



# NSWRL

## 2020 RETURN TO PLAY PROTOCOLS

### FREQUENTLY ASKED QUESTIONS



Social distancing 1.5m



Stay at home if you're sick



Wash your hands regularly and cover coughs and sneezes

*These FAQ's will be regularly reviewed in line with Government advice.  
Current at 25 May, 2020*

#### **When can we start full contact training?**

1 July pending Government approval to the NSWRL

#### **How many players are we allowed at training?**

Step 1 of the NSWRL framework is now active. Groups of no more than 10 people including the coach, skills training only with no contact.

#### **Do we have to supply hand sanitizer at our ground?**

Yes, hand sanitiser and wipes will be provided to you to start the season. Training may have resumed by the time these are received. Clubs are required to have hand sanitiser available in the interim

#### **Do we need to conduct temperature checks on players?**

No, the guidelines have said that anyone who is feeling unwell or has a temperature should not turn up to play or train. It is not yet a requirement from the NSW Government to take the temperature of every participant and in some cases, it should be discouraged if it causes a bottleneck of participants and potentially increases the exposure time. Any player who does turn up with a temperature or feeling unwell should be sent home immediately.

#### **Do we need to supply gloves for sports trainers?**

Trainers should follow their training provided and take all necessary precautions. If gloves are worn they should be single use only, worn for the duration of the treatment with the player and discarded immediately in a safe method.

#### **Do we need to record the names of people entering the venue?**

Yes, NSWRL will provide a template to use.

#### **Do we need to appoint a COVID-19 Safety Officer? What is the role?**

Yes, every club must appoint a COVID-19 Safety Officer and identify them to their district. They must also submit a Club Safety Plan that details how they can comply with the NSWRL Framework to return to play and the government guidelines prior to any training or games starting. It's the role of the COVID Safe Officer to implement that approved plan.



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#### GAME DAY

##### **How long can we spend in the changerooms?**

It is recommended that in community sport, teams do not use change rooms for either training or playing activity. Players should turn up dressed, train/play and then leave as soon as possible afterwards. Any facilities that are used on game day or training nights should be thoroughly cleaned afterwards, following the cleaning guidelines provided in the framework.

For Major Competitions, changing rooms should be used for pre and post-match showers and for any HIA assessment required throughout the game. It is not recommended that teams use the changing rooms at half time.

##### **How many people can be in the changeroom at one time?**

Only essential personnel should be in the changing rooms at any time. That should be limited to players, Head Coach and trainer where possible.

##### **Are we required to clean the changes rooms after each game?**

Yes, to ensure the change rooms are clean for the next participants.

##### **Can we use the changeroom for HIA assessment?**

Yes, with the essential personnel only.

##### **Can we open the canteen on game day?**

Yes, if social distancing be maintained while queuing, appropriate cash handling and food and beverage handling procedures in place. Implement lower risk menu options ie those that can be served quickly and require less direct food handling or customer contact. Implement hygiene measures including hand sanitiser at point of sale.

##### **How strict do we need to be on the social distancing measures?**

Very. The COVID-19 Safety Officer and Ground Manager is responsible for the implementation of the guidelines and ensuring social distancing is maintained. However, all members of the Rugby League community are responsible for practising social distancing.

##### **Do we shake hands after the game has concluded?**

No, any contact post game should be discouraged. All RESPECT protocols regarding shaking hands have been suspended for the 2020 season.

##### **What cleaning procedures need to be in place for COVID-19 Safety Officer? Eg. Wiping tables and**



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#### cleaning ball

Any communal areas will need to be cleaned following use. Where possible, field set up should be minimised to reduce the number of surfaces that require cleaning.

#### Do we need to continue to limit spectators and how do we manage spectators?

Current guidelines limit the size of a crowd to 100. It is unclear if that is 100 people per venue, or 100 people per field, or 100 people per game. We are attempting to get some clarity on this from the government, but in the meantime any spectators should be made aware of and encouraged to follow social distancing protocols. The COVID-19 Safety Officer is responsible for making spectators aware of their obligations. The situation is very fluid and the limit on spectators should become clearer as we near season kick off.

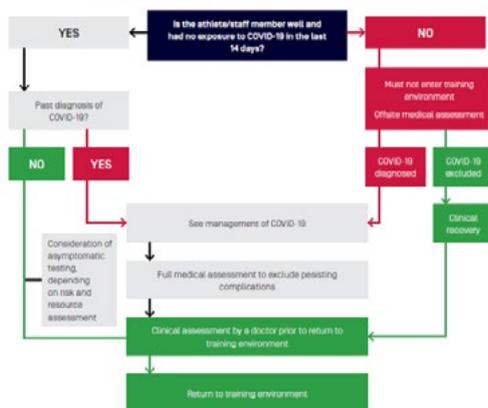
#### How can we get around not being able to share drink bottles?

You can't! Water bottles should not be shared at any time. Each player must have their own drink bottle. Introduce drink breaks to ensure that each player can rehydrate from their personal bottle. Trainers not to carry water bottles for players. Drink breaks will be built into game schedules.

What do we do if a member of our club tests positive to Coronavirus and has been at a rugby league training facility.

Any case of COVID-19 must be notified to the Department of Health immediately- 1800 020 080. Your league and club must also follow the advice of authorities with regard to any suspension of training / games.

Figure 8. The recommended process for medical clearance of athletes/staff



#### Are there fines/ sanctions if Clubs are found not to be following them?

Other than government mandated fines/sanctions then no. NSWRL does not have the manpower to police every ground that games are played at. However, clubs should be aware that a failure to follow the guidelines not only endangers participants and spectators, but also puts at risk the ability of the competitions to go ahead. Personal health and wellbeing should be a priority for all of us.