



# ACT & SNSW Rugby Union

## Return to Play Framework for Community Rugby

**Submitted Friday 15<sup>th</sup> May 2020**

### **Operationalisation of:**

1. The National Principles for the Resumption of Sport and Recreation Activities
2. The Australian Institute of Sport (AIS) Framework for rebooting sport in a COVID-19 environment
3. Rugby Australia (National Sporting Organisation) framework for Community Rugby Return to Play
4. ACT & SNSW Rugby Union Operational Process for Community Rugby Return to Play

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# National Principles for the resumption of Sport and Recreation Activities

Published 2 May 2020 - How we will resume sports and recreation activities in Australia following the COVID-19 shutdown.

1. Resumption of sport and recreation activities can contribute many health, economic, social and cultural benefits to Australian society emerging from the COVID-19 environment.
2. Resumption of sport and recreation activities should not compromise the health of individuals or the community.
3. Resumption of sport and recreation activities will be based on objective health information to ensure they are conducted safely and do not risk increased COVID-19 local transmission rates.
4. All decisions about resumption of sport and recreation activities must take place with careful reference to these National Principles following close consultation with Federal, State/Territory and/or Local Public Health Authorities, as relevant.
5. The AIS 'Framework for Rebooting Sport in a COVID-19 Environment' provides a guide for the reintroduction of sport and recreation in Australia, including high performance sport. The AIS Framework incorporates consideration of the differences between contact and non-contact sport and indoor and outdoor activity. Whilst the three phases A, B and C of the AIS Framework provide a general guide, individual jurisdictions may provide guidance on the timing of introduction of various levels of sport participation with regard to local epidemiology, risk mitigation strategies and public health capacity.
6. International evidence to date is suggestive that outdoor activities are a lower risk setting for COVID-19 transmission. There are no good data on risks of indoor sporting activity but, at this time, the risk is assumed to be greater than for outdoor sporting activity, even with similar mitigation steps taken.
7. All individuals who participate in, and contribute to, sport and recreation will be considered in resumption plans, including those at the high performance/professional level, those at the community competitive level, and those who wish to enjoy passive (non-contact) individual sports and recreation.
8. Resumption of community sport and recreation activity should take place in a staged fashion with an initial phase of small group (<10) activities in a non-contact fashion, prior to moving on to a subsequent phase of large group (>10) activities including full contact training/competition in sport. Individual jurisdictions will determine progression through these phases, taking account of local epidemiology, risk mitigation strategies and public health capability.
  - a. This includes the resumption of children's outdoor sport with strict physical distancing measures for non-sporting attendees such as parents.
  - b. This includes the resumption of outdoor recreational activities including (but not limited to) outdoor-based personal training and boot camps, golf, fishing, bushwalking, swimming, etc.
9. Significantly enhanced risk mitigation (including avoidance and physical distancing) must be applied to all indoor activities associated with outdoor sporting codes (e.g. club rooms, training facilities, gymnasiums and the like).
10. For high performance and professional sporting organisations, the regime underpinned in the AIS Framework is considered a minimum baseline standard required to be met before the resumption of training and match play, noting most sports and participants are currently operating at level A of the AIS Framework.
11. If sporting organisations are seeking specific exemptions in order to recommence activity, particularly with regard to competitions, they are required to engage with, and where necessary seek approvals from, the respective State/Territory and/or Local Public Health Authorities regarding additional measures to reduce the risk of COVID-19 spread.
12. At all times sport and recreation organisations must respond to the directives of Public Health Authorities. Localised outbreaks may require sporting organisations to again restrict activity and those organisations must be ready to respond accordingly. The detection of a positive COVID-19 case in a sporting or recreation club or organisation will result in a standard public health response, which could include quarantine of a whole team or large group, and close contacts, for the required period.
13. The risks associated with large gatherings are such that, for the foreseeable future, elite sports, if recommenced, should do so in a spectator-free environment with the minimum support staff available to support the competition. Community sport and recreation activities should limit those present to the minimum required to support the participants (e.g. one parent or carer per child if necessary).
14. The sporting environment (training and competition venues) should be assessed to ensure precautions are taken to minimise risk to those participating in sport and those attending sporting events as spectators (where and when permissible).
15. The safety and well-being of the Australian community will be the priority in any further and specific decisions about the resumption of sport, which will be considered by the COVID-19 Sports and Health Committee.

## AIS Framework for rebooting sport in a COVID-19 environment (Community Rugby Union relevant content)

		Level A	Level B	Level C
Australian Institute of Sport	General Description	<ul style="list-style-type: none"> <li>Activity that can be conducted by a solo athlete or by pairs where at least 1.5m can always be maintained between participants. No contact between athletes and/or other personnel. Examples for all sports — general fitness aerobic and anaerobic (e.g. running, cycling sprints, hills).</li> <li>Strength and sport-specific training permitted if no equipment required, or have access to own equipment (e.g. ergometer, weights).</li> <li>Online coaching and resources (e.g. videos, play books).</li> </ul>	<b>As per Level A plus:</b> <ul style="list-style-type: none"> <li>Indoor/outdoor activity that can be conducted in small groups (not more than 10 athletes and/or other personnel in total) and with adequate spacing (not more than 1 person per 4m<sup>2</sup>).</li> <li>Some sharing of sporting equipment permitted such as kicking a football, hitting a tennis ball, use of a skipping rope, weights, mats.</li> <li>Non-contact skills training. Accidental contact may occur but no deliberate body contact drills. No wrestling, holding, tackling or binding.</li> <li>Commercial gyms, bootcamps, yoga, Pilates, dance classes (e.g. barre, ballet, hip hop, not partnered), cycling ‘spin’ classes permitted if other measures (above) are met.</li> </ul>	<b>As per Level B plus:</b> <ul style="list-style-type: none"> <li>Full sporting activity that can be conducted in groups of any size including full contact (competition, tournaments, matches). Wrestling, holding, tackling and/or binding (e.g. rugby scrums) permitted.</li> <li>For larger team sports, consider maintaining some small group separation at training.</li> <li>For some athletes full training will be restricted by commercial operation of facilities.</li> </ul>
	General Hygiene Measures	<ul style="list-style-type: none"> <li>No sharing of exercise equipment or communal facilities.</li> <li>Apply personal hygiene measures even when training away from group facilities — hand hygiene regularly during training (hand sanitisers) plus strictly pre and post training. Do not share drink bottles or towels. Do not attend training if unwell (contact doctor).</li> <li>Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings must be strongly discouraged.</li> </ul>	<ul style="list-style-type: none"> <li>Communal facilities can be used after a sport-specific structured risk assessment and mitigation process is undertaken.</li> <li><b>‘Get in, train and get out’</b> — be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms). Minimise use of communal facilities (e.g. gym, court) with limited numbers (not more than 10 athletes/staff in total). Have cleaning protocols in place for equipment and facilities.</li> <li>Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap before and after training (preferably at home). Where possible maintain distance of at least 1.5m while training.</li> <li>No socialising or group meals.</li> </ul>	<ul style="list-style-type: none"> <li>Return to full use of sporting facilities.</li> <li>Continue hygiene and cleaning measures as per Level B.</li> <li>If any massage beds being used, hygiene practises to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each athlete and hand hygiene.</li> <li>Limit unnecessary social gatherings.</li> </ul>
	Spectators, Additional Personnel	<ul style="list-style-type: none"> <li>No spectators unless required (e.g. parent or carer)</li> </ul>	<ul style="list-style-type: none"> <li>Separate spectators from athletes. Spectators should maintain social distancing of at least 1.5m.</li> </ul>	<ul style="list-style-type: none"> <li>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.</li> </ul>
	Rugby Union Specifics	<ul style="list-style-type: none"> <li>Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, passing, ball skills (e.g. against wall) to self.</li> </ul>	<ul style="list-style-type: none"> <li>Skill drills using a ball, kicking and passing.</li> <li>No rucks, mauls, lineouts or scrums, tackling/wrestling.</li> <li>Small group (not more than 10 athletes/staff in total) sessions.</li> </ul>	<ul style="list-style-type: none"> <li>Full training and competition</li> </ul>

## Rugby Australia Framework for Community Rugby Return to Play

		Level A	Level B1	Level B2 <sup>1</sup>	Level C
Rugby Australia Minimum Baseline Standards	Social Distancing	1.5 metres	1.5 metres	1.5 metres	Not Applicable
	Group Size	No more than 2 people	No more than 10 people	No more than 10 people	Groups of more than 10 allowed
	Meetings (Indoor)	Not allowed, meeting should be held via online software (e.g. Zoom or Facebook)	Observe hygiene measures, social distancing and group size (as above)	Observe hygiene measures, social distancing and group size (as above)	Observe hygiene measures
	On Field Activities (Outdoor)	Not Applicable	Skill drills using a ball, kicking and passing possible. No player on player contact including tackling, rucks, mauls, lineouts or scrums. No touch football or Oztag Tackle Bags can be used	Skill drills using a ball, kicking and passing possible. Contact in groups of no more than 10 possible including tackling, rucks, mauls, lineouts (maximum of 7 participants) or scrums (maximum of 10 participants) Tackle Bags and Hit Shields can be used	Full training possible
	Gym Activities (Indoor)	Not Applicable	Observe hygiene measures, social distancing and group size (as above)	Observe hygiene measures, social distancing and group size (as above)	Observe hygiene measures
	Playing Matches	No	No	No	Yes
	Hygiene Measures	Not Applicable	<ul style="list-style-type: none"> <li>Communal facilities can be used after a sport-specific structured risk assessment and mitigation process undertaken</li> <li><b>“Get in, train and get out”</b> – Be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms or bathrooms)</li> <li>Minimise use of communal facilities (e.g. Gym or Court) with limited numbers (no more than 10 athletes and other personnel in total)</li> <li>Have cleaning protocols in place for equipment and facilities (pre, during and post session)</li> <li>Hand Hygiene (Sanitisers) on entry and exit to venues, as well as pre, during and post training</li> <li>Thorough full body shower with soap before and after training at home. Where possible maintain distance of 1.5 metres while training</li> <li>No socialising or group meals</li> </ul>		<ul style="list-style-type: none"> <li>Return to full use of training facilities</li> <li>Continue hygiene and cleaning measures as per Level B</li> <li>Limit unnecessary social gatherings</li> </ul>
	Medical Servicing	Not Applicable	<ul style="list-style-type: none"> <li>History taking, or full consultation should be conducted via telehealth if practical</li> <li>Face to face consults should be conducted from at least 1.5 metres apart when possible, and hands on treatment should be for essential conditions only</li> <li>A single source therapist is recommended</li> <li>All non-essential athletes and other personnel should avoid the treatment area, and the number of people in treatment areas should be kept to a minimum, following social distancing guidelines</li> <li>No skinfold testing</li> </ul>		<ul style="list-style-type: none"> <li>Full manual therapy services can be conducted</li> <li>Non-essential athletes and other personnel should continue to avoid treatment areas</li> <li>Enhanced hygiene measures and social distancing should be maintained</li> <li>Skinfold testing possible</li> </ul>

Rugby Australia Checklist	Club Facilities	Closed	<ul style="list-style-type: none"> <li>• Ensure Club Facilities are available for use</li> <li>• Ensure Club Facilities are ready for use (e.g. running water, electricity, lights etc)</li> <li>• Ensure training area is ready for use (mowed, free from hazards, post pads on goal posts etc)</li> <li>• Ensure Club Rooms remain closed (except for toilet and emergency medical facilities)</li> <li>• Appoint individuals for registering training attendance and ensuring social distancing and hygiene</li> <li>• Club Committee to identify (where practicable) and monitor “at risk” people at the facility (e.g. immuno-compromised, 70+ etc)</li> <li>• Communicate to members to download COVIDSafe app and register</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure training area is marked per competition standards</li> <li>• Consider Club Rooms to have one-way routing and/or physical distancing indicators</li> <li>• If any massage beds being used, hygiene practises to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each athlete and hand hygiene.</li> </ul>
	Coaches & Players	<ul style="list-style-type: none"> <li>• Physical conditioning program to include fitness components related to rugby union</li> <li>• Ensure Smart rugby accreditation is current</li> <li>• Registered online as a coach through Rugby Xplorer</li> <li>• Review Game Management Guidelines</li> <li>• Encourage players to keep in regular touch via online social groups such as club, state, national social media platforms</li> <li>• All Community Rugby activity including matches, training and face-to-face education courses <b>will not</b> be conducted during this period</li> </ul>	<p><b>COVID-19 items:</b></p> <ul style="list-style-type: none"> <li>• Maintain an attendance list at all trainings</li> <li>• All equipment is cleaned/disinfected before, during and after training</li> <li>• Players to bring own water bottles to trainings</li> <li>• Ensure players have washed their hands prior to commencing training as well as post training and during toilet breaks</li> <li>• Encourage members not to spit, cough or do physical greetings (e.g. handshake)</li> </ul> <p><b>Rugby Specific items:</b></p> <ul style="list-style-type: none"> <li>• Measure base fitness and identify areas for improvement.</li> <li>• Rugby and position specific skills guidance such as individual body shape, catch / pass, kicking can be undertaken in line with government distancing advice</li> <li>• Modified non-contact conditioning games</li> </ul>	<p><b>COVID-19 items:</b></p> <ul style="list-style-type: none"> <li>• Follow the guidelines for <b>Level B</b>, plus</li> </ul> <p><b>Rugby Specific items:</b></p> <ul style="list-style-type: none"> <li>• Revisit base fitness assessment</li> <li>• Smart rugby principles transferred to players and applied in coaching techniques E.g. Mayday, AABC, sensible selections</li> <li>• Unit specific programming</li> <li>• Gradual build up in contact training (volume and intensity, controlled to uncontrolled environments)</li> </ul>
	Match Officials	<p>Same as for Coaches and Players, plus:</p> <ul style="list-style-type: none"> <li>• Referee accreditations current</li> <li>• Review Game Management Guidelines (GMG)</li> <li>• Updated unavailability in RAS system</li> </ul>		

<sup>1</sup> - Level B2 is yet to be approved by Local Governments and Councils, Clubs will be notified of a decision when appropriate

## ACT & SNSW Rugby Union Operational Process for Community Rugby Return to Play

		Level A	Level B1	Level B2 <sup>2</sup>	Level C
Target Dates <sup>3</sup>		Until 31 <sup>st</sup> May	1 <sup>st</sup> June to 14 <sup>th</sup> June	15 <sup>th</sup> June to 28 <sup>th</sup> June	29 <sup>th</sup> June to 13 <sup>th</sup> July
ACT & SNSW Rugby Union Operational Process	Logistics	<ul style="list-style-type: none"> <li>Continue contact with all members via online forums or similar (e.g. Facebook Groups or Chats, Zoom meetings, Social Media Challenges).</li> <li>No Rugby during this period, this includes training sessions, matches, and face-to-face education courses.</li> </ul>	<ul style="list-style-type: none"> <li>Maximum of 1 Hour training sessions, includes 50 minutes of training, 10 minutes of preparation, cleaning and pack up.</li> <li>Each field to be separated into 6 clearly marked areas.</li> <li>Minimum of 1 sanitising station per area of the field, which must include:                             <ul style="list-style-type: none"> <li>Bleach Solution</li> <li>Alcohol Solution</li> <li>Soapy Water Solution</li> </ul> </li> <li>All equipment must be washed before and after use</li> <li>No equipment to be shared between areas or groups without appropriate cleaning</li> <li>A record of attendance is compulsory, this will assist for Contact Tracing if required</li> <li>Participants will receive an attendance letter, all must be:                             <ul style="list-style-type: none"> <li>Be registered, at a minimum of "Training Only"</li> <li>"Get in and get out", arrive ready to train, and leave immediately after</li> </ul> </li> <li>Bring your own water bottle – no sharing of water bottles or personal equipment</li> <li>Consider separation of entrance and exit points for venues, avoiding cross-traffic where possible (Refer to Appendix A2)</li> </ul>		<ul style="list-style-type: none"> <li>All equipment to be washed between sessions</li> <li>A record of attendance is compulsory, this will assist for Contact Tracing if required.</li> <li>Participants will receive an attendance letter, all must be:                             <ul style="list-style-type: none"> <li>Be registered, at a minimum of "Training Only"</li> <li>Bring your own water bottle</li> </ul> </li> </ul>
	Rugby Training Specifics	<ul style="list-style-type: none"> <li>Send out Training Content to playing members to maintain fitness and skills.</li> <li>Remind all members of opportunity to complete online courses such as Smart Rugby, Ground Marshall and Xplorer administration courses.</li> </ul>	<ul style="list-style-type: none"> <li>Measure base fitness (e.g. Bronco, Yo-Yo)</li> <li>Rugby and position specific skills guidance such as individual body shape, catch / pass, kicking can be undertaken in line with government distancing advice</li> <li>Modified non-contact conditioning games</li> <li>Use of equipment including balls, tackle bags, individual equipment (e.g. tackle ring, tyre flip etc)</li> <li>Drills/Skills aiming at passing, kicking, fitness, individual body shape and game structure (e.g. attack and/or defence patterns)</li> <li>Accidental contact (maintain 1.5m apart)</li> <li>No scheduled person to person contact (e.g. rucks, mauls, scrums, lineouts, tackling, wrestling etc)</li> <li>No contact equipment (e.g. people holding hit shields)</li> <li>No "team runs" (i.e. need to maintain maximum 10 people in a group)</li> </ul>	<ul style="list-style-type: none"> <li>Same as Level B1, exceptions include:                             <ul style="list-style-type: none"> <li>Contact allowed within the groups of 10</li> <li>Contact equipment allowed</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>All training allowed</li> </ul>

ACT & NSW Rugby Union Operational Process	Personal Health	<ul style="list-style-type: none"> <li>• Maintain self-health, if feeling unwell, seek medical attention.</li> <li>• Recommended to download the CovidSafe App available on App Store or Google Play.</li> <li>• Keep up to date with Governmental and Health Authorities announcements.</li> </ul>	<ul style="list-style-type: none"> <li>• Wear freshly laundered training attire – Recommend <b>old clothing</b> (as disinfectant used on equipment may transfer and have effect on some clothing)</li> <li>• Wash hands prior to and after training attending training</li> <li>• Use hand sanitiser before, during and after training (where available)</li> <li>• Avoid physical greetings (i.e. hand shaking, high fives etc)</li> <li>• Avoid coughing, clearing nose, spitting etc</li> <li>• <b>DO NOT ATTEND IF YOU ARE FEELING UNWELL!</b> (includes any signs/symptoms of cold, flu, COVID-19 or any other illness)</li> </ul>	<ul style="list-style-type: none"> <li>• Level B recommendations apply.</li> </ul>
	Parents & Spectators	<ul style="list-style-type: none"> <li>• Not Applicable</li> </ul>	<ul style="list-style-type: none"> <li>• In the instance of Junior Training, limit attendance to 1 x Parent/Guardian per family in attendance, no non-participating siblings should be in attendance.</li> <li>• No other non-essential persons should be in attendance.</li> <li>• Any non-participants should be a minimum of 1.5 metres from any training area, as well as 1.5 metres from any other persons.</li> </ul>	<ul style="list-style-type: none"> <li>• Level B recommendations apply.</li> </ul>
	Club Rooms	<ul style="list-style-type: none"> <li>• Remain Closed</li> </ul>	<ul style="list-style-type: none"> <li>• Open only for Toilet Access and Medical/First Aid (If required).</li> <li>• Closed for all other reasons, including: <ul style="list-style-type: none"> <li>○ Changing,</li> <li>○ Showering,</li> <li>○ Bar (or other drink supply),</li> <li>○ Canteen (or other food supply),</li> <li>○ Social Games,</li> <li>○ Common area</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Open and available for use, but the following will apply: <ul style="list-style-type: none"> <li>○ Increased levels of cleaning required after each use,</li> <li>○ Hand hygiene stations on entry/exit of each facility required, as well as before, during and after training.</li> <li>○ Showering should be done at home,</li> <li>○ If massage tables are used, cleaning practice should include no linen (unless single-use), and cleaning tables and key surfaces after each athlete.</li> <li>○ Reasonable social distancing to be enforced when possible,</li> <li>○ Limit unnecessary social gatherings.</li> </ul> </li> </ul>

<sup>2</sup> – Level B2 is yet to be approved by Local Governments and Councils, Clubs will be notified of a decision when appropriate.

<sup>3</sup> – Target Dates are subject to change dependent on Government and Health Authority announcements. All relevant stakeholders will be notified of changes.



## Club Implementation Plan of Level B restrictions

- ACT & SNSW Rugby Union staff will engage with each of our member Clubs to work through the detail of Level B Return to Play implementation.
- Each Club will have a Level B Return to Play training plan similar to the below. This will be monitored and updated centrally at ACT & SNSW Rugby Union offices.

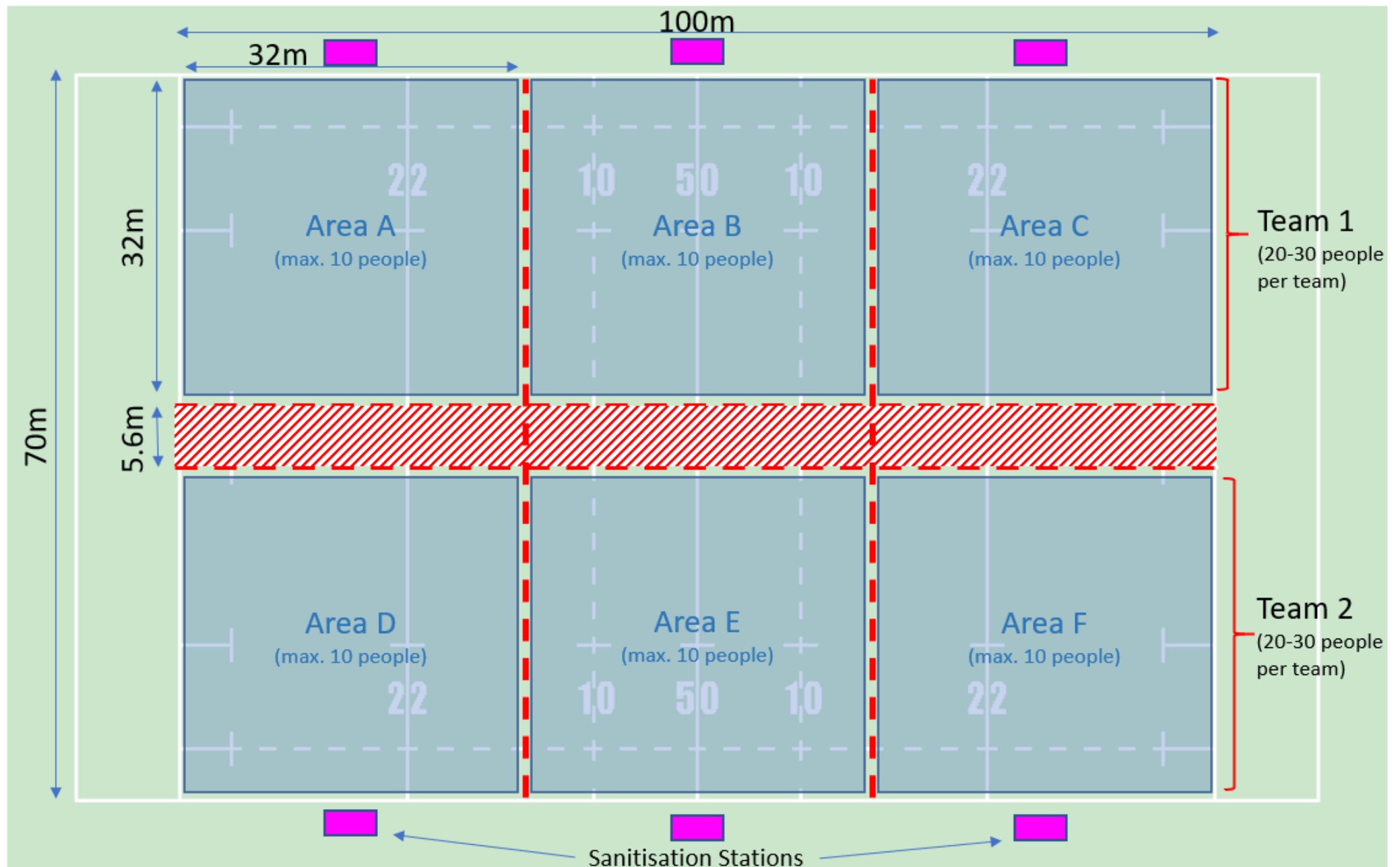
### Level B Return to Play Club Training Plan

**Club Name:** \_\_\_\_\_

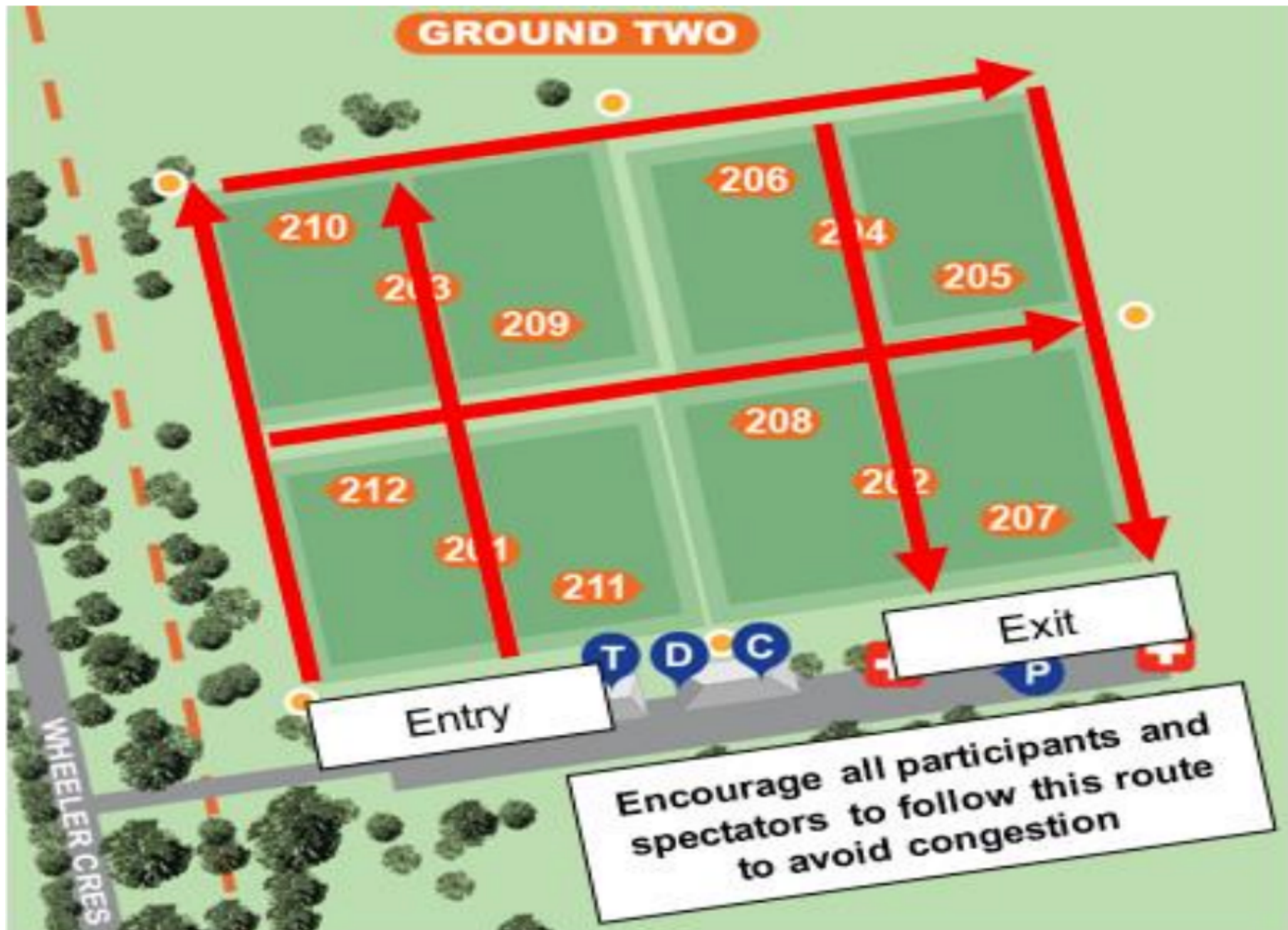
**Plan Updated:** \_\_\_\_\_

	Session Time (From / To)	Team	Area/s	Coach/s	Person Responsible for recording attendance	Notes/Comments
<b>Monday</b>						
<b>Tuesday</b>						
<b>Wednesday</b>						
<b>Thursday</b>						
<b>Friday</b>						
<b>Saturday</b>						
<b>Sunday</b>						

## Appendix A1 – Rugby Pitch Layout Diagram for Level B restrictions



Appendix A2 – Example Entrance/Exit Movement Diagram for Level B restrictions



## Appendix B – Sanitising Guidelines

### Bleach Solution

**Reference:** Australian Government | Department of Health  
Guidelines for the Public Health Management of Gastroenteritis Outbreaks due to Norovirus or Suspected Viral Agents in Australia  
Appendix 4: Cleaning and Disinfection  
<https://www1.health.gov.au/internet/publications/publishing.nsf/Content/cda-cdna-norovirus.htm-l~cda-cdna-norovirus.htm-l-app4>

**Use For:** Majority of rugby equipment (e.g. balls, tackle bags, marker cones etc). At minimum done before and after each session.

### **Steps:**

1. Gloves should be worn when handling and preparing bleach solutions, and protective eye wear needs to be worn in case of splashing
2. Use freshly made bleach solution and follow manufacturer's instructions for appropriate dilution and use (see below for dilution instructions)
  - a. NOTE – Bleach solutions must be prepared daily. They lose their strength after 24 hours. Anytime the odour of chlorine is not present, discard the solution.
3. Wipe the area with bleach solution with a disposable cloth
4. Wash hands thoroughly using soap and water – or decontaminate hands using alcohol-based rub or gel
5. Allow sufficient time for the bleach solution to kill any germs/virus (**minimum 10 minutes** contact time)

Household bleach comes in a variety of strengths of the active ingredient – hypochlorous acid – and you can find this information on the product label.

### **Recipes to achieve a 1,000ppm (0.1% bleach solution)**

Original Strength of Bleach		Disinfectant recipe		Volume of bleach in a standard 10 litre bucket
% Concentrate	Parts per Million (ppm)	Parts of Bleach	Parts of Water	
1 %	10,000	1	9	1000 ml (1 L)
2 %	20,000	1	19	500 ml
3 %	30,000	1	29	333 ml
4 %	40,000	1	39	250 ml
5 %	50,000	1	49	200 ml

### **Notes:**

- The manufacturer's recommendations for use (usually written on the container) and occupational health and safety instructions should be followed
- Bleach should be used mainly on hard, non-porous surfaces
- Bleach can damage textiles and are corrosive to metals

## Alcohol Solution

**Reference:** Australian Government | Department of Health  
Therapeutic Goods Administration  
Hand Sanitisers and COVID019  
<https://www.tga.gov.au/hand-sanitisers-and-covid-19>

**Use For:** Minimal use – can use on hands when not visibly soiled (i.e. maintenance of clean hands after washing with soap and water).  
Alcohol swabs/wipes are best for metal surfaces (e.g. whistles, metal gym equipment etc)

### **Recommendations:**

1. **Avoid** General Consumer Products, for example:
  - a. Products which are for personal or domestic use only (i.e. not for use in a health care setting)
  - b. Have claims that are limited (e.g. kills 99.9% of germs)
  - c. Have no claims against viruses
  - d. Do not contain the ingredients listed in point 3 below
2. Instead, use hand sanitiser regulated by the Therapeutic Goods Administration (TGA), for example:
  - a. Claim to kill specific organisms (e.g. E.coli or viruses) and/or
  - b. Are to be used in clinics or hospitals
  - c. Items claiming “antiseptic handwash/rub” or “Hygienic handwash/rub” or “Healthcare personnel antiseptic handwash/rub”
3. Another option is to use specific formulations which have been excluded from TGA regulation for the duration of the COVID-19 pandemic. These are formulations which **must contain only** the following ingredients
  - a. **EITHER** ethanol 80% v/v (pharmacopoeial grade or food standard grade) OR isopropyl alcohol 75% v/v (pharmacopoeial grade) in an aqueous solution
  - b. Sterile distilled water or boiled cold water
  - c. Glycerol 1.45% v/v (pharmacopoeial grade)
  - d. Hydrogen peroxide 0.125% v/v (pharmacopoeial grade) and
  - e. Does not contain any other active or inactive ingredients, including colours, fragrances or emollients

### **Notes:**

- Alcohol is flammable. Limit use as a surface disinfectant to small surface-areas and use it in well-ventilated spaces only.
- Prolonged and repeated use of alcohol as a disinfectant on rubber and certain plastics can cause discolouration, swelling, hardening and cracking.

## Soapy Water Solution

**Reference:** Australian Government | Department of Health  
How to Wash and Dry Hands  
<https://www1.health.gov.au/internet/main/publishing.nsf/Content/how-to-wash-and-dry-hands>

**Use For:** Anytime to clean soiled equipment (before disinfecting)  
Soap and water are effective for hand washing **if done properly**

### **Recommendations:**

1. Have a bucket of soapy water available to wash soiled equipment
  - a. Mix powdered laundry detergent according to the instructions on the packet
2. Wash your hands as follows:
  - a. Remove jewellery and cover abrasions
  - b. Wet hands with warm water, then apply soap or liquid soap
  - c. Lather for 15-20 seconds (pay particular attention to the backs of hands and fingers, fingernails, fingertips and webbing between fingers)
  - d. Rinse hands under running water
  - e. Dry hands with clean towel



• Remove jewellery and cover abrasions



• Wet hands with warm water, then apply soap or liquid soap



• Lather for 15–20 seconds



• Rinse hands under running water



• Dry hands with clean towel

## Appendix C – Attendance Record Template

<b>Club Name</b>				<b>Team</b>	
<b>Venue</b>		<b>Date</b>		<b>Session Time</b>	

	<b>Area</b>	<b>Full Name</b>	<b>Special Notes/Comments</b>
1	A		
2	A		
3	A		
4	A		
5	A		
6	A		
7	A		
8	A		
9	A		
10	A		
11	B		
12	B		
13	B		
14	B		
15	B		
16	B		
17	B		
18	B		
19	B		
20	B		
21	C		
22	C		
23	C		
24	C		
25	C		
26	C		
27	C		
28	C		
29	C		
30	C		

## Appendix D – Letter Template for Training Attendee during Level B Restrictions

**CLUB:** \_\_\_\_\_

**TEAM:** \_\_\_\_\_

### NOTICE TO RETURN TO TRAINING ON RESTRICTED CONDITIONS

Following the lifting of some restrictions due to the COVID-19 pandemic and in consultation with National and State organisation, including ACT & SNSW Rugby Union and the relevant health authorities in ACT and NSW, we are pleased to be able to commence training again for Rugby Union at our Club.

At this stage, we are required to follow protocols described in “Level B” restrictions. While this may seem inconvenient in the short-term, these protocols have been developed with your health and wellbeing at the forefront and will allow us as a Sport and as a State to effectively monitor our return to the sport we love.

During Level B restrictions, we will be limited to:

- Training in groups of 10 or less;
- Training in a defined area of the pitch (to maintain social distancing requirements in small groups);
- Non-contact training (i.e. only practicing passing, kicking, fitness, body shape and game structure);

The Club will also be following recommended sanitisation of equipment and effective social distancing required under Level B restrictions. This means that facilities at grounds will only be available for use as Toilets, not for changing or other purposes.

#### Attending Training (Get in, Train, Get out process):

You will attend training on:

Day/s of the Week: \_\_\_\_\_

Start/Finish Time/s: \_\_\_\_\_

Training Area: \_\_\_\_\_

You must be prepared for training as follows:

1. Be registered in Rugby Xplorer (minimum “Training Only” registration)
2. Arrive to training on time and ready to train (dressed appropriately, strapping done at home etc)
3. Bring your own water bottle! (No sharing of water bottles or personal equipment)
4. Notify your coach/manager on arrival (so your attendance can be recorded on an attendance sheet)
5. Leave any personal effects (including water bottle) at the sanitisation station for your training area
6. Leave on completion of training, there should be no meetings larger than 10 people before or after training
7. Avoid carpooling with members outside of your household unless essential
8. **If you are feeling unwell at all, please stay home and monitor your symptoms**

#### Spectators / Parents / Guardians:

During Level B restrictions we need to keep attendees to our Club at an absolute minimum. As such, we request that we do not have any spectators to training sessions at this time.

For **parents and guardians**, please limit attendance to at most 1 parent/guardian where possible. Please also note that our Club Rooms remain closed at this time, meaning we do not have food or beverages available, and do not have indoor shelter available. However, our toilet facilities will be available if required. We will also require any persons at the Club to observe a minimum 1.5m distance from each other.

This is our first step back to playing Rugby in our States and Territories. If we can effectively stick to these current restrictions (and effectively monitor any change in the pandemic) we trust, we can return to play our competition this season.

Thank you for your cooperation.



## Appendix E – What to do if there is a suspected COVID-19 case in your Club

Below are some guidelines on what to do if there are confirmed cases of COVID-19 at your Rugby Club or if you have been in close contact with someone who has the virus. It's important to stay calm and follow the Australian Government's Health guidelines which focus on reducing the spread of COVID-19 and act appropriately during isolation.

Furthermore, the current Australian Government position is that all people who enter Australia from any overseas country or have been in close contact with a confirmed case of COVID-19 must self-isolate.

### Individual communication:

Firstly, if you have a suspected case please advise your local Public Health Authority and follow their instructions. Secondly, if you are a suspected case or return a positive result to COVID -19 and you have engaged in Rugby related activities over the last 14 days you should also advise your Club President or Secretary

As a Rugby community we are well positioned to get the word out quickly to others that may be affected.

### Club communication:

If a Rugby Club is informed of a suspected case the Club President or Secretary should follow the below steps:

- Contact your Member Union who will then inform Rugby Australia (RA)
- Notify club Board/Committee and keep them informed throughout the process
- If not already done so, inform the Public Health Authority of suspected or positive test of COVID-19
- Stay in contact with the individual player/member to ensure their immediate wellbeing is assured
- Gather information on the suspected player/members' past interactions with the club over the past 14 days and in the period commencing 24 hours prior to symptoms occurring
- Make record of any interactions with other club members:
  - Who the suspected player/member has interacted with;
  - How they interacted (face-to-face, physical contact etc)
  - Where and in what environment (indoor, outdoor, density of gathering)
  - Duration of interactions
- Once the above is identified, document any club members who interacted with the suspected player/member (include first name, last name, contact number, email address and environment which the contact occurred)
- With assistance from Member Unions/RA notify all members/players who have had interactions with the suspected player/member
- The Club should have one person identified as the contact for RA and media related communication. RA will then assist the Club with media communication.

### Suspected case:

If you have been identified as at risk of infection with COVID-19 (i.e. you have been in contact with someone who is now a confirmed case or you have returned from overseas) and you have now developed symptoms (such as fever, cough, sore throat, tiredness or shortness of breath) you must isolate yourself in your home or at a health care setting until Public Health authorities inform you it is safe for you to return to usual activities.

If symptoms are serious, you will remain in hospital isolated from other patients.

If you are well enough to return home, please follow the below protocols:

- Remain in your home and do not attend work, school, university or public gatherings;
- Wash your hands often with soap and water;
- Cough and sneeze into your elbow;

- Avoid cooking for or caring for other members of your household;
- Wear a mask (provided by your doctor) if close contact with other people is unavoidable;
- Use personal transport where possible e.g. car (if not follow the public transport guide by wearing a mask and avoid close contact with people and follow good hand and cough/sneeze hygiene protocols);
- Only people you live with should be in the home therefore avoid having visitors;
- Ask others to purchase necessities for you.

You will be contacted daily by Public Health officers to check on your condition and be provided a phone number to contact them if you have any questions or symptoms arise or worsen.

Family members do not need to isolate themselves unless showing signs of symptoms. They must then return home and inform the Public Health Unit.

#### **If tested negative:**

You may be advised that you no longer need to self - isolate and can return to normal activities however this should be guided by your Doctor and the advice of Public Health authorities. If you have recently returned to Australia you must still complete your 14 days of self-isolation as instructed by Border Control.

You should carefully monitor your health for up to 14 days after your last contact with the confirmed case. Any report of new/returning symptoms must be reported to Public Health Unit and you may be required to be tested again.

#### **If tested positive:**

You must remain in your home or accommodation until Public Health officers advise it is safe to return to normal activities. This will normally be 1-2 days after your symptoms end.

An Xplorer Club Administrator must enter a competition case for the participant who has tested positive, this will inform your Member Union and Rugby Australia of the positive case.

If your condition deteriorates, seek medical attention:

- Notify the Public Health officers managing your care by calling the number provided to you
- Follow the direction of the Public Health officers who may advise you to go to a doctor's surgery or a hospital
- Call ahead to a doctor or hospital and inform them that you are a confirmed case of COVID-19
- Put on the mask provided to you if you need to leave the house
- When you arrive at the doctor's surgery or hospital, tell them that you are a confirmed case of COVID-19

If you are experiencing severe symptoms, such as shortness of breath:

- Call 000 and request an ambulance
- Inform the ambulance officers that you are a confirmed case of COVID-19

People who you have had contact with, including family members and people you live with, will need to isolate themselves for 14 days since their last contact with you.

Full information on COVID-19 Isolation Guide [here](#).

#### **Prevent the spread:**

Practising good hand and sneezing/coughing hygiene is the best defence against most viruses.

- Wash your hands frequently with soap and water, before and after eating and after going to the toilet
- Cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitiser
- If unwell avoid contact with others and practice social distancing (stay more than 1.5 meters from people).

**Further information:**

- For the latest advice, information and resources visit [www.health.gov.au](http://www.health.gov.au)
- Call the National Coronavirus Health Information Line on 1800 020 080. It operates 24 hours a day, seven days a week. If you require translating or interpreting services, call 131 450.
- The phone number of your state or territory public health agency is available at [www.health.gov.au/state-territory-contacts](http://www.health.gov.au/state-territory-contacts)

## Appendix F – Agreement by Club to comply with all directives

**CLUB:** \_\_\_\_\_

By signing this page on behalf of your club, you agree to follow **ALL** the directions contained within the entirety of this document.

This includes following directives from ACT & SNSW Rugby Union staff in regard to:

- Training and how it is to be conducted,
- Minimum standards when it comes to cleaning procedures,
- Recording attendance for who was at arranged sessions,
- Promoting and supporting a “Get in, train, and get out” policy within your club,
- Ensuring no meetings are held with more than 10 participants (including pre-training speeches/updates),
- Ensuring all members who are feeling unwell do not attend any Club sessions, and
- Encourage all members to download the CovidSafe App to assist in contact tracing as required.

Club Representative Name: \_\_\_\_\_

Club Representative Position: \_\_\_\_\_

Club Representative Signature: \_\_\_\_\_ Date: \_\_\_\_\_

We ask that you please nominate someone within your Club to be the COVID Compliance Officer, this person will be responsible for maintaining the standards contained within this document and will be made aware of all updates in relation to this document.

They will also be the point of contact for any COVID-19 related matters throughout the 2020 season. Please provide their details below, as well as have them sign it.

Nominated COVID Compliance Officer Name: \_\_\_\_\_

MyRugby ID: \_\_\_\_\_ Contact Number: \_\_\_\_\_

Contact E-Mail: \_\_\_\_\_

Nominated COVID Compliance Officer Signature: \_\_\_\_\_

Date: \_\_\_\_\_