



# RETURN TO TRAINING AND PLAYING

A GUIDE FOR DISTRICTS, REGIONS,  
GROUPS AND CLUBS



Social distancing 1.5m



Stay at home if you're sick



Wash your hands regularly and cover coughs and sneezes

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### INTRODUCTION

The purpose of this return to training and playing document is to provide each club, region and District with the information required for them to make an informed decision on their preparedness and ability to resume community sport and club activities.

The guidance and requirements contained within this document are designed to prevent the transmission of the COVID-19 virus amongst participants, coaches, club officials, administrators, volunteers, spectators and the community at large. All the requirements are based on the information provided previously by the AIS ([Framework for Rebooting Sport in a COVID-19 Environment](#)), the National Government ([National Principles for the Resumption of Sport and Recreation Activities](#)) and the amendment to the [NSW Government Public Health Order of Friday 22nd May](#).

### KEY PRINCIPLES

Any plan to return to training and playing must also accept the following key points:

- The health and safety of all participants be they registered participants, coaches, officials, volunteers, spectators, friends and family must be the priority for all concerned.
- All the parties mentioned above should be fully briefed and educated on the NSWRL Return to Training and Playing guidelines. Everyone must share some responsibility in adhering to the framework and ensuring the safety of all concerned.
- Clubs, districts and regions must assess the suitability of their current facilities and develop appropriate plans to implement the hygiene protocols, social distancing measures and other requirements in order to minimise the risk of transmission of the disease.
- Training cannot resume until each club has completed the required Safety Plan, submitted it to their District or Group and had the plan approved by the NSWRL
- In this fluid environment, the advice and requirements of government are continually being updated. Clubs, districts, groups and regions should be aware that the requirements in this document may require updating on a regular basis and should be prepared to meet any new conditions in a timely manner.



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## RESPONSIBILITIES

### NSWRL

- Responsible for liaising with the appropriate Government departments and developing the framework in line with the advice provided.
- Developing resources and distributing them appropriately to all Regions and Districts in order to provide education and information on the framework requirements.
- Updating framework document based on changing government advice.
- Manage the approval of Safety Plans for all clubs.
- Manage the archiving of all records of attendance for Major Competition club's training and playing activities.

### NSWRL Regions and Districts

- Regions and Districts are responsible for ensuring the educational material and resources required within the framework have been distributed to each club within their boundaries.
- Approving the Safety Plan provided by each individual club within its boundaries.

### Clubs

- Appointing a person to act as the club COVID-19 Safety Officer who act as a point of contact for information relating to the outbreak, monitor and deliver the safety plan and NSWRL Framework throughout training and playing sessions.
- Revise the Safety Plan as required to ensure it reflects up to date information in the NSWRL Framework and Government advice.
- Clubs are responsible for ensuring all participants, members and volunteers have received training on the NSWRL COVID-19 Education materials.

### COVID-19 Safety Officer

- Oversee the development and implementation of the Covid-19 Safety Plan for their club in order to safely return to sport.
- Review the effectiveness of the COVID-19 Safety Plan and update accordingly.
- Act as the contact point for the clubs registered participants, officials and volunteers- particularly around questions relating to the steps the club has taken to return to be COVID- safe.

### Participants/Coaches/Officials/Volunteers

- Ensure they're aware of the NSWRL Framework and the requirements contained within.
- Understand and act in accordance with the club Safety Plan to ensure that all Framework requirements are met, and they can participate in a safe environment.
- Comply with the health directions of Government and Public Health authorities at all times.
- Monitor their health and take all precautions required by law with regard to the reporting of potential symptoms and self-isolation.



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# COVID-19 Return to Sport Safety Plan

<b>Name of Club</b>
<b>COVID-19 Safety Officer</b>
<b>Contact Number</b>
<b>Email</b>

Area	Plan Requirements (for activities required by NSWRL Framework and Government Health Order)	Complete <input checked="" type="checkbox"/>
<b>Approvals</b>	<p><b>The club must obtain the following approvals to allow a return to training:</b></p> <ul style="list-style-type: none"> <li>NSW Government Public Health Order permits a return to Sporting Complexes</li> <li>Local Government approval to training at the venue, where required.</li> <li>NSWRL District or Region to return to training and playing, based on the submitted plan</li> <li>Club Board approval for returning to training</li> <li>Appropriate Insurance arrangements are in place in order to cover training.</li> </ul>	
<b>Club Responsibilities</b>	<p><b>The Club will oversee:</b></p> <ul style="list-style-type: none"> <li>Education of individual participants, volunteers and officials at the club on NSWRL Framework.</li> <li>Provision and conduct of hygiene and social distancing protocols, as per the NSWRL Framework</li> <li>Operation of the facilities in accordance with the requirements of the NSWRL Framework.</li> <li>Maintaining a record of attendance for all participants, coaches and club officials at training, playing and other club activities.</li> <li>Submitting that record of attendance to their respective Districts or Regions for archiving.</li> </ul>	
<b>Employees and Volunteers</b>	<p><b>The Club will:</b></p> <ul style="list-style-type: none"> <li>Ensure a COVID-19 safe workplace is provided at all times.</li> <li>Educate volunteers and staff on safe work practices.</li> <li>Facilitate COVID-19 education sessions, using resources provided by NSWRL, for all volunteers and administrators.</li> <li>Ensure volunteers and employees stay at home if they report sickness or a high temperature, or are caring for a sick family member.</li> </ul>	
<b>Facilities</b>	<p><b>The club will provide details on how the facilities will operate, in accordance with the NSWRL Framework requirements. These should cover, but aren't limited to:</b></p> <ul style="list-style-type: none"> <li>What parts of the facility will be open while operating under Step 1 and Step 2 of the NSWRL Framework.</li> <li>What access will be provided to toilets, medical facilities and communal spaces such as meeting rooms, canteen, bar or changing rooms.</li> <li>How will that access be limited and what are the hygiene and cleaning protocols for those spaces? Do they comply with the requirements included in the NSWRL Framework?</li> <li>What social distancing measures will be implemented within shared facility spaces such as bar, canteen, toilets, spectator viewing areas.</li> <li>Readiness to allow bar/canteen operations, including- Can social distancing be maintained while queuing Are the 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.</li> <li>Where will the appropriate health and safety equipment and hygiene cleaning solutions be stored?</li> </ul>	



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<b>Club Evidence:</b>	
<b>Facilities (enclosed)</b>	<p><b>Where a club wishes to open and operate an enclosed facility such as a club house or bar area, they should provide specific details of:</b></p> <ul style="list-style-type: none"> <li>• Details of any health screening measures such as temperature checks, prior to entry.</li> <li>• Outside of training, playing and other club activities, what are the protocols to limit access to the facility for anyone who has been in contact with a COVID-19 case in the last 14 days, has flu like symptoms, is a high health risk due to age or pre-existing conditions or has travelled internationally in the previous 14 days?</li> <li>• Ensure that gathering numbers do not exceed Government guidelines on crowd size in indoor spaces.</li> <li>• How will entry registers be implemented and maintained</li> </ul>
<b>Club Evidence:</b>	
<b>Facilities (outdoors)</b>	<p><b>For all outdoor training and playing activity, the club should provide information on:</b></p> <ul style="list-style-type: none"> <li>• Who is entitled to attend the facilities eg. Only essential participants should attend, not more than one parent per each child, government guidelines on gathering sizes should be adhered .</li> <li>• How training activity will conform with social distancing and gathering sizes.. ie field set up in order to limit the number of teams accessing the same space.</li> <li>• How will spectators be encouraged to observe physical distancing requirements.</li> <li>• How will attendance registers be implemented and maintained.</li> </ul>
<b>Club Evidence:</b>	
<b>Social Distancing</b>	<p><b>The club will:</b></p> <ul style="list-style-type: none"> <li>• Develop and implement social distancing guidelines and requirements at the venue and activities.</li> <li>• Implement NSWRL Return to Train protocols in order to maintain a distance of 1.5metres between participants at training sessions for as much time as possible.</li> <li>• Implement restrictions on session drills requiring contact between participants for the duration of Step 1 and Step 2 of the framework.</li> </ul>



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<p><b>Club Evidence:</b></p>	
<p><b>Hygiene</b></p>	<p><b>The club should provide details on hygiene protocols required in the NSWRL Framework and how they will be implemented. Including but not limited to:</b></p> <ul style="list-style-type: none"> <li>• Display in prominent places the education posters required by the Government guidelines and provided to each club in the NSWRL Starter Pack.</li> <li>• What cleaning practices and protocols have the club implemented to maintain the hygiene of the club facilities and share communal spaces.</li> <li>• Availability of hand sanitiser and wipes, including safe disposal areas for any alcohol based wipes.</li> <li>• How will the club educate participants on the hygiene protocols implemented by the club?</li> </ul>
<p><b>Club Evidence:</b></p>	
<p><b>Personal Health</b></p>	<p><b>Club should provide details on personal health protocols for all participants that should cover:</b></p> <ul style="list-style-type: none"> <li>• How the club will ensure all members are aware of the personal hygiene controls they must take before, during and after training.</li> <li>• Advice to players, coaches and officials that they should not attend if unwell.</li> </ul>
<p><b>Club Evidence:</b></p>	
<p><b>Training</b></p>	<p><b>Club should provide:</b></p> <ul style="list-style-type: none"> <li>• Scheduling details of training sessions, including number of groups, length of sessions and time between sessions in accordance with advice in NSWRL Return to Play document.</li> <li>• How the club will implement and monitor the training attendance register. This register must record all participants training, their time and time out of the facility.</li> <li>• How the AIS Principle of “Get in, train, get out” will be applied to each team and training session.</li> <li>• How equipment will be sanitised after each training session during Step 1 and Step 2 of the framework. (see NSWRL equipment sanitation document)</li> <li>• Guidance for travel arrangements to and from training, particularly for anyone using public transport.</li> </ul>



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<b>Club Evidence:</b>	
<b>Management of Unwell Participants</b>	<b>Clubs should provide information on:</b> <ul style="list-style-type: none"><li>• How will the club identify and isolate from the general population a space that can be used to isolate participants who may feel unwell at an activity and are unable to leave immediately.</li><li>• Educate volunteers and team officials on the implementation of the framework requirements for unwell participants and how they should be implemented.</li><li>• Establish procedures to assist anyone feeling unwell to leave the facility as soon as possible.</li></ul>
<b>Club Evidence:</b>	

I declare that the information contained within this plan represents, to the best of my knowledge, information and belief, a true and correct reflection of the Club's approach to the implementation of the requirements of the NSWRL Return to Play Framework.

**Signed:**

**Name:**

**Position at Club:**

**Club:**

**Date:**

**This document should be saved and emailed to your NSWRL Representative.**



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### FOOD AND BEVERAGE

The return of food and beverage services at community sport organisations should be a staged process in line with the steps contained within the NSWRL Framework document and the NSW Government Public Health orders.

To reopen and operate your business safely, you must have a workplace health and safety (WHS) plan in place to demonstrate the actions you are taking to ensure the health and safety of your employees and customers. This WHS plan, or a summary of it, should be displayed to show that your business is operating safely.

In order to ensure your canteen is safe to re-open, clubs should follow the checklist provided by the Joint Food Regulations System for food business preparing to re-commence pre-restriction operations. A link to the check list can be found [here](#).

Volunteers can still be used in the operation of any canteen at a community club however, precautions must be taken to ensure the wellbeing of those volunteers. A record of volunteers working in the canteen should be maintained, barriers installed in order to maintain physical distancing and consideration given to methods of reducing the requirement to handle cash. As always, good hygiene behaviours and cleaning practices should be maintained.