



29<sup>th</sup> May 2020

Dear Players and Parents,

## **NOTICE TO RETURN TO TRAINING ON RESTRICTED CONDITIONS**

Following the lifting of some restrictions due to the COVID-19 pandemic and in consultation with National and State organisation, including ACT & SNSW Rugby Union and the relevant health authorities in ACT and NSW, we are pleased to be able to commence training again for Rugby Union at our Club.

At this stage, we are required to follow protocols described in “Level B” restrictions. While this may seem inconvenient in the short-term, these protocols have been developed with your health and wellbeing at the forefront and will allow us as a Sport and as a State to effectively monitor our return to the sport we love.

During Level B restrictions, we will be limited to:

- Training in groups of 10 or less;
- Training in a defined area of the pitch (to maintain social distancing requirements in small groups);
- Non-contact training (i.e. only practicing passing, kicking, fitness, body shape and game structure);

The Club will also be following recommended sanitisation of equipment and effective social distancing required under Level B restrictions. This means that facilities at grounds will only be available for use as toilets, not for changing or other purposes.

### **Attending Training (Get in, Train, Get out process):**

You must be prepared for training as follows:

1. **Be registered in Rugby Xplorer (minimum “Training Only” registration)**
2. **Arrive to training on time and ready to train (dressed appropriately, strapping done at home etc)**
3. **Bring your own water bottle! (No sharing of water bottles or personal equipment)**
4. **Notify your coach/manager on arrival (so your attendance can be recorded on an attendance sheet)**
5. **Leave any personal effects (including water bottle) at the sanitisation station for your training area**
6. **Leave on completion of training, there should be no meetings larger than 10 people before or after training**
7. **Avoid carpooling with members outside of your household unless essential**
8. **If you are feeling unwell at all, please stay home and monitor your symptoms**

### **Spectators / Parents / Guardians:**

During Level B restrictions we need to keep attendees to our Club at an absolute minimum. As such, we request that we do not have any spectators to training sessions at this time.

For **parents and guardians**, please limit attendance to at most 1 parent/guardian where possible and you must remain in cars if staying around whilst training is on.

Please also note that our Club Rooms remain closed at this time, meaning we do not have food or beverages available, and do not have indoor shelter available. However, our toilet facilities will be available if required. We will also require any persons at the Club to observe a minimum 1.5m distance from each other.

This is our first step back to playing Rugby in our States and Territories. If we can effectively stick to these current restrictions (and effectively monitor any change in the pandemic) we trust, we can return to play our competition this season.

**Players are not to walk up from school and hang around at the oval until training commences. There will be no supervision and it will also breach our conditions to return to training.**

To move forward and get back into training we need to know who is interested in returning to training.

The plan is for:

- **Seniors** to return **Tuesday 2 June\***
- **Juniors** to return **Tuesday 9 June\***

\*Times to be advised

**Training will be strictly limited to 1 Hour – players are to be dropped off right on the communicated time and picked up immediately at the conclusion of their session.**

Due to the strict structuring of the training sessions once we have received notification of those that are interested in returning to training we will be allocating players to specific groups and that is the group that they will stay with for the current training structure.

**If you are interested in returning to training can you please register your interest via email asap to:**

**secretary@bushpigs.com.au**

Thank you for your cooperation.

**Chris Marshall**

President  
Jindabyne Rugby Union Club

# ACT & NSW Rugby Union Operational Process for Community Rugby Return to Play

		Level A	Level B1	Level B2 <sup>2</sup>	Level C
Target Dates <sup>3</sup>		Until 31 <sup>st</sup> May	1 <sup>st</sup> June to 14 <sup>th</sup> June	15 <sup>th</sup> June to 28 <sup>th</sup> June	29 <sup>th</sup> June to 13 <sup>th</sup> July
ACT & NSW Rugby Union Operational Process	Logistics	<ul style="list-style-type: none"> <li>Continue contact with all members via online forums or similar (e.g. Facebook Groups or Chats, Zoom meetings, Social Media Challenges).</li> <li>No Rugby during this period, this includes training sessions, matches, and face-to-face education courses.</li> </ul>	<ul style="list-style-type: none"> <li>Maximum of 1 Hour training sessions, includes 50 minutes of training, 10 minutes of preparation, cleaning and pack up.</li> <li>Each field to be separated into 6 clearly marked areas.</li> <li>Minimum of 1 sanitising station per area of the field, which must include:               <ul style="list-style-type: none"> <li>Bleach Solution</li> <li>Alcohol Solution</li> <li>Soapy Water Solution</li> </ul> </li> <li>All equipment must be washed before and after use</li> <li>No equipment to be shared between areas or groups without appropriate cleaning</li> <li>A record of attendance is compulsory, this will assist for Contact Tracing if required</li> <li>Participants will receive an attendance letter, all must be:               <ul style="list-style-type: none"> <li>Be registered, at a minimum of "Training Only"</li> <li>"Get in and get out", arrive ready to train, and leave immediately after</li> </ul> </li> <li>Bring your own water bottle – no sharing of water bottles or personal equipment</li> <li>Consider separation of entrance and exit points for venues, avoiding cross-traffic where possible (Refer to Appendix A2)</li> </ul>		<ul style="list-style-type: none"> <li>All equipment to be washed between sessions</li> <li>A record of attendance is compulsory, this will assist for Contact Tracing if required.</li> <li>Participants will receive an attendance letter, all must be:               <ul style="list-style-type: none"> <li>Be registered, at a minimum of "Training Only"</li> <li>Bring your own water bottle</li> </ul> </li> </ul>
	Rugby Training Specifics	<ul style="list-style-type: none"> <li>Send out Training Content to playing members to maintain fitness and skills.</li> <li>Remind all members of opportunity to complete online courses such as Smart Rugby, Ground Marshall and Xplorer administration courses.</li> </ul>	<ul style="list-style-type: none"> <li>Measure base fitness (e.g. Bronco, Yo-Yo)</li> <li>Rugby and position specific skills guidance such as individual body shape, catch / pass, kicking can be undertaken in line with government distancing advice</li> <li>Modified non-contact conditioning games</li> <li>Use of equipment including balls, tackle bags, individual equipment (e.g. tackle ring, tyre flip etc)</li> <li>Drills/Skills aiming at passing, kicking, fitness, individual body shape and game structure (e.g. attack and/or defence patterns)</li> <li>Accidental contact (maintain 1.5m apart)</li> <li>No scheduled person to person contact (e.g. rucks, mauls, scrums, lineouts, tackling, wrestling etc)</li> <li>No contact equipment (e.g. people holding hit shields)</li> <li>No "team runs" (i.e. need to maintain maximum 10 people in a group)</li> </ul>	<ul style="list-style-type: none"> <li>Same as Level B1, exceptions include:               <ul style="list-style-type: none"> <li>Contact allowed within the groups of 10</li> <li>Contact equipment allowed</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>All training allowed</li> </ul>

ACT & SNSW Rugby Union Operational Process	Personal Health	<ul style="list-style-type: none"> <li>• Maintain self-health, if feeling unwell, seek medical attention.</li> <li>• Recommended to download the CovidSafe App available on App Store or Google Play.</li> <li>• Keep up to date with Governmental and Health Authorities announcements.</li> </ul>	<ul style="list-style-type: none"> <li>• Wear freshly laundered training attire – Recommend <b>old clothing</b> (as disinfectant used on equipment may transfer and have effect on some clothing)</li> <li>• Wash hands prior to and after training attending training</li> <li>• Use hand sanitiser before, during and after training (where available)</li> <li>• Avoid physical greetings (i.e. hand shaking, high fives etc)</li> <li>• Avoid coughing, clearing nose, spitting etc</li> <li>• <b>DO NOT ATTEND IF YOU ARE FEELING UNWELL!</b> (includes any signs/symptoms of cold, flu, COVID-19 or any other illness)</li> </ul>	<ul style="list-style-type: none"> <li>• Level B recommendations apply.</li> </ul>
	Parents & Spectators	<ul style="list-style-type: none"> <li>• Not Applicable</li> </ul>	<ul style="list-style-type: none"> <li>• In the instance of Junior Training, limit attendance to 1 x Parent/Guardian per family in attendance, no non-participating siblings should be in attendance.</li> <li>• No other non-essential persons should be in attendance.</li> <li>• Any non-participants should be a minimum of 1.5 metres from any training area, as well as 1.5 metres from any other persons.</li> </ul>	<ul style="list-style-type: none"> <li>• Level B recommendations apply.</li> </ul>
	Club Rooms	<ul style="list-style-type: none"> <li>• Remain Closed</li> </ul>	<ul style="list-style-type: none"> <li>• Open only for Toilet Access and Medical/First Aid (If required).</li> <li>• Closed for all other reasons, including: <ul style="list-style-type: none"> <li>○ Changing,</li> <li>○ Showering,</li> <li>○ Bar (or other drink supply),</li> <li>○ Canteen (or other food supply),</li> <li>○ Social Games,</li> <li>○ Common area</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Open and available for use, but the following will apply: <ul style="list-style-type: none"> <li>○ Increased levels of cleaning required after each use,</li> <li>○ Hand hygiene stations on entry/exit of each facility required, as well as before, during and after training.</li> <li>○ Showering should be done at home,</li> <li>○ If massage tables are used, cleaning practice should include no linen (unless single-use), and cleaning tables and key surfaces after each athlete.</li> <li>○ Reasonable social distancing to be enforced when possible,</li> <li>○ Limit unnecessary social gatherings.</li> </ul> </li> </ul>

<sup>2</sup> – Level B2 is yet to be approved by Local Governments and Councils, Clubs will be notified of a decision when appropriate.

<sup>3</sup> – Target Dates are subject to change dependent on Government and Health Authority announcements. All relevant stakeholders will be notified of changes

