



NELSON BAY JUNIOR RUGBY LEAGUE FOOTBALL CLUB INC

COVID-19 RETURN TO PLAY SAFETY PLAN

APPENDIX A TO NSWRL TEMPLATE PLAN

Version 3 – 19 August 2020

Contents

INTRODUCTION.....	2
ENTRY CRITERIA	3
FACILITIES – OUTDOORS	4
COVID-19 EDUCATION	5
SOCIAL DISTANCING.....	5
HYGIENE	6
PERSONAL HEALTH.....	6
MANAGEMENT OF UNWELL PARTICIPANTS	6
TRAINING	7
GAME DAY.....	7
QR CODE – CONTACT TRACING COVID-19.....	8

NELSON BAY JUNIOR RUGBY LEAGUE FOOTBALL CLUB INC

Salamander Bay Sports Complex, 9 Tarrant Road, Salamander Bay NSW 2317

e. secretary@nbjrlmarlins.org.au





NELSON BAY JUNIOR RUGBY LEAGUE FOOTBALL CLUB INC

COVID-19 RETURN TO PLAY SAFETY PLAN

APPENDIX A TO NSWRL TEMPLATE PLAN

Version 3 – 19 August 2020

INTRODUCTION

This plan endeavours to outline the methods by which Nelson Bay Junior Rugby League Football Club Incorporated will implement the NSWRL recommended checklists and guidance documents in a return to train or return to play scenario for the 2020 Junior Rugby League season. It is broken into sections that attempt to correspond with those in the NSWRL COVID-19 Safety plan that has been provided to all Clubs as a template document. This document is subject to change as Government policy continues to be updated.

FACILITIES – INDOORS

- The Clubhouse area/room will continue to be reserved for Referees and essential Committee personnel only, it will continue to be closed to all other visitors during Step 3 (current conditions).
- Access to the Clubhouse/Referee room will be permitted for up to 10 persons at any one time, with signage displayed on the door and internal wall.
- There will be no access to toilets from inside the Clubhouse, they will be accessed via the external entry only.
- The toilet facilities will be wiped down with antibacterial spray before each training session commences, and on conclusion of each training session.
- The toilet facilities will be wiped down with antibacterial spray before the timeslot for each game fixture, and on conclusion of each match.
- There will be minimal Canteen and BBQ facilities in operation during the initial rounds of competition. This is to help enforce social distancing at our grounds.
- EFTPOS facility will be available for Canteen.
- Cleaning and sanitising equipment will be stored within the Canteen Storeroom and in the hallway between the external Male and Female toilets for ease of access and to limit the need for any other facilities to be opened.

NELSON BAY JUNIOR RUGBY LEAGUE FOOTBALL CLUB INC

Salamander Bay Sports Complex, 9 Tarrant Road, Salamander Bay NSW 2317

e. secretary@nbjrlmarlins.org.au





NELSON BAY JUNIOR RUGBY LEAGUE FOOTBALL CLUB INC

COVID-19 RETURN TO PLAY SAFETY PLAN

APPENDIX A TO NSWRL TEMPLATE PLAN

Version 3 – 19 August 2020

ENTRY CRITERIA

- All persons seeking entry to Salamander Sports Complex on game day will have their temperature checked on arrival.
- Entry will only be permitted for players, team staff, Nelson Bay Junior Rugby League volunteers and 1 spectator per player. All other persons will be refused entry. This will be achieved via a 'roll call' style system at the arrival desk.
- Sign in may also be done by the QR code allocated by Newcastle Junior Rugby League on behalf of Nelson Bay JRL. Visit <https://docs.google.com/forms/d/e/1FAIpQLSfK6yXtRypq0Jozg4Se3ID-HMNpItADFSHzIHhwXodamnlq1A/viewform> or scan the QR code at the end of this document.
- All participants will be asked the following questions on entry to Salamander Sports Complex:
 - Have you shown any symptoms such as a sore throat, fever, headache, sneezing or runny nose in the past 24 hours?
 - Have you been in contact with anyone showing any of the above symptoms during the past 24 hours?
 - Are you currently unwell?
 - Have you been in contact with anyone who has been required to self-isolate during the past 14 days?
- Any individual who answers 'yes' to any of the above questions will be denied entry to Salamander Sports Complex and will be required to wait in the designated quarantine area until their parent arrives to collect them.
- Details of any individual who is required to quarantine or who is denied entry to Salamander Sports Complex will be recorded and forwarded to NSWRL.
- The NBJRLFC will rely on volunteers to help us record all individuals who enter Salamander Sports Complex and will forward this information to NSWRL as required.
- There will be a designated quarantine area located away from the physical oval itself for placement of individuals who are either unwell, required to separate from any other participants and/or fails the entry criteria.
- The only areas which will be open to individuals attending Salamander Sports Complex will be:
 - Fields 1, 2 and 3;
 - the Clubhouse/Referee Room (indoors), and
 - the external Male and Female toilets (indoors/enclosed).
- **THERE WILL BE NO USE OF THE CHANGEROOMS** under current public health order restrictions.

NELSON BAY JUNIOR RUGBY LEAGUE FOOTBALL CLUB INC

Salamander Bay Sports Complex, 9 Tarrant Road, Salamander Bay NSW 2317

e. secretary@nbjrlmarlins.org.au



@nbjrl



Nelson Bay Junior Rugby League



NELSON BAY JUNIOR RUGBY LEAGUE FOOTBALL CLUB INC

COVID-19 RETURN TO PLAY SAFETY PLAN

APPENDIX A TO NSWRL TEMPLATE PLAN

Version 3 – 19 August 2020

FACILITIES – OUTDOORS

- 1 spectator allowed per player during Step 3 (current conditions). This applies to both training sessions and game day matches at Salamander Sports Complex. All spectators must record their name on the attendance register at the Entry point.
- Volunteers, coaches, managers, trainers and committee are not counted as spectators but contribute to the number of participants occupying the facility at any point in time.
- **There will be no more than 500 people at Salamander Sports Complex (inclusive of Rugby League and Hockey participants)** until the NSW Government increases the number indicated at clause 17 of the *Public Health (COVID-19 Restrictions on Gathering and Movement) Order (No 4) 2020*.
- Hand sanitising stations will be positioned at multiple points around all 3 fields, at Entry and Exit points, and adjacent to Canteen and toilet facilities.
- Players are to be dropped off just before their allotted training time and picked up immediately following the conclusion of the training session. It is still preferred that parents remain in vehicles wherever possible. Coaches are to adhere to training times. Parents who stay to watch **MUST STICK TO SOCIAL DISTANCING RULES**.
- Salamander Sports Complex will be secured with a defined single entry and single exit point. NBJRLFC will work with other users of Salamander Sports Complex to ensure our entry and exit areas do not overlap.
- NBJRLFC will rely on volunteers from each team to supervise the entry and exit points as well as completion of the attendance register by all visitors to our grounds. Hand sanitizer is available and should be used on entry and exit.
- Training activities are permitted to include full contact sessions now that we are in Step 3. During training breaks, breaks during matches and while seated on 'the bench' players are required to aim for 1.5m distance.
- Training times will be restricted to those allocated in the NBJRLFC training roster, currently revised weekly.
- **Minimal warm-up time will be allowed on game day:**
 - 20 minutes pre-match for U6s to U9s
 - 25 minutes pre-match for U10s and U11s
 - 30 minutes pre-match for U12s onwards.
- The Club will provide sanitising stations for all training aids to be sanitised prior to and after each training or warm-up sessions.

NELSON BAY JUNIOR RUGBY LEAGUE FOOTBALL CLUB INC

Salamander Bay Sports Complex, 9 Tarrant Road, Salamander Bay NSW 2317

e. secretary@nbjrlmarlins.org.au



@nbjrl



Nelson Bay Junior Rugby League



NELSON BAY JUNIOR RUGBY LEAGUE FOOTBALL CLUB INC

COVID-19 RETURN TO PLAY SAFETY PLAN

APPENDIX A TO NSWRL TEMPLATE PLAN

Version 3 – 19 August 2020

COVID-19 EDUCATION

- All returning Teams (players and coaching/support staff) have been provided with COVID-19 training prior to training commencing.
- COVID-19 training included:
 - reminders on social distancing requirements;
 - no contact training – NOW PERMITTED;
 - no spectators – NOW PERMITTING 1 per player;
 - requirement to wash hands on entry and exit;
 - NO SHARING OF WATER BOTTLES;
 - requirement to shower and change at home before attending training;
 - suggestion to go home and shower immediately AFTER training;
 - requirement to ANSWER TRUTHFULLY to the Covid-19 questions asked on entry, and
 - requirement to wash training aids prior to and after training.

SOCIAL DISTANCING

- All Club members have access to the COVID-19 Information pack (Club website) outlining the social distancing restrictions.
- All returning teams have received COVID-19 training before being allowed to attend Salamander Sports Complex.
- Teams will be allowed to train ONLY as rostered. No variations to training schedule permitted. Should the rostering demands become too difficult, training will be restricted to International sides only U13s through U16s).
- Training sessions will be limited in duration so that there will be at least 15 mins between each training session for training aids to be sanitised.
- Training aids to be set up by coaches and sanitised before each training session. COACHES ARE RESPONSIBLE FOR THE TIDY RETURN OF TRAINING AIDS AND TO ENSURE THEY ARE SANITISED BEFORE AND AFTER USE.
- Signage (posters and 1.5m guides/stickers) have been posted around the grounds and areas designated/demarcated to reflect requirements to adhere to social distancing.

NELSON BAY JUNIOR RUGBY LEAGUE FOOTBALL CLUB INC

Salamander Bay Sports Complex, 9 Tarrant Road, Salamander Bay NSW 2317

e. secretary@nbjrlmarlins.org.au



@nbjrl



Nelson Bay Junior Rugby League



NELSON BAY JUNIOR RUGBY LEAGUE FOOTBALL CLUB INC

COVID-19 RETURN TO PLAY SAFETY PLAN

APPENDIX A TO NSWRL TEMPLATE PLAN

Version 3 – 19 August 2020

HYGIENE

- Signage is prominent around Salamander Sports Complex to remind individuals of the requirement to socially distance.
- Training aids are to continue to be sanitised before and after each training session.
- Hand sanitising stations will continue to be on site at the entry and exit points of Salamander Sports Complex and individuals will be required to use hand sanitiser on entry and exit.
- There will be hand sanitiser, soap and paper towels in the external Male and Female toilets and in the Clubhouse/Referee Room.
- There will be signage posted in the Referee Room reminding people to socially distance, to wash their hands frequently and to confirm that only 10 persons at any one time are allowed to be in the Referee Room.

PERSONAL HEALTH

- Coaches, Committee Members and the COVID-19 Coordinators will actively remind individuals to wash their hands frequently and to remember to employ social distancing.
- Coaches, Committee Members and the COVID-19 Coordinators will remind club members to shower and change before arriving to Salamander Sports Complex.
- Coaches, Committee Members and the COVID-19 Coordinators will remind club members not to attend if they are unwell.

MANAGEMENT OF UNWELL PARTICIPANTS

- COVID-19 Volunteers will be asking each individual the COVID-19 questions on entry to Salamander Sports Complex and seek to isolate anyone who is unwell, appears to be unwell or does not meet the entry criteria into the Quarantine area.
- Club Executive Committee will remind Coaches that anyone who appears unwell during training is to be isolated immediately.
- Names and times of entry and exit of each individual will be kept on COVID-19 Registers and provided to NSWRL as required.

NELSON BAY JUNIOR RUGBY LEAGUE FOOTBALL CLUB INC

Salamander Bay Sports Complex, 9 Tarrant Road, Salamander Bay NSW 2317

e. secretary@nbjrlmarlins.org.au



@nbjrl



Nelson Bay Junior Rugby League



NELSON BAY JUNIOR RUGBY LEAGUE FOOTBALL CLUB INC

COVID-19 RETURN TO PLAY SAFETY PLAN

APPENDIX A TO NSWRL TEMPLATE PLAN

Version 3 – 19 August 2020

TRAINING

- Club members have been informed that the COVID-19 Volunteers will be recording entry of each individual of each training session and that these registers will be forwarded to NSWRL as required.
- Training sessions will be run according to the NBJRLFC training roster, with time allowed for the coaches to sanitise the training aids, for entry of the individuals to be recorded on the COVID-19 Registers as well as the COVID-19 Entry questions to be asked.
- There will be a designated area at the rear of Salamander Sports Complex to be a designated 'Quarantine' area for anyone who is deemed by the COVID-19 Coordinators to be unsuitable to attend training, or for anyone who falls ill / appears unwell while at training.
- Club members will be required to socially distance outside the perimeter (fence line) of Fields 1, 2 and 3 until permitted 'on field' at the start of their scheduled training session. Signage will be posted around the grounds to remind members of the requirement to socially distance and to apply hand sanitiser.
- All equipment will be sanitised in accordance with NSWRL guidelines before and after training.
- Club members will be advised that if travelling to and from Salamander Sports Complex by public transport that they are required to adhere to social distancing principles and to wash their hands frequently.

GAME DAY

- COVID-19 Volunteers will be recording entry of all players and spectators, these registers will be forwarded to NSWRL as required. **QR code now available (see next page). All persons will be temperature checked upon entry.**
- COVID-19 Volunteers will be asking general health questions of all players and spectators, anyone presenting as unwell or causing safety concerns by their answers will be asked to leave the Salamander Sports Complex immediately to protect the health and well-being of our members and visitors.
- There will be a designated area at the rear of Salamander Sports Complex to be a designated 'Quarantine' area for anyone who is deemed by the COVID-19 Volunteers to be unfit for entry.
- Club members and visitors will be required to socially distance outside the perimeter (fence line) of Fields 1, 2 and 3 until permitted 'on field' at the start of their scheduled match.
- Signage is posted around the grounds to remind everyone of the requirement to socially distance and to apply hand sanitiser.
- All equipment will be sanitised in accordance with NSWRL guidelines before and after training/warm-up.
- **Match balls will be sanitised at each break in play.**
- Club members and visitors will be advised that if travelling to and from Salamander Sports Complex by public transport that they are required to adhere to social distancing principles and to wash their hands frequently.

NELSON BAY JUNIOR RUGBY LEAGUE FOOTBALL CLUB INC

Salamander Bay Sports Complex, 9 Tarrant Road, Salamander Bay NSW 2317

e. secretary@nbjrlmarlins.org.au



@nbjrl



Nelson Bay Junior Rugby League



NELSON BAY JUNIOR RUGBY LEAGUE FOOTBALL CLUB INC

COVID-19 RETURN TO PLAY SAFETY PLAN

APPENDIX A TO NSWRL TEMPLATE PLAN

Version 3 – 19 August 2020

QR CODE – CONTACT TRACING COVID-19

Register Before Entry

1. Scan QR Code with your photo app on phone
2. Select form popup
3. Enter details
4. Submit



This information will be kept private and will only be shared with the necessary Authorities for tracing Covid-19

NELSON BAY JUNIOR RUGBY LEAGUE FOOTBALL CLUB INC

Salamander Bay Sports Complex, 9 Tarrant Road, Salamander Bay NSW 2317

e. secretary@nbjrlmarlins.org.au



@nbjrl



Nelson Bay Junior Rugby League