



## FRANKSTON RAIDERS RLC RETURN TO PLAY STRATEGY

To assist in getting through these times, in conjunction with Government & Community sport guidelines and NRL Victoria, we have put together some strategies we can all use to support and empower ourselves and those around us to navigate these uncharted waters.

### Guidelines from 1<sup>st</sup> June 2020

- ALL participants **MUST** be registered through MySideline, any non-registered participants will be unable to train.
- **“GET IN, TRAIN AND GET OUT”;**
  - As there is no access to change rooms, players & Club representatives should already be ready to train before they access the venue
- Training is outdoor ONLY, Club rooms will be closed with no indoor activity and no access to toilets (Council Guidelines)
- ALL participants to keep 1.5m apart
- No physical contact permitted for players / club representatives
- No touch / tag games are permitted
- Non-contact skill drills using a ball, kicking and passing is permitted
- Small group sessions, no more than 20 people:
  - Coach and support staff are not included in these numbers
  - Parents/Guardians to remain in vehicles unless line of sight is obscured to activities, parents that are unable to remain in vehicle are to report to COVID officer for instructions
  - Parents/Guardians must not gather and must keep social distancing measures at all times
- No more than two groups of 10 at the same time on one field
- The field will be divided into two halves with no participants / club representatives interchanging between the two groups
- Two Zones will be set up and participants will be directed to their zone on arrival
- COVID Officer stations will be set up on entry to ensure hygiene practices, ensure participant is registered on MySideline and to register attendance. All participants must hand sanitise and check in before entering their designated zone.
- We encourage all members and club representatives to download the COVID Safe app for contact tracing purposes
- **Positive test to COVID or contact with a person who has tested positive:** Any member, participant or club representative that has attended our venue or been in contact with other members attending our venue within the previous 14 days who has received a positive test

to COVID MUST contact Wally Cooper 0404 077 112 or Tara Collier 0407 380 517 to discuss the next steps



#### Before you attend training:

- If you are unwell, have flu-like symptoms, have been exposed to someone with COVID-19 in the past 14 days, YOU MUST STAY HOME!
- All participants MUST be registered with the Frankston Raiders in MySideline
- Ensure you are ready for training prior to attending the venue, there will be no access to club rooms or change rooms

#### Attendees at training:

- Only people core to playing or support staff should be at the venue
- COVID Officers will be visible wearing fluorescent vests clearly marked
- A parent / Guardian of younger children who must be present to comply with relevant Child Safety guidelines are permitted. In this case, the parent must report to the COVID officer for instructions and must keep social distancing requirements at all times.
- Everyone regardless of their role, must arrive and leave as close as possible (no more than 5 minutes) to the commencement and conclusion of their designated training. On arrival, please remain in your vehicle until given the all clear.
- No gatherings / lingering or social activities are permitted
- A record of participants check in and check out time at their designated zone (attendance sheet) will be taken

- Physical distancing of 1.5 metres for all attendees whether participating or not
- **NO CONTACT** – this includes handshakes, high fives, hugs / kisses etc

**Behaviours / hygiene practices for all participants training:**

- All participants should have a full body wash before and after training (at home)
- Hand sanitiser will be provided in each training zone, all participants must sterilise hands before and after training
- Avoid touching face
- No sharing water bottles, BYO drink bottle and ensure that it is clearly marked with your name
- Each participant will be allocated a cone to leave personal belongings i.e. water bottle. These cones will be at least 1.5m apart.
- Coughs and/or sneezes are covered with elbow
- No equipment to be shared between zones

**Training activities & precautions**

- NO CONTACT training – including no tackling, no scrummaging, no games of touch/tag
- Skill drills using a ball (kicking and passing) keeping a 1.5m distance
- Conditioning / fitness activities
- Training balls can be used (no tack bags/hit shields). Balls must be sanitised (washed) before and after sessions
- Sessions will be staggered between groups

**Approved access times to the venue for training (Council guidelines)**

Training times will be scheduled within the below approved access times.

Monday to Friday - 4.00 PM 6:00 PM

Saturday - 7:00 AM 7:00 PM