



COVID-19 SAFETY PLAN

Association/Club	Lake Macquarie Rugby Club
Ground Location	Walters Park Creek Reserve Road, Speers Point, NSW, 2284
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LMRC Administration Officer is responsible for this document	

Lake Macquarie Rugby Club (Walters Park, Speers Point) – COVID-19 Safety Plan

Introduction

This COVID-19 Safety Plan (the *Safety Plan*) has been developed for Lake Macquarie Rugby Club and its activities at Walters Park, Speers Point.

The key principles of this are:

- 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 Lake Macquarie Rugby Club'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.

The key message that everyone should adopt is that we should assume that everyone could either have, or carry, the COVID-19 virus.

The Safety Plan covers the Club's activities at Walters Park regardless of the age of the participant.

The *Safety Plan* is a living document and will evolve as required by NSW State Government and NSW Rugby Union's directives as issued from time to time.

Arrival at the Ground

Regardless of the day or reason, the following will be the standard conditions for entry at Walters Park:

- Entry will be through the designated gate.
- Screening: (The person allocated the task of screening will wear a face mask).
 - Temperatures taken (no longer need to be recorded)
 - COVID questions (including Victorian travel/exposure status)
 - *Do you have a fever, cough, sore throat or shortness of breath etc*
 - *Any person who has travelled to Victoria or been exposed to a Victorian in the last 14 days is not to enter the club/official areas (as per NSW Gov)*
 - Attendance recorded (records are to be securely held for a minimum of 28 days). The Club retains the right to restrict entry to any person who refuses to furnish contact details as required.
 - Hands sanitised
 - **NOTE:** Anyone that has a high temperature or is feeling unwell should be (a) prevented from entering the ground, and (b) encouraged to have a COVID-19 test at JHH. The process takes approximately 15 minutes and you do not need an appointment.
- Coaches and Managers are encouraged to:
 - Designate an arrival time for their players
 - Assist on the gate to ensure your team have all arrived and been screened. (So that you are aware of any player needs to be declined entry).

Ground Facilities

Public Toilets

- The toilets will be disinfected before each and after each training session and before and after each match day.
- Hand sanitiser and soap to be placed in both Men's and Women's toilets. It is to be checked regularly and replaced/refilled as required.

Canteen:

- Only 3 people are to be in the canteen at any one time (No exceptions) regardless of day or time of day.
- On match days, a method of queueing is to be developed such that social distancing can be maintained for those people wishing to purchase food and beverages and those people walking through the general area.

Undercover Seating (in front of change rooms and canteen)

- Only 2 people are to be seated on the single benches, between each post, at any one time. The exception being if they are a family group.
- Only 4 people are allowed to be seated on each row of the grandstand seating. If a family group is seated in the grandstand, then at least 4m are to be maintained between those individuals and any other person wishing to sit in that area.

Spectators and Members of the Public

- A maximum of 500 people.
- Must maintain social distancing.
- LMRC management team to regularly supervise this.

Training Requirements - Players, Coaches, Managers etc

- All players are to arrive dressed ready to train.
- Change rooms are not to be used by Players.
- There is to be NO sharing of bottles, all players, coaches, managers etc are responsible for their own hydration (i.e. BRING YOUR OWN WATER BOTTLE).
- Social distancing must remain at all times (when not contact training).
- Teams are to train in their own designated area and not cross train with another team.
- Teams are to train with their own designated rugby balls and plastic cones, both of which are to be disinfected at end of each session.
- All teams should have as part of their team kit a supply of disinfectant wipes.

Match Day Requirements – Players, Coaches, Managers etc

Pre-warm up:

- Social distancing must remain at all times
- Players mingling in close proximity to each other will be asked to separate
- (Seniors) There is to be NO mingling around the physio table
- There are designated time slots that will be supplied for each match in accordance with game times to allow players to prep in the sheds
- Coaches to allow enough time for players to be strapped acknowledging that the process will be slower due to distancing

Changerooms:

- As outlined above there will be allotted times for each team to enter and exit change rooms
- Bags and belongings cannot be left in changerroom as cleaning takes place between teams
- Players bags can be placed on the sideline where the team's reserves will be seated.
- There are to be NO water racks in the sheds, players are responsible for their own pre and post-game hydration.
- Changerooms may be professionally cleaned after each team
- Team debriefs are encouraged to be brief
- Changerooms are to be left tidy to allow for cleaning sanitising
- Regular hand sanitising

Jerseys:

- Jerseys to be placed in black garbage bags post game
- No swapping of jerseys by players
- Gloves to be worn for sorting
- Hands sanitised post sorting and cleaning

Water:

- There is to be NO sharing of bottles
- Physios will have their own bottles that will require regular cleaning
- Players not to put bottles to mouth regardless of measures already in place
- Designated water runners only to carry bottles
- Bottles to be sanitised with alcohol spray cleaner after each use
- Water runners to sanitise pre and post running water

Sideline management:

- To maintain social distancing the bench/reserves will be seated ...
- There will be no tunnels.
- Players must remain seated unless warming up
- Reserve players and designated team officials are the only members authorised to be inside the reserves seating area (technical zone).
- If a player is not on the bench for the game, he/she is to remove themselves to an appropriate location.

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- There is to be a zero tolerance to any individual who does not comply with directions from an official
- The ground manager maintains over all control of game/sideline management.

Post-game:

- Bottles to be collected for sanitising
- Radios to be wiped clean
- All sideline equipment to be cleaned
- Changeroom/ showers attended as allotted

Cleaning/Disinfecting

Cleaning using Bleach

Household bleach comes in a variety of strengths. The concentration of active ingredient — hypochlorous acid² — can be found on the product label.

Table 1. Recipes to achieve a 1000 ppm (0.1%) bleach solution

Original strength of bleach		Disinfectant recipe		Volume in standard 10L bucket
%	Parts per million	Parts of bleach	Parts of water	
1	10,000	1	9	1000 mL
2	20,000	1	19	500 mL
3	30,000	1	29	333 mL
4	40,000	1	39	250 mL
5	50,000	1	49	200 mL

²Hypochlorous acid (HOCl) is a weak acid formed when chlorine (Cl) dissolves in water and dissociated to hypochlorite (ClO⁻) which is the oxidising disinfectant in bleach.