



FRANKSTON RAIDERS RLC RETURN TO TRAINING GUIDELINES – Effective 19th January 2021

In conjunction with Government & Community sport guidelines and NRL Victoria, please see below guidelines ensuring we follow a COVID Safe plan whilst training.

- **ALL** participants **MUST** be registered through MySideline, any non-registered participants will be unable to train.
- Avoid congregating before or after training, come ready to train
- Training is outdoor **ONLY**
- Group sessions, no more than 50 people
 - Coach and support staff are not included in these numbers
- COVID Officer to be present to ensure hygiene practices, ensure participant is registered on MySideline and to register attendance. All participants must hand sanitise and check in before training.
- We encourage all members and club representatives to download the COVID Safe app for contact tracing purposes
- Any attendee not participating in training must maintain physical distancing of 1.5 metres
- **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

Attendees at training:

- Everyone regardless of their role, must arrive and leave as close as possible to the commencement and conclusion of their designated training.
- Avoid gatherings or lingering
- A record of participants will be taken in MySideline

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, 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 where possible
- Coughs and/or sneezes are covered with elbow

Training activities & precautions

- Full use of equipment is permitted
- All equipment must be cleaned after completion of training and before being used by another group

Responsibility of Coach & COVID Officer:

- Ensure this COVID Safe plan is adhered to
- Anyone in attendance deemed to be presenting any symptoms are directed to leave the area, seek medical attention (get tested) and self-isolate
- Report any suspected cases to Wally Cooper 0404 077 112 or Tara Collier 0407 380 517

Responsibility of Executive Committee:

- Ensure a COVID Safe plan, hand sanitiser and a COVID Officer is provided for training
- If a there is suspect of a COVID positive case
 - Advise all Club members who may have been in contact with the individual in the last 14 days, direct them to seek medical advice and self-isolate until the suspect case is confirmed negative or medical advice directs otherwise
 - Report the suspected positive case to NRL Victoria who is responsible for advising the local health authority and NRL
 - Advise all club members who may have been in contact with the person in the last 14 days of the test outcome
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