



Narrabeen Rugby Club COVID-19 Safety Management Plan Return to Play

We are thrilled to be at a point where we are about to finally start our Rugby season. The Juniors (U10s and above) have trial games this Sunday and all teams commence the actual 2020 competition from the weekend of the 24th July. Although it is going to be great to get our minis, girls and junior competitions all started, COVID-19 precautions **must** be followed at training, home and away games.

Contact Tracing

- **Training -**
 - All teams will continue to have attendance rolls taken each training session. These will be kept for the duration of the season and be used if contact tracing becomes necessary.
 - All adult helpers at training must register as volunteers with the Narrabeen Tigers to ensure full contact details are available.
- **Home Games -**
 - Two sign-in sheets will be at each home game for all members and visitors. Everyone must sign in.
 - Team players (Juniors competition) - will be also on the Match Day App. further facilitating contact tracing.
- **Away Games -**
 - All players and members are to follow instructions of the ground they are playing at.
 - All Tigers teams will take their own attendance, either on the Match Day app or paper attendance sheets.
- All families encouraged to download the **COVIDSafe application** on their phones.

Food and Canteen Facilities

- The canteen **will not be open** for the initial weeks of the competition. This will be reviewed as the season progresses.
- On game days, some individually packaged food and drinks may be for sale in open areas.
- The coffee van will be at most home games.
- Teams are not to bring food or drink that is to be shared. For example, no cut oranges for team to share at half time or bags of snakes to share after games.

Training Precautions

- Attendance roll to be taken at each session. Players to be asked about health.
- Managers or coaches will sanitise all participants hands.
- Ball and equipment washing facilities are at each training session (Rugby storeroom). They will be set up for all major training sessions and are to be set up by managers or coaches for

all small sessions.

- Balls are to be washed with soapy water pre and post training. They are also to be washed before being shared with other training groups.
- Tackle bags and hip shields are to be washed pre and post training.
- No sharing of water bottles.

Game Days

- Spectators – only one parent or carers can attend games. Extended family, grandparents, etc are not to attend.
- Spectators are always to maintain 1.5-meter social distancing and follow directions of ground staff.
- At home games, all participants will be required to sanitise on entry to the grounds. This will take place at the attendance registry table.
- At away games, each manager has been supplied with a sanitiser bottle. If the field they are attending does not have mandatory sanitisation, our managers will ensure our players have sanitised hands.
- Spectators must not hang around after games and are to minimise their time at the fields.
- All players will have own water bottles and no communal water bottles are to be used. Water bottles must be clearly labelled.
- All player jerseys are to be collected by the manager after each game to ensure they are washed correctly. Jerseys are not to be taken home.
- Players arrive dressed and ready to train or play
- Teams are not to bring food or drink that is to be shared. For example, no cut oranges for team to share at half time or bags of snakes to share after games.
- Do not shake hands, high five or hug other players, officials, team officials or spectators
- No game player tunnels, in order to discourage co-mingling

Any person showing signs and symptoms of COVID-19 must not attend training and must seek medical advice

Safety Measures in compliance with AIS Framework for Rebooting Sport and NSW Government Public Health Restrictions will be followed. We are currently at **Level C** on the framework. https://ais.gov.au/_data/assets/pdf_file/0006/730374/35845_AIS-Framework-for-Rebooting-Sport-Summary.pdf

Narrabeen Rugby support the use of the COVIDSafe App and encourage all club members to download. Players and members who have been in contact with a confirmed case of COVID-19 are not to attend training for at least 14 days

Note: Return to play protocols will continually be reviewed and modified going forward to comply with changes to NSW Public Health Restrictions.

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