

Rathkeale College Level 1 COVID-19 Health and Safety Plan regarding Sport

Overview

This document pertains to all sporting activity at Rathkeale College under Level 1 Restrictions. The protocols established in this document are based on information provided by the Ministry of Education; Sport NZ; NZSSSC, Sport Wellington and the various NGB's. The protocols will be revised following the release of information by the above bodies and organisations and based on practical experience of the success of its implementation.

The philosophy this document is based upon is the Governments: '10 Golden Rules' for Public Health. This is framed around the safety measures:

1. If you're sick, stay home. Don't go to work, school or socialise.
2. If you have cold or flu-like symptoms, call your doctor or healthline. Get tested (<https://covid19.govt.nz/covid-19/about-covid-19/covid-19-testing/>).
3. Wash your hands.
4. Sneeze or cough into your elbow and regularly clean shared surfaces.
5. You must self-isolate if you're told by officials to do so.
6. Stay healthy, work with your GP if you have underlying health issues.
7. Keep track of where you've been.
8. Businesses help people track movements by displaying the QR code.
9. Stay vigilant.
10. Be kind to others and be kind to yourself.

Under Level 1 restrictions sporting activity, both practice and competition can be undertaken on and off site. Rathkeale College understands the duty of care towards students, parents, staff, and stakeholders and therefore implements the following COVID Health and Safety Protocols.

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Hygiene

Sporting activity will resume with the following precautions in place:

- All students, coaches and officials who are sick will be excluded from sporting activity. They will be placed in isolation at home and must contact health services, who will determine subsequent action. A return to sport will only be allowed once satisfactory completion of health service requirements are undertaken.
- All players, coaches and officials will be encouraged to wash and dry or sanitise hands immediately prior to sports activity and again immediately following conclusion of activity.
- Everyone must provide their own water/drink, which must not be shared.
- Hand sanitiser or washing facilities will be provided for all Rathkeale teams.
- Good hygiene protocols around coughing and sneezing into elbows will be discussed and required.
- Facilities will be provided to wash/sterilise all shared equipment.
- Each team will have their own equipment which will not be shared with other teams.
- All surfaces surrounding sports facilities at Rathkeale, for example goal posts, railings etc will be cleaned regularly.

Contact Tracing

- Each Rathkeale team including coaches will be listed in KAMAR
- The Team CHSM will be clearly identified on the list.
- The Sports Office will collect and keep the Contact Tracing Registers.
- Contact Tracing lists will be made available to the MoH on request.
- A Team list, including players, officials and coaches will be provided for, and requested from opposing team at least 3 days prior to the fixture. These will be held by the Sports Office.
- Rathkeale College will be registered as a site on the Government's NZ COVID Tracer App.
- All potential spectators of Rathkeale sides will be encouraged to download the App.
- Signs will prominently display the Rathkeale College QR Code and request spectators register their presence.
- All information regarding the App will be provided to visiting teams at least 3 days before a fixture.

To protect everyone and help make our COVID Health and Safety Plan as practical as possible, Rathkeale College will:

- Publicise the Rathkeale College COVID Health and Safety Plan on our website.
- Ensure all students, staff, sports coaches, and parents are aware of our COVID Health and Safety Plan.
- Publicise our use of the Government's NZ COVID Tracer App and encourage people to download and use the App
- Communicate with any opposing Team or School at least 7 days before a fixture to enable the Health and Safety requirements of both parties to be successfully implemented.
- Communicate the Rathkeale COVID Health and Safety Plan to the organisers of any competition in which the school enters a team.