



Easts Junior Rugby Union Football Club June 2020 Return to Play Policy

Introduction

This policy is based on information in the ACT & SNSW Rugby Union “Return to Play Framework for Community Rugby” as at 15 June 2020.

It should be read in conjunction with any public health advice provided by ACT Government at <https://www.covid19.act.gov.au/>

This policy is in addition to the usual rules for first aid availability, rugby coaching skills, and other requirements for training at Easts Junior Rugby Club.

Last updated Tuesday 23 June 2020.

Preparing for return to training

Training began on Wednesday 3 June 2020 for groups of 10. Before that date:

- Coaches to be registered in RugbyXplorer, have Working With Vulnerable People card (WWVP), and Smart Rugby up-to-date by start of first session.
- Volunteers to be registered in RugbyXplorer and have WWVP.
- Players to be registered in RugbyXplorer at minimum of “training only”.

As at Friday 19 June 2020, ACT & SNSW Rugby Union have authorised training in groups of up to 100 people, in accordance with current ACT Government regulations.

Coaches, volunteers and players who have not registered in RugbyXplorer will not be allowed on the field. This is important for us to maintain awareness of who is involved and in what teams, and for public liability insurance.

Training sessions under these rules will be a total of one hour:

- 5 minutes to set up
- 50 minutes training
- 5 minutes to pack up

North Curtin will have three fields set up, divided in half to create six training areas. Ropes and cones will mark out areas. This allows us to keep to 1 person per 4 square metres, or 1.5m apart.

Full contact training is allowed from 19 June 2020.

No spitting, coughing, or physical greetings (eg handshakes, hugs).

The following equipment will be in the shed ready to set up hygiene stations for each area:

- 6 1L pump packs of hand sanitiser (70% isopropyl alcohol minimum)
- 6 10L plastic buckets
- 6 bulk packs of 70% isopropyl alcohol wipes
- Spray bottles of soapy water
- Bulk roll of Chux wipes

At start of session

Spectators/parents/carers/non-coaching volunteers to stay at least 1.5m away from edge of field at all times, unless a coach requests first aid help. Minimal parents/carers to be present. Ask spectators to consider waiting in cars (parked with a view of training fields) during the session.

Toilet blocks will be open, but the canteen will be closed. Note that North Curtin does not have change rooms or showers.

Before each session begins:

- Coach to set up hygiene station at the entry to their training area. On a small table or crates, pump pack of hand sanitiser, spray bottle of soapy water, a few Chux wipes, pack of alcohol wipes, empty bucket for used wipes.
- Coach to wipe down equipment (eg balls, cones) with alcohol wipes. No equipment can be shared between groups without cleaning it again.
- Team manager to take attendance for each group at start of training using the official attendance sheet (printed copies are in shed). This tells us who was on that training field in case of need for contact tracing.
- Players to arrive ready for training in clean, old clothes (not uniform) due to risk of bleach/disinfectant damaging clothing, and BYO water bottle already filled. No sharing of water bottles.
- Hand sanitiser used by everyone on entry and exit to training fields, including when leaving to, or returning from, toilets.
- Coach to remind players on arrival: no greeting with physical contact (eg handshakes, hugs), use hand sanitiser, no sharing water bottles.

At end of session

- Coach to use Chux wipes and soapy water to clean dirt off equipment, then alcohol wipes to clean equipment, then pack away (including hygiene station).
- Team manager to check they have marked attendance for all players and volunteers, including any late arrivals, and email to club committee ejrcccommittee@gmail.com within 24 hours.
- Coach to remind players on leaving: no physical contact for greetings, sanitise hands when exiting field, full shower and wash clothes as soon as they get home, don't come to training if you have any COVID-19 or cold/flu symptoms.

What if someone is sick?

Do not come to training if you are sick, whether with cold/flu symptoms or COVID-19 symptoms. Bringing symptoms to training can spread infection that disrupts training for everyone else in the club.

In the event of a player/coach/volunteer being suspected of having COVID-19, they should notify their team manager ASAP, and will need to stay in isolation and away from training until ACT Health advise that it is safe to return.

If a player/volunteer advises their team manager that they are being tested for COVID-19, the team manager will notify club committee by emailing ejrcccommittee@gmail.com or phone Kate Branch on 0415 398 788. The team manager should also notify any players, coaches or volunteers who attended the most recent training session with the diagnosed player so they can look out for symptoms.

If notified that a player/volunteer is being tested for COVID-19, club committee will notify ACT & SWNSW Rugby Union, and will notify ACT Health (unless the unwell person has already done so). Club committee will be able to email copies of attendance sheets as requested by ACT Health or Rugby Australia.

Club committee may contact the unwell person to gather details of any contact with other people at training facilities from 24 hours prior to symptoms starting, to ensure this information isn't forgotten if it is later needed for contact tracing.

Team manager and/or club committee will check in with the unwell person to maintain connections with their team and club during isolation, and support their wellbeing.

What if someone is diagnosed with COVID-19?

The person diagnosed should notify their Team Manager, who will pass this on to the club committee.

Club committee will advise ACT & SNSW Rugby Union, and Rugby Australia via RugbyXplorer competition case.