

# 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 repost 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.

# 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 4m<sup>2</sup>)

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 4m<sup>2</sup>.

## 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.

# 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.

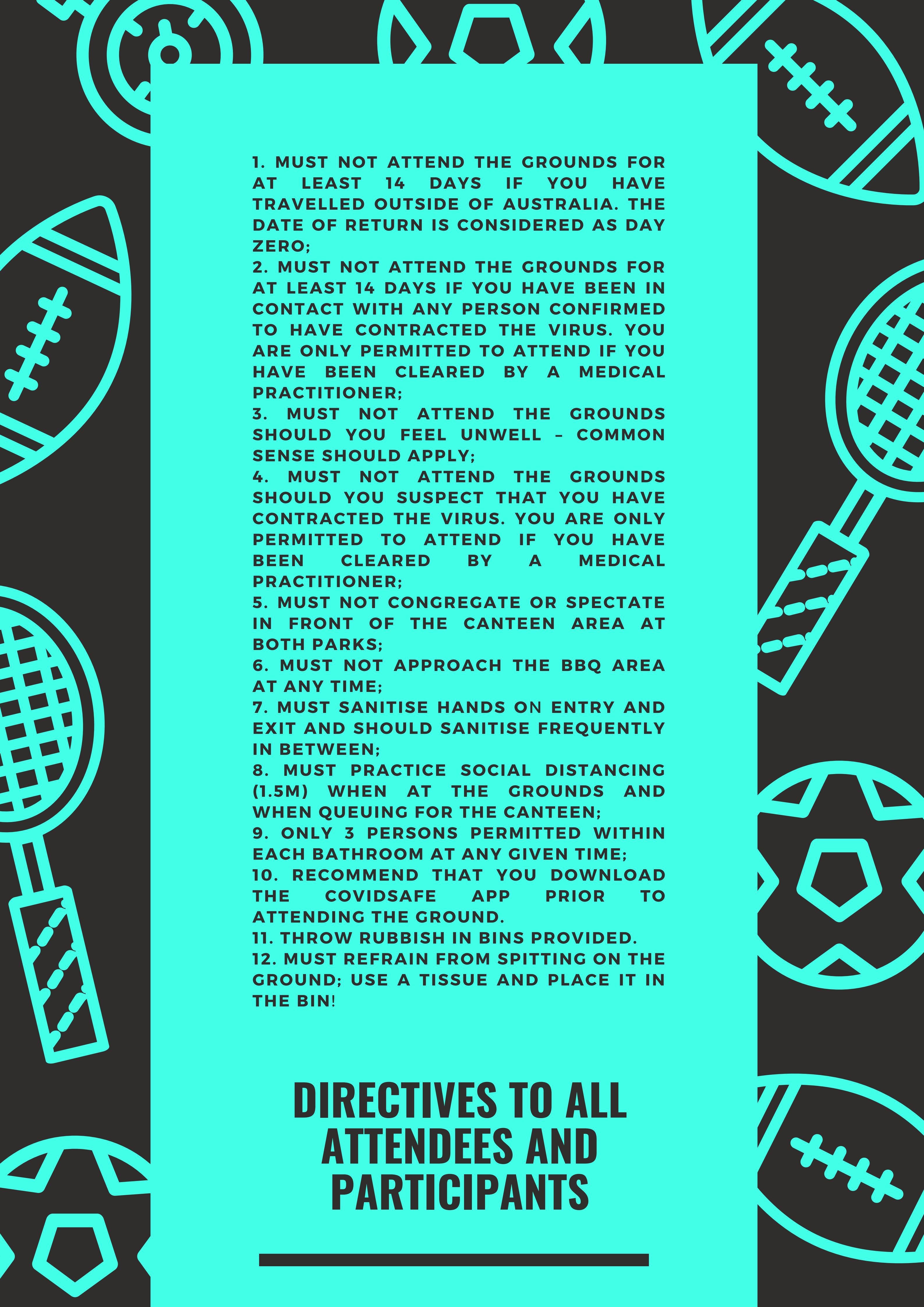
Continue hygiene and cleaning measures as per Step 2.

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.

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1. MUST NOT ATTEND THE GROUNDS FOR AT LEAST 14 DAYS IF YOU HAVE TRAVELLED OUTSIDE OF AUSTRALIA. THE DATE OF RETURN IS CONSIDERED AS DAY ZERO;
  2. MUST NOT ATTEND THE GROUNDS FOR AT LEAST 14 DAYS IF YOU HAVE BEEN IN CONTACT WITH ANY PERSON CONFIRMED TO HAVE CONTRACTED THE VIRUS. YOU ARE ONLY PERMITTED TO ATTEND IF YOU HAVE BEEN CLEARED BY A MEDICAL PRACTITIONER;
  3. MUST NOT ATTEND THE GROUNDS SHOULD YOU FEEL UNWELL - COMMON SENSE SHOULD APPLY;
  4. MUST NOT ATTEND THE GROUNDS SHOULD YOU SUSPECT THAT YOU HAVE CONTRACTED THE VIRUS. YOU ARE ONLY PERMITTED TO ATTEND IF YOU HAVE BEEN CLEARED BY A MEDICAL PRACTITIONER;
  5. MUST NOT CONGREGATE OR SPECTATE IN FRONT OF THE CANTEEN AREA AT BOTH PARKS;
  6. MUST NOT APPROACH THE BBQ AREA AT ANY TIME;
  7. MUST SANITISE HANDS ON ENTRY AND EXIT AND SHOULD SANITISE FREQUENTLY IN BETWEEN;
  8. MUST PRACTICE SOCIAL DISTANCING (1.5M) WHEN AT THE GROUNDS AND WHEN QUEUING FOR THE CANTEEN;
  9. ONLY 3 PERSONS PERMITTED WITHIN EACH BATHROOM AT ANY GIVEN TIME;
  10. RECOMMEND THAT YOU DOWNLOAD THE COVIDSAFE APP PRIOR TO ATTENDING THE GROUND.
  11. THROW RUBBISH IN BINS PROVIDED.
  12. MUST REFRAIN FROM SPITTING ON THE GROUND; USE A TISSUE AND PLACE IT IN THE BIN!

## **DIRECTIVES TO ALL ATTENDEES AND PARTICIPANTS**

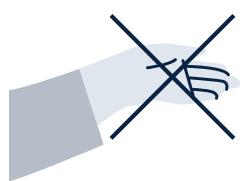
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# Directives to Coaches

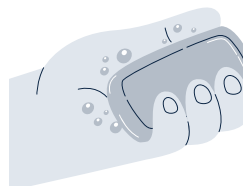
Stage 1 – 1 June 2020 Stage 3 – 1 July 2020



## General – Stages 1, 2 and 3



**1. MUST IMMEDIATELY** inform the Club Secretary should you become aware that any player under your care has contracted the virus or suspects that they have contracted the virus. They may only return after clearance from a medical practitioner (certificate to be provided to Club Secretary);



**2.** If a player becomes ill during training or on game day, must immediately separate the player from the team and contact secretary.



**3.** MUST wash hands BEFORE AND AFTER training and games;

**4. MUST** ensure that your players wash hands BEFORE AND AFTER training and games. The onus falls on the coach to promote good hygiene for your players;



**5. MUST** sanitise ALL equipment (e.g kicking tees) BEFORE AND AFTER use at training or game day – please use the sanitisation station;

**6. MUST NOT** use communal water bottles. Players are required to bring their own water bottles or purchase one at the canteen.



**7. MUST** ensure that your players **DO NOT** dispose of tissues, strapping tape or other medical bandages on the ground; and

**8.** Players not to share jerseys, pads, boots, headphones, water bottles etc.

## Training

### Stage 1 -

**1.** Maximum training groups of 10 (including coaching staff).

**2.** Only balls, cones and kicking tees to be used.

**3.** No contact training.

**4.** Your team **MUST** not enter the change rooms.

**5.** Your team **MUST** only enter and leave training ground within allocated training time.

**Stage 2 -** Same as stage 1 but training group increased to 20 maximum

### Stage 3-

No group size limit. • Contact training permitted. • All equipment use permitted. Club equipment not to be used without prior approval of president. • No entry to changerooms without prior approval from the Club President. • Adhere to allocated training time.

**MAKE SURE  
YOU  
DOWNLOAD  
THE  
COVIDSafe  
App**



## GAME DAY

Stage 1 & 2 - NO GAMES

### Stage 3-

**1. MUST ONLY** use Changerooms 10 minutes before kick off. Teams **MUST NOT** return to the changerooms after that time

**2. MUST** sanitise change rooms after use and sign the cleaning sheet after completion. Disinfectant products will be provided by the club. The onus rests with the coach to ensure that a staff member completes this task **IMMEDIATELY** after your players have left the change room to take the field

**3.** Maintain social distancing at player bench area.

**4.** Players to wash their own jerseys.

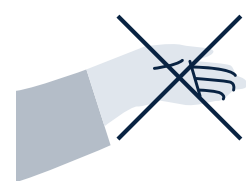
**IF THE CLUB SUSPECTS ON REASONABLE GROUNDS THAT YOU HAVE NOT COMPLIED WITH THE ABOVE DIRECTIVES, THE CLUB MAY SUSPEND THE COACH AND/OR COACHING STAFF UNTIL THE MATTER IS RESOLVED.**

# Directives to Managers

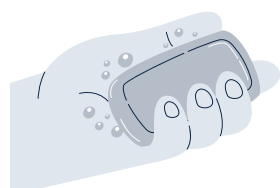


**Stage 1 – 1 June 2020** **Stage 3 – 1 July 2020**

## General – Stages 1, 2 and 3



**1. MUST IMMEDIATELY** inform the Club Secretary should you become aware that any player under your care has contracted the virus or suspects that they have contracted the virus. They may only return after clearance from a medical practitioner (certificate to be provided to Club Secretary);



**2.** If a player becomes ill during training or on game day, must immediately separate the player from the team and contact Club Secretary.



**3.** Ensure that you submit player uniform sizes to the secretary and distribute the uniforms to players upon receipt.



**4.** Players not to share jerseys, pads, boots, headphones, water bottles etc.



**5.** Ensure that players are fully registered and financial immediately.

**6.** Ensure you message parents to bring an umbrella in case of wet weather.

## Training

**Stages 1 & 2**

**1.** If training at Ruse Park, must adhere to the attendance register volunteering schedule.

**2.** If training at Padstow Park, **MUST** maintain a register of all attendees (inc players, coaching staff and parents walking their kids to the playing group).

**3.** Your team must only enter and leave training ground within allocated training time.

**4.** Your team must not enter the change rooms.

**Stage 3-**

**1.** Same as stage 1 but entry to change rooms permitted with prior approval from president.

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## GAME DAY

**Stages 1 & 2 - NO GAMES**

**Stage 3-**

**1.** Must only use Changerooms 10 minutes before kick off. Teams must not return to the changerooms after that time.

**2.** Must sign players on immediately upon arrival.

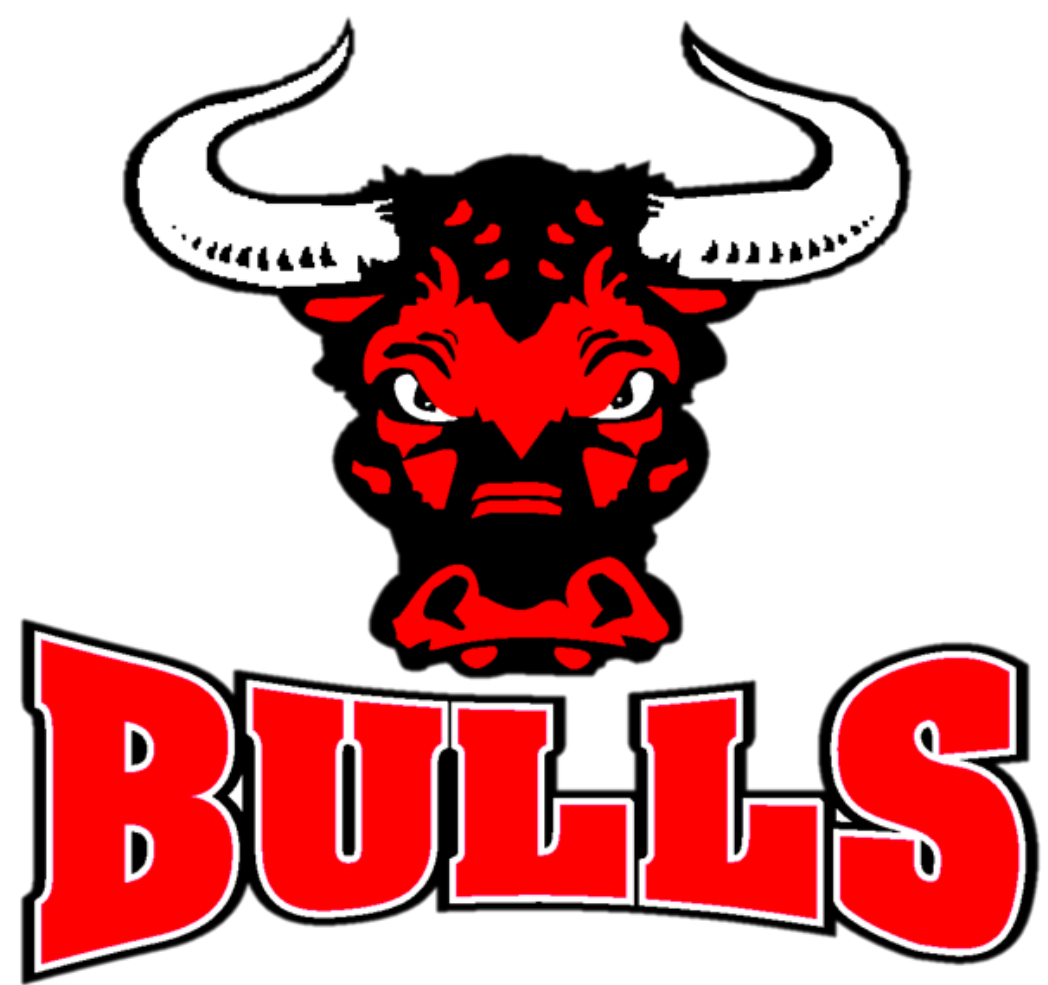
**3.** Must maintain social distancing at timekeeper table

**4.** Players to wash their own jerseys.

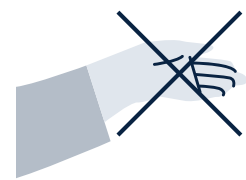
**IF THE CLUB SUSPECTS ON REASONABLE GROUNDS THAT YOU HAVE NOT COMPLIED WITH THE ABOVE DIRECTIVES, THE CLUB MAY SUSPEND THE MANAGER AND/OR COACHING STAFF UNTIL THE MATTER IS RESOLVED.**

# Directives to Players

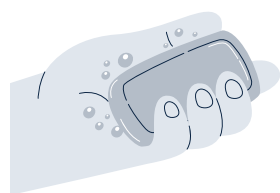
Stage 1 – 1 June 2020 Stage 3 – 1 July 2020



## General – Stages 1, 2 and 3



1. **MUST NOT** attend the grounds for at least 14 days if you have been in contact with anyone who has Corona Virus. Tell your coach or manager **STRAIGHT AWAY!**



2. **MUST NOT** attend the grounds if should you feel sick or if you think that you have Corona Virus. Tell your coach or manager **STRAIGHT AWAY!**



3. If you feel sick during training or at a game tell your coach or manager **STRAIGHT AWAY!**

4. **MUST NOT** attend training or games if you haven't registered and paid.

5. **MUST NOT** share jerseys, pads, boots, headphones, water bottles etc with other players.



6. Make sure you give your coach or manager your uniform sizes to get your gear.

7. Wash your hands before and after eating.



8. **MUST NOT** drink directly from any taps around the grounds.

9. **MUST NOT** spit on the ground; use a tissue and put it in the bin!

10. **MUST NOT** throw any strapping tape or other medical bandages on the ground, put it in the bin.

## Training

Stages 1 & 2

1. **MUST** come already dressed in training gear.

2. Wash/sanitise your hands before and after training.

3. You can only enter the park and have to leave the park within your training times (speak to your coach about training times).

4. No entry to the change rooms!

Stage 3-

1. Same as stage 1 but you can enter the change room if you are told to by your coach.

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## GAME DAY

Stages 1 & 2 - NO GAMES

Stage 3-

1. **MUST** come already dressed in playing gear.

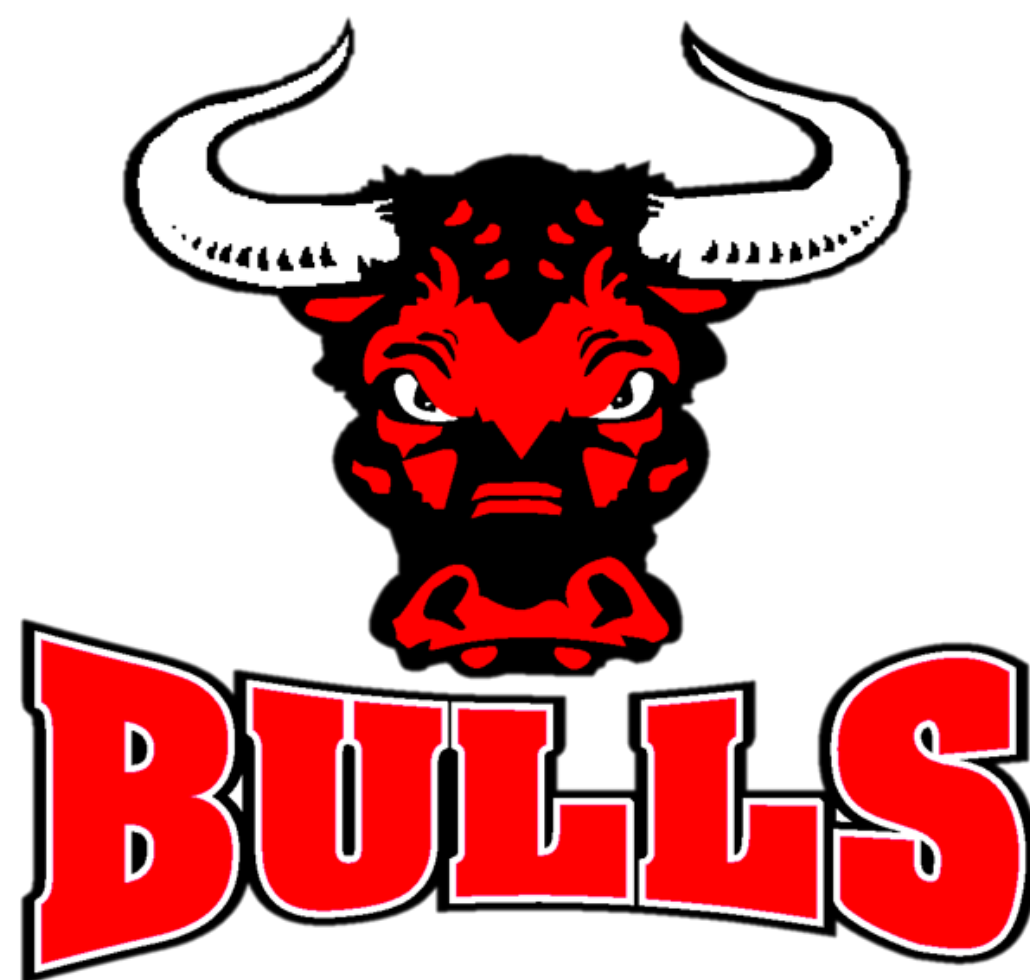
2. You can only use Change rooms 10 minutes before kick off. You can't return to the change rooms after that time. Leave your bag with a family member or at the timekeeper table.

3. **MUST** wash your own jerseys and give it back to your coach or manager at the end of the season.

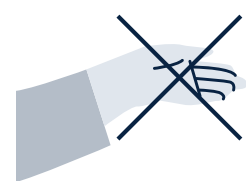
**IF YOU DON'T FOLLOW THESE RULES, THE CLUB WILL SUSPEND OR DEREGISTER YOU.**

# Directives to Parents/caregivers and family members

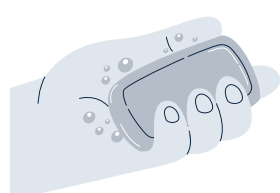
Stage 1 – 1 June 2020 Stage 3 – 1 July 2020



## General – Stages 1, 2 and 3



1. **MUST** ensure that your child DOES NOT attend the grounds for at least 14 days if they have travelled outside of Australia. The date of return is considered as day zero;



2. **MUST** ensure that your child DOES NOT attend the grounds for at least 14 days if they have been in contact with any person confirmed to have contracted the virus. They are only permitted to return once they have been cleared by a medical practitioner (certificate to be provided to Club Secretary);



3. **MUST** ensure that your child DOES NOT attend the grounds should you suspect that they have contracted the virus. They are only permitted to return once they have been cleared by a medical practitioner (certificate to be provided to Club Secretary)



4. **MUST IMMEDIATELY** inform the team coach or Club Secretary should your child contract the virus, or if you suspect that your child has contracted the virus;



5. **MUST NOT** enter or approach the change rooms at any time

## Training

### Stages 1 & 2

1. If your child is training at Ruse Park, only one parent is permitted to attend the ground (please note your attendance on entry and exit)

2. If your child is training at Ruse Park, not to leave your vehicle unless walking your child to their team (please note your attendance with the team manager) or attending the canteen or bathroom (please note your attendance with the volunteer on duty)

### Stage 3-

1. If your child is training at Ruse Park, only one parent is permitted to attend the ground (please note your attendance on entry and exit.

2. If your child is training at Padstow Park, not to enter the field side of the fence unless walking your child to their team (please note your attendance with the team manager) or attending the canteen or bathroom (please note your attendance with the volunteer on duty).

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## GAME DAY

### Stage 1 & 2 - NO GAMES

### Stage 3-

1. **RECOMMENDED** that only one (1) family member attend at any given time (please note your attendance on entry and exit).

2. Players must wash their own jersey.

**IF THE CLUB SUSPECTS ON REASONABLE GROUNDS THAT YOU HAVE NOT COMPLIED WITH THE ABOVE DIRECTIVES, THE CLUB MAY SUSPEND OR DEREGISTER YOUR CHILD FROM THE CLUB.**

# DIRECTIVES TO VISITING TEAMS:

1. MUST NOMINATE A VOLUNTEER (NOT THE TEAM MANAGER) TO TEND TO THE ATTENDANCE REGISTER TABLE NO LATER THAN 45 MINUTES PRIOR TO KICK OFF.
2. PLAYERS AND COACHING STAFF MUST WASH/SANITISE HANDS BEFORE AND AFTER GAMES AND DURING THE HALF TIME BREAK – THE ONUS FALLS ON THE COACHING STAFF TO PROMOTE GOOD HYGIENE FOR YOUR PLAYERS.
3. MUST SANITISE ALL BALLS AND EQUIPMENT (E.G KICKING TEES) BEFORE BEING USED DURING THE GAME – PLEASE USE THE SANITISATION STATION (LOCATED BEHIND TIMEKEEPER TABLE).
4. MUST NOT DISPOSE OF ANY STRAPPING TAPE OR OTHER MEDICAL BANDAGES ON THE GROUND;
5. MUST NOT SPIT ON THE GROUND; USE A TISSUE AND PLACE IT IN THE BIN!
6. FIRST AIDERS MUST WEAR GLOVES WHEN ATTENDING TO INJURIES AND MUST DISPOSE OF THE GLOVES AFTER ATTENDING TO AN INJURY. (GLOVES AT TIMEKEEPER TABLE)
7. MUST ONLY ENTER CHANGEROOMS WITHIN 10 MINUTES OF KICK OFF.
8. MUST SANITISE CHANGE ROOMS AFTER USE AND SIGN CLEANING SHEET AFTER COMPLETION. DISINFECTANT PRODUCTS WILL BE PROVIDED BY THE CLUB. THE ONUS RESTS WITH THE COACH TO ENSURE THAT A STAFF MEMBER COMPLETES THIS TASK IMMEDIATELY AFTER YOUR PLAYERS HAVE LEFT THE CHANGE ROOM TO TAKE THE FIELD;
9. IF A PLAYER BECOMES ILL DURING MATCH, MUST IMMEDIATELY SEPARATE THE PLAYER FROM THE TEAM AND CONTACT THE BULLS SECRETARY.
10. MAINTAIN SOCIAL DISTANCING AT TIMEKEEPER TABLE AND PLAYER BENCH AREA

# DIRECTIVES TO CANTEEN VOLUNTEERS

1. ONLY THREE (3) VOLUNTEERS WITHIN THE CANTEEN AT ANY GIVEN TIME.
2. MUST SANITISE HANDS AND SIGN CANTEEN DUTY ROSTER ON ENTRY AND EXIT.
3. MUST USE GLOVES AT ALL TIMES AND MUST REPLACE GLOVES FREQUENTLY (AT LEAST EVERY 30 MINUTES).
4. MUST NOT TOUCH ANY PART OF YOUR FACE, NOSE, MOUTH OR HAIR; MUST REPLACE GLOVES IF YOU DO COME INTO CONTACT.
5. ENSURE SOCIAL DISTANCING BEING ADHERED TO IN THE CANTEEN QUEUE.
6. MUST SANITISE INTERNAL AND EXTERNAL CANTEEN BENCHES EVERY HOUR AND SIGN THE CANTEEN CLEANING REGISTER UPON COMPLETION.
7. RECOMMEND THAT CUSTOMERS USE EFTPOS. MUST SANITISE HANDS AFTER HANDLING CASH.
8. WHEN ORDERING HOT FOOD FROM CANTEEN, CANTEEN VOLUNTEERS ARE TO PROVIDE THE BBQ VOLUNTEERS WITH A CARD REQUESTING THE ORDER. ONCE THE ORDER IS COMPLETED, THE BBQ VOLUNTEER IS TO PROVIDE THE CANTEEN VOLUNTEER WITH THE ORDER TO PROVIDE TO THE CUSTOMER. UNDER NO CIRCUMSTANCES ARE CUSTOMERS ALLOWED TO APPROACH WITHIN 1.5M OF THE BBQ AREA.

## DIRECTIVES TO BBQ VOLUNTEERS

1. ONLY TWO (2) VOLUNTEERS ON THE BBQ AT ANY GIVEN TIME.
2. MUST SANITISE HANDS AND SIGN CANTEEN DUTY ROSTER ON ENTRY AND EXIT.
3. MUST USE GLOVES AT ALL TIMES AND MUST REPLACE GLOVES FREQUENTLY (AT LEAST EVERY 30 MINUTES).
4. MUST NOT TOUCH ANY PART OF YOUR FACE, NOSE, MOUTH OR HAIR; MUST REPLACE GLOVES IF YOU DO COME INTO CONTACT.
5. MUST ENSURE THAT THE 1.5M EXCLUSION ZONE AROUND THE BBQ AREA IS BEING ADHERED TO.

# SANITISATION STATION GUIDELINES

**1**

**ONLY 1 PERSON AT ANY GIVEN TIME**

**2**

**USE GLOVES PROVIDED**



**3**

**SPRAY EQUIPMENT AND DRY WITH  
HAND TOWELS**

**4**

**DISCARD RUBBISH IN BIN PROVIDED**



**BANKSTOWN BULLS J.R.L.F.C INC**

# **KEEP THE CHANGE ROOM CLEAN**

**1. SANITISE ALL BENCHES AND  
TAPS(DISINFECTANT AND  
TOWELS LOCATED NEXT TO TAP)**

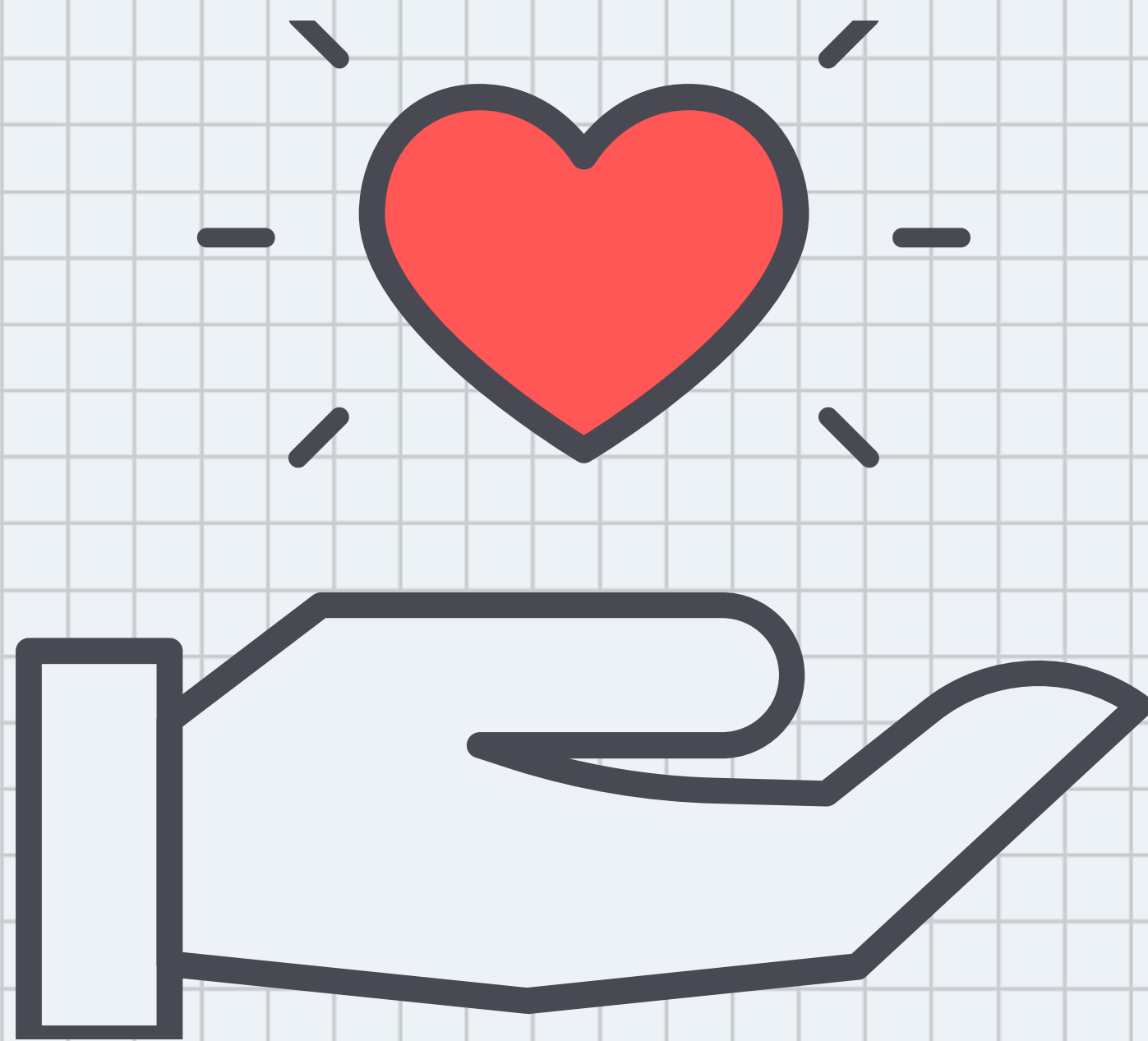
**2. WEAR GLOVES WHEN  
CLEANING**

**3. DISCARD ALL RUBBISH IN BIN  
PROVIDED**

**4. SIGN YOUR NAME ON THE  
SHEET ONCE COMPLETED**

**BANKSTOWN BULLS**





BANKSTOWN BULLS

IF USING CASH,  
PLEASE  
SANITISE YOUR  
HANDS FIRST

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**CHANGE  
ROOMS  
MUST BE  
SANITISED  
AFTER USE**

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