



**BANKSTOWN BULLS JUNIOR
RUGBY LEAGUE FOOTBALL
CLUB INCORPORATED**

**COVID-19
PLAN OF MANAGEMENT**

DATE: 08 JUNE 2020





BANKSTOWN BULLS

Junior Rugby League Football Club Inc

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1. ATTENDANCE REGISTER

1.1. Stages 1, 2 & 3

- (a) The committee is to affect and maintain a register of all attendees to Ruse Park and Padstow Park. The register must include the name, contact number, time In and time out of all attendees. (please see annexures 'A-1', 'A-2' and 'A-3').
- (b) On game days, the committee is to provide one volunteer on each entry, and one ground manager with a two way radio to communicate and ensure that spectator numbers remain within the limit sanctioned by the NSW Government (whatever the limit may be at any given time).

1.2 Ruse Park

- (a) Entry to Ruse park is to be restricted to two entry points, hereafter referred to as point A and point B. The two entry points are marked out in annexure 'B'.
- (b) On training nights, the committee is to nominate one volunteer to sit at each entry point and note the details of all attendees.
- (c) On game days, the committee is to nominate two Bulls volunteers and one volunteer from each opposing team to sit at the point A entrance. The committee is to also nominate one Bulls volunteer to sit at the point B entrance. The Bulls secretary is to email the secretary of all opposition teams, on the Thursday before each match, informing them of the requirement to nominate a volunteer for this purpose.

1.3 Padstow Park

- (a) Entry to field side of the fence, bathrooms, changeroom and canteen shall be restricted. The committee is to establish an exclusion zone around the bathrooms, canteen and changerooms. The committee is to nominate one volunteer to sit within the exclusion zone and note the name, contact number, time in and time out of any persons entering the bathrooms and changerooms, or purchasing at the canteen.
- (b) For teams training at Padstow Park, it is the requirement of each team manager to note the name, time in and time out of all players and coaching staff that attend training, as well as the details of any parents/caregivers who enter the field side of the fence to walk their children to their team (1 parent/caregiver rule). Each team manager is to forward the attendance register to the secretary immediately after the conclusion of training.

2. TRAINING

2.1 General

- (a) The committee is to affect a training schedule, ensuring that participant numbers remain within the limit sanctioned by the NSW Government (whatever the limit may be at such time). See annexure 'C'.
- (b) The committee is to allow a 15-minute gap between teams concluding training and teams commencing training so as to avoid congestion.
- (c) Players & coaching staff MUST NOT attend the parks prior to their allocated training time and MUST vacate the park by their allocated conclusion time.

- (d) No Rego, No play - Entry to Ruse Park and Padstow Park is to be restricted to FULLY REGISTERED players and registered volunteers ONLY. Unregistered players and the parent/caregiver of an unregistered player will not be permitted to attend the grounds under any circumstances. Unregistered volunteers will also not be permitted to attend.
- (e) Players and coaching staff must wash/sanitise their hands before and after every training session.

2.2 Stage 1

- (a) Restrictions regarding training are set out in annexure 'D'.
- (b) The committee must ensure strict adherence to the 10 person per group rule.
- (c) The committee is to recommend that teams either train in two separate groups of 10 or on two separate days of the week, in groups of not more than 10 persons on each of the separate days.
- (d) For teams training at [Ruse Park](#), the committee is to ensure that only one parent/caregiver of each player attends the ground.
- (e) For teams training at [Padstow Park](#), the committee is to ensure that parents/caregivers remain in their cars unless walking their children to their respective teams, attending the bathroom or canteen (1 parent/caregiver rule).

2.3 Stage 2

- (a) Restrictions regarding training are set out in annexure 'D'.
- (b) The committee must ensure strict adherence to the 20 person per group rule.
- (c) For teams training at [Ruse Park](#), the committee is to ensure that only one parent/caregiver of each player attends the ground.
- (d) For teams training at [Padstow Park](#), the committee is to ensure that parents/caregivers remain in their cars unless walking their children to their respective teams, attending the bathroom or canteen (1 parent/caregiver rule).

2.4 Stage 3

- (a) Restrictions regarding training are set out in annexure 'D'.
- (b) The committee must ensure strict adherence to NSW government and NSWRL regulations on capacity of groups.
- (c) For teams training at [Ruse Park](#), the committee is to ensure that only one parent/caregiver of each player attends the ground.
- (d) For teams training at [Padstow Park](#), the committee is to ensure that parents/caregivers remain on the outside fence of the park, unless walking their children to their respective teams, attending the bathroom or canteen (1 parent/caregiver rule).
- (e) Teams are not permitted to use club equipment without prior approval from the president.

3. SANITISATION STATION

3.1 General

- (a) The committee is to provide a sanitisation station for the disinfection of equipment.
- (b) The Sanitisation station is to be equipped with disinfectant, paper towels, gloves and a separate bin.

- (c) The committee is to ensure that the sanitisation station is stocked at all times.
- (d) The committee is to ensure that anyone using the station must be wearing gloves.
- (e) The committee is to ensure that only one person utilises the sanitisation station at any given time.
- (f) The committee is to ensure that the directions for using the sanitisation station is clearly visible at the sanitisation station (see annexures 'E' & 'F')

3.2 Stages 1, 2 & 3

- (a) *Ruse Park*: The committee is to ensure that the sanitisation station is setup behind the timekeeper table, prior to the commencement of the first training session or match on any given day.
- (b) *Padstow Park*: The committee is to ensure that the sanitisation station is setup next to the canteen area, prior to the commencement of the first training session or match on any given day.

4. EQUIPMENT

4.1 Stages 1 & 2

- (a) No equipment, other than balls and cones are to be used.
- (b) Balls must be sanitised at the sanitisation station before and after each training session.

4.2 Stage 3

- (a) All team equipment, including balls, are to be sanitised at the sanitisation station before and after training.
- (b) Balls must be sanitised at the sanitisation station before each match, during half time, and at the conclusion of each match.
- (c) Teams are not permitted to use club equipment without prior approval from the executive committee. All club equipment must be sanitised at the sanitisation station before and after use.

5. CHANGE ROOMS

5.1 Stages 1 & 2

- (a) Changerooms are not to be used by teams during stages 1 and 2 of resumption of training. Change rooms may only be accessed by the committee or other volunteers, in the course of undertaking necessary club work.
- (b) Players are strictly not to be within the change rooms for any reason, with the exception of being treated for injury.

5.2 Stage 3

- (a) *Training nights*: changerooms cannot be accessed by teams unless with the express prior approval of the president. Change rooms may only be accessed by the committee or other volunteers, in the course of undertaking necessary club work.
- (b) *Game day*: changerooms are to be accessed by registered players and registered team staff only, within 10 minutes of kick off. Once teams run out for kick off, they are not permitted to

re-enter the change room, including during the half time and full time period (except in case of injury). Players are to keep any bags or belongings either with family or at the timekeepers table; they are not permitted to keep them within the changeroom.

- (c) Teams MUST ensure that all benches and taps within the changeroom are sanitised after vacating the changeroom, prior to the fulltime siren. Teams MUST also ensure that they don't leave behind any rubbish, bandages, strapping tape, tissues and other rubbish. Instructions regarding this process are located on the inside of the changeroom door (see annexure 'G'). Upon completing these tasks, a team staff member MUST sign the cleaning roster which is located on the inside of the changeroom door (see annexures 'H-1' and 'H-2'). The onus rests with the coach to ensure that either he/she, or a member of his/her staff complete this task.
- (d) Should any Bulls team not comply with the cleaning protocols, that team will not be permitted to access the changeroom thereafter on game days. Should any visiting team not comply with the cleaning protocol, the club in which the team is affiliated with will not be permitted to access the away changeroom thereafter.

6. CANTEEN

6.1 Stages 1 & 2

- (a) Canteen to be open, but only drinks, chips and lollies are to be sold. Strictly no sales of food.

6.2 Stage 3

- (a) Canteen is to be open with unrestricted trading, including food.
- (b) When ordering hot food from canteen, canteen volunteers are to provide the BBQ volunteer 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.

6.3 General

- (a) The committee must ensure hand sanitisers are located within the canteen facility and on the external canteen bench.
- (b) A maximum of three volunteers are permitted to be within the canteen area at any given time.
- (c) Volunteers must ensure that they sanitise their hands prior to entering the canteen area.
- (d) Volunteers assisting in canteen must sign the canteen duty roster, which is located on the inside of the canteen door, at the commencement and conclusion of canteen duties (see annexure 'I').
- (e) When assisting in canteen, gloves MUST be worn at ALL times. Gloves must be replaced frequently (at least every 30 minutes).
- (f) When assisting in canteen, volunteers MUST NOT touch any part of their face, nose, mouth or hair; Volunteers MUST replace gloves immediately if they do come into contact with any of those body parts.

- (g) Volunteers assisting in canteen must sanitise ALL internal and external canteen bench surfaces, at least every hour, and must ensure that they sign the canteen cleaning register which is located on the inside of the canteen door (see annexure 'J').
- (h) The Committee is to place markings on the ground, 1.5 metres apart, to indicate where customers should stand when queueing for the canteen.
- (i) Volunteers are to ensure that customers are adhering to the social distancing rules.
- (j) All customers shall be recommended to pay by eftpos. However, if customers wish to pay by cash, volunteers should ensure that customers sanitise their hands prior to handing over any cash (see annexure 'K'). Volunteers are to replace gloves after handling cash.

7. BBQ

7.1 Stages 1 & 2

- (a) BBQ not permitted to be used.

7.2 Stage 3

- (a) BBQ permitted to be used.
- (b) The committee is to establish a 1.5 exclusion zone around the BBQ using cones and/or rope. Volunteers on the BBQ must ensure that the exclusion zone is adhered to.
- (c) A maximum of two volunteers are permitted to be on the BBQ at any given time.
- (d) Volunteers must ensure that they sanitise their hands prior to entering the BBQ area.
- (e) When assisting on the BBQ, gloves MUST be worn at ALL times. Gloves are to be replaced frequently (at least every 30 minutes).
- (f) When assisting on the BBQ, volunteers MUST NOT touch any part of their face, nose, mouth or hair; Volunteers MUST replace gloves immediately if they do come into contact with any of those parts of their body.
- (g) When ordering hot food from canteen, canteen volunteers are to provide the BBQ volunteer 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.
- (h) The BBQ is to be cleaned and sanitised at the end of each day of use.

8. BATHROOMS

8.1 Stages 1, 2 & 3

- (a) Only 3 persons are to use the bathrooms at any given time.
- (b) The committee is to ensure that high touch points (taps, toilet seats etc) are sanitised at the beginning and conclusion of each training day.
- (c) The committee to ensure that high touch points (taps, toilet seats) are sanitised every hour on game days.
- (d) The committee to ensure that soap dispensers and paper towels are stocked at all times.
- (e) The volunteer/s completing the cleaning tasks are required to sign the Bathroom cleaning register which is located on the wall to the right of each bathroom entry (see annexure 'L').

9. TIMEKEEPER TABLE & PLAYER BENCH AREA

- (a) The timekeeper table and player benches are to be sanitised before and after each match, by the ground official. Upon competition, the ground official is to sign the cleaning register located on the timekeeper table (see annexure 'M').
- (b) The ground official is to ensure that the player bench area remains clean and free from any band aids, bandages, strapping tape, tissues and other rubbish. The ground manager is to use the rubbish stick for this purpose.
- (c) The committee is to ensure that there is a separate rubbish bin within these areas.
- (d) The ground official is to ensure that social distancing is being adhered to.
- (e) The committee is to ensure that a copy of this document, the new field configurations and the NSWRL COVID-19 rule changes are available at the timekeeper table for reference.

10. HEALTH & SAFETY EQUIPMENT

10.1 Storage

- (a) Health & safety equipment shall be stored within the canteen area. Health and safety equipment can only be retrieved by the canteen volunteer/s on duty. Excess stock shall be stored within the secure storage room located within the Home change room at Ruse Park.

10.2 Ruse Park

- (a) Hand sanitiser dispensers are to be provided at the following locations: 2x at entry A, 1x at entry B, 1x on the internal and external sides of the canteen, 1x within the home and away change rooms and 1x on the timekeepers table.
- (b) Hand soap dispensers are to be provided at the following locations: 1x within the canteen, 2x within the male bathroom, 3x within the female bathroom and 1x within the home and away change rooms.
- (c) Gloves are to be provided at the canteen, BBQ area, sanitisation station and the timekeepers table (for first aiders).
- (d) Paper towel dispensers and separate bins are to be provided within the bathrooms, canteen, changerooms, timekeeper table and sanitisation station.
- (e) Disinfectant spray bottles are to be provided within the canteen, on the timekeepers table and at the sanitisation station.

10.3 Padstow Park

- (a) Hand sanitiser dispensers are to be provided at the following locations: 2x within the exclusion zone, 1x within the canteen, 1 at the timekeeper table (if applicable) and 1x within the home and away change rooms (if applicable).
- (b) Hand soap dispensers are to be provided at the following locations: 1x in male and female bathrooms and 1x in home and away change rooms (if applicable).
- (c) Gloves are to be provided at the canteen, BBQ area (if applicable), sanitisation station and the timekeepers table (if applicable).

- (d) Paper towel dispensers and exclusive bins are to be provided within the bathrooms, canteen, changerooms (if applicable), timekeeper table (if applicable) and sanitisation station.
- (e) Disinfectant spray bottles are to be provided within the canteen, on the timekeepers table (if applicable) and at the sanitisation station.

11. ENCOURAGING SOCIAL DISTANCING & GOOD HYGIENE PRACTICES

- (a) All persons entering Ruse and Padstow Parks will be required to sanitise hands upon entry and exit.
- (b) All volunteers will be required to undertake the Department of Health's infection control training prior to the resumption of any team activities.
- (c) No spectators will be allowed in the shelter in front of the canteen and BBQ area unless queueing at the canteen or waiting for food orders. In case of wet weather, managers will be required to message all parents/caregivers beforehand, informing them of the requirement to bring an umbrella. In the absence of an umbrella, spectators may return to their vehicles or remain standing around the park. Wet weather will not be an exception to congregate in front of the canteen area.
- (d) The Committee is to place markings on the ground, 1.5 metres apart, to indicate where customers should stand when queueing for the canteen.
- (e) The committee is to place markings on the cement stadium, 1.5 metres apart, to indicate where spectators may sit.
- (f) The committee is to place markings on the timekeeper's bench, 1.5 metres apart, indicating where timekeepers may sit.
- (g) When setting up the field on game days, chairs placed around the ground must be 1.5 metres apart. Chairs shall also be placed next to the player bench area, 1.5 metres apart, for coaches and coaching staff.
- (h) Spectator numbers will be monitored to ensure that they remain within the limit sanctioned by the NSW Government (whatever the limit may be at any given time).
- (i) The changeroom area at Ruse Park leading to the field shall be locked from both ends, at all times, unless being used by teams within 10 minutes of kick off.
- (j) Participants will be required to bring their own water bottles, otherwise they will be available for purchase from the canteen. Disposable water cups will also be available at the canteen.
- (k) Participants will be required to wash their own jersey, with jersey swapping being restricted for the entirety of the season. Players will remain with their allocated jersey from commencement to conclusion of the competition.
- (l) Participants will be required to arrive in full training/playing gear on training nights and game days.
- (m) Various posters will be placed around the field and within the facilities, encouraging social distancing and good hygiene (see section 12).
- (n) All players, volunteers and spectators will be encouraged to download the COVIDSafe app (see annexure 'P').

12. IDENTIFICATION & ISOLATION OF ILL PARTICIPANTS

- (a) Prior to return to training, ALL volunteers will be required to complete the Health Department's infection control training (see annexure 'N'). This will assist volunteers in the detection and identification of ill participants.
- (b) If a player is identified to be ill during the course of training or on game day, a team staff member will be required to notify the secretary or president immediately. That player is to be removed from the playing group and escorted to the isolation area. The secretary or president will then be required to contact the player's parents/caregiver promptly to collect their child from the field.
- (c) If a player does not attend training or game day due to illness, a team staff member will be required to convey that fact to the secretary or president immediately.
- (d) Players who have been identified to be ill, or convey the fact that they are ill, are not permitted to return to training until a clearance has been provided by a medical practitioner.
- (e) The secretary is to maintain a register, detailing the nature of the illness, the date and time that a player is identified to be ill and the date of return to training (see annexure 'O').
- (f) *Ruse Park*: On training nights, the isolation area is to be located on the hill on the northern end of the Park, near the bathrooms. On game days, the isolation area is to be located on the southern end of the Park, near the storage room. In case of wet weather, the committee is to erect one of the club marquees at the specified locations.
- (g) *Padstow Park*: The isolation area is to be located on the sheltered bench area near the bathrooms.

13. COMMUNICATION WITH MEMBERS & PUBLIC

- (a) The Club COVID-19 officer shall create a simplified policy document which is easy to understand, for all participants, detailing their duties and obligations (see annexure 'P').
- (b) The Bulls policy document shall be forwarded to all participants (including parents/caregivers) via email and social media (Facebook, Instagram, WhatsApp).
- (c) The Committee is to hold a club information night, by no later than Thursday 11 June 2020, to explain the Club's COVID-19 plan and return to training policy to all volunteers. It shall be a requirement for AT LEAST two team officials to attend prior to the team being permitted to return to training.
- (d) The Bulls Secretary is to forward the Bulls policy document (with emphasis placed on the 'visiting teams' section) to the secretary of each club which is scheduled to participate in any Bulls home game, on the Thursday prior to each match.

14. Posters

- (a) The committee is to affix annexures 'Q', 'S' and 'T' on the Park entries.
- (b) The committee is to affix annexures 'Q', 'S', 'U' and 'V' within the home and away change rooms.
- (c) The committee is to affix annexure 'U' within the male and female bathrooms.
- (d) The committee is to affix annexure 'U' within the canteen area.

- (e) The committee is to affix annexures 'Q', 'R', 'S' and 'T' on the external side of the canteen area.
- (f) The committee is to affix annexures 'Q', 'R' and 'T' at the BBQ area.
- (g) The committee is to affix annexures 'E' and 'F' at the sanitisation station.
- (h) The committee is to affix annexures 'Q', 'S' and 'T' near the timekeeper table and player bench area.

Hussein Dia

A handwritten signature in black ink, appearing to read 'Hussein Dia', with a long horizontal stroke extending to the left.

Bankstown Bulls
Legal Officer
COVID-19 Officer



Date: 16/06/2020 (example)

[illegible]

[illegible]



Date: 18/07/2020 (example)

[illegible]

[illegible]

Away Team Attendance Register – Game Day

Location: Ruse Park (example)	Date: 18/07/2020 (example)	Club: Sporties (example)
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[illegible]

[illegible]



TRAINING & ADMIN ROSTER

VENUE	DAYS	AGE	SESSION	ENTER	EXIT	ZONE
Ruse Park	Tuesday Thursday	U11	1	5:00pm	6:30pm	South
Ruse Park	Tuesday Thursday	U11	1	5:00pm	6:30pm	South
Ruse Park	Tuesday Thursday	U13/1	1	5:00pm	6:30pm	North
-	-	-	-	-	-	-
Ruse Park	Tuesday Thursday	U16-G	2	6:45pm	8:15pm	South
Ruse Park	Tuesday Thursday	U16	2	6:45pm	8:15pm	North
Ruse Park	Tuesday Thursday	U17	2	6:45pm	8:15pm	South
-	-	-	-	-	-	-
Padstow Park	Tuesday Thursday	U5	1	5:00pm	6:30pm	1
Padstow Park	Tuesday Thursday	U6	1	5:00pm	6:30pm	2
Padstow Park	Tuesday Thursday	U7	1	5:00pm	6:30pm	3
Padstow Park	Tuesday Thursday	U7	1	5:00pm	6:30pm	3
-	-	-	-	-	-	-
Padstow Park	Tuesday Thursday	U8	1	5:00pm	6:30pm	4
Padstow Park	Tuesday Thursday	U10	1	5:00pm	6:30pm	5
-	-	-	-	-	-	-
Padstow Park	Tuesday Thursday	U14	2	6:45pm	8:15pm	Canteen
Padstow Park	Tuesday Thursday	U18	2	6:45pm	8:15pm	Banks St
-	-	-	-	-	-	-
Ruse Park	Wednesday Friday	U9	1	5:00pm	6:20pm	North
Ruse Park	Wednesday Friday	U9	1	5:00pm	6:20pm	North
Ruse Park	Wednesday Friday	U12/1	1	5:00pm	6:20pm	South
-	-	-	-	-	-	-
Ruse Park	Wednesday Friday	U13/2	2	6:35pm	8:15pm	North
Ruse Park	Wednesday Friday	S15	2	6:35pm	8:15pm	South
GROUND	DAYS	MEMBER		COMMENTS		
Ruse Park	Tuesday Thursday	Matilda Faker		Canteen Open & Close		
Ruse Park	Tuesday Thursday	Ali Mehanna		Ruse Park Close		
Ruse Park	Tuesday Thursday	Stan Hetaraka		Ruse Park Cleaning Session 1		
Ruse Park	Tuesday Thursday	Chris Baldwin		Ground Open, Close & Clean		
Padstow Park	Tuesday Thursday	Brad Whigham		Ground Open & Clean		
Padstow Park	Tuesday Thursday	Rabab Raad		Canteen Open & Close		
Padstow Park	Tuesday Thursday	Matthew O'Neill		Ground Close & Clean		
Padstow Park	Tuesday Thursday	Jeseka Harmouch		Canteen Help Session 2		
Ruse Park	Wednesday Friday	Brad Whigham		Ground Open & Clean, close Wed		
Ruse Park	Wednesday Friday	Sandra Chahine		Canteen Open & Close		
Ruse Park	Wednesday Friday	Jeseka Harmouch		Canteen Open & Session 1		
Ruse Park	Friday	Matthew O'Neill		Start to End		

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 4m²)

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 4m².

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.



3 STEPS TO SANITISE YOUR FOOTBALL

Always take the following steps to ensure you, your colleagues and team-mates remain healthy.

STEP 1



WIPE THE SURFACE
OF YOUR BALL USING
A SINGLE USE
ANTI-BACTERIAL WIPE

STEP 2



DISPOSE OF THE
WIPE IN THE
NEAREST BIN

STEP 3



WASH YOUR HANDS

nswrl.com.au

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



Home Changeroom – Surfaces sanitisation schedule

[illegible]

Canteen – Volunteer Register

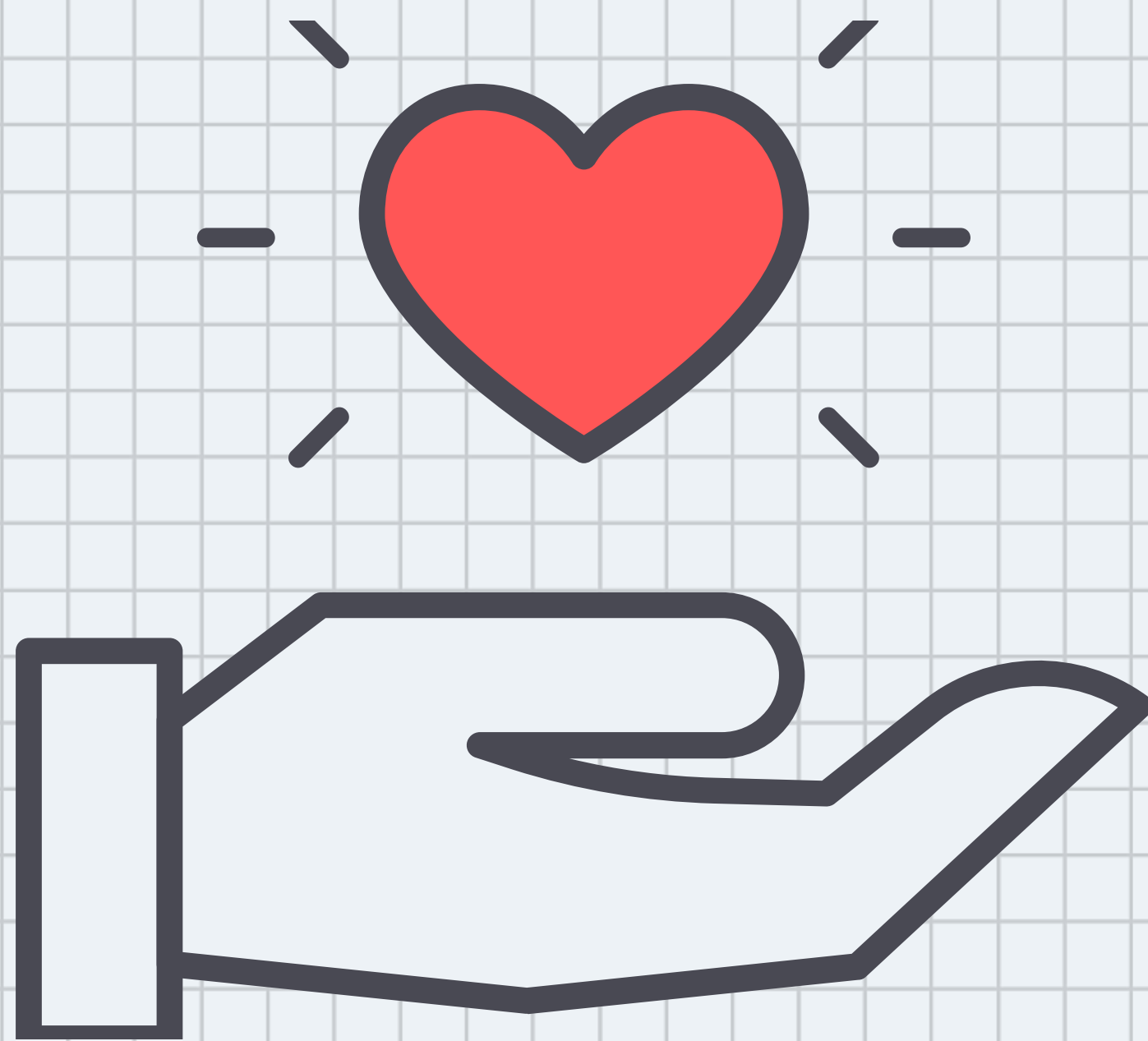
WEEK STARTING: 1 June 2020 (example)

DATE: Tuesday 2 June 2020 (example)							
NAME	Rabab	Sandra					
TIME IN	9:25am	11:36am					
TIME OUT	5:48pm	3:44pm					
DATE:							
NAME							
TIME IN							
TIME OUT							
DATE:							
NAME							
TIME IN							
TIME OUT							
DATE:							
NAME							
TIME IN							
TIME OUT							
DATE:							
NAME							
TIME IN							
TIME OUT							

Canteen – Surfaces Sanitisation Register

WEEK STARTING: 1 June 2020 (example)

[illegible]



BANKSTOWN BULLS

IF USING CASH,
PLEASE
SANITISE YOUR
HANDS FIRST

Bathroom – Surfaces Sanitisation Register

WEEK STARTING: 1 June 2020 (example)

[illegible]

From: [Matthew O'Neill](#)
To: ["Matthew O'Neill"](#)

Subject: Return to Play Roadmap & Coaches/Managers Meeting
Date: Sunday, 7 June 2020 11:43:00 AM
Attachments: [Return to Play Roadmap.jpeg](#)
Importance: High

Hi all,

See attached Return to Play Roadmap image that's just been posted on Website, Facebook and Instagram.

We need coaches and managers to make sure their teams are fully registered.

Just a heads up. We are planning to have a meeting with coaches, managers & committee this Wednesday. This will follow the meeting we're having with the NSWRL on Tuesday.

We hope to have some confirmation by later today. We are just sorting out the venue and how many people can attend and whether we have to have two or more different time slots. The meeting will be strictly about return to training, return to play and the basic guidelines we need to follow. Will only go for 30-35 minutes. All teams will need to send representatives preferably two per side. This is a requirement for teams to be cleared for a training return.

Only the secretary, president and covid-19 officer will be involved in all meetings. Everyone else only has to only attend one meeting.

We have posted up several posts on Facebook in recent days. It's all been broken down into the one article.

<https://bankstownbulls.com/registration-training-update/>

Send that article to your teams, families you know and advise them to read the Website and follow the Bulls on Facebook and Instagram.

Even though we've completed our documents and they've been submitted there's to be **no** training under any circumstances until our district is given the all clear by our host council, NSWRL and CBDJRL as rangers are patrolling activities that's in breach of covid-19 lockdowns. So far our dealings with all authorities have been very positive and supportive. We've had emails

and messages asking when but we just need to continue holding tight and be patient until we get the all clear from above. We will be issuing the return dates for registered teams and the time slots over the next week. It will be very soon and we will be pushing hard for earlier than July 1.

Thanks for your support.

COVID-19 INFECTION CONTROL TRAINING – NEED ASAP

As part of our COVID-19 return to training plan, all volunteers will be required to complete the government's **INFECTION CONTROL TRAINING** (only takes 10 minutes to complete & I've attached the correct answers to speed up the process). Volunteers should complete the module and forward their certificate to info@bankstownbulls.com before next Tuesday, 9 June 2020. Teams will not be allowed to return to training if the module has not been completed by ALL coaching staff of any particular team as part of the NSW Government policy. Please attend to this ASAP. I've made it easy by attaching the answers.

Trainers under the age of 18 are required to do this training course as well.

Training Link:

<https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>
Select Covid-19 Infection Control Training (free of charge)

PLAYER REGISTRATION

All players need to make sure they're registered. For the players it's a very simple process. They just need to be registered.

Registration History: <https://profile.mysideline.com.au/profile/registrationhistory>

Bulls Registration Link: <https://bankstownbulls.com/registration/>

We are getting people who are registering twice once you're registered it doesn't show you're original register when going a second time, eg, trainer, coach or volunteer.

What we need from our coaches and managers is to ensure every player is registered on the system ASAP. Our teams won't be able to return to training unless the players and officials are registered on the system.

Right at this moment only Chady, Zahi and David.T have fully registered teams. We need to speed up the process.

Payments can be done by paying online as part of registration OR by giving me the Active Kids Voucher Code by SMS/WhatsApp/Email and making the \$30 payment via direct transfer (BSB 062199, Acc 10325361 write "first name initial, full surname & the word rego) and send me a screen shot.

There's a small handful of officials yet to register. We need them done ASAP as well.

All matters relating to training, club policies, helping out and COVID-19 are to go through **Ali**.

All matters relating to registration of players and officials including payments, compliance

accreditations & weight for age are to go through **myself**.

We will need help getting through this year and into next year as I fully intend on taking many steps back next year once we're back on the field and in control for this year.

Ali has been a tower of strength getting us into a position of strength so our club can thrive post Covid-19 and be stronger for it all in 2021-2022.

Our shared email address is info@bankstownbulls.com

Cheers,
Matt

COVID-19 NSWRL Return to Play Roadmap



Social distancing 1.5m



Stay at home if you're sick



Wash your hands regularly and cover cough and sneeze

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 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

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 4m2)

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 4m2.

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.

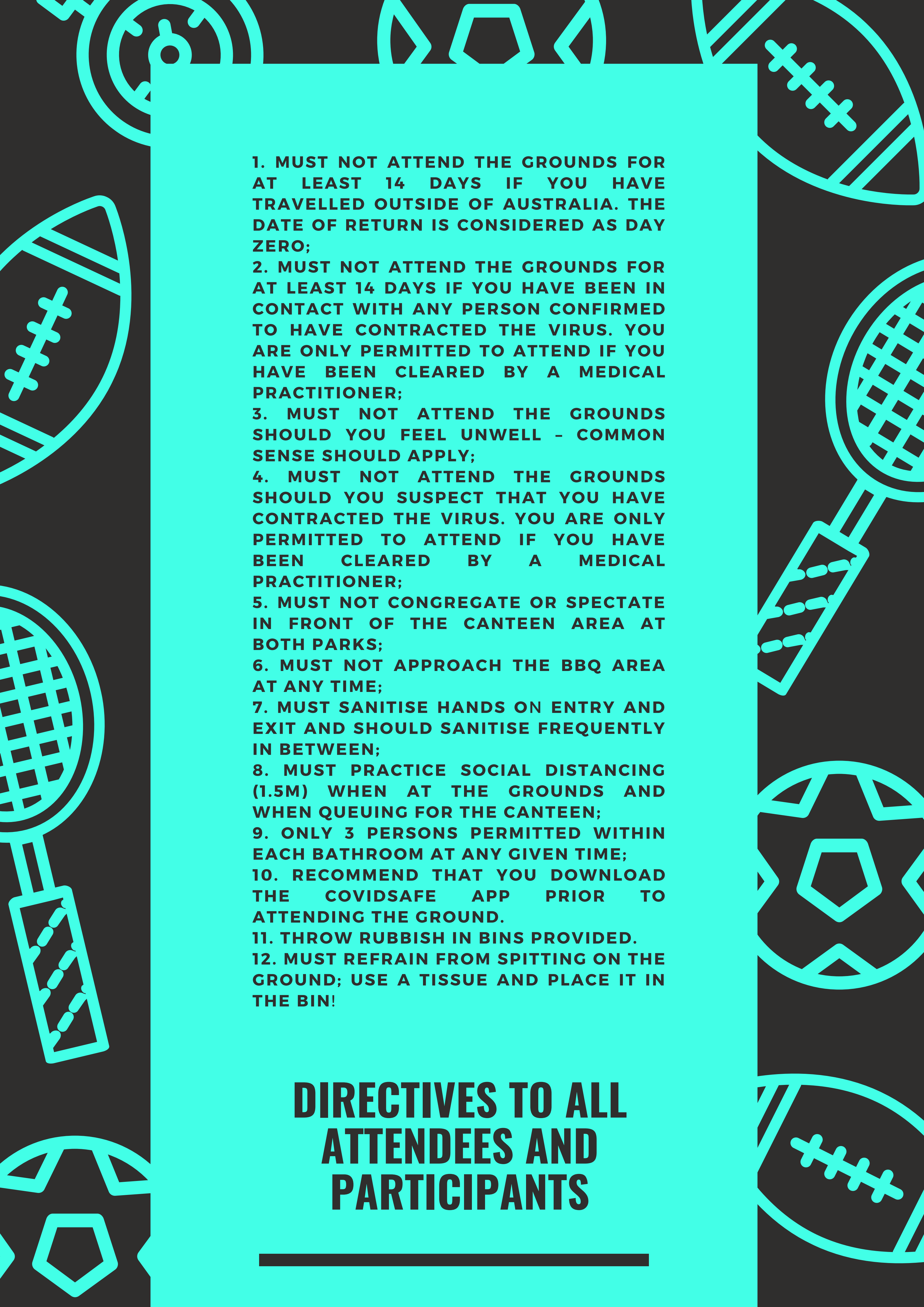
Non-essential personnel should be discouraged from entering change rooms.

Full Training and competition.



Participant Illness Register

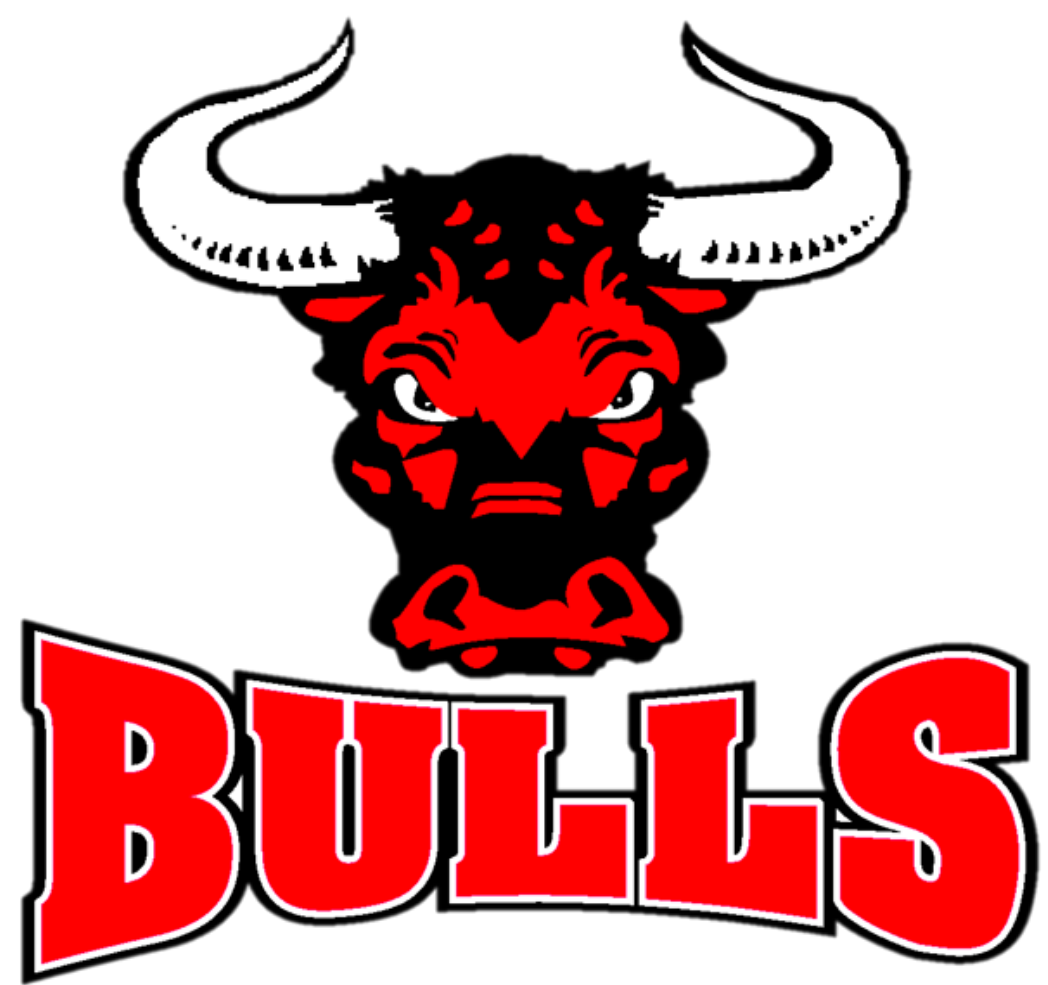
Date & Time	Full Name	Capacity	Where was the participant when identified to be ill?	Details of Illness & who identified illness?)	Cleared to return by Doctor?	Date of return
25 July 2020 2:39pm	Hussein Dia	Coach	Home	Participant contacted secretary, informed him feels mild fever and runny nose	YES – flu only	31 July 2020
18 July 2020 9:34am	John Doe	Player (u12's)	Ruse Park	Player identified by coach to have a runny nose and fever – coach made contact with secretary – Placed in isolation area and mother contacted – picked up by mother at 9:57am	YES – flu only	21 July 2020
20 July 2020 10:45am	Jane Doe	Player (u8's)	Home	Mother called secretary – informed him that her daughter has been in contact with relative who is confirmed to have COVID-19	YES – flu only	3 June 2020

- 
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!

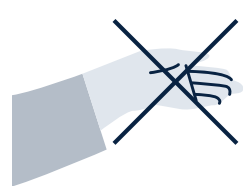
DIRECTIVES TO ALL ATTENDEES AND PARTICIPANTS

Directives to Coaches

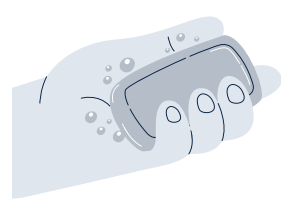
Stage 1 – 1 June 2020 Stage 3 – 1 July 2020



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.

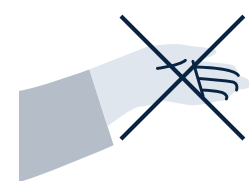
IF THE CLUB SUSPECTS ON REASONABLE GROUNDS THAT YOU HAVE NOT COMPLIED WITH THE ABOVE DIRECTIVES, THE CLUB MAY SUSPEND THE COACH AND/OR COACHING STAFF UNTIL THE MATTER IS RESOLVED.

Directives to Managers

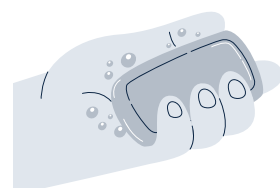


Stage 1 – 1 June 2020 **Stage 3 – 1 July 2020**

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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THE
COVIDSafe
App**



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.

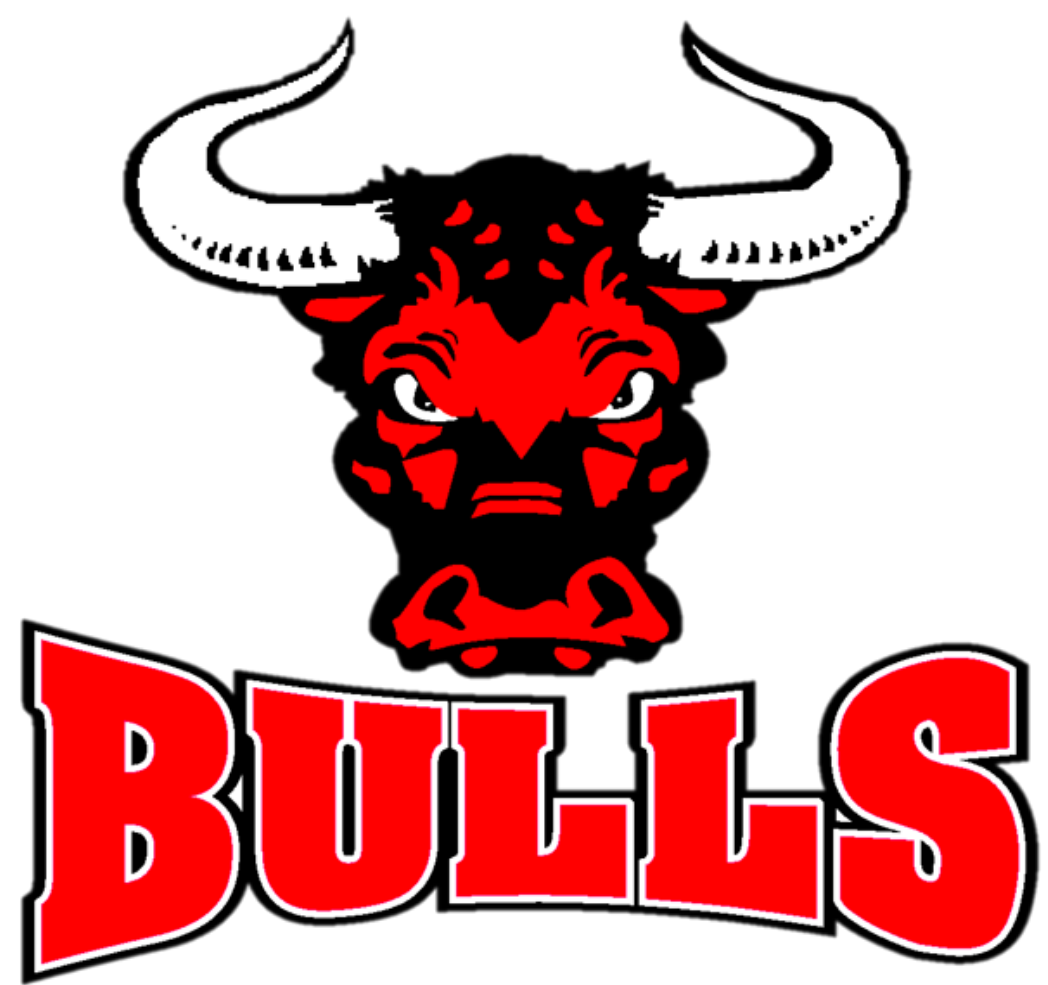
3. Must maintain social distancing at timekeeper table

4. Players to wash their own jerseys.

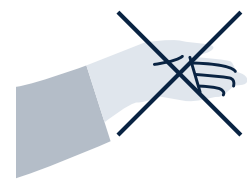
IF THE CLUB SUSPECTS ON REASONABLE GROUNDS THAT YOU HAVE NOT COMPLIED WITH THE ABOVE DIRECTIVES, THE CLUB MAY SUSPEND THE MANAGER AND/OR COACHING STAFF UNTIL THE MATTER IS RESOLVED.

Directives to Players

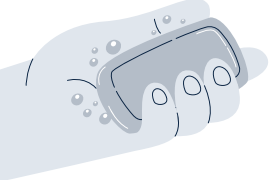
Stage 1 – 1 June 2020 Stage 3 – 1 July 2020



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.

**MAKE SURE
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THE
COVIDSafe
App**



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.

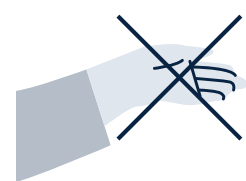
IF YOU DON'T FOLLOW THESE RULES, THE CLUB WILL SUSPEND OR DEREGISTER YOU.

Directives to Parents/caregivers and family members

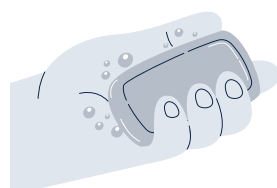
Stage 1 – 1 June 2020 Stage 3 – 1 July 2020



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).

**MAKE SURE
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App**



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.

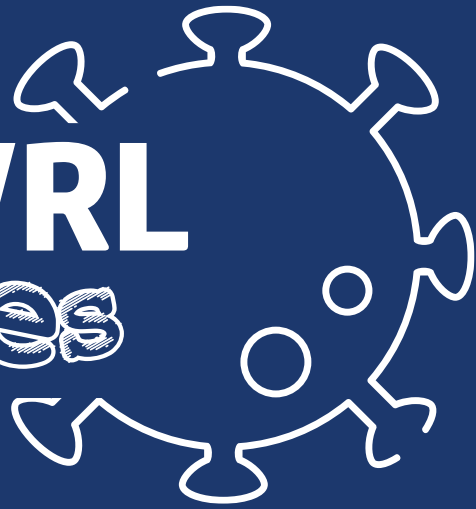
DIRECTIVES TO BBQ VOLUNTEERS

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.



NSWRL

cares

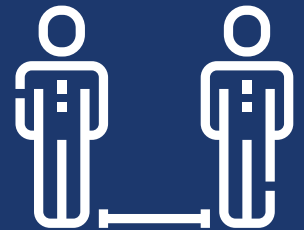


Footy is back

but we still need to adhere to COVID-19 guidelines

- When spectating or attending ensure you keep a distance of 1.5m between yourself and others.
- Don't participate/ attend if you are unwell, have been in contact with a known COVID-19 case or travelled internationally in preceding 14 days.
- Only essential participants should attend.
- Child/ participant accompanied by only one adult/ guardian where possible.
- Arrive /leave as close to the game start/finish times as possible.
- The changeroom areas only for players, officials and essential staff.

1.5m



Coronavirus
(COVID-19)

TO HELP STOP THE SPREAD OF CORONAVIRUS, WE SUPPORT GOOD HYGIENE PRACTICES.

Always wash your hands
with soap and water before
and after eating.

For more information about **Coronavirus
(COVID-19)** visit **health.gov.au**

HELP
STOP THE
SPREAD
AND STAY HEALTHY



Australian Government

Coronavirus
(COVID-19)

KEEP THAT COUGH UNDER COVER.

Always cough or sneeze into your arm or a tissue and put the tissue in the bin straight away. Wash your hands with soap and water for at least 20 seconds afterwards.

**TOGETHER WE CAN HELP STOP
THE SPREAD AND STAY HEALTHY.**

For more information about **Coronavirus
(COVID-19)** visit **health.gov.au**



Australian Government

Coronavirus
(COVID-19)

GOOD HYGIENE IS IN YOUR HANDS.

Wash your hands thoroughly with soap and water for at least 20 seconds to prevent passing on germs. Dry your hands.

**TOGETHER WE CAN HELP STOP
THE SPREAD AND STAY HEALTHY.**

For more information about **Coronavirus
(COVID-19)** visit **health.gov.au**



Australian Government

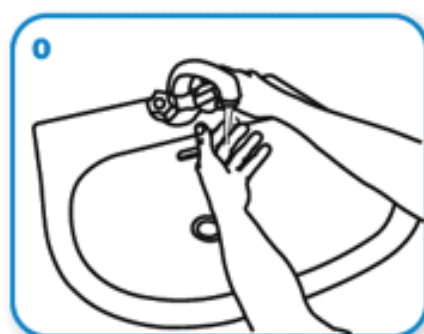


CLEAN HANDS PROTECT AGAINST INFECTION

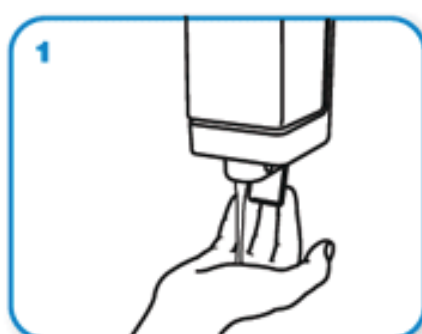
- **Protect yourself**
- **Clean your hands regularly.**
- **Wash your hands with soap and water, and dry them thoroughly.**
- **Use alcohol-based handrub if you don't have immediate access to soap and water.**

How do I wash my hands properly?

Washing your hands properly takes about as long as singing "Happy Birthday" twice, using the images below.



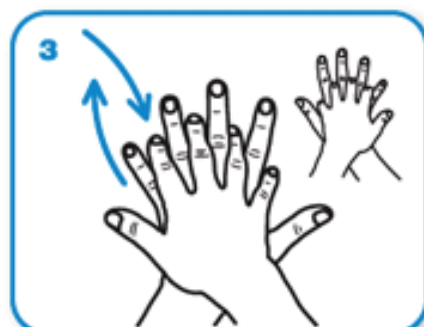
Wet hands with water



apply enough soap to cover all hand surfaces.



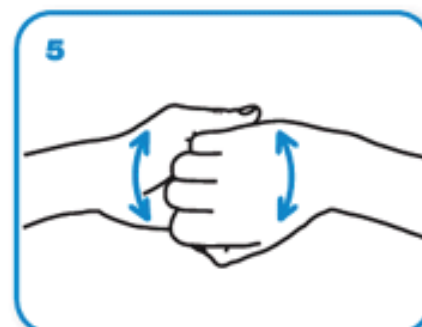
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



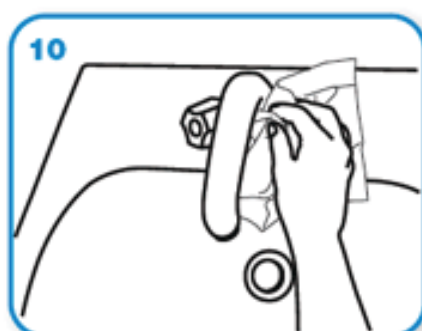
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

**CHANGE
ROOMS
MUST BE
SANITISED
AFTER USE**
