



Litchfield Rugby League Club Inc

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COVID-19 Return to Training Plan





The NRL, NRL NT and Northern Territory Government have approved the return of Rugby League training in the NT consistent with the Northern Territory Government's "Roadmap to the New Normal" guidelines from 12pm Friday 15th May.

[The Australian Institute of Sport Framework for Rebooting Sport in a COVID-19 Environment](#) outlines the minimum requirements for the resumption of community and individual sport in Australia.

Prior to the resumption of community sport, it is important for sports clubs/groups to safely prepare the sporting environment. A thorough risk assessment has been carried out and the following measures are being put into place.

EDUCATION

Education material for members of the Litchfield Bears community is provided below to promote required behaviours (e.g. regular and thorough handwashing, covering mouth and nose with a tissue or sleeve during coughing/sneezing). Please follow the links for more information. All documents will be available at the canteen.

- [Good hygiene for coronavirus \(COVID-19\)](#)
- [Hand washing guidance](#)
- [Keep that cough under cover](#)
- [Self-isolation \(self-quarantine\) for coronavirus \(COVID-19\)](#)
- [Advice for people at risk of coronavirus \(COVID-19\)](#)
- [Coronavirus \(COVID-19\) resources](#)

You will find displays of education material around the Club and we ask that you read these carefully and follow the advice. If you notice another member not practicing social distancing or good hygiene please alert a member of the committee.

There is to be

- **Regular hand washing**
- **1.5m Social distancing**
- **No sharing of drink bottles and towels**
- **No sharing of equipment between age groups**
- **No anti-social behaviour**
- **No loitering**

Please download the Australian Government COVID-19 contact tracing app (COVIDSafe) to help stop the spread.

Please note that this advice is subject to change at short notice and all efforts will be made to communicate such to our members.





TRAINING

For the safety of all of our players, members and visitors it is vitally important that everyone is vigilant in adhering to the COVID-19 guidelines.

The Litchfield Rugby League Club are committed to creating and maintaining a safe training environment for our players. The social distancing standards of 1.5 metres needs to be maintained at all times with players, parents, members and visitors.

1. Arrive and depart in a timely manner

Arrival at training sessions should be to the designated training areas only and with minimal family members in attendance where possible.

Although we encourage you to support the canteen of the club, player and parent safety is priority at these times.

2. Take note of adjusted training times

Training will continue to be on Tuesday and Thursday afternoons however some times have been slightly adjusted for the safety of all to limit the contact of players and families arriving and departing.

U6 to u11 - 5:30pm to 6:15pm

U12 to U17 - 5:30pm to 6:30pm

U18 to Senior Men and Women - 6:30pm to 7:30pm

We kindly request that you depart training as soon as possible at the end of the session.

3. Wash your hands

All players and parents are required to thoroughly wash their hands before and after training using the soap provided and technique as signed. Hand sanitiser is provided at the toilet blocks and canteen as a secondary precautionary measure to reduce the spread of germs.

4. Wash and sterilise training gear

During stage 2 restrictions limited training gear will be used, however, all equipment that is used in training sessions will need to be sterilised prior to and post training by the team managers or coaches. The club will provide a sterilising station to use for the cleaning of equipment. Once stage 3 is reached training can resume with the use of all equipment, however, cleaning and sterilisation will continue.



5. Train in smaller groups to help maintain social distancing
Coaches will be encouraged to train in smaller groups to help maintain social distancing. Where there is more than one full registered team in an age group and there are sufficient coaches available, we encourage teams to separate into groups and train in separate areas. Extra training gear will be provided for this to occur.
6. No contact training
All training must be no contact and social distancing must be maintained within stage 2 restrictions. Training sessions and drills have been developed to minimise the contact of players and to focus on other equally important elements of the game. Coaches will consider social distancing in the planning of training sessions.

CLUBHOUSE AND FACILITIES

For the safety of all of our players, members and visitors it is vitally important that everyone is vigilant in adhering to the COVID-19 guidelines.

The Litchfield Rugby League Club are committed to creating and maintaining a safe facility for our players and patrons. The social distancing standards of 1.5 metres needs to be maintained at all times by players, parents, members and visitors. In addition the Club endeavours to promote a high standard of hygienic food and beverage handling practices through our canteen.

1. Social distancing
To assist our patrons in maintaining social distancing X's have been painted in front of our canteen area to enable the safe queuing when making purchases. Please ensure you que according to these markings.
2. Food handling hygiene
The LRLC have provided our volunteers with gloves, hand sanitiser and additional cleaning materials to be used when preparing, handling and serving food within our canteen.
3. Contactless payment preferred
The LRLC prefer the contactless payment methods of Tap and Go and EFTPOS. Cash payment will be accepted and our volunteers will use gloves or hand sanitiser when handling cash.
4. Take away food and beverages only
All food and beverages purchased from our canteen will be take away only. All seating in our clubhouse area has been removed to assist with social distancing. Patrons are kindly asked to exit the clubhouse area promptly after making their purchase and not to gather in groups.
5. Wash your hands regularly, especially after using the toilet facilities
6. The Bear cave will be closed during stage 2 restrictions