

# COVID-19 CLUB SAFETY PLAN



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The Executive Committee and Club COVID-19 Safety Officer is responsible for this document.



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# COVID-19 CLUB SAFETY PLAN



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# COVID-19 CLUB SAFETY PLAN



## 1. Introduction

The purpose of this COVID-19 Club Safety Plan (**Plan**) is to provide an overarching plan for the implementation and management of procedures by **Blacktown City Bears JRLC (Club)** to support the Club and its members and participants in the staged resumption of Rugby League 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 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 Club facilities.

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

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

At all times the 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), the NSWRL COVID-19 Return to Play Roadmap (NSWRL Framework) and the National Principles for the Resumption of Sport and Recreation Activities (National Principles) while consulting with Penrith City Council and implementing the requirements for use of sporting facilities and amenities.

The Plan also accepts as key principles that:

- 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; and
- 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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## 3. 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; and
- 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; and
- Approving the Club Safety Plan provided by each individual club within its boundaries.

### Clubs

- Appointing a person to act as the Club CCOVID-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 Club Safety Plan as required to ensure it reflects up to date information in the NSWRL Framework and Government advice; and
- 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 Club Safety Plan for their club in order to safely return to Rugby League;
- Review the effectiveness of the COVID-19 Club Safety Plan and update accordingly; and
- 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; and
- 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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## 4. Return to Sport Arrangements

As at the date of this Plan, participants are NOT training at Level A of the AIS. The Plan outlines the specific requirements that the Club will implement for Level B and Level C of the AIS Framework/Steps 1,2 & 3 of the NSWRL Framework.

The Club will transition to the training activity and facility use as outlined in Level B of the AIS Framework/Steps 1 & 2 of the NSWRL Framework and the training/competition activities and facility use outlined in Level C of the AIS Framework/Step 3 of the NSWRL Framework when permitted under local restrictions and regulations.

### 4.1. AIS/NSWRL Framework Arrangements

The protocols for conducting sport operations and facility operations under Level B and Level C of the AIS Framework/Steps 1,2 & 3 of the NSWRL Framework are set out in the Appendix.

### 4.2. Roadmap to a COVIDSafe Australia

The Club will 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, notwithstanding the activities permitted by the AIS Framework (see below).

<b>AIS Activities</b>	<b>Level A:</b> Training in no more than pairs. Physical distancing required.	<b>Level B:</b> Indoor/outdoor activity. Training in small groups up to 10. Physical distancing required.		<b>Level C:</b> Full sporting activity (training and competition) allowed. No restriction on numbers. Contact allowed.	
<b>Roadmap Activities</b>	N/A	<b>Step 1:</b> No indoor activity. Outdoor sport (up to 10 people) consistent with AIS Framework.	<b>Step 2:</b> Indoor/outdoor sport up to 20 people. Physical distancing (density 4m <sup>2</sup> ).	<b>Step 3:</b> Venues allowed to operate with up to 100 people with physical distancing. Community sport expansion to be considered consistent with AIS Framework.	<b>Further steps TBC</b>



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## 4.3. COVID-19 NSWRL Return to Play Roadmap

The Club will comply with the NSWRL's COVID-19 NSWRL Return to Play Roadmap, which places limits on the type of activity that can be conducted and the number of people who can gather at facilities, notwithstanding the activities permitted by the NSWRL Framework (see below).

Step 1	Step 2	Step 3
<p><b>1 June 2020</b></p> <p>Indoor/outdoor activity that can be conducted in small groups of not more than 10 people (including coaching personnel) and with adequate spacing.</p> <p>Some sharing of sporting equipment permitted, such as kicking or passing a football</p> <p>Deliberate body contact such as wrestling, holding, tackling or binding is NOT permitted</p>	<p><b>As per step 1, plus:</b> Indoor/Outdoor activity for groups of up to 20 people (including coaching personnel) and with adequate spacing (not more than 1 person per 4m<sup>2</sup>)</p> <p>Deliberate contact drills are NOT permitted.</p>	<p><b>1 July 2020</b></p> <p><b>As per Step 2, plus:</b> Full sporting activity can be conducted in groups of any size, including full contact (competition, tournaments, matches)</p> <p>Wrestling, holding, tackling and binding (scrums) are permitted.</p> <p>Larger team sports should consider maintaining some smaller group segregation at training.</p>
<p><b>Get in, train and Get Out</b> 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</p> <p>Where possible, maintain a distance of 1.5m when training.</p>	<p><b>As per step 1</b></p>	<p>Continue hygiene and cleaning measures as per Step 2.</p> <p>Return to full use of sporting facilities Limit unnecessary social gatherings</p>
<p>Only essential spectators allowed, parents limited to 1 per child. Separate spectators from athletes.</p> <p>Spectators should maintain social distancing of at least 1.5m.</p>	<p><b>As per Step 1, plus:</b> Larger groups of spectators, in line with Government Health orders allowed.</p> <p>Not more than one spectator per 4m<sup>2</sup>.</p>	<p>Minimum contact of non-essential surfaces to occur and hands on treatment should be kept to essential only.</p> <p>Non-essential personnel should be discouraged from entering change rooms.</p>
<p>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.</p>	<p><b>As per Step 1, plus:</b> Running/aerobic/resistance/agility training in groups of not more than 20 athletes/staff in total. No tackling, wrestling or two handed touch.</p>	<p>Full Training and competition.</p>



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## 5. Recovery

When public health officials determine that the outbreak has ended in the local community, the Club will consult with relevant authorities to identify criteria for scaling back its COVID-19 prevention actions.

The Club will also consider which protocols can remain to optimise good public and participant health. At this time the Executive Committee of the 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.



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## Appendix: Outline of Return to Sport Arrangements

### Part 1 - Sport Operations

Area	Plan Requirements (for activities under AIS Framework Level B/NSWRL Framework Steps 1 & 2 and Government Health Order)	Plan Requirements (for activities under AIS Framework Level C/NSWRL Framework Step 3 and Government Health Order)
<b>Approvals</b>	<p>The club must obtain the following approvals to allow a return to training at AIS Framework Level B/NSWRL Framework Steps 1 &amp; 2:</p> <ul style="list-style-type: none"> <li>• State/Territory Government approval of the resumption of community sport;</li> <li>• Relaxation of public gathering restrictions to enable training to occur;</li> <li>• Local government/venue owner approval to training at venue, if required;</li> <li>• National/state sporting body/local association approval of return to training for community sport;</li> <li>• Club committee has approved return to training for club; and</li> <li>• Insurance arrangements confirmed to cover training.</li> </ul>	<p>The club must obtain the following approvals to allow a return to training/competition at AIS Framework Level C/NSWRL Framework Step 3:</p> <ul style="list-style-type: none"> <li>• Relaxation of public gathering restrictions to enable training to occur;</li> <li>• Local government/venue owner approval to training/competition at venue, if required;</li> <li>• National/state sporting body/local association approval to return to training/competition for community sport;</li> <li>• Club committee has approved return to competition for club; and</li> <li>• Insurance arrangements confirmed to cover competition.</li> </ul>
<b>Training Processes</b>	<p>The Club will implement the following training processes in alignment with AIS Framework Level B/NSWRL Framework Steps 1 &amp; 2:</p> <ul style="list-style-type: none"> <li>• “Get in, train, get out” – arrive ready to train, drop off on Barry St, Cambridge Park and make way to arrival staging area for further instructions, complete training and depart through departure area on College St, Cambridge Park;</li> <li>• Only players, coaches and volunteers registered through MySideline shall be allowed to return to training;</li> <li>• All training sessions to have 15-minute break between sessions to allow all personnel except Safety Officers to depart venue;</li> <li>• Coaches of oncoming session, once instructed by Safety Officer, are allowed access within this 15-minute break to allow setup for planned training session;</li> <li>• Parents/Guardians will be asked to remain in their vehicles and to pick-up their child at the departure area on College St, Cambridge Park, (exception for Under 6’s where one parent may stay in attendance at the venue);</li> <li>• Training activities allowed are in alignment with the NSWRL COVID-19 Safe Return to Play Roadmap with NSWRL social distance training sessions information supplied to all Coaches;</li> <li>• Fields will be marked out and changed over depending on age group to ensure to maintain base density requirement of 4 square metres per person and physical distancing (&gt;1.5 metres);</li> <li>• Sanitising stations with signage will be setup at both the arrival and departure staging areas;</li> <li>• All footballs shall be sanitised before and after each training session, the Club shall not allow use of tackling bags, bump pads etc;</li> <li>• All players shall bring their own labelled water bottles to each session;</li> <li>• Personal hygiene encouraged to be encouraged through all Club members and includes bathing before and after each training session, wash hands prior to training, sanitise upon arrival and on departure, cough or sneeze into elbow and no spitting;</li> <li>• Guidance for travel arrangements (e.g. physical distancing on public transport, limit car pool/taxi/Uber use); and</li> <li>• Training attendance register kept.</li> </ul>	<p>The Club will implement the following training/competition processes in alignment with AIS Framework Level C/NSWRL Framework Step 3:</p> <ul style="list-style-type: none"> <li>• AIS/NSWRL Framework principles – full sporting activity that can be conducted in groups of any size (subject to COVIDSafe/NSWRL Roadmap) including full contact;</li> <li>• For larger team sports, consider maintaining some small group separation at training;</li> <li>• Limit unnecessary social gatherings;</li> <li>• Training activities allowed are in alignment with the NSWRL COVID-19 Safe Return to Play Roadmap with NSWRL social distance training sessions information supplied to all Coaches;</li> <li>• Access to treatment from support staff;</li> <li>• Sanitising requirements continue from AIS Framework Level B/NSWRL Framework Steps 1 &amp; 2;</li> <li>• All shared equipment shall be sanitised before and after each training session, the Club shall allow use of tackling bags, bump pads etc through a shared equipment register. As shared equipment is returned Coaching Staff will be required to sanitise equipment;</li> <li>• All players shall bring their own labelled water bottles to each session;</li> <li>• Personal hygiene encouraged to be encouraged through all Club members and includes bathing before and after each training session, wash hands prior to training, sanitise upon arrival and on departure, cough or sneeze into elbow and no spitting; and</li> <li>• Training/playing attendance register kept.</li> </ul>



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## Part 1 - Sport Operations Continued

Area	Plan Requirements (for activities under AIS Framework Level B/NSWRL Framework Steps 1 & 2 and Government Health Order)	Plan Requirements (for activities under AIS Framework Level C/NSWRL Framework Step 3 and Government Health Order)
<b>Personal health</b>	<p>The Club shall provide information to all club members on personal health protocols:</p> <ul style="list-style-type: none"> <li>• Graded return to sport to avoid injury;</li> <li>• Advice to players, coaches, volunteers to not attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness);</li> <li>• Washing of hands prior to, during and after training and use of hand sanitiser where available;</li> <li>• Avoid physical greetings (i.e. hand shaking, high fives etc.);</li> <li>• Avoid coughing, clearing nose, spitting etc; and</li> <li>• Launder own training uniform and wash personal equipment.</li> </ul>	<p>The Club shall provide information to all club members on personal health protocols:</p> <ul style="list-style-type: none"> <li>• Requirements continue from AIS Framework Level B/NSWRL Framework Steps 1 &amp; 2.</li> </ul>
<b>Hygiene</b>	<p>The Club shall provide information to all club members on hygiene measures including:</p> <ul style="list-style-type: none"> <li>• Any safe hygiene protocols distributed by national/state sporting body or local association that will be adopted by club;</li> <li>• Guidelines for sanitisation and cleaning, including requirements for sanitisation stations;</li> <li>• All Coaches, Trainers, Managers and Volunteers shall complete and understand the Federal Department of Health COVID-19 infection control training, NSWRL COVID-19 Return to Play Education and the COVID-19 Club Safety Plan.</li> </ul>	<p>The Club shall provide information to all club members on hygiene measures including:</p> <ul style="list-style-type: none"> <li>• Hygiene and cleaning measures to continue from AIS Framework Level B/NSWRL Framework Steps 1 &amp; 2.</li> </ul>
<b>Communications</b>	<p>The Club shall communicate to players, coaches, members and volunteers:</p> <ul style="list-style-type: none"> <li>• The return to training/play, hygiene and personal health and reinforce good hygiene and personal health practices through this COVID-19 Club Safety Plan which shall be promoted by the use of posters, social media, email and text messaging as well as physical copies being provided to each team &amp; COVID-19 Safety Officer and a physical copy stored at the canteen;</li> <li>• Endorsement of government COVIDSafe app and encouragement to players, coaches, members, volunteers and families to download and use app.</li> <li>• Endorsement to players, coaches, members, volunteers and families receive the Fluvax influenza vaccination prior to returning to play;</li> <li>• Good personal hygiene practices in and around training sessions and in Club facilities shall be promoted by the use of posters, social media, email and text messaging; and</li> <li>• Information on mental health and wellbeing counselling services will be provided and promoted by the use of posters, social media, email and text messaging.</li> </ul>	<p>The Club shall communicate to players, coaches, members and volunteers:</p> <ul style="list-style-type: none"> <li>• The return to training/play, hygiene and personal health and reinforce good hygiene and personal health practices through this COVID-19 Club Safety Plan which shall be promoted by the use of posters, social media, email and text messaging as well as physical copies being provided to each team &amp; COVID-19 Safety Officer and a physical copy stored at the canteen;</li> <li>• Small meetings between nominated team official and committee to provide any and all updates and allow discussion to continually improve;</li> <li>• Continued endorsement of government COVIDSafe app and encouragement to players, coaches, members, volunteers and families to download and use app;</li> <li>• Continued endorsement to players, coaches, members, volunteers and families receive the Fluvax influenza vaccination prior to returning to play;</li> <li>• Good personal hygiene practices in and around training sessions and in Club facilities shall be promoted by the use of posters, social media, email and text messaging; and</li> <li>• Information on mental health and wellbeing counselling services will be provided and promoted by the use of posters, social media, email and text messaging.</li> </ul>



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# COVID-19 CLUB SAFETY PLAN



## Part 2 - Facility Operations

Area	Plan Requirements (for activities under AIS Framework Level B/NSWRL Framework Steps 1 & 2 and Government Health Order)	Plan Requirements (for activities under AIS Framework Level C/NSWRL Framework Step 3 and Government Health Order)
<b>Approvals</b>	<p>The club must obtain the following approvals to allow use of club facilities at AIS Framework Level B/NSWRL Framework Steps 1 &amp; 2:</p> <ul style="list-style-type: none"> <li>State/Territory Government approval of the resumption of facility operations;</li> <li>Local government/venue owner approval to use of facility, if required;</li> <li>Club committee has approved plan for use of club facilities; and</li> <li>Insurance arrangements confirmed to cover facility usage.</li> </ul>	<p>The club must obtain the following approvals to allow use of club facilities at AIS Framework Level C/NSWRL Framework Step 3:</p> <ul style="list-style-type: none"> <li>State/Territory Government approval of the resumption of facility operations;</li> <li>Local government has given approval to use of facility, if required;</li> <li>Club committee has approved plan for use of club facilities; and</li> <li>Insurance arrangements confirmed to cover facility usage.</li> </ul>
<b>Facilities</b>	<p>The Club shall ensure:</p> <ul style="list-style-type: none"> <li>Parts of facilities that are available during AIS Framework Level B/NSWRL Framework Steps 1 &amp; 2 restrictions; limit to toilets and medical facilities and no use of communal facilities including changerooms and canteen;</li> <li>Hygiene and cleaning protocols including the sanitising of toilets before and after training each night; and</li> <li>Provision of appropriate health and safety equipment, Personal Protective Equipment (PPE) and personal hygiene cleaning solutions.</li> </ul>	<p>The Club shall ensure:</p> <ul style="list-style-type: none"> <li>Return to full use of Club facilities while maintaining the Hygiene and cleaning protocols measures as per AIS Framework Level B/NSWRL Framework Steps 1 &amp; 2; and</li> <li>Provision of appropriate health and safety equipment, Personal Protective Equipment (PPE) and personal hygiene cleaning solutions as per AIS Framework Level B/NSWRL Framework Steps 1 &amp; 2.</li> </ul>
<b>Facility access</b>	<p>The Club shall ensure restrictions on facility access to:</p> <ul style="list-style-type: none"> <li>Limit any player, coach, member, volunteer or parent/guardian who has: <ul style="list-style-type: none"> <li>COVID-19 or has been in direct contact with a known case of COVID-19 in the previous 14 days;</li> <li>Flu-like symptoms or who is a high health risk (e.g. due to age or pre-existing health conditions); or</li> <li>Travelled internationally in the previous 14 days.</li> </ul> </li> <li>Limit all non-essential club personnel and not more than one parent/carer to attend with Under 6's; Gathering numbers shall not exceed government allowances (COVIDSafe Roadmap maximum gatherings: Step 1 (10 people), Step 2 (20 people), Step 3 (100 people) per field) and detailed attendance registers to be kept; and</li> <li>Any spectators as none shall not be allowed and parents/guardians are recommended to stay in their vehicles.</li> </ul>	<p>The Club shall ensure restrictions on facility access to:</p> <ul style="list-style-type: none"> <li>Continue AIS Framework Level B/NSWRL Framework Steps 1 &amp; 2 protocols as appropriate;</li> <li>Any spectators should observe physical distancing requirements (&gt;1.5 metres) and density requirements (one person per 4 square metres);</li> <li>Stagger arrival/departure times through breaks between scheduled training/games;</li> <li>Non-essential personnel to be discouraged from entering change rooms;</li> <li>Physical distancing protocols including use of zones in clubrooms, changerooms, canteen including by use of physical zone indicators;</li> <li>Canteen operations to include food and cashless protocols, hygiene and cleaning measures and established zones;</li> <li>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; and</li> <li>Detailed attendance registers to be kept.</li> </ul>



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## Part 2 - Facility Operations Continued

Area	Plan Requirements (for activities under AIS Framework Level B/NSWRL Framework Steps 1 & 2 and Government Health Order)	Plan Requirements (for activities under AIS Framework Level C/NSWRL Framework Step 3 and Government Health Order)
<b>Hygiene</b>	<p>The Club shall ensure the following hygiene protocols to ensure regular sanitisation and cleaning of club facilities and include:</p> <ul style="list-style-type: none"> <li>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"> <li>Availability of hand sanitiser at arrival/departure staging areas and elsewhere;</li> <li>Protocols for sanitising stations, sanitising shared equipment, uniforms;</li> <li>Cleaning standards – increase regular cleans and frequent wiping of high touch surfaces;</li> <li>Displaying posters outlining relevant personal hygiene guidance;</li> <li>No shared use of equipment between sessions;</li> <li>Provide suitable rubbish bins with regular waste disposal; and</li> <li>Guidelines for sanitisation and cleaning of Club facilities.</li> </ul> </li> </ul>	<p>The Club shall ensure the following hygiene protocols to ensure regular sanitisation and cleaning of club facilities and:</p> <ul style="list-style-type: none"> <li>Continue hygiene and cleaning measures as per AIS Framework Level B/NSWRL Framework Steps 1 &amp; 2.</li> </ul>
<b>Management of unwell participants</b>	<ul style="list-style-type: none"> <li>At the onset of any symptoms of any players, members, volunteers and/or their families they will be requested to leave the facility, self-isolate and seek medical attention. If they have used any of the facilities (toilets, all others remained closed) the facilities will be immediately closed and disinfected. Where the individual is unable to leave the facility due to their condition on training days the away dressing room will be used until medical assistance arrives. Notification of the incident will also be provided to both Penrith Juniors and NSWRL;</li> <li>Training of volunteers/club management on treatment of symptomatic participants and disinfecting of facilities used by such participants; and</li> <li>Notification protocols for notifying public health authorities and other attendees of symptomatic participants.</li> </ul>	<ul style="list-style-type: none"> <li>Measures as per AIS Framework Level B/NSWRL Framework Steps 1 &amp; 2; and</li> <li>At the onset of any symptoms of any players, members, volunteers and/or their families they will be requested to leave the facility, self-isolate and seek medical attention. If they have used any of the facilities (change rooms, toilets, canteen) the facilities will be immediately closed and disinfected. Where the individual is unable to leave the facility due to their condition on game days a marquee will be provided with safe distancing set up around the marquee until medical attention arrives.</li> </ul>
<b>Club responsibilities</b>	<p>The club will oversee:</p> <ul style="list-style-type: none"> <li>Provision and conduct of hygiene protocols as per the Plan;</li> <li>The capture of a record of attendance at all training and club activities and maintaining an up-to-date log of attendance;</li> <li>Coordination of AIS Framework Level B/NSWRL Framework Steps 1 &amp; 2 field and training operations; and</li> <li>Operation of the club's facilities in support of all AIS Framework Level B/NSWRL Framework Steps 1 &amp; 2 training activities in accordance with this COVID-19 Club Safety Plan.</li> </ul>	<ul style="list-style-type: none"> <li>Measures as per Level AIS Framework Level B/NSWRL Framework Steps 1 &amp; 2.</li> </ul>



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