

##### **Change Room Facilities**

The Return to Play Readiness Checklist instructs that *use of communal facilities such as change rooms is limited*. It is recommended that they remain closed as they require sanitation after each use. Only exception to this should be for access to toilet facilities if required for participants.

##### **Toilets**

Toilets must be cleaned and sanitised prior to and post training. Soap and paper towels must be available at all times and all rubbish bins emptied at regular intervals. Toilets must have signage indicating hygiene processes

##### **Grandstands and Seating**

It is recommended that grandstands and spectator seating be closed as these are likely to become frequently touched surfaces and will require regular cleaning and sanitation, further adding to club operational costs.

If Grandstand seating is in use it may be a requirement to remove seating to ensure physical distancing of 1.5m (Return to Play Readiness Checklist)

### **Player Meeting and Assessment Area**

All Clubs must establish a sectioned off area (e.g. pop up gazebo) at the gate/main entrance of the venue. Clubs may be required to identify an alternate area if the venue has multiple entry/exit points. Ensure there is enough room to allow social distancing for the participants about to train or leave the venue. **Note:** Section 2.1.

### **Quarantine Area**

Consider using an area sectioned outside or close to the gate to marshal participants who have indicated they have flu like symptoms. **Appendix F**

### **Canteen**

Good personal hygiene and food safety practices must always be employed. Good hygiene and sanitation are important to avoid cross contamination between raw or uncooked foods and cooked or ready to eat foods in the kitchen.

Canteens must also only provide takeaway food with all patrons to ensure social distancing in service areas.

Guidelines to assist canteens to operate under Level B and Level C restrictions can be accessed [here](#).

All club canteens are required to meet the requirements of the Food Standards Code noting the workers/volunteers must stay home if they have any symptoms outlined in **Appendix F**.

### **Carparks and Entry Points**

Must be vacated as soon as possible ensuring social distancing protocols are adhered to.

## 1.5 Reporting Requirements

### **Member Notification**

If a member of your club reports a positive test it is important for you to advise all members of your Club immediately. This communication can be sent on club letterhead using **Appendix H**

### **QRL Notification**

If a member of your club reports a positive test it is important for you to advise the QRL immediately. This communication can be by way of forwarding the above Member Notification.

QRL will be responsible for contacting other clubs that attended your venue at the time of the positive report.

It is a requirement for all participants and volunteers to have updated contact information, including emergency contacts in the National Registration database. **Appendix B**.

## 2. QLD Government Stage 1 (up to 1 June 2020)

**Running/aerobic/agility training (solo, family group or pairs). Skills training including kicking, passing, ball skills etc. (solo, family group or pairs). All activity required to maintain a 1.5m distance between participants. Recreational travel (day trips only) up to 150km within your region.**

### 2.1 Venue preparation (Appendix A & C)

**Using these guidelines Clubs can commence planning for a return training as part of Stage 2 no earlier than 2 June.**

#### **Getting fields ready for participation.**

Any required maintenance on playing surface and additional line markings to support physical distancing requirements.

#### **Establish meeting areas etc**

Controlled point of entry for all participants and visitors to the facility inclusive of a quarantined area for participants that arrive with cold or flu like symptoms.

#### **Develop sanitation protocols**

Pre and post training for participants, training equipment and facilities.

#### **Close off restricted areas as required**

Consideration given to limiting access to areas that will require significant sanitation prior to use. E.g. Club Rooms, Balconies, Grandstands, Dressing Sheds.

#### **Establish training timetable**

Staggered training schedules to meet maximum participant numbers as per the Government Road Map.

#### **Other venue options (e.g. schools)**

Consider the possibility of using other facilities to meet training volume needs.

#### **Preparing attendance sheet for registered participants**

Confirming the procedure for recording all participants attendance at all training sessions.

#### **Ensuring all registration details are complete and up to date.**

Completing compliance checks via the database, including **Blue Card Register**. Consider the requirements of vulnerable volunteers (e.g. people with disability or pre-existing medical conditions, indigenous people, elderly).

### 2.2 Training Protocols

#### **Self-directed**

Pairs only or family groups, not instructed by the club.

**Any commencement of training that is Club directed during Stage 1 will void insurance policies.**

### 3. QLD Government Stage 2 (up to 9 July 2020)

**Skill training using equipment including kicking, passing, catching, No tackling/wrestling. Small groups only (no more than 20 athletes and staff combined). Only at club facilities or other club approved venues.**

**It is recommended that at least 1 session per week of group training occur under these restrictions. A comprehensive selection of training activities for all age groups, including those which support physical distancing is available [here](#).**

**Additional resources, including a template for a [Club COVID Safe Plan](#), to support clubs administering COVID-19 protocols with a safe return to play can be accessed [here](#)**

**Unrestricted state-wide travel allowed.**

#### 3.1 Venue preparation

##### **Venue Capacity**

(60 participants per field up to a maximum number of 100 people per venue see appendix D).

##### **Appointment of Covid Safe Co-ordinator**

Each club must appoint a member as the [Covid Safe Co-ordinator](#) ensuring that the Co-ordinator has completed [infection control training](#) has been completed.

##### **Sanitation**

All facilities and equipment that will be accessible to participants or visitors must be sanitised using the guidelines and checklist provided.

[QLD Health Cleaning and Disinfection Protocols.](#)

##### **Ground Signage**

Relevant COVID-19 signage relating to restrictions, sanitation and hygiene must be posted in all prevalent areas of the facility. Sample signage for all venues

- [Personal Hygiene and Transmission](#)
- [Cold and Flu Symptoms](#)
- [Physical Distancing](#)

##### **Participant arrival and assessment**

Participants must wash or sanitise their hands prior to arriving at the venue.

The Return to Play Readiness Checklist requires the maintenance of *a record of people in attendance for the activity and direction of participants, volunteers, workers and visitors to stay at home if they are sick.*



Players must be met at a designated Player Meeting and Assessment Area by a club official or team manager who reads through the flu like symptoms in **Appendix F**. Each participant must acknowledge that they do not have any of these symptoms or have been in contact with anyone that has had these symptoms (**Note: individuals may present as asymptomatic but could transmit the virus**) with records kept via an attendance sheet.

If the participant confirms that they have no symptoms they should proceed directly to the designated training area with their belongings. For junior participants this should be under the direction of the coach, manager or trainer.

If the participant advises that they are experiencing any of the symptoms listed in **Appendix F** they are to proceed to the designated quarantine area and once social distancing space is established, they must leave the venue to be subsequently assessed by a medical professional.

**Following this, any return to play may require a medical clearance.**

Reporting protocols for a positive test are noted in **Section 1.5**.

#### **Personal belongings**

Participants are to come to training dressed and ready to participate with their own water bottle and towel both clearly labelled. **These are not to be shared.**

Participants must limit their personal belongings and bags that are brought to training.

Participants bags and personal belongings must be placed 1.5m apart in a designated area allowing only smalls groups to retrieve belongings at any one time.

All belongings are to be marked with the name of the participant with all participants taking care of the own belongings, avoiding contact with any other equipment.

#### **Spectators / Parents**

To reduce the impact of these restrictions on volunteer resources it is not recommended that Parents /Guardians attend training during Level B restrictions. Ideally where possible Parents/ Guardians should drop their child to a waiting club official who will escort them to the meeting area for the pre training briefing.

**Note:** Requirement to update Emergency Contact information as detailed in **Section 1.5**.

Parents dropping their child off must be on time to pick up and drop off their child.

### Post Training

The following process must be completed following each training session using the [QLD Health Cleaning and Disinfection Protocols](#).

- All participants must wash / sanitise their hands
- All participants must leave the venue immediately following training
- All frequently touched surfaces and training equipment, including balls, must be sanitised
- Toilets cleaned and sanitised
- All rubbish bins emptied and removed. These should be sanitised / disinfected.

## 4. Queensland Government Stage 3 (post 10 July 2020)

**Full competition and training with a maximum of 100 people in attendance (inclusive of participants and staff).**

**Maintaining hand and personal hygiene, indoor physical distancing (1 person per 4 square meters) and frequent environmental cleaning and disinfection.**

### 4.1 Training

**As above, but now including contact, wrestling, tackling as required.**

#### Training field

Where required grid formats are to be set up on field (e.g. 20m x 20m). An exclusion zone of a minimum 10 meters is required between each grid promoting physical distancing between teams. Appendix D.

### 4.2 Competition Formats

For participants U/13 and above a minimum of 2 weeks of contact training must be completed before regular full contact games/competition. **Timelines in extension of this are at the discretion of the Local League.**

Leagues may choose to consider non-contact competition options for conditioning period during Stage 3.

(Noting traditional formats cannot extend beyond the QRL Abeyance Period of Sunday 18 October 2020).

#### 4.3 Venue preparation (Appendix E)

Host Venues must implement the following in preparing facilities for competition.

- Getting fields ready for Games (goal post pads, corner posts, signage, field of play ropes, including physical distancing in bench areas.
- Section off Player meeting, assessment and quarantine area
- Ground signage promoting personal hygiene and physical distancing (**Section 3.1**)
- Section off Team warm up areas
- If possible, close grandstands and seating areas
- Close Change rooms (with exception for toilet facilities)
- Provide an attendance sheet for all teams
- Create a run sheet for the day which includes extra time between games for participants to enter and exit the venue. This must be posted on the Leagues website and shared on social media.

#### 4.4 Personal belongings

Participants are to come to games and training dressed and ready to participate with their own water bottle and towel both clearly labelled. **These are not to be shared.**

Participants should be encouraged to limit their personal belongings and bags that are brought to games and training.

Participants bags and personal belongings should be placed 1.5m apart in a designated area allowing only small groups to retrieve belongings at any one time.

All belongings are to be marked with the name of the participant with all participants taking care of the own belongings, avoiding contact with any other equipment.

#### 4.5 Canteen

Canteens provide food in accordance with food handling protocols ensure that service points allow for all patrons to ensure social distancing. **Section 1.4.**

#### 4.6 Spectators / Parents

**Government restrictions prohibit more 100 people attending a venue at any given time**

This is inclusive of participants and staff, noting that physical distancing is to be maintained unless participating on-field. (4 square meters per person indoors, 1.5 meters outdoors)

For junior participants (U/18 and below only 1 parent or guardian is recommended to attend venues for training and games under the condition that they practice physical distancing. There is a requirement to update Emergency Contact information as detailed in **Section 1.5.**

Parents must be on time to pick up and drop off children if required.

Duty Officials / Field Marshall must be monitoring social distancing and venue bottle neck areas with a club official also monitoring the total attendance numbers for the venue.

**If required, clubs/venues may be required to engage security personnel to support and manage compliance.**

#### 4.7 Post Game

The following process must be completed following each training session using the [QLD Health Cleaning and Disinfection Protocols](#).

- All participants must wash their hands
- All participants may be required to leave the venue immediately following their respective game to maintain attendance requirement.
- All frequently touched surfaces and gameday equipment must be sanitised
- Toilets cleaned and sanitised
- All rubbish bins emptied and removed & sanitised / disinfected

## Appendices

### Appendix A

#### League & Club Checklist (Community Rugby League)

Area	Checklist
<b>General</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Have you advised all members to download the COVIDSAFE App.</li> <li><input type="checkbox"/> Do you have the ability establish meeting and quarantine areas if required.</li> <li><input type="checkbox"/> Have you appointed your Club's Covid Safe Coordinator</li> <li><input type="checkbox"/> Has your club's Club's Covid Safe Coordinator completed the online training</li> <li><input type="checkbox"/> Have you established the reporting protocols should there be identified cases of members who have been in contact with COVID 19.</li> <li><input type="checkbox"/> Does your league/club have touchless payment options.</li> </ul>
<b>Financial Position</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Does your Club League have the necessary finances to participate/deliver in 2020</li> <li><input type="checkbox"/> Have you completed the QRL Short Term Sustainability template.</li> </ul> <p>Comments or advice for consideration:</p>
<b>Season Resumption</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Has your club discussed with members and the committee the practicality of participating under the required restrictions.</li> <li><input type="checkbox"/> Are members and visitors aware of the protocols that will be required when attending your venue.</li> <li><input type="checkbox"/> Are there any ages or divisions that participated in 2019 that won't participate in 2020 due to COVID-19 (For example, large number of participants in a specific age group that have withdrawn for the season.</li> <li><input type="checkbox"/> Has your club considered a refund policy for members not wanting to participate in 2020.</li> </ul>
<b>Registrations and Accreditation</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Is your registration platform open.</li> <li><input type="checkbox"/> Have all players and volunteers registered for the 2020 season.</li> <li><input type="checkbox"/> Have you made arrangements for vulnerable volunteers (e.g. elderly)</li> <li><input type="checkbox"/> Are all player and volunteer Emergency Contact details up to date.</li> <li><input type="checkbox"/> Do all required volunteers have up to date accreditation.</li> </ul>
<b>Team nominations</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Have you confirmed all team nominations with the necessary team staff.</li> <li><input type="checkbox"/> Has the Local League been informed of any challenges with team nominations due to player numbers or volunteers</li> </ul>


<b>Playing Apparel</b>	<input type="checkbox"/> Do you have a deep clean and hygiene plan for the equipment used for each team: <ul style="list-style-type: none"><li><input type="radio"/> Jerseys</li><li><input type="radio"/> Shorts</li><li><input type="radio"/> Socks</li><li><input type="radio"/> Bibs</li><li><input type="radio"/> Training aids</li><li><input type="radio"/> Balls</li></ul>
------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

## Appendix B

Player and volunteer Registration Platform can be accessed [here](#).

All players and volunteers must ensure that they are registered in the MySideline platform, including up to date **Emergency Contact Information**.



 **MYSIDELINE**

## Emergency Details

Full Name

---

Mobile

---

## Appendix C

**Facility & Equipment Checklist** (Community Rugby League)

Area	Checklist
<b>Facility</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Do you have access to your facility for the duration of the proposed season.</li> <li><input type="checkbox"/> Have you updated your Risk management plan in line with COVID 19 restrictions.</li> <li><input type="checkbox"/> Do you need to make changes to your facility to cater for COVID-19 restrictions. Eg. Entry/exit points, car parking etc.</li> <li><input type="checkbox"/> Can you manage your facilities training/playing time-table to minimise the number of people/teams onsite at any one time.</li> <li><input type="checkbox"/> Is there a deep clean and hygiene plan in place for the duration of the season: <ul style="list-style-type: none"> <li><input type="checkbox"/> Dressing Sheds (recommendation is for restricted/limited use)</li> <li><input type="checkbox"/> Meeting Rooms, including assessment and quarantine areas.</li> <li><input type="checkbox"/> Storage Rooms</li> <li><input type="checkbox"/> Public toilets</li> <li><input type="checkbox"/> Canteen or food preparation areas</li> <li><input type="checkbox"/> Grandstands (recommendation is for restricted/limited use)</li> <li><input type="checkbox"/> Any other high touch surfaces</li> </ul> </li> <li><input type="checkbox"/> Do you have the ability to place information and guidelines in place for all attendees at Training, Matches and Club Events</li> <li><input type="checkbox"/> Can you mark the floor at 1.5m intervals in potential areas where lines may form</li> <li><input type="checkbox"/> Does your facility provide adequate space to meet government guidelines relating to 1.5 metre physical distancing: <ul style="list-style-type: none"> <li><input type="checkbox"/> Thoroughfares</li> <li><input type="checkbox"/> Carparks</li> <li><input type="checkbox"/> Spectator areas (close off areas as needed)</li> <li><input type="checkbox"/> Official zones</li> <li><input type="checkbox"/> Canteen or food preparation areas</li> </ul> </li> </ul>
<b>Fields and Playing Surfaces</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Will your playing/training surfaces be in a condition to host training and matches for the duration of the season.</li> <li><input type="checkbox"/> Can you manage your training/playing fields time-table to minimise the number of people/teams onsite at any one time.</li> <li><input type="checkbox"/> Do you have a deep clean and hygiene plan for the equipment used on the playing surface: <ul style="list-style-type: none"> <li><input type="checkbox"/> Post Pads</li> <li><input type="checkbox"/> Markers or corner posts</li> </ul> </li> <li><input type="checkbox"/> Will your officials and bench areas for matches meet government guidelines relating to 1.5m physical distancing: <ul style="list-style-type: none"> <li><input type="checkbox"/> Scoring/management tables</li> <li><input type="checkbox"/> Coach and Trainer boxes</li> <li><input type="checkbox"/> Players seating areas</li> <li><input type="checkbox"/> Equipment/Personal belonging storage space</li> </ul> </li> </ul>
<b>Training Equipment</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Do you have a deep clean and hygiene plan for the equipment used for each team: <ul style="list-style-type: none"> <li><input type="checkbox"/> Markers or corner posts</li> <li><input type="checkbox"/> Training Bibs or apparel</li> </ul> </li> </ul>



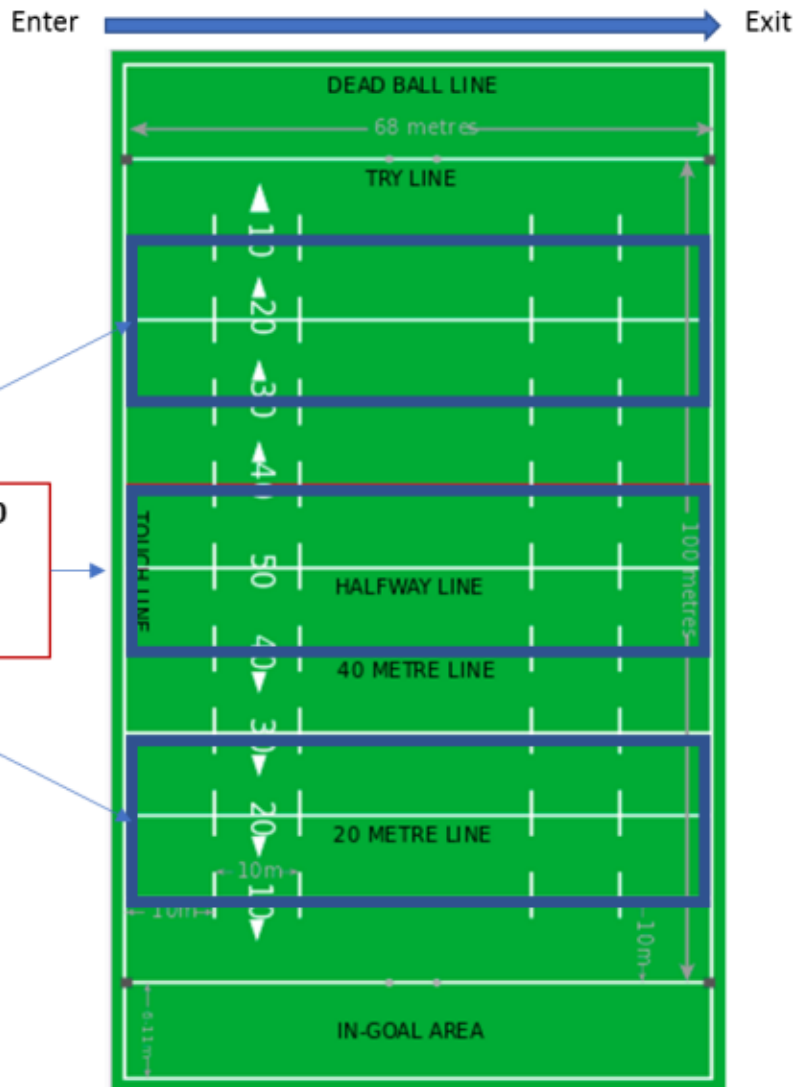
	<ul style="list-style-type: none"><li>○ Tackle bags or pads</li><li>○ Footballs</li><li>○ Agility equipment</li><li>○ Water bottles/carriers (recommendation is individual use only)</li><li>○ Water barrels (recommendation is restricted/limited use)</li></ul>
--	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------



Appendix D

Rugby League 1 Field 3 Zones

Each group of participants will enter on one side of the field and exit on the other side



Each zone is 20m x 50m with 20 participants per zone. 3 zones maximum per field (Total 3000m<sup>2</sup> for 60 participants)

## Appendix E

## Game Day Check list

The following is a check list that **MUST BE COMPLETED** before games start on each field on game days.

- EMU PARADE OF THE FIELD
- CORRECT FIELD MARKING FOR GAMES BEING PLAYED – MINI, MOD, AND INTERNATIONAL.
- DESIGNATED SIN BIN AREA
- WATER RUNNERS ON BENCHES ARE QUALIFIED

**The following items along with any other high touch surfaces are required to be sanitised in accordance with COVID 19 hygiene standards**

- ALL PADS ON GOAL POST
- BENCHES/DUG-OUTS CLEAN AND TIDY READY FOR USE
- DRESSING SHEDS AND REFEREES ROOM CLEAN AND TIDY AND UNLOCKED  
**BUT ARE ONLY FOR TOILET USE ONLY.**
- FIRST AID AREA DESIGNATED- CHAIRS, TABLE AND EQUIPMENT  PROVIDED.
- EQUIPMENT AT SIGN –ON TABLE:
- GAME TIMES
- GAME SHEETS (MySide Line)
- TIME CLOCKS
- HOOTER
- RULES OF GAMES
- DUTY OFFICIAL BIBS AND DUTIES
- SEND – OFF SHEETS
- BREACH NOTICES
- PENS

Full Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Appendix F

Recommended script for participants entering a venue.

It is requirement to enter this venue that you confirm that you or any member of your household are not experiencing any of the following symptoms even if the symptoms are mild.

*A cough*

*A sore throat*

*A tickle in your throat or a scratchy throat*

*A runny nose*

*Any shortness of breath or difficulty breathing*

*Any pain on swallowing*

*Any chills*

*Any headache*

*Any loss of taste or smell*

*Any gastro symptoms (off food, vomiting, diarrhoea, stomach cramps)*

If you have any of these symptoms you will not be permitted to enter the venue and should seek advice from a medical professional immediately.

## Appendix G

Training and Game guidelines allowed under Level A, B and C restrictions noting that currently Level A restrictions are in place			
	Level A	Level B	Level C
Spectators, Parents /Guardian personnel	No spectators unless required (e.g. parent or carer).	Separate spectators from participants. Spectators should maintain social distancing of at least 1.5m and are only allowed if they are a Parent / Guardian or Team Staff	Minimum contact of non-essential surfaces to occur and hands on treatment should be kept to essential only.  Non-essential personnel should be discouraged from entering change rooms (See above)
Training and Games	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, passing, ball skills (e.g. against wall) to self.  It also should be noted that any training carried out is self directed and is not sanctioned by the club or league due to current suspension of the season	Skill drills using a ball, kicking and passing. No tackling/wrestling. Small group (not more than 20 athletes/staff in total) sessions.  It is recommended that sessions under these conditions take place in grid formation with a 10 metre perimeter between any other group training at the same venue.	Full training and competition.  Maximum of 100 people in attendance at venues, inclusive of volunteers, officials and participants.

## Appendix H

### Notification letter

#### On Club Letterhead

Dear Member

A member has tested positive for COVID-19

It has come to the attention of the Club Committee that one of our members has tested positive for COVID-19 on DD/MM/YYYY, this person is currently in isolation and undergoing treatment.

As previously advised, games and training are currently suspended for the club.

It is important that we all look after each other during this period. While Coronavirus (COVID-19) is of concern, it is important to remember that some people who are infected may not get sick at all, others will get mild symptoms from which they will recover easily.

Young, fit people are considered low risk by the medical experts but are still contagious and may spread the virus to the people at most risk of serious infection, such as;

- People with compromised immune systems and chronic medical conditions
- Elderly people
- Aboriginal and Torres Strait Islander people, as they generally have higher rates of chronic illness
- People with diagnosed medical conditions and diseases (e.g. asthma, diabetes)

As per the Federal Government's policy for COVID-19 testing, only patients meeting the suspect case definition (OS travel or confirmed contact with a known positive case PLUS clinical symptoms of fever and/or respiratory illness) should be tested for COVID-19.

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/what-you-need-to-know-about-coronavirus-covid-19>

However, if you are concerned and you your child or other family members are displaying cold or flu like symptoms you should contact your Health Professional who will advise you a course of action. Please follow the advice of the medical experts in relation to isolation, social distancing and personnel hygiene to contain the spread of this virus.

Further information will be provided via our club website and Facebook regarding a return to training and competitions when confirmation is provided by the Queensland Rugby League.

Your sincerely

NAME

Club President