

COVID-19 Guidelines

All Oztag participants must play a role if we are to help slow the spread of COVID-19, including people organising, attending or supporting attendance at Oztag. Effective immediately, the following guidelines should be adhered to for all Penrith Oztag activities.

Before participating in Oztag activities

Oztag players should not present to participate at Oztag they:

- have any flu-like symptoms;
- have been in direct contact with a known case of COVID-19 in the past 14 days;
- have travelled internationally or been exposed to a person with COVID-19 in the preceding 14 days; or
- are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.

Attendance at Oztag

- Only essential participants should attend Oztag activities, i.e. players, coaches, match officials, staff and volunteers involved in operations and parents/guardians of participants if U/18;
- **Only attend as close as practical to the start of your game and leave as soon as practically possible afterwards;**
- Children to be accompanied by not more than one parent or guardian, if possible.
- Practice social distancing at all Oztag activities
- When spectating or attending at Oztag match/training, ensure you keep a distance of 1.5 metres between yourself and others;
- Only officials, referee's and players are to access the Office and changeroom area;
- If watching Oztag and confined to a small area nearby other people, seek to move around the fields to avoid close contact with others.

Hygiene and Behaviour

- Cover mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze;
- Put used tissues in bins straight away;
- Wash hands with soap and water often;
- Do not touch your eyes, nose or mouth if your hands are not clean.

What we will do

- Work with Penrith City Council to ensure spaces at each facility, surfaces and objects are regularly cleaned with disinfectant;
- Promote regular and thorough hand washing by staff and participants;
- Provide sanitising hand rub dispensers in prominent places where possible;*
- Make sure hand rub dispensers are regularly refilled;
- Promote preventive actions amongst participants – lead by example;
- Keep all of our members and staff informed of actions being taken.

- Alter our standard procedures to minimise in-person contact for participants and staff, which will include
 - a. Changes to our sign-on process
 - b. Using a fresh set of tags every game
 - c. Amend pre and post-match protocols so players and officials do not touch each other, e.g. no shaking hands.
 - d. Manage our competition structure and game timings to adhere to government directives.
- We will continue to monitor all advice in regard to COVID-19 and make changes to our competitions and policies as required. We will adhere to all government directives in regard to COVID-19

* Note that had rub dispensers will not be available until Winter 2020 competition resumes.