



# COVID-19 NSWRL Return to Play Roadmap



Social distancing 1.5m



Stay at home if you're sick



Wash your hands regularly and cover cough and sneeze

## Step 1

1 June 2020

Indoor/outdoor activity that can be conducted in small groups of not more than 10 people (including coaching personnel) and with adequate spacing.

Some sharing of sporting equipment permitted, such as kicking or passing a football

Deliberate body contact such as wrestling, holding, tackling or binding is NOT permitted

### Get in, train and Get Out

Be prepared for training prior to arriving at venue. Minimise use of communal facilities (eg. Gym) with limited numbers. Have cleaning protocols in place for all equipment and facilities. Hand hygiene (hand sanitises) on entry and exit to venues, as well as reposit and during training. Do NOT share drink bottles or towels. Spitting and clearing of nasal/respiratory secretions on playing fields is strongly discouraged. No socialising or group meals

Where possible, maintain a distance of 1.5m when training.

Only essential spectators allowed, parents limited to 1 per child. Separate spectators from athletes.

Spectators should maintain social distancing of at least 1.5m.

Running/aerobic/resistance/agility training in small groups of not more than 10 athletes/staff in total) Skills drills using a ball, kicking and pass. No tackling or wrestling or two handed touch.

### COVID SAFE checkpoint

- assess impact
- review personnel
- review biosecurity and designated areas

## Step 2

### As per step 1, plus:

Indoor/Outdoor activity for groups of up to 20 people (including coaching personnel) and with adequate spacing (not more than 1 person per 4m2)

Deliberate contact drills are NOT permitted.

### As per step 1

### As per Step 1, plus:

Larger groups of spectators, in line with Government Health orders allowed.

Not more than one spectator per 4m2.

### As per Step 1, plus:

Running,aerobic/resistance/agility training in groups of not more than 20 athletes/staff in total. No tackling, wrestling or two handed touch.

### COVID SAFE checkpoint

- assess impact
- review personnel
- review biosecurity and designated areas

## Step 3

1 July 2020

### As per Step 2, plus:

Full sporting activity can be conducted in groups of any size, including full contact (competition, tournaments, matches)

Wrestling, holding, tackling and binding (scrums) are permitted.

Larger team sports should consider maintaining some smaller group segregation at training.

Continue hygiene and cleaning measures as per Step 2.

Return to full use of sporting facilities  
Limit unnecessary social gatherings

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.

Full Training and competition.

### COVID SAFE checkpoint

- assess impact
- review personnel
- review biosecurity and designated areas

DOWNLOAD COVIDSafe app



## GENERAL DESCRIPTION

## GENERAL HYGIENE MEASURES

## SPECTATORS, ADDITIONAL PERSONNEL

## RUGBY LEAGUE SPECIFIC ACTIVITY

In practice, the following guidelines should be adhered to for all Rugby League activities, including training and matches throughout steps 2 and 3 of the 'Return to Play' framework.

### 1. Before participating in Rugby League activities, Participants should not present to participate in sport if they

- Have any respiratory symptoms (no matter how mild) such as cough, sore throat, shortness of breath, runny nose or fever or gastrointestinal symptoms (eg diarrhea or vomiting) or loss of smell and/or taste or other flu-like symptoms such as muscle aches or fatigue or other possible signs of Covid19
- Have been in direct contact with a known case of COVID-19 in the previous 14 days
- Have travelled internationally or been exposed to a person with COVID-19 in the preceding 14 days
- Are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions
- Are playing in a NSWRL Major Competition and have not completed the COVID-19 online education module
- Have not downloaded the Australian Government COVID-19 contact tracing app (COVIDSafe).

### 2. Attendance at Rugby League activities

- Only essential participants should attend Rugby League activities, ie. Players, coaches, match officials, staff and volunteers involved in operations and parents/guardians of participants
- Only attend as close as practical to the start of any Rugby League activity and leave as practically as possible after
- Travel is a high-risk activity, where possible you should travel to any Rugby League activity only with your family.

### 3. Practice Social Distancing at sports activities

- Amend pre and post-match protocols so players and officials do not touch each other, e.g. no shaking hands, no walk out with other players or mascots
- Current RESPECT protocols regarding teams shaking hands pre-match or other activities in contravention of these guidelines, are suspended until further notice
- When spectating or attending at a match/training, ensure you keep a distance of 1.5 metres between yourself and others
- Players, Coaches and Managers, when sitting on the bench should also practice social distancing measures and ensure a distance of 1.5 metres between yourself and others

- Changing room access should be restricted areas, accessible only to players, officials and essential staff
- Changing room facilities should not be used at half time of games for any purpose other than injury treatment or concussion assessment
- If watching Rugby League activity and confined to a small area nearby other people, seek to move around the facility to avoid close contact with others.

### 4. Training Protocols - 'Get in, train, and get out'

- All participants should arrive dressed and ready to train.
- Players and staff must observe hygiene requirements when training, including washing hands before and after any training
- Minimise use of change rooms, bathrooms and communal areas; where possible, community Rugby League participants should shower at home
- Observe social distancing requirements (1.5m apart) in between training drills and activities. See NSWRL Training Protocols for advice on drills and activities that meet this requirement
- Players are not permitted to share equipment whilst training - this includes boots, guards and headgear. Also, do not share personal items such as lip balm, sunscreen, water bottles, toiletries etc.
- Towels and clothing are single use only- they must be washed before being used again.

### 5. Hygiene and Behaviour

#### Organisation of Rugby League activities

- Promote preventative actions amongst participants- lead by example
- Play ways to reduce in-person contact for participants and staff
- Plan for increased levels of staff/volunteer absences
- Keep volunteers, staff and participants informed of actions being taken
- Adhere to NSWRL guidelines regarding field set up for mini, mod and international games in order to maintain social distancing. (see NSWRL Return to Play document)

#### Hygiene

- Ensure communal spaces, surfaces and objects at each facility are regularly cleaned with disinfectant

- Changing rooms and communal areas, including showers and toilet facilities, should be cleaned thoroughly between games, or teams using them. Greater time should be scheduled between games or training sessions in order for this to be completed. Cleaning guidelines can be found here [COVID19 - WorkplaceInfo](#)
- Provide hand washing guidance ( [LINK](#) )
- Promote regular and thorough hand washing by staff and participants
- Provide sanitising hand rub dispensers in prominent places around the facility (particularly entry or high use areas such as a registration desk, change rooms, toilets or kiosk)
- Make sure hand rub dispensers are regularly refilled
- Protective equipment should be changed after every game, or following any physical contact with a player, coach or official requiring treatment.

#### Behaviours

- Cover mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Provide bins and put used tissues in the bin straight away
- Wash hands with soap and water often
- Use hand sanitiser gel if soap and water are not available
- Try to avoid close contact with people who are unwell
- Do not touch your eyes, nose or mouth if your hands are not clean
- Do not use communal water bottles. Either disposable cups or individual water bottles should be used instead.

### 6. Returning to Sport after recovering from COVID-19

- Previously infected Rugby League participants must ensure they no longer pose any infection risk to their community
- Ensure they have sufficiently recovered to safely participate in training, playing and other physical activity required

In BOTH instances, clearance from a Doctor is required before participation can be permitted.

**Club appointed COVID Safety Officers are responsible for ensuring compliance with these guidelines at all training sessions and games**