



COVID-19 SAFETY PLAN

Association	Norths Juniors Rugby League Football Club
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Version	1

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1. Introduction

The purpose of this COVID-19 Safety Plan is to provide an overarching plan for the implementation and management of procedures by **Norths Juniors Rugby League Club** to support its members and participants in the staged resumption of community sport and club activities.

The arrangements set out in this Plan are intended to prevent the transmission of COVID-19 among members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community. The Plan provides the framework to govern the general operation of the Football Club, any facilities it controls, the playing/training behaviour of all members and participants and the monitoring and reporting of the health of attendees at the Norths Juniors Rugby League Club facilities.

This Plan includes, but is not limited to, the conduct of:

- a. staged training and competition activities (sport operations); and
- b. facility management and supporting operations (facility operations).

This plan is subject to all regulations, guidelines and directions of government and public health authorities.

2. Key Principles

This Plan is based on, and accepts, the AIS [Framework for Rebooting Sport in a COVID-19 Environment](#) (**AIS Framework**) and the [National Principles for the Resumption of Sport and Recreation Activities](#) (**National Principles**).

The Plan also accepts as key principles that:

- The health and safety of members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community is the number one priority;
- Members, participants, coaches, officials, administrators/volunteers, families and the broader community need to be engaged and briefed on Norths Juniors Rugby League's return to sport plans;
- Facilities are assessed and appropriate plans are developed to accommodate upgraded hygiene protocols, physical distancing and other measures to mitigate the risk of transmission of COVID-19;
- Training cannot resume until the arrangements for sport operations and facility operations are finalised and approved, if necessary; and
- At every stage of the return to sport process Norths Juniors must consider and apply all applicable State and Territory Government and local restrictions and regulations. Norths Juniors needs to be prepared for any localised outbreak at our facilities, within our competitions or in the local community.

3. Responsibilities under this Plan

Norths Juniors Rugby League Club retains the overall responsibility for the effective management and implementation of the return to sport activities and operations outlined in this Plan.

The Committee of Norths Juniors Rugby League Club is responsible for:

- Approving the Plan and overseeing the implementation of the arrangements in the Plan; and
- Revising the Plan as required, ensuring it reflects up to date information from government and public health officials.

The Committee has appointed the following person as the Norths Juniors Rugby League Club COVID-19 Safety Coordinator to execute the delivery of the Plan and to act as a point of contact for information relating to this Plan:

Name	
Contact Email	
Contact Number	

Norths Juniors Rugby League Club expects all members, participants, coaches, officials, administrative staff and volunteers to:

- Comply with the health directions of government and public health authorities as issued from time to time;
- Understand and act in accordance with this Plan as amended from time to time;
- Comply with any testing and precautionary measures implemented by Norths Juniors Rugby League Club;
- Act with honesty and integrity in regard to the state of their personal health and any potential symptoms; and
- Monitor their health and take a cautious approach to self-isolation and reporting of potential symptoms.

4. Return to Sport Arrangements

As at the date of this Plan being June 8 2020 participants are training at Level B of the AIS Framework. The Plan outlines specific sport requirements that Norths Juniors Rugby League Club will implement for Level B and Level C of the AIS Framework.

Norths Juniors Rugby League Club will transition to the training activity and facility use as outlined in Level B of the AIS Framework and the training/competition activities and facility use outlined in Level C of the AIS Framework when permitted under local restrictions and regulations.

4.1 AIS Framework Arrangements

The protocols for conducting sport operations and facility operations under Level B and Level C of the AIS Framework are set out in the Appendix.

4.2 Roadmap to a COVIDSafe Australia

Norths Juniors Rugby League Club will also comply with the Australian government's [Roadmap to a COVIDSafe Australia](#), which places limits on the type of activity that can be conducted and the number of people who can gather at facilities, not with-standing the activities permitted by the AIS Framework (see below).

AIS Activities	Level A: Training in no more than pairs. Physical distancing required.	Level B: Indoor/outdoor activity. Training in small groups up to 20. Physical distancing required.		Level C: Full sporting activity (training and competition) allowed. No restriction on numbers. Contact allowed.	
Roadmap Activities	N/A	Step 1: No indoor activity. Outdoor sport (up to 20 people) consistent with AIS Framework.	Step 2: Indoor/outdoor sport up to 20 people. Physical distancing (density 4m ²). 100 people per venue.	Step 3: Community sport expansion to be considered consistent with AIS Framework.	Further steps TBC

5. Recovery

When public health officials determine that the outbreak has ended in the local community, Norths Juniors Rugby League Club will consult with relevant authorities to identify criteria for scaling back its COVID-19 prevention actions. Norths Juniors Rugby League Club will also consider which protocols can remain to optimise good public and participant health.

At this time the Committee of Norths Juniors Rugby League Club will consult with key stakeholders to review the delivery of its return to sport arrangements and use feedback to improve organisational plans and systems.

Appendix: Outline of Return to Sport Arrangements

Part 1 – Sport Operations

Area	Plan Requirements (for activities under AIS Framework Level B)	Plan Requirements (for activities under AIS Framework Level C)
Approvals	<p>The club must obtain the following approvals to allow a return to training at Level B:</p> <ul style="list-style-type: none"> • State/Territory Government approval of the resumption of community sport. • Relaxation of public gathering restrictions to enable training to occur. • Local government/venue owner approval to training at venue, if required. • National/state sporting body/local association approval of return to training for community sport. • Club committee has approved return to training for club. • Insurance arrangements confirmed to cover training. 	<p>The club must obtain the following approvals to allow a return to training/competition at Level C:</p> <ul style="list-style-type: none"> • Relaxation of public gathering restrictions to enable training to occur. • Local government/venue owner approval to training/competition at venue, if required. • National/state sporting body/local association approval to return to training/competition for community sport. • Club committee has approved return to competition for club. • Insurance arrangements confirmed to cover competition.
Training Processes	<p>Club to emphasise AIS Framework principle of “Get in, train, get out” – arrive ready to train.</p> <ul style="list-style-type: none"> • Length and scheduling of training sessions to reduce overlap. • Clearly outline nature of training permitted (e.g. small groups to train and for team meetings, equipment/skill drills able to be used, certain sport activities not permitted during Level B training, no contact including high fives/hand shaking, no socialising). • Defined training areas for each training group, maintaining base density requirement of 4 square metres per person and physical distancing (>1.5 metres). • Sanitising requirements as necessary • Treatment of shared equipment (e.g. sanitise equipment before, during, after sessions) and use of such equipment to be limited. 	<ul style="list-style-type: none"> • AIS Framework principles – full sporting activity that can be conducted in groups of any size (subject to COVIDSafe Roadmap) including full contact. • For Rugby League sports, consider maintaining some small group separation at training. • Limit unnecessary social gatherings. • Clearly outline nature of training permitted. • Access to treatment from support staff. • Sanitising requirements continue from Level B. • Treatment of shared equipment continues from Level B.

	<ul style="list-style-type: none"> • No sharing of personal equipment. • Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing). • Guidance for travel arrival and departure. • Training attendance register kept. 	<ul style="list-style-type: none"> • Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing). • Training/playing attendance register kept. • Spectator and Staff attendance register kept.
Personal health	<ul style="list-style-type: none"> • Washing of hands prior to, during and after training and use of hand sanitiser where available. • Avoid physical greetings (i.e. hand shaking, high fives etc.). • Avoid coughing, clearing nose, spitting etc. • Launder own training uniform and wash personal equipment. • Advice to players, coaches, volunteers to not attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). 	<ul style="list-style-type: none"> • Requirements continue from Level B. • Launder of own playing uniform
Hygiene	<ul style="list-style-type: none"> • Safe hygiene protocols distributed by national/state sporting body or local association that will be adopted by club. • Guidelines for sanitisation and cleaning. 	<ul style="list-style-type: none"> • Hygiene and cleaning measures to continue from Level B.
Communications	<ul style="list-style-type: none"> • How club will brief players, coaches and volunteers on return to training protocols including hygiene protocols (e.g. letter, email, text message, Facebook post) and reinforcement of hand washing and general hygiene etiquette. • Endorsement of government COVIDSafe app and encouragement to players, coaches, members, volunteers and families to download and use app. • How Club will promote good personal hygiene practices in and around training sessions and in Club facilities (e.g. posters in bathrooms). • How individuals can access mental health and wellbeing counselling services]. 	<ul style="list-style-type: none"> • How Club will brief players, coaches, members, volunteers and families on Level C protocols including hygiene protocols (e.g. letter, email, text/WhatsApp message, Facebook post) and reinforcement of hand washing and general hygiene etiquette. • Continued endorsement of government COVIDSafe app and encouragement to players, coaches, members, volunteers and families to download and use app. • How individuals can access mental health and wellbeing counselling services.

Part 2 – Facility Operations

Area	Plan Requirements (for activities under AIS Framework Level B)	Plan Requirements (for activities under AIS Framework Level C)
Approvals	<p>The club must obtain the following approvals to allow use of club facilities at Level B:</p> <ul style="list-style-type: none"> • State/Territory Government approval of the resumption of facility operations. • Local government/venue owner approval to use of facility, if required. • Club committee has approved plan for use of club facilities. • Insurance arrangements confirmed to cover facility usage. 	<p>The club must obtain the following approvals to allow use of club facilities at Level C:</p> <ul style="list-style-type: none"> • State/Territory Government approval of the resumption of facility operations. • Local government has given approval to use of facility, if required. • Club committee has approved plan for use of club facilities. • Insurance arrangements confirmed to cover facility usage.
Facilities	<ul style="list-style-type: none"> • Facilities that are available during Level B restrictions; limited to toilets and medical facilities and minimise use of communal facilities. • Hygiene and cleaning protocols. • Provision of appropriate health and safety equipment, Personal Protective Equipment (PPE) and personal hygiene cleaning solutions. 	<ul style="list-style-type: none"> • Return to full use of Club facilities. • Hygiene and cleaning protocols measures as per Level B. • Provision of appropriate health and safety equipment, Personal Protective Equipment (PPE) and personal hygiene cleaning solutions as per Level B].
Facility access	<ul style="list-style-type: none"> • Attendance Records of Training kept. • Restrictions on facility access to limit anyone who has: <ul style="list-style-type: none"> – COVID-19 or has been in direct contact with a known case of COVID-19 in the previous 14 days. – Flu-like symptoms or who is a high health risk (e.g. due to age or pre-existing health conditions). – Travelled internationally in the previous 14 days. • Who may attend the club facilities: only essential participants should attend to minimise numbers and gathering numbers should not exceed government allowances (COVIDSafe Roadmap maximum gatherings: Step 2 (100 people per venue) 	<ul style="list-style-type: none"> • Continue Level B protocols as appropriate. • Who may attend the club facilities: gathering numbers should not exceed government allowances (COVIDSafe Roadmap maximum gatherings) • Any spectators should observe physical distancing requirements (>1.5 metres) and density requirements (one person per 4 square metres). • Managed access including separate entry/exit points, managed traffic flows, stagger arrival/departure times. • Physical distancing protocols including use of zones in clubrooms, change rooms, canteen including by use of physical zone indicators. • Canteen operations to include food and cash handling protocols, hygiene and cleaning measures and established zones.

		<ul style="list-style-type: none"> • General advice on physical distancing in club facilities including discouraging face to face meetings where possible, restricting site visitors, deferring or splitting up large meetings. • Detailed attendance register to be kept.
Hygiene	<ul style="list-style-type: none"> • Any safe hygiene protocols distributed by national/state sporting body or local association that will be adopted by club including: <ul style="list-style-type: none"> – Availability of hand sanitiser at entry/exit points to venue and elsewhere. – Protocols for sanitising stations, sanitising shared equipment, uniforms. – Cleaning standards – increase regular cleans and frequent wiping of high touch surfaces including bathrooms. – Displaying posters outlining relevant personal hygiene guidance. – Avoiding shared use of equipment. – Provide suitable rubbish bins with regular waste disposal. – Guidelines for sanitisation and cleaning of Club facilities]. 	<ul style="list-style-type: none"> • Continue hygiene and cleaning measures as per Level B.
Management of unwell participants	<ul style="list-style-type: none"> • Isolation/medical requirements for all players, members, volunteers and their families at the onset of any symptoms including club facilities that can be used to manage symptomatic participants. • Training of volunteers/club management on treatment of symptomatic participants and disinfecting of facilities used by such participants. • Notification protocols for notifying public health authorities and other attendees of symptomatic participants]. 	<ul style="list-style-type: none"> • Measures as per Level B.
Club responsibilities	<p>The club will oversee:</p> <ul style="list-style-type: none"> • Provision and conduct of hygiene protocols as per the Plan. • The capture of a record of attendance at all training and club activities and maintaining an up-to-date log of attendance. • Coordination of Level B field and training operations. • Operation of the club's facilities in support of all Level B training activities in accordance with this Plan. 	As per Level B.

6. Check List before Training Commences

- Regular consultation with QLR and BRL to obtain updates and directives.
- Communication to all coaches, managers and team staff on proposed plans for Stage 2 Return to Play Guidelines. This is to include details of: (Photo example page 15)
 - Education on Social distancing and hygiene reminders
 - Training schedule focus on “Get in, train and Get Out” in accordance with AIS Framework
 - Changes to Training conditions/restrictions
 - Modified Training Schedule
 - Attendance record of players kept for 28 days
 - Promote download of COVIDsafe App
 - Infection Control Training
- Communication to all parents and carers on proposed plans for Stage 2 Return to Play Guidelines. This is to include details of: (Photo example page 15)
 - Education on Social Distancing and hygiene
 - Training schedule focus on “Get in, train and Get Out” in accordance with AIS Framework
 - Drop off/Pick up only requirements
 - Change of training requirements (non-contact, group size, training locations e.g. fields for training and no access areas etc.)
 - Promote download of COVIDsafe App
 - Player equipment required to attend training (own water bottle, individual hand sanitiser).
- Purchase of hand sanitiser to be placed around the grounds and supplied to teams
Allocated stations for sanitizer:
 - Entry to grounds
 - Entry to clubhouse
 - Canteen Service counters (near cash register and food service bay)
 - Office
 - Announcers booth

- Purchase liquid hand wash solution and single use paper towel to be placed in all toilets and canteen area
- Prepare relevant COVID safe Posters ready to place around the grounds as follows: (Example page 14)
 - Entry
 - Clubhouse
 - Toilets
 - Prominent areas
 - Front of canteen
 - Exits
- Mark out physical distancing floor markings for canteen queues including waiting areas and entry/exit points (Example page 16)
- Physical barriers for Stage 2 blocking off no access areas (seating, drink taps, tables) (Example page 17)
- Establish Cleaning Protocol and designated roles for volunteers/workers for Stage 2 example in-between training sessions cleaning of bathrooms (equipment and facilities) (Example page 18)

7. Training Recommencement Procedures

All social distancing and hygiene measures to be followed and enforced:

- Do not Attend Grounds if sick or unwell
- Use Hand Sanitiser on entry and exit of grounds
- Keep 1.5m distance from other workers
- It is recommended that all people attending the grounds download the COVIDsafe App
- Grounds keeping equipment t be wiped down after use with approved wipes or detergent
- Workers entering the club house/canteen should wash hands and use sanitiser
- Only 2 workers allowed into club house at one time (per section – Canteen area/food prep area/office)
- All equipment used in the clubhouse should be wipe down after use with approved wipes or detergent

Policy:

- Non-contact training will commence in groups of 20 people (including coaches) 100 people per venue
- Continuation of ground and club house cleaning maintenance in groups of up to 20 people

Procedure:

No more than 20 people per group in attendance for each training session. Record of Attendance will to be kept for a period of at least 28 days. (Example Page 20-21)

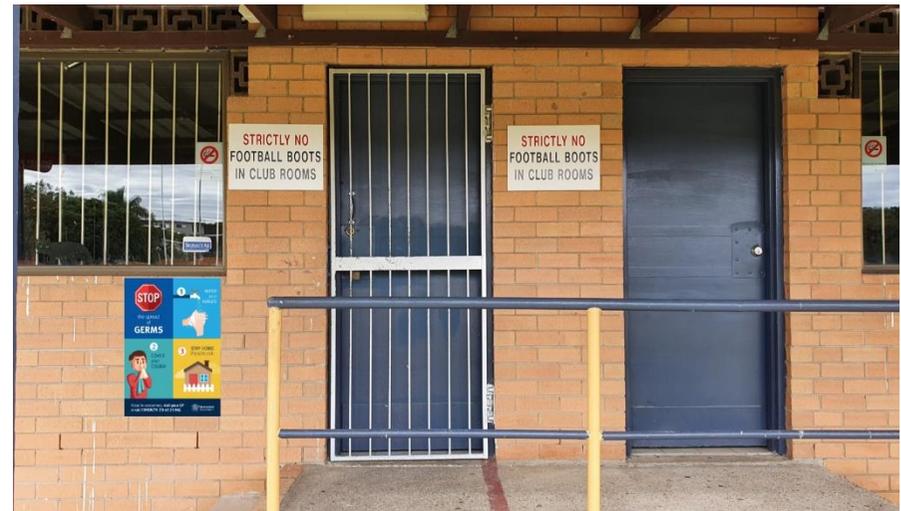
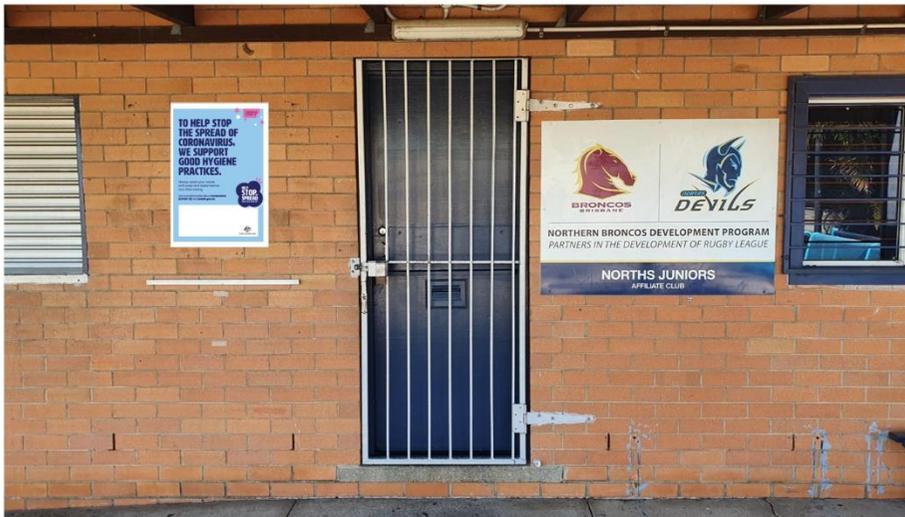
1. All parents are expected to drop off and pick up only. No parents are to remain on grounds during the training session.
2. Training schedule focus on **“Get in, train and Get Out”**.
3. Children will be required to bring their own water bottle as no use of communal drink taps will be allowed.
4. Where possible children are encouraged to bring their own hand sanitizer to practice and should be used before and after training. Coaches will have sanitiser available
5. If a player turns up to training sick or unwell, they will immediately be told of their inability to participate, removed from the playing group and their parent will be required to come and collect them from training.
6. Coaches will be expected to modify their training regime to non-contact training ONLY. Training can consist of any of the following:
 - (a) Fitness activities,
 - (b) Ball handling skills and drills,
 - (c) Lines and structure play

7. Training Times:

- (a) Given social distancing and capping of numbers per training session the club will only allow 5 teams per venue training session;
- (b) A Training Roster will be prepared noting each age groups allocated training day, time and field

8. Training Recommencement Procedures Checklist

- All social distancing and hygiene measures as listed in Stage 1 to be followed and enforced
- Regular consultation with QLR and BRL to obtain updates and directives
- Cleaning of all player equipment and facilities after each training session in accordance with Club cleaning protocol
- Install and stock sanitizing stations around the grounds
 - Entry to grounds
 - Entry to clubhouse
 - Canteen Service counters (near cash register and food service bay)
 - Office/stock room
 - Announcers booth
- Erect all COVID safe Posters around the grounds (Example page 19)
- Establish Cleaning Protocol for Stage 3 (equipment and facilities)
- Physical barriers for Stage 3 blocking off no access areas (grandstands, drink taps, change rooms)
- Prepare for resumption of full contact training and games
- Permission will allow all teams to resume normal training practices and competition rounds
- Games will begin in accordance with the directive from the QRL and BRL as per Government guidelines

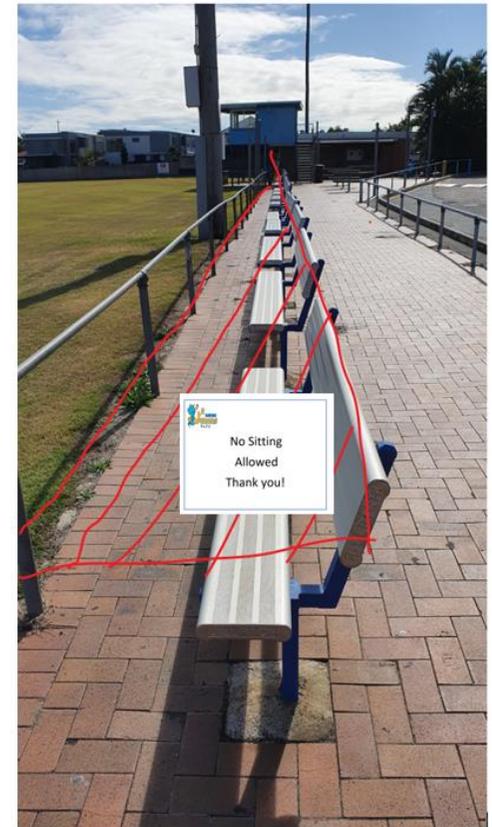


Yellow Arrow = Way In
Red Arrow = Way Out
Green Cross = Drop Off Zone
Pink Cross = Pick Up Zone

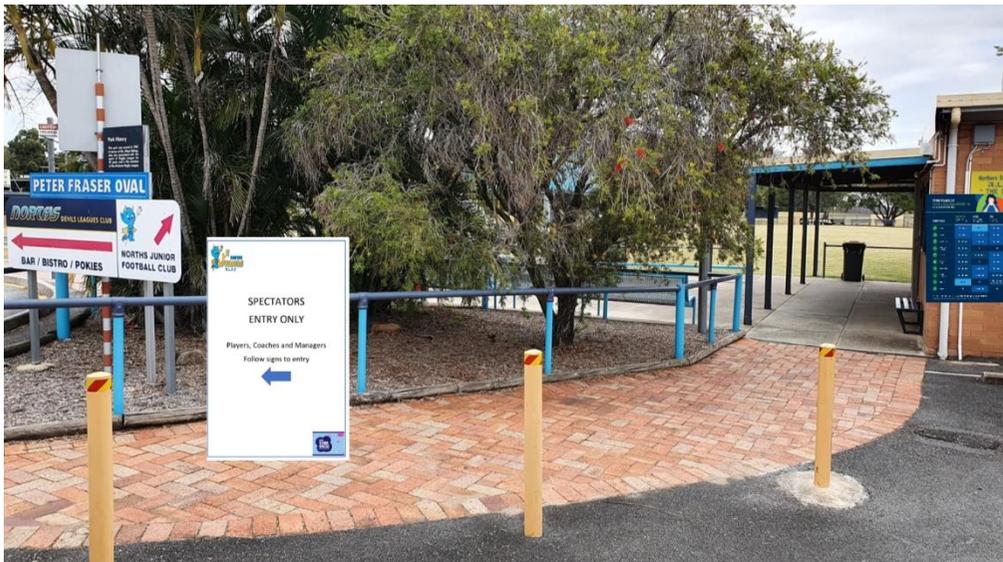


Team Training Walk Path













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

Club President