



COVID-19 SAFETY PLAN

CARINA JUNIOR RUGBY LEAGUE FOOTBALL CLUB

Club	CARINA JUNIOR RUGBY LEAGUE FOOTBALL CLUB
Ground Location	1390 CREEK ROAD, CARINA QLD 4152
Club Facility Location	1390 CREEK ROAD, CARINA QLD 4152
Club President	MICHAEL SPRAGG
Contact Email	president@carinajuniors.com.au
Contact (Clubhouse)	07 3398 7695
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Plan last updated	25 / 02 / 2021
Taryn Flint is responsible for this document	

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1. Introduction

The purpose of this COVID-19 Safety Plan (**Plan**) is to provide an overarching plan for the implementation and management of procedures by Carina JRLFC to support Carina JRLFC and its members and participants in the staged resumption of community sport and club activities.

The arrangements set out in this Plan are intended to prevent the transmission of COVID-19 among members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community. The Plan provides the framework to govern the general operation of the Carina JRLFC, any facilities it controls, the playing/training behaviour of all members and participants and the monitoring and reporting of the health of attendees at Carina JRLFC facilities.

This Plan includes, but is not limited to, the conduct of:

- a. staged training and competition activities (sport operations); and
- b. facility management and supporting operations (facility operations).

At all times the Plan is subject to all regulations, guidelines and directions of government and public health authorities.

2. Key Principles

This Plan is based on, and accepts, the AIS [Framework for Rebooting Sport in a COVID-19 Environment](#) (**AIS Framework**) and the [National Principles for the Resumption of Sport and Recreation Activities](#) (**National Principles**).

The Plan also accepts as key principles that:

- The health and safety of members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community is the number one priority;
- Members, participants, coaches, officials, administrators/volunteers, families and the broader community need to be engaged and briefed on Carina JRLFC's return to sport plans;
- Facilities are assessed and appropriate plans are developed to accommodate upgraded hygiene protocols, physical distancing and other measures to mitigate the risk of transmission of COVID-19;
- Training cannot resume until the arrangements for sport operations and facility operations are finalised and approved, if necessary; and
- At every stage of the return to sport process Carina JRLFC must consider and apply all applicable State and Territory Government and local restrictions and regulations. Carina JRLFC needs to be prepared for any localised outbreak at our facilities, within our competitions or in the local community.

3. Responsibilities under this Plan

Carina JRLFC retains the overall responsibility for the effective management and implementation of the return to sport activities and operations outlined in this Plan.

The Committee of Carina JRLFC is responsible for:

- Approving the Plan and overseeing the implementation of the arrangements in the Plan; and
- Revising the Plan as required, ensuring it reflects up to date information from government and public health officials.

The Committee has appointed the following person as the Carina JRLFC COVID-19 Safety Coordinator to execute the delivery of the Plan and to act as a point of contact for information relating to this Plan:

Name	Taryn Flint
Contact Email	registrars@carinajuniors.com.au
Contact (Clubhouse)	07 3398 7695

Carina JRLFC expects all members, participants, coaches, officials, administrative staff and volunteers to:

- Comply with the health directions of government and public health authorities as issued from time to time;
- Understand and act in accordance with this Plan as amended from time to time;
- Comply with any testing and precautionary measures implemented by Carina JRLFC;
- Act with honesty and integrity in regard to the state of their personal health and any potential symptoms; and
- Monitor their health and take a cautious approach to self-isolation and reporting of potential symptoms.

4. Return to Sport Arrangements

As at the 25th February 2021, participants are training at Level C of the AIS Framework. The Plan outlines specific sport requirements that Carina JRLFC will implement for Level C of the AIS Framework.

Carina JRLFC will implement training activity and facility use as outlined in Level C of the AIS Framework and the training/competition activities and facility use outlined in Level C of the AIS Framework permitted under local restrictions and regulations

4.1 AIS Framework Arrangements

The protocols for conducting sport operations and facility operations under Level A, Level B and Level C of the AIS Framework are set out in the Appendix.

4.2 Roadmap to a COVIDSafe Australia

Carina JRLFC will also comply with the Australian government's [Roadmap to a COVIDSafe Australia](#), which places limits on the type of activity that can be conducted and the number of people who can gather at facilities, notwithstanding the activities permitted by the AIS Framework (see below).

AIS Activities	Level A: Training in no more than pairs. Physical distancing required.	Level B: Indoor/outdoor activity. Training in small groups up to 10. Physical distancing required.		Level C: Full sporting activity (training and competition) allowed. No restriction on numbers. Contact allowed.	
Roadmap Activities	N/A	Step 1: No indoor activity. Outdoor sport (up to 10 people) consistent with AIS Framework.	Step 2: Indoor/outdoor sport up to 20 people. Physical distancing (density 4m ²).	Step 3: Venues allowed to operate with up to 100 people with physical distancing. Community sport expansion to be considered consistent with AIS Framework.	Further steps TBC

5. Recovery

When public health officials determine that the outbreak has ended in the local community, Carina JRLFC will consult with relevant authorities to identify criteria for scaling back its COVID-19 prevention actions. Carina JRLFC will also consider which protocols can remain to optimise good public and participant health.

At this time the Committee of Carina JRLFC will consult with key stakeholders to review the delivery of its return to sport arrangements and use feedback to improve organisational plans and systems.

Appendix: Outline of Return to Sport Arrangements

Part 1 – Sport Operations

Area	Plan Requirements (for activities under AIS Framework Level B)	Plan Requirements (for activities under AIS Framework Level C)
Approvals	<p>The club must obtain the following approvals to allow a return to training at Level B:</p> <ul style="list-style-type: none"> • State/Territory Government approval of the resumption of community sport. • Relaxation of public gathering restrictions to enable training to occur. • Local government/venue owner approval to training at venue, if required. • National/state sporting body/local association approval of return to training for community sport. • Club committee has approved return to training for club. • Insurance arrangements confirmed to cover training. 	<p>The club must obtain the following approvals to allow a return to training/competition at Level C:</p> <ul style="list-style-type: none"> • Relaxation of public gathering restrictions to enable training to occur. • Local government/venue owner approval to training/competition at venue, if required. • National/state sporting body/local association approval to return to training/competition for community sport. • Club committee has approved return to competition for club. • Insurance arrangements confirmed to cover competition.
Training Processes	<ul style="list-style-type: none"> • Players to come dressed ready to train. • No-contact including high fives/hand shaking, no socialising or group meals. • Get In, Train, Get Out – arrive no earlier than 10mins prior to training, finish training promptly as there are more teams waiting to enter and train • Maximum 100 people per venue, maximum 60 per field • U6-10s – one carer per player permitted – strictly no siblings (Drop & Go is available for all players in these age groups if required) • U11-18s – Drop & Go • Defined training areas for each training group, maintaining base density requirement of 4 square metres per person and physical distancing (>1.5 metres). 	<ul style="list-style-type: none"> • Players to come dressed ready to train. • AIS Framework principles – full sporting activity that can be conducted in groups of any size (subject to COVIDSafe Roadmap) including full contact. • For larger team sports, consider maintaining some small group separation at training. • Limit unnecessary social gatherings. • Access to treatment from support staff. • Sanitising requirements continue from Level B. • Treatment of shared equipment continues from Level B. • Personal hygiene encouraged (e.g., wash hands prior to training, no spitting)

	<ul style="list-style-type: none"> • No sharing of personal equipment. • Personal hygiene encouraged (e.g., wash hands prior to training, no spitting or coughing). • Guidance for travel arrangements (e.g., physical distancing on public transport, limit car pool/taxi/Uber use). • Training attendance register kept for players and coaches. • Carers to scan QR Code at entry to venue. (Details for downloading the APP and using the APP can be found on our website) 	<ul style="list-style-type: none"> • Avoid coughing where possible and if so, conduct in a discrete manner • Members to scan QR Code at entry to venue. (Details for downloading the APP and using the APP can be found on our website) • Registered players attendance to be logged via MySideline Manager by Coach and/or Manager. Details on how to do this can be found on our website and have been emailed to team staff. • Practice Social Distancing at all times. Physical contact permitted on the field of play only. At all other times, participants, coaches, officials, trainers and spectators are to observe physical distancing requirements. • Coaches will be responsible for cleaning down the field after each session. This will include post pads, equipment and fence railings.
Personal health	<ul style="list-style-type: none"> • Avoid physical greetings (i.e., hand shaking, high fives etc.) • Players, Coaches and Carer's to not attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). • Washing of hands prior to, during and after training and use of hand sanitiser where available. • Avoid coughing, clearing nose, spitting etc. • Launder own training uniform and wash personal equipment. 	<ul style="list-style-type: none"> • Requirements continue from Level B.
Hygiene	<ul style="list-style-type: none"> • Coaches to sanitise equipment after each training session. 	<ul style="list-style-type: none"> • Hygiene and cleaning measures to continue from Level B. • Carina Teams will be responsible for cleaning down the field after each match. This will include post pads and dug out if used. • General Cleaning – Committee members will endeavour to clean throughout the day the toilet areas, the grandstand, the fence line around the field, refilling of hand sanitiser and any other high use areas such as wheelie bin handles if bins have been closed and not left open for use and game day office bench.
Communications	<ul style="list-style-type: none"> • Club will brief players, coaches, volunteers and families on return to training protocols including hygiene protocols via email, EDM, Facebook post and publication on website. • It is recommended members download the COVIDSAFE APP. 	<ul style="list-style-type: none"> • Club will brief players, coaches, volunteers and families on return to training protocols including hygiene protocols via email, EDM, Facebook post and publication on website. • It is recommended members download the COVIDSAFE APP.

	<ul style="list-style-type: none"> Hygiene posters to promote good personal hygiene practices in and around training sessions and in Club facilities. Posters on club noticeboard for individuals to access mental health and wellbeing counselling services. Mental Health First Aider is Dylan Roberts. Sports Chaplain is Philip Clark. 	<ul style="list-style-type: none"> Hygiene posters to promote good personal hygiene practices in and around training sessions and in Club facilities. Posters on club noticeboard for individuals to access mental health and wellbeing counselling services. Mental Health First Aider is Dylan Roberts. Sports Chaplain is Philip Clark.
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Part 2 – Facility Operations

Area	Plan Requirements (for activities under AIS Framework Level B)	Plan Requirements (for activities under AIS Framework Level C)
Approvals	<p>The club must obtain the following approvals to allow use of club facilities at Level B:</p> <ul style="list-style-type: none"> State/Territory Government approval of the resumption of facility operations. Local government/venue owner approval to use of facility, if required. Club committee has approved plan for use of club facilities. Insurance arrangements confirmed to cover facility usage. 	<p>The club must obtain the following approvals to allow use of club facilities at Level C:</p> <ul style="list-style-type: none"> State/Territory Government approval of the resumption of facility operations. Local government has given approval to use of facility, if required. Club committee has approved plan for use of club facilities. Insurance arrangements confirmed to cover facility usage.
Facilities	<ul style="list-style-type: none"> Grandstands, dressing sheds and toilets are not in use during this stage 	<ul style="list-style-type: none"> Return to full use of Club facilities. Dressing Rooms – will remain closed for all U6 – U12 games. Competition age groups will be allowed to use dressing rooms to get changed only. They will be discouraged from using showers. Carina teams will be responsible for the cleaning of both the home and away dressing room after their game. Canteen is open – reminder to social distance. Use entry and exit points for service. General Cleaning – Committee members will endeavour to clean throughout the day the toilet areas, the grandstand, the fence line around the field, refilling of hand sanitiser and any other high use areas

		such as wheelie bin handles if bins have been closed and not left open for use and game day office bench.
Facility access	<ul style="list-style-type: none"> Registered players attendance to be logged via MySideline Manager by Coach and/or Manager. Details on how to do this can be found on our website and have been emailed to team staff. Restrictions on facility access to limit anyone who has: <ul style="list-style-type: none"> COVID-19 or has been in direct contact with a known case of COVID-19 in the previous 14 days. Flu-like symptoms or who is a high health risk (e.g., due to age or pre-existing health conditions). Travelled internationally in the previous 14 days. Only essential participants should attend to minimise numbers; not more than one parent/carer to attend with children in Under 6 to Under 10 age groups. Any spectators should observe physical distancing requirements (>1.5 metres). Detailed attendance register to be kept. 	<ul style="list-style-type: none"> Continue Level B protocols as appropriate. Members to scan the QR Code at entry (EVA Check In System). Details for downloading the APP and using the APP can be found on our website. Any spectators should observe physical distancing requirements (>1.5 metres) and density requirements (one person per 4 square metres). Managed access including separate entry/exit points, managed traffic flows, stagger arrival/departure times. Non-essential personnel to be discouraged from entering change rooms. Physical distancing protocols including use of zones in clubrooms, change rooms, bar/canteen including by use of physical zone indicators. Bar/canteen operations to include food and cash handling protocols, hygiene and cleaning measures and established zones. General advice on physical distancing in club facilities including discouraging face to face meetings where possible, restricting site visitors, deferring or splitting up large meetings. Detailed attendance register to be kept.
Hygiene	<ul style="list-style-type: none"> Availability of hand sanitiser at entry/exit points to venue and elsewhere. Coaches to sanitise equipment after each training session. Displaying posters outlining relevant personal hygiene guidance. Avoiding shared use of equipment. Provide suitable rubbish bins with regular waste disposal. 	<ul style="list-style-type: none"> Continue hygiene and cleaning measures as per Level B. General Cleaning – Committee members will endeavour to clean throughout the day the toilet areas, the grandstand, the fence line around the field, refilling of hand sanitiser and any other high use areas such as wheelie bin handles if bins have been closed and not left open for use and game day office bench.
Management of unwell participants	<ul style="list-style-type: none"> Isolation/medical requirements for all players, members, volunteers and their families at the onset of any symptoms including club facilities that can be used to manage symptomatic participants. Training of volunteers/club management on treatment of symptomatic participants and disinfecting of facilities used by such participants. Notification protocols for notifying public health authorities and other attendees of symptomatic participants. 	<ul style="list-style-type: none"> Measures as per Level B.

Club responsibilities	The club will oversee: <ul style="list-style-type: none">• Provision and conduct of hygiene protocols as per the Plan.• The capture of a record of attendance at all training and club activities and maintaining an up-to-date log of attendance.• Coordination of Level B field and training operations.• Operation of the club's facilities in support of all Level B training activities in accordance with this Plan.	As per Level B.
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