



QUEENSLAND RUGBY LEAGUE

RETURN TO PLAY GUIDELINES

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The priority of the Queensland Rugby League (QRL) is the Health and Wellbeing of our participants and the general safety of the wider community during the COVID-19 Pandemic.

The QRL Guidelines complement the [**QLD Government Return to Play Guide for Sport**](#) which re-introduces sport in a staged approach. These guidelines must be read in conjunction with the QRL Return to Play Handbook.

STAGE 1

UP TO 11 JUNE 2020

Does not include organised community sport.

Physical activity must be self directed in pairs or family groups and NOT be instructed by the Club.

STAGE 2

UP TO 9 JULY 2020

Is restricted to non-contact activity in small groups of 20 (inclusive of staff).

Should only include skills training that maintains **Physical Distancing**. Support resources for conducting suitable training sessions can be found [**here**](#).

STAGE 3

POST 10 JULY 2020

Includes a return to full training and competition, inclusive of contact for participants.

Is restricted to groups of 100 (inclusive of staff) at all venues.

GENERAL INFORMATION

All participants and volunteers with mobile phone access are encouraged to download the **COVID Safe App**.

Individuals must NOT attend Rugby League venues if in the past 14 days if they:

- Have been unwell or experienced cold and flu like symptoms.
- Have been in contact with a known or suspected case of COVID-19.
- Have experienced respiratory symptoms (even mild).
- Are considered high risk, including the elderly and those with pre-existing medical conditions.



CLEANING AND HYGIENE PROTOCOLS



All individuals and clubs must:

- Regularly clean and disinfect surfaces and equipment.
QLD Health Cleaning and Disinfection Protocols can be accessed here.
- Ensure that the use of communal facilities such as grandstands and dressing sheds is limited.
- Wash hands thoroughly and often, with soap and water or an alcohol based sanitiser.
- Establish a regular monitoring and cleaning roster for essential communal areas such as public toilets.
- Be mindful when sneezing or coughing; cover with your elbow or tissue and turn away from others.
- Display prominent signage at the venue specifically related to **Personal Hygiene and Transmission**; **Cold and Flu Symptoms** and **Physical Distancing**

STAGE 1 PREPARATION

In preparation for a return to training all clubs must:

- Ensure you have permission from the landowner to use the facility.
- Prepare the facility and playing surface, including any additional line marking, infrastructure changes and ground signage to support physical distancing, cleaning and hygiene protocols.
- Establish meeting areas and venue entry and exit procedures.
- Section off any restricted areas.
- Establish a training timetable that complies with participant number restrictions.
- Prepare attendance sheets for all participants attending training.
- Ensure all participant and volunteer registration details are up to date.
- Ensure all volunteers are familiar with the Return to Play Protocols.



STAGE 2 TRAINING PROTOCOLS

In returning to training all individuals and clubs must:

- Refuse entry to any individual that presents with cold or flu like symptoms.
- Establish a meeting area at the venue to confirm the above, record attendance and ensure all venue protocols are followed.
- Maintain physical distancing protocols both on and off the field.
- Clean and disinfect all equipment and surfaces post training.
- Maintain a schedule that allows for adhering to the maximum numbers of 20, including appropriate entry and exit to the venue.
- Ensure personal belongings are minimal and kept for individual use only, including towels and water bottles.
- Only participate in non-contact activity on field; no tackling, wrestling or opposed activity is permitted.



STAGE 3 TRAINING AND COMPETITION PROTOCOLS

In returning to training and competition all individuals and clubs must:

- Adhere to all training protocols as implemented in Stage 2 Restrictions. Exceptions include:
 - Introducing contact activity and tackling in on field training sessions.
 - Increasing the maximum numbers to 100 at any single venue, inclusive of players, staff and spectators.
- Manage a gameday schedule that allows for adhering to the maximum numbers of 100 people, including appropriate entry and exit to the venue.
- Complete all necessary cleaning and disinfection protocols in accordance with the QLD Health Guidelines.
- Minimise congregation of people and manage physical distancing in high contact areas such as grandstands, entry points, canteens and bars.





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