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- 2.3.4. Gym equipment must be sanitised with an antiseptic wipe before and after its use by each Player.
- 2.3.5. Detailed hygiene protocols can be found in the Appendices.

3. Social Distancing/Home Isolation Protocols

3.1. General

- 3.1.1. Players and Club Officials who are nominated to access training and match-day environments must observe these self-isolation protocols. Only Club Officials who are essential to training and/or the delivery of Match-Day should be nominated and included on the Club's Apollo Register.
- 3.1.2. Where practically possible, Players and Club Officials should avoid being groups larger than 20 persons at a time, and prevent co-mingling of groups.
- 3.1.3. Breaches of the self-isolation protocols may result in disciplinary action under the NRL Rules. The breaching individual may also be immediately excluded from further participation in training or match-day until assessed and cleared by NRL Independent Medical Consultant.

3.2. Illness Reporting

- 3.2.1. Any Player or Club Official who becomes unwell, or otherwise displays any of the symptoms identified in Rule 5.1.1, must immediately self-isolate in their home and contact the Club Medical Officer for instructions. Where a Player or Club Official begins to show symptoms at the Club, training facility or match-day venue they should be removed from the site as soon as practical and self-isolate at home.
- 3.2.2. For all notifications under Rule 3.2.1, the Club Medical Officer must notify the NRL Independent Medical Consultant immediately.
- 3.2.3. Players and Club Officials must also complete and submit a Daily Health Confirmation – see Rule 5.2.

3.3. Quarantine

- 3.3.1. Unless attending the Club premises or match-day, all Players and Club Officials must:
 - a. quarantine at the residence nominated in the Club Register (see Rule 1.3) provided they do so in a manner that appropriately separates them from any other person living in the residence. This will require the Player or Club Official to implement and comply with the home quarantine arrangements described in Appendix H; or

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- b. quarantine at an alternate residence or premises approved by the Apollo Project Team.
 - c. The Club must provide a final schedule of nominated premises where quarantine will be observed and who will be quarantining in those premises to the NRL 48 hours prior to the commencement of quarantine. This schedule will be provided to the Queensland Chief Health Officer.
- 3.3.2. Any player or Club official who moves to Queensland from another state must adhere to all Queensland Border Restrictions Directions and quarantine in a manner required by the then applicable Direction ,unless they receive an exemption from the Queensland Chief Health Officer.
- 3.3.3. **Visits to non-resident family members or friends.** Players and Club Officials must not leave their premises to visit non-resident family members or friends during the quarantine period.
- 3.3.4. **Isolation within a household.** Players and Club Officials who chose to home quarantine must isolate from other members of their household that are not subject to this Protocol ("household" being the persons who usually reside at that address) in the manner described in Appendix H.
- 3.3.5. **Essential household needs.** Players and Club Officials may only leave their residence to:
- a. receive necessary medical care;
 - b. escape emergency;
 - c. attend the Club premises; or
 - d. attend match-day.
- 3.3.6. **No visitors allowed in the residence.** Players and Club Officials are not permitted to have any visitors at their nominated residence.
- 3.3.7. **Travel to Queensland.** Interstate players and Club officials are not permitted to interact with the community, to visit family/friends or to undertake social recreational activities, whilst in Queensland. Public transport is not permitted for interstate players and Club officials whilst in Queensland.
- 3.3.8. **Hotspots –** The NRL will continue to monitor public health authority advice for COVID-19 Hotspots and Clubs, Players and Club Officials must follow any advice from NRL concerning measures related to COVID-19 Hotspots.

3.4. Public Exercise or Training

- 3.4.1. Exercise and training must only be undertaken:



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- a. at the Player or Club Official's home; or
- b. at the Club's Training Facility.

3.4.2. Where a Player or Club Official trains privately at home, they must not train with members of another Club's Apollo Protocol Register or members of their household who are not part of the Club's Apollo Protocol Register.

3.4.3. Household tasks such as walking the dog or taking children outside or to the park are not permitted.

3.5. Social Distancing

- 3.5.1. Social distancing is a critical tool in the NRL's risk-mitigation strategy around COVID-19.
- 3.5.2. All persons bound by this Protocol must maintain a distance of 1.5m from other people unless they are at the Club's Training Facility or during matches.

3.6. Private Travel

- 3.6.1. Players and Club Officials are only permitted to travel for the purposes described in Rule 3.3.5.
- 3.6.2. Travel should be in the Player or Club Official's own car. In cases of exceptional need, two (but no more than two) Players and/or Club Officials may share a car. Hard surfaces in the car (steering wheel, gear selector etc) should be wiped down regularly with disinfectant wipes.
- 3.6.3. Any requests for variations on 3.6.2 must be raised through the Club Medical Officer to the NRL Chief Medical Officers(s).
- 3.6.4. Use of public transport, taxis or ride-sharing (Uber, Ola etc) is not permitted.
- 3.6.5. For travel to and from matches, see Rule 9.

3.7. Secondary employment or Training and Education Activities.

- 3.7.1. Players or Club Officials may undertake secondary employment, or participate in training and education activities, with the approval of their Club and in accordance with this Rule 3.7.
- 3.7.2. Certain kinds of secondary employment and training and education activities are associated with higher levels of COVID-19 risk.
- 3.7.3. At this time, secondary employment, training and education activities **must be conducted online or by distance education.**



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4. Pre-Training Assessments

4.1. Household Screening

- 4.1.1. Prior to recommencing training or introduction of new members to the Club Apollo Protocol Register, the Club Medical Officer must undertake Household Screening for each Player and Club Official on the Apollo Protocol Register in the form set out in the Appendix (Household Screening Questions). The Household Screening will assess matters such as:
- a. Whether there are members of the Player or Club Official's household who are at high risk in relation to COVID-19;
 - b. Whether consideration should be given to relocating persons to alternative accommodation, or to implementing additional precautions to mitigate the risk of spreading COVID-19 to vulnerable individuals.
- 4.1.2. The results of each Household Screening must be provided to the NRL Independent Medical Officer as soon as practicable upon completion, and identified issues discussed and resolved with the NRL Independent Medical Officer. All Household screenings require pre-approval by the NRL Independent Medical Officer before any new individual is allowed entry into the Club "bubble".
- 4.1.3. Where the Household Screening results in a recommendation that a Player or Club Official's living arrangements be altered whilst they are subject to this Protocol, the individual and his or her Club will raise the matter to NRL Independent Medical for a decision in conjunction with the NRL. If a Player or Club Official has a partner or other person not residing in their household, but who will be visiting the Player or Club Official's household, the non-residing partner and their household must be screened following the same process as described above.

4.2. Pre-Training Health Assessment

- 4.2.1. Prior to recommencing training or introduction of new members to the Club Apollo Protocol Register, the Club Medical Officer must undertake a Pre-Training Health Assessment of each Player and Club Official on the Apollo Protocol Register in the form set out in the Appendices (Pre-Training Assessment).
- 4.2.2. The Pre-Training Health Assessment must include documentary confirmation from the Player or Club Official of the following current vaccinations:
- a. Influenza vaccination; and
 - b. Pneumococcal vaccination (Indigenous Players and Club Officials).



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- 4.2.3. Persons who do not have the requisite vaccinations will not be permitted access to the Training Facility, or to train or play for the Club, unless they have an approved exemption³.
- 4.2.4. The results of each Pre-Training Health Assessment must be provided to the NRL Independent Medical Officer as soon as practicable upon completion.

5. Daily Monitoring

5.1. Immediate Reporting for illness/COVID-19 symptoms

- 5.1.1. Any Player or Club Official who becomes sick or experiences any of the below symptoms must immediately contact the Club Medical Officer and follow their instructions:
 - a. a cough
 - b. A sore throat
 - c. a tickle in your throat or a scratchy throat
 - d. a runny nose
 - e. any shortness of breath or difficulty breathing;
 - f. any pain on swallowing
 - g. any chills
 - h. any generalised muscle aches or pain which you haven't had before
 - i. any headache
 - j. any loss of taste or smell
 - k. any gastro symptoms (off food, vomiting, diarrhoea, stomach cramps)

³ Requests for exemptions to vaccination policy on grounds of both medical contraindication, or because of conscientious objection, must be raised to the Chief Club MO for consideration. A formal waiver of liability relating to any conscientious objection to vaccination must be completed prior to a player being permitted to be involved in Project Apollo. Medical contraindications to vaccination must be confirmed and managed by the Chief Club MO. The numbers of exemptions will be closely monitored by the NRL CMO in order to properly manage potential risks of harm to individuals and the NRL worker population from infectious disease across the season. Staff or players who reside in or are travelling to Queensland, where vaccination is required by the Queensland Government, are advised that failure to vaccinate will rule them out of participating in NRL activities in Queensland (unless where there is a medical contraindication).



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- I. Any other symptom listed in the Daily Health Confirmation (see below).
- 5.1.2. The Club Medical Officer must be contacted immediately if **any member of the Player or Club Official's household** experience symptoms or become sick.
- 5.1.3. The Club Medical Officer must be contacted immediately if a non-residing partner or any member of the Player or Club Official's household experience symptoms or become sick.
- 5.1.4. In any case where the Club Medical Officer is advised under this Rule, they must contact NRL Independent Medical for a decision on the appropriate course of action.
- 5.2. Daily Health Confirmation**
- 5.2.1. Every Player and Club Official observing this Protocol must complete the **Daily Health Confirmation App** each day (as per the form set out the Appendices (Daily Health Assessment)). This will be checked upon entry to any Club facility, transport or Matches. Any alerts will be followed up initially by the Club Doctor. A permanent record of this submission for every Player must be kept by NRL Executive, and accessible to the NRL Independent Medical Officer.
- 5.2.2. As part of the Daily Health Confirmation, each Player and Club Official must:
- a. Declare whether they have experienced any of defined range of COVID-19 related symptoms in the past 24 hours, including fevers, respiratory or gastrointestinal symptoms;
 - b. Provide a temperature reading using an approved or provided thermometer;
 - c. Declare whether any member of the Player or Club Official's household has been sick, or experienced symptoms or an elevated temperature, in the last 24 hours.
- 5.2.3. The Daily Health Confirmation must be completed and submitted at the time notified by NRL Chief Medical Officer.
- 5.3. Daily Whereabouts Confirmation**
- 5.3.1. Every Player and Club Official observing this Protocol must complete a **Daily Whereabouts Confirmation** in the form set out the Appendices (Daily Whereabouts Confirmation). The confirmation will be made available securely online on a dedicated mobile App.
- 5.3.2. As part of the Daily Whereabouts Confirmation, each Player and Club Official must:
- a. Detail their whereabouts during the past 24 hours;



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- b. List the persons with whom they have interacted within the past 24 hours;
 - c. Provide the details of who visited their household.
- 5.3.3. The Daily Whereabouts Confirmation must be completed and submitted at the time notified by NRL Chief Medical Officer.
- 5.4. Failure to submit Health or Whereabouts Confirmations**
- 5.4.1. Compliance with the Daily Health and Whereabouts Confirmations are a critical part of the delivery of the Apollo Protocol.
 - 5.4.2. Any Player or Club Official who fails to correctly complete and submit the Confirmations on time:
 - a. May be refused entry to the Training Facility or Match-Day until independently assessed and approved by NRL Independent Medical – depending on the circumstances this may be a significant period of time due to biosecurity requirements; and/or
 - b. Be issued with breach proceedings under the NRL Rules.
 - c. May put their Club in a position of liability or risk in relation to Work, Health and Safety requirements.
- 5.5. Audits and Checks**
- 5.5.1. Compliance and assurance is an essential component to managing the risks to the NRL and to Clubs. Information provided by Players and Club Officials must be complete and accurate to their knowledge.
 - 5.5.2. Both the NRL and Clubs will be responsible for various aspects of compliance and assurance activities in relation to Project Apollo. These will include:
 - a. Periodic and random auditing and checking on Players and Club Officials to ensure compliance, including compliance with quarantine measures, and provide documentary evidence of compliance to regulators. This may be as often as daily and may include attendance at the Player or Club Official's stated whereabouts residence.
 - b. Checking and auditing Clubs to ensure compliance with operational level risk controls, such as fencing requirements, social distancing systems, cleaning implementation and other requirements.
 - c. Consolidating documentary evidence of training and education activities.
 - d. Regularly reviewing the effectiveness and completeness of risk management strategies and the compliance and assurance activities.



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- 5.5.3. Clubs must follow any directions from the NRL in relation to auditing, monitoring and reporting compliance with this Protocol.
- 5.5.4. Reports relating to compliance and assurance activities may be provided, confidentially, to regulatory agencies in order to meet requirements for the conduct of the 2020 season.
- 5.5.5. It is a condition of each Player and Club Official being entered on a Club's Apollo Protocol Register that the individual consents to the provision of information obtained during the Daily Health Confirmation, Daily Whereabouts Confirmations and the audit processes above to the NRL, its advisers and such regulatory agencies as the NRL in its absolute discretion considers necessary. Clubs must ensure that each Player and Club Official on its Apollo Protocol Register is aware of this essential condition.
- 5.6. Provision of False and/or Misleading Information.**
- 5.6.1. All Player and Club Officials must at all times provide complete and accurate information in relation to any obligations under this Protocol. This includes an obligation to volunteer information which is relevant to the proper operation of these Protocols.
- 5.6.2. A failure to provide complete and accurate information, or the provision of false or misleading information in relation to the requirements outlined in this section or any other obligation or requirement in this Protocol, is a breach of this Protocol and may have other consequences for the individual and his Club. Examples of such conduct would include:
- a. Deliberately failing to disclose or report symptoms consistent with coronavirus as outlined in this Protocol;
 - b. Failing to disclose significant personal health information relating to coronavirus risk, such as a significant vulnerability to coronavirus;
 - c. Providing false or misleading information in relation to pre-season medical evaluation;
 - d. Providing inaccurate or misleading information on the various questionnaires, surveys and data collection tools part of Project Apollo policy;
 - e. Providing false information regarding whereabouts or other information required in this protocol;
 - f. Either individually, or colluding with others, to knowingly and deliberately circumvent or undermine the measures and requirements outlined in the Project Apollo strategy.



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- 5.6.3. Any Player or Club Official who knowingly fails to provide complete and accurate information, or who knowingly provides false or misleading information in relation to Project Apollo operations:
- a. May be refused entry to the Training Facility or Match-Day until independently assessed and approved by NRL Independent Medical – depending on the circumstances this may be a significant period of time due to biosecurity requirements; and/or
 - b. Be issued with breach proceedings under the NRL Rules.
 - c. May put their Club in a position of liability or risk in relation to Work, Health and Safety requirements.
 - d. May be subject to other legal action by the NRL or other bodies.

6. Club Premises & Training Facility

6.1. Club Premises

- 6.1.1. Club premises must observe all current Government regulations and advice concerning COVID-19, including facilitating social distancing.
- 6.1.2. Where possible, Club staff not observing this Protocol should work remotely and limit their contact with the Club premises.
- 6.1.3. Couriers and other deliveries are not permitted inside Club premises. Couriers/delivery drivers should be directed to leave packages outside for pick-up. Where goods are to be signed for, electronic acknowledgment of goods requiring no-touch is preferred.

6.2. Training Facility

- 6.2.1. Every Club must designate an area within its Clubs premises which is the Training Facility.
- 6.2.2. Training (including recovery sessions) must only occur within designated Training Facility areas.
- 6.2.3. The Training Facility must include:
 - a. the Club training field;
 - b. the area housing the Club's gym;
 - c. medical rooms and facilities for conducting medical assessments, physiotherapy, massage and other



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- d. the Players' common room/dining facilities;
 - e. sufficient space for Club Officials to perform their duties, including for coaches and high performance staff.
- 6.2.4. Access to the Training Facility must be limited only to those Players and Club Officials who are entered on the Apollo Protocol Register (see Rule 1.3) and observing this Protocol during the times that the team will be training. If the Training Facility is being shared with other teams, codes or the public, then sharing can only occur at times separate to NRL training.
- 6.2.5. Where these areas are spread across a Club's premises, the Club must put in place measures to ensure that the Training Facility areas are not accessible to other staff or members of the public at the time that the training is occurring. Access to the Training Facility must be limited to a single access point (see Rule 6.3 below) during these times.
- 6.2.6. Players and Club Officials observing this Protocol must not access those areas of the Club premises that are not designated part of the Training Facility.
- 6.2.7. Clubs must ensure that all team rooms and common areas within the Training Facility have hand washing facilities (water and soap) or alcohol-based hand sanitiser available (hand washing facilities are preferred).
- 6.3. Single Access Point to Training Facility (Assessment Point)**
- 6.3.1. Each Club must ensure that the Training Facility is accessible by a single entry point only. All other access points to the Training Facility areas must be permanently locked.
- 6.3.2. At the single entry to the Training Facility, the Club shall establish an Assessment Point. The Assessment Point will allow the Club to:
- a. Prevent entry to the Training Facility by persons not on the Club's Apollo Protocol Register;
 - b. Screen authorised Players and Club Officials before every entry to the Training Facility (see Rule 6.5 below).
- 6.3.3. The Assessment Point must be located immediately outside the physical entry point to the Training Facility – it is not permissible to have the Assessment Point elsewhere within the Training Facility.
- 6.3.4. Each Club may design an Assessment Point to best fit its Training Facility. It is suggested that an Assessment Point include:
- a. Coverage sufficient to allow assessments to take place in wet weather;
 - b. Table/tables for Club Officials manning the Assessment Point;



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- c. other requirements to be advised by NRL Chief Medical Officer.
- 6.3.5. The Assessment Point must make provision for social distancing – all persons attending the Assessment Point must be able to maintain a 1.5m distance between each other at all time. Floor or other markings must be used to help judge and maintain these distances. This is important as individuals who do not pass the entry screening process will be required to leave the Assessment Point and undergo off-site assessment.
- 6.4. Staffing at Assessment Point**
- 6.4.1. During training hours, the Assessment Point must be attended by two Club Officials (who are on the Apollo Protocol Register and observing this Protocol) who have been trained and approved by the Chief Club Medical Officer in administering entry assessments.
 - 6.4.2. Club Officials at the Assessment Point must wear protective clothing as prescribed by the Chief Club Medical Officer and NRL Chief Medical Officer.
- 6.5. Procedure for Entry to Training Facility**
- 6.5.1. Player and Club Officials entering the Training Facility must be assessed before being permitted to enter beyond the Assessment Point.
 - 6.5.2. Each Club may design its own procedure for processing Players and Club Officials at the Assessment Point. Any procedure must be approved by the Chief Club Medical Officer and NRL Chief Medical Officer and include:
 - a. Directions for all individuals to proceed directly from their transport to the Assessment Point for assessment;
 - b. The maintenance of social distancing during assessment or waiting for assessment – this may include a procedure where individuals are directed to wait in their cars upon arrival at the Club and only approach the Assessment Point when called via text message etc. to avoid bottlenecks at the Assessment Point.
 - 6.5.3. At the Assessment Point, Players and Club Officials must undergo an admission assessment, under which they must:
 - a. Confirm that neither they nor any member of their household have experienced any of the specified symptoms of COVID-19 as outlined by the Communicable Diseases Network Australia's National Guidelines in the preceding 24 hours (including showing completion of the Daily Health Confirmation App for that day);
 - b. Confirm that they have observed the home isolation and other protocols concerning;



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- c. Submit to and pass an individual temperature check (administered in accordance with instructions from the Chief Club Medical Officer) which **records a temperature of 37.2c or less.**
 - d. Declare whether they have travelled overseas or been within a COVID-19 hotspot (either as advised by public health authorities or by the NRL) within the last 14 days;
 - e. Declare whether they are positive for COVID-19 to their knowledge.
- 6.5.4. Declare if they have been in close contact with a person who is positive for COVID-19 to the best of their knowledge. Players and Officials who pass these requirements will be granted immediate access to the Training Facility.
- 6.5.5. Players and Officials who are positive for COVID-19, have been in close contact with a person who is positive for COVID-19 or travelled overseas in the last 14 days will not be permitted to access the Training Facility.
- 6.6. Where an individual does not pass admission assessment**
- 6.6.1. There may be many reasons why a Player or Club Official does not initially meet the requirements of the admission assessment. This does not mean that the individual is suspected to have contracted COVID-19 or is considered a significant risk, but that further assessment is required.
- 6.6.2. Each Club must design a procedure for managing individuals who do not meet the criteria for immediate entry to the Training Facility. This procedure must be approved by the Chief Club Medical Officer and NRL Chief Medical Officer and include the following:
- a. **Individuals recording a temperature of between 37.3c and 37.4c** must be directed to return to their car (alone) or another designated safe area where they are isolated from others for 15 minutes. At the expiry of the 15 minute period the individual must be temperature tested again. If the result is replicated in the above range, the individual **NOT** may be admitted to the Training Facility but must be temperature tested by the Club again in 24 hours – regardless of whether training is schedule within that period.
- Individuals whose temperature records as 37.2c or less may be admitted to Training Facility as per normal procedures.
- If the Player or Club Official has shared transport and one of the occupants fail temperature testing under (a) above, individual arrangements for transport home for each individual will be made by the Club.



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- b. Individuals recording a temperature of 37.5c or above, either initially or following a re-test, must be denied access to the Training Facility and immediately sent to off-site assessment by the Club Medical Officer in accordance with the procedure set by the NRL Chief Medical Officer, and the NRL Independent Medical Officer must also be notified.
- c. Individuals who report symptoms personally, or otherwise report non-compliance with home isolation must be immediately sent to off-site assessment.
- d. Individuals who report symptoms within their household must not enter the training facility until they have been approved by NRL Independent Medical Officer.

6.7. Off-Site Assessment

- 6.7.1. Any individual who is referred for off-site assessment must go directly to the designated place – they must not return home or have any contact with others (including members of their households) until they have successfully completed the off-site assessment process and any associated testing.
- 6.7.2. Where the off-site assessment of an individual includes testing for COVID-19, the individual must self-isolate until cleared by the NRL Independent Medical Officer.

6.8. Cleaning Requirements for Training Facility

- 6.8.1. All areas of the Training Facility must be cleaned and disinfected daily. Where a Training Facility is shared with another team, cleaning after each team is required.
- 6.8.2. Any cleaning staff/services must conduct this work outside of training hours (i.e. when no one on the Club's Apollo Protocol Register is present). Cleaning staff requiring access to the Training Facility that are not following the Apollo Protocols must not have any symptoms of COVID-19 as outlined by the Communicable Diseases Network Australia's National Guidelines in the preceding 24 hours; must not be a close contact of a known COVID-19 case; must not be an active COVID-19 case; and must not have travelled to a COVID-19 hotspot in the previous 14 days.
- 6.8.3. Particular care must be taken with gym equipment and other shared surfaces.
- 6.8.4. Players and Club Officials must not share clothing or towels. All clothing and towels must be treated as single-use and washed after use in accordance with requirements advised by the NRL Chief Medical Officer.
- 6.8.5. Cleaning must be conducted in accordance with cleaning protocols issued by NRL Medical as outlined in Appendix F.



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7. Training Requirements

7.1. Hygiene Procedures at Training

- 7.1.1. Clubs must ensure that strict hygiene policy is followed within the Training Facility, including:
 - a. No sharing of towels, clothing, water bottles, boots, headgear, guards etc;
 - b. No sharing of personal items such as sunscreen and lip balm;
 - c. No spitting in communal areas.
- 7.1.2. Water bottles and water/sports drink dispensers should be regularly cleaned. Where possible, Clubs should provide single-use paper cups for Player use.
- 7.1.3. Any shared training Gear/clothing (e.g. bibs or singlets etc) must be stored at the Club and washed by the Club after each training session in accordance with infectious disease protocols to be issued by NRL Medical.

7.2. Laundering of Training Gear/Clothes

- 7.2.1. Where possible, Players and Club Officials should launder their clothes/training gear at home. Clubs must ensure that Players and Club Officials are aware of these provisions and follow them.
- 7.2.2. Players and Club Officials should change out of their training gear at the Club and take their clothing home in a bag, preferably a plastic bag which can then be thrown away or a cloth bag which can be laundered along with their clothing.
- 7.2.3. Normal washing detergents and supplies are sufficient for laundering clothes and uniforms.
- 7.2.4. Clothes should be washed and dried separately from others from others in the household.
- 7.2.5. Match-Day gear (clothing, uniforms) must be collected by Club Officials using gloves, transported in disposable or washable (cloth) bags and washed in accordance with this Rule, observing good hand hygiene.



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7.3. Limitations on Training Practices

- 7.3.1. On 01 May 2020 the Australian Institute of Sport released guidelines on the “reboot” of professional sport in Australia in the COVID-19 situation⁴. While the States and Territories in Australia have ultimate authority in regards to the level of COVID-19 restrictions in their jurisdictions, it has been clearly signalled that all sporting activities nationwide should be compliant with the AIS guidelines. This includes Project Apollo.
- 7.3.2. The AIS guidelines lay out a phased approach to return to full competition, including guidance on the kinds of training and gameplay activities that are acceptable at each phase. The phases are designated A, B and C. It is a requirement that any professional sporting enterprise move through Phases A to C in a deliberate and considered way at an “appropriate” pace depending on COVID-19 community prevalence and other factors.
- 7.3.3. The general descriptors for each phase are:
- a. **Phase A.** Activity that can be conducted by a solo athlete or by pairs where at least 1.5m can always be maintained between participants. No contact between athletes and/or other personnel. Examples for all sports - general fitness aerobic and anaerobic (e.g. running, cycling sprints, hills). Strength and sport-specific training permitted if no equipment required, or have access to own equipment (e.g. ergometer, weights). Online coaching and resources (e.g. videos, play books).
 - b. **Phase B.** As per Level A plus: Indoor/outdoor activity that can be conducted in small groups (not more than 10 athletes and/or other personnel in total) and with adequate spacing (not more than 1 person per 4m²). Some sharing of sporting equipment permitted such as kicking a football, hitting a tennis ball, use of a skipping rope, weights, mats. Non-contact skills training. Accidental contact may occur but no deliberate body contact drills. No wrestling, holding, tackling or binding. Commercial gyms, bootcamps, yoga, Pilates, dance classes (e.g. barre, ballet, hip hop, not partnered), cycling ‘spin’ classes permitted if other measures (above) are met.
 - c. **Phase C:** The NRL Competition is currently operating under Phase C: Full sporting activity that can be conducted in groups of any size including full contact (competition, tournaments, matches). Wrestling, holding, tackling and/or binding (e.g. rugby scrums) permitted. For larger team sports, consider maintaining some small group separation at training. For some athletes full training will be restricted by commercial operation of facilities.

⁴ The Australian Institute of Sport (AIS) framework for rebooting sport in a COVID-19 environment, 01 May 2020, and summary guide.



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- 7.3.4. Additionally, the Project Apollo protocols, and related policies, meet the broader requirements as outlined in the AIS guidelines at all phasing levels already.
- 7.3.5. **Spectators and Patrons.** The question of community spectators in relation to the AIS guidelines, as outlined in the Phased approach, is a separate question to the phased and controlled return to normalised sporting activities. The NRL will decide separately on decisions relating to spectators at NRL games or at training and must take into consideration a broad range of issues ranging from current State Government restrictions on mass gatherings, through to logistics and the interactions over time of large people within potentially confined or restricted physical locations. **At this time no community spectators are allowed in the context of Project Apollo training unless approved by the NRL executive in accordance with government restrictions.** See the Apollo Match-Day Protocol for more information on spectators and patrons on Match-Day.

7.4. Food/Meals at Training

- 7.4.1. Food prepared and provided by the Club must be served within an appropriate area of the Training Facility in accordance with relevant State Government Food Industry COVIDSafe plans requirements. Each Club is required to certify through their Chief Executive Officer that the Club is in accordance with the relevant Food Industry COVIDSafe requirements. These can be accessed at:
- <http://rca.asn.au/rca/coronavirus-information-hub/>
- 7.4.2. Players and Club Officials must wash hands prior to meals.
- 7.4.3. Food served by the Club should be individually packaged wherever possible. No finger food or shared food is permitted and individuals must not eat with their hands. Group meals are allowable if they conform with these restrictions.
- 7.4.4. Persons preparing food or mixing drinks or filling water bottles must prioritise hand hygiene in accordance with the Australia New Zealand Food Standards Code and wear an appropriate mask whilst doing so.
- 7.4.5. A Club may arrange for a coffee van to attend the Club (outside of the Training Facility boundaries), subject to the following:
- i. Coffees are collected by a single member of staff and taken inside to the group;
 - ii. No queueing, socialising or mingling is permitted in the vicinity of the coffee van;
 - iii. the provider would need to wear a mask, and prioritise hand hygiene in accordance with the Australia New Zealand Food Standards Code when preparing the items;



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- iv. Re-usable coffee cups provided by the customer, including contactless pour, is not permitted

7.5. Shared Facilities

- 7.5.1. Use of Shared Facilities are not permitted at this time.

8. Medical/Physio

8.1. Clinicians working in higher risk areas

- 8.1.1. Because of the broader responsibilities and work outside the NRL environment that some NRL associated clinicians undertake, there is a higher exposure risk of those individuals to COVID-19 than players or other NRL or Club workers. Those clinicians who routinely work, or would be expected to work, with possible or suspected COVID-19 cases in intensive care or emergency care contexts are at the highest risk. Those clinicians **MUST NOT** under any circumstances be involved in Project Apollo medical activities, unless it is specifically approved through the NRL informed by advice by the Project Apollo medical team.
- 8.1.2. In normal primary care, allied health, elective surgical and outpatient clinical contexts the existing requirements and recommendations for all public and private clinical contacts in the COVID-19 environment have been deemed sufficient to control the risk of patient to clinician transmission to the lowest practicable level at the current community prevalence rates, with specific guidance provided to clinicians to manage risk of transmission in all healthcare settings from relevant experts.
- 8.1.3. Where a clinician normally works in a geographic area of elevated COVID-19 prevalence at this time, or in the future, an individual risk assessment of that clinicians non-NRL practice risks in relation to continued involvement with Project Apollo activities will be undertaken in consultation with the clinician. Approval for involvement of the clinician in Project Apollo, where there are concerns about COVID-19 risk, will be at the sole discretion of the NRL Board.

8.2. Consultations only to take place at the Training Facility

- 8.2.1. Medical consultations should usually and by preference take place within the Training Facility, unless this is not feasible.
- 8.2.2. Medical Officers must wear PPE in accordance with Public Health guidelines when treating and/or testing Players and Club Officials.
- 8.2.3. Further guidance specific to NRL and Club medical operations are outlined in the Apollo Medical Officers Handbook.



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8.3. Management of Illness, Suspected or Confirmed COVID-19 Cases

- 8.3.1. Any suspected case of COVID-19 in the context of Project Apollo will require collaborative management between the Club Medical Officers and the NRL Independent Medical Officer, in close consultation with the NRL.
- 8.3.2. Most of the requirements for management of confirmed COVID-19 cases will be directed, or be required of the affected individual, through the existing system of enforceable Public Health orders and directions at the State and Territory level.
- 8.3.3. The identification of potential cases that require further investigation, quarantine or isolation will be achieved through a comprehensive investigation of the risk situation in question.
- 8.3.4. The process of return to play for players or staff who have recovered from COVID-19 requires specific medical evaluations and checks as outlined in the Australian Institute of Sport (AIS) framework for rebooting sport in a COVID-19 environment. Once an individual has been cleared from isolation by relevant Public Health Authorities, the final clearance to return to play will be at the discretion of the NRL Chief Medical Officer(s), in consultation with the relevant Chief CMO.
- 8.3.5. For further guidance specific to NRL and Club medical operations refer to Appendix G: Apollo Medical Officers Handbook.

8.4. Testing

- 8.4.1. Refer to Appendix H: Apollo Medical Officers Handbook.
- 8.4.2. Medical Officers must wear PPE in accordance with Public Health guidelines when treating and/or testing Players and Club Officials.

9. Travel & Accommodation

9.1. General travel/travel to Training Facility

- 9.1.1. See Rule 3.6.



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9.2. Travel to Matches

- 9.2.1. Specific guidance on the requirements for travel to and from matches will be provided by NRL taking into consideration the COVID-19 situation and other factors at play that is anticipated at the time of the match.
- 9.2.2. If Clubs are planning to have Project Apollo designated individuals travel by air they are to consult with the NRL during the planning process and prior to travel.
- 9.2.3. In exceptional circumstances such as flight cancellation or logistics requirements related to specific staff, officials or players, travel may be required to be undertaken the preceding day followed by overnight accommodation at the destination. Notification and/or approval for this to occur is at the discretion of the NRL executive.

9.3. Plane Travel

- 9.3.1. Specific guidance on the requirements for travel by air will be provided by NRL where air travel is necessary, and taking into consideration the COVID-19 situation and other factors at play that is anticipated at the time of the match.
- 9.3.2. If Clubs are planning to have Project Apollo designated individuals travel by air they are to consult with the NRL during the planning process and prior to travel.
- 9.3.3. The NRL executive may arrange for charter, or suitable commercial air travel options, dependent on the COVID-19 situation for the planned travel on a case by case basis, and in adherence to the requirements, guidance and advice provided to NRL by State and Territory governments.

10. Match Venues

10.1. Minimum Standards

- 10.1.1. The requirements relating to the establishment of Clean, Assessment and Dirty designated zones for contamination and contact control for specific venues will be provided with sufficient notice for proper implementation and verification prior to the Match-Day.
- 10.1.2. Specific guidance on the standard required of Clubs and the NRL to conform to on match days will be issued in due course.

10.2. Essential personnel only at Match-Day

- 10.2.1. In relation to NRL and Club personnel, only essential personnel who have been placed on the list of Project Apollo designated persons and who have been



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compliant with the requirements of the Project Apollo policies will be permitted at Matches.

- 10.2.2. The NRL will also identify other personnel who are permitted to undertake necessary work on Match day. This may include, amongst others:
 - a. Media
 - b. Officials
 - c. Logistics
 - d. Security
 - e. Venue support and operations staff
- 10.2.3. Additional personnel necessary for the conduct of the match will be required to avoid coming into contact with NRL and Club players and staff. Equally NRL players and staff must ensure they politely but firmly avoid interacting with non Project Apollo personnel who may be in the vicinity of them on Match-Day in accordance with the requirements of this policy.
- 10.2.4. Additional individuals may be allowed to attend a match day in accordance with government agreements and regulations. Non-essential personnel attendance is at the sole discretion of the NRL executive.

10.3. Non-Selected Players and Supernumerary Officials

- 10.3.1. Non-selected players and supernumerary officials (listed on the Club Apollo Register) are permitted to travel with the team to Matches.
- 10.3.2. These individuals must remain within the Clean Zone.

10.4. Interclub Scrimmage

- 10.4.1. Inter-Club scrimmage is not permitted at this time.

10.5. Accreditation

- 10.5.1. Refer to the Apollo Match-Day Protocol.

10.6. Match-Day Entry Protocol

- 10.6.1. Refer to the Apollo Match-Day Protocol.



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11. Media

- 11.1.1. See Appendix: Project Apollo Protocols – Media Access

12. Other Club Activities

12.1. Community Activities suspended

- 12.1.1. Club community activities involving face to face contact between individuals will be suspended until further notice.
- 12.1.2. Staff and players are encouraged to participate in online community activities (e.g. zoom meeting or similar) during the period where face to face community activities are not possible.
- 12.1.3. If the Club has a request concerning a particular activity it must contact the NRL through their usual liaison evaluation and potential approval.



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Appendix A: Apollo Protocol Register

NRL Active Player List Submission Template

Club: PLEASE SELECT

Date: INSERT DATE OF SUBMISSION

Summary

Top 30 Active Players	0
Development List Active Players	0
Training & Replacement Active Players	0
Total Active Players	0
Top 30 Injury Reserve	0
Development List Injury Reserve	0
Development List Reserve List	0
Total Inactive Players	0

#	Player Name	Status	Comment on injury reserve players
NRL Top 30			
1		PLEASE SELECT	
2		PLEASE SELECT	
3		PLEASE SELECT	
4		PLEASE SELECT	
5		PLEASE SELECT	
6		PLEASE SELECT	
7		PLEASE SELECT	
8		PLEASE SELECT	
9		PLEASE SELECT	
10		PLEASE SELECT	
11		PLEASE SELECT	
12		PLEASE SELECT	
13		PLEASE SELECT	
14		PLEASE SELECT	
15		PLEASE SELECT	
16		PLEASE SELECT	
17		PLEASE SELECT	
18		PLEASE SELECT	
19		PLEASE SELECT	
20		PLEASE SELECT	
21		PLEASE SELECT	
22		PLEASE SELECT	
23		PLEASE SELECT	
24		PLEASE SELECT	
25		PLEASE SELECT	
26		PLEASE SELECT	
27		PLEASE SELECT	
28		PLEASE SELECT	
29		PLEASE SELECT	
30		PLEASE SELECT	
Development List			
1		PLEASE SELECT	
2		PLEASE SELECT	
3		PLEASE SELECT	
4		PLEASE SELECT	
5		PLEASE SELECT	
6		PLEASE SELECT	
Training & Replacement List (only list players in the active list)			
1		PLEASE SELECT	
2		PLEASE SELECT	
3		PLEASE SELECT	



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NRL Staff List Submission Template

Club: PLEASE SELECT

Date: INSERT DATE OF SUBMISSION

#	Staff Member	Title / Role
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		

REDACTED



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Appendix B: Household Screening Questions

Your club doctor will ask and confirm the following with regards to household members that may be at higher risk of more severe complications or severe illness as a result of contracting coronavirus (COVID19).

This information will be used to assist with determining appropriate living arrangement recommendations for you and your family to reduce the risk of possible serious illness to your family members.⁵

Date of Assessment:

Completed by:

Suburb of Residence:

List all members of your household, including age, occupation/student and suburb of workplace

Confirm that no members of the household have had contact with known or suspected COVID-19 cases in the last 14 days or have returned from international travel or Victoria in the last 14 days.

Does anyone in the household (people who usually live with you in your house) fall into any of the following categories:-

- Persons with serious heart conditions, including heart failure, coronary artery disease, congenital heart disease, cardiomyopathies, and pulmonary hypertension ;
- Persons with Asthma (moderate-to-severe);
- Persons with chronic lung diseases, such as chronic obstructive pulmonary disease (COPD) (including emphysema and chronic bronchitis), idiopathic pulmonary fibrosis and cystic fibrosis;
- Persons with Diabetes, including type 1, type 2, or gestational;
- Persons with chronic kidney disease being treated with dialysis ;
- Persons with severe obesity, defined as a body mass index (BMI) of 40 or above,
- Older adults, 65 years and older⁶
- Persons who will shortly return to, or normally reside at, a nursing home or long-term care facility but are living with you now.
- Persons who are immune compromised or immune suppressed⁷

⁵ For more information, see guidance from the Australian Health Protection Principal Committee available at <https://www.health.gov.au/news/australian-health-protection-principal-committee-ahppc-advice-to-national-cabinet-on-30-march-2020>

⁶ This group are at higher risk for severe illness and death from COVID-19. Although COVID-19 can affect any group, the older you are, the higher your risk of serious disease. Eight out of 10 deaths reported in the U.S. have been in adults 65 years or older; risk of death is highest among those 85 years or older. The immune systems of older adults weaken with age, making it harder to fight off infections. Also, older adults commonly have chronic diseases that can increase the risk of severe illness from COVID-19.

⁷ Many conditions and treatments can cause a person to have a weakened immune system (also called immunocompromised or immune suppressed). This includes people receiving certain cancer treatments, bone marrow or organ transplantation, chronic immune disorders, HIV with a low CD4 cell count or not on HIV



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- Persons who have chronic liver disease, including cirrhosis or hepatitis
- Persons of Indigenous heritage over the age of 50.⁸
- Do any individuals in the household work in aged care or in the health sector? Is this work in a high risk⁹ category?

Appendix C: Pre-Training Assessment Form

PLAYER/STAFF NAME:

DATE OF ASSESSMENT:

DOB:

INDIGENOUS HERITAGE: YES NO

CURRENT HEALTH STATUS (confirm any current issues):

CHANGES TO HEALTH STATUS DURING SEASON SUSPENSION (if any):

CHRONIC MEDICAL CONDITIONS/OTHER POTENTIALLY RISKS ASSOCIATED WITH COVID (as per Household screen including):

- Asthma
- Diabetes
- Chronic lung disease
- Aged over 65 years (or >50 years if indigenous heritage)
- Serious heart conditions
- New symptoms to be aware of/ report immediately should they develop at any stage including with training (*possibly Myocarditis/myopericarditis related*)
 - New onset chest pain/pressure, palpitations, or exercise intolerance

CURRENT MEDICATIONS:

ALLERGIES:

IMMUNISATION:

- INFLUENZA
- PNEUMOCOCCAL (INDIGENOUS PLAYERS/STAFF)
- OTHER IMMUNISATIONS AS PER NORMAL REQUIREMENTS

treatment, and prolonged use of medications such as corticosteroids and other immune modulating or suppressing medications.

⁸ See advice from the Australian Health Protection Principal Committee referenced above.

⁹ High risk is defined as working with COVID-19 patients, or working in clinical environments that are likely to have COVID-19 cases (e.g. Emergency Department, ICU, Critical Care, Urgent care clinics)



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MENTAL HEALTH – please complete the following screening at commencement of training

- PHQ9
- GAD7

CONCUSSION:

- ensure that preseason CSx SCAT and COGNIGRAM baselines have been completed prior to the initial start of season 2020 (no requirement to repeat them now)

CARDIAC SCREENING:

- ensure that Cardiac/ECG screening protocols have been met (2nd yearly screening)

RTI RELEASE



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Appendix D: Daily Health Confirmation

PLAYER/STAFF NAME:

DATE OF ASSESSMENT:

Please answer the following questions - please answer yes if you have had any of these symptoms no matter how mild.

Do you have now, or have you had in the last 24 hours:-

- A cough
- A sore throat
- A tickle in your throat or scratchy throat
- A runny nose
- Any shortness of breath or difficulty breathing
- Any pain on swallowing
- Any chills
- Any generalised muscle aches or pain which you haven't had before
- Any headache
- Any loss of taste or smell
- Any gastro symptoms (off food (no appetite), vomiting, diarrhoea, stomach cramps)

Has anyone in your household had any of the above symptoms in the last 24 hours?

Please provide your temperature.

Has anyone in your household had any a temperature in the last 24 hours?



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Appendix E: Daily Whereabouts Confirmation

PLAYER/STAFF NAME:

DATE OF ASSESSMENT:

- Since your last Whereabouts Confirmation, have you left your home for any purpose other than training? YES/NO

If YES – please detail where you went and for what purpose:

(If you did not travel directly to training, provide details below of where you stopped on your way to/from training)

Time	Location	Purpose

- Have you had any visitors to your household since your last Whereabouts Confirmation? YES/NO
(Visitors means any person entering your home who is not listed as a part of your household.)

- Since your last Whereabout Confirmation, have you been in close contact with any person outside of your household?

- If you answered YES to (2) or (3), please provide details below:

Time	Who you met with	Location	Purpose

- Do you declare that the above information is complete and correct? YES/NO



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Appendix F: Cleaning Protocols

1. Clubs/NRL must make arrangements with their venues to ensure appropriate and professional cleaning of change-rooms, bathrooms and other places used by staff and players occurs before, between and after every event, and/or at least once per day.
2. Additionally, it is necessary that systematic cleaning of high touch surfaces and regularly used areas (incl all training areas, bathrooms, treatment/medical rooms) with disinfectant and/or bleach solutions (commercially available are appropriate) is undertaken at an appropriately set schedule.
3. The recommended frequency of cleaning high-touch cleaning is:
 - a. For very high use items or certain training equipment, between individual use.
 - b. For general high contact items in the environment every 3 hours, or if visibly soiled or contaminated.
4. Examples of general high touch surfaces in the environment are:
 - a. doorknobs and door jams/pushers, light switches, toilet door locks, buttons on cisterns, taps, parking meters, lift controls, remote controls, computer equipment (iPads and Phones, shared keyboards and mice), or any other thing that is touched by multiple people repeatedly in a single day. Goal post protectors. Planes and buses (where allowed). Dressing room fixtures, toilets and shower fixtures.
5. Examples of very high use items requiring cleaning between individuals:
 - a. tables, benches, gym equipment, massage tables, clinical treatment equipment in direct contact with patients, and similar items.
 - b. Stationery items (i.e. pens and folders)
 - c. balls at training (pre and post) and matches and balls touched by media/TV crews etc
 - d. NRL equipment (eg iPads for interchanges, SIS equipment etc)
6. NRL Players and staff are also asked to consider how they can minimise risks at their residence and in their vehicles by considering the advice here applied into their own personal context outside of Club and NRL venues.
7. Refer to the following guidance from the Federal Department of Health for further detail about cleaning and disinfection principles with COVID-19:
<https://www.health.gov.au/sites/default/files/documents/2020/03/environmental-cleaning-and-disinfection-principles-for-covid-19.pdf> and to Workplace Health and Safety Queensland's guide on PPE involved in cleaning:
https://www.worksafe.qld.gov.au/_data/assets/pdf_file/0005/191678/covid-19-overview-and-guide.pdf
8. All match and training clothing used/worn by players, officials (refs) and training staff must be provided by the Club at the venue and washed by the Club after each match under appropriate infectious diseases protocols.



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Appendix G: Project Apollo Protocols – Media Access

The NRL's biosecurity strategy is based around prevention of transmission of coronavirus.

Only persons who are listed on the Apollo Protocol Register and actively complying with this Protocol shall be permitted to access the Training Facility and Match-Day

The Apollo Protocol establishes a controlled environment in which training and matches can occur.

All media must adhere to the Apollo Protocol which stipulates a distance of 1.5m from players and Club officials must be maintained.

It is important to note there will be a minimum set of guidelines which all Clubs will need to adhere to in order to promote the sport through the Host Broadcasters and Media. Clubs must ensure they have adequate staff/protocols in place in order to adhere to these minimum standards.

Players and Staff must not touch media equipment.

Training

- A minimum of 15 minutes training vision remains a requirement – clubs are encouraged to work with broadcasters on pool vision opportunities and in-house production measures.
- Clubs must allocate a space on opposite side of ground from players and club officials for photographic and filming purposes to be approved by the NRL.
- Journalists, photographers and camera operators must not come within 1.5 metres of players, coaches or staff upon their arrival or exit from training venue.
- Media interviews may be held in person at training venues, under strict health protocols. All media must remain a minimum of 1.5 metres from players, coaching staff and officials
- Players, coaching staff and officials must not touch external equipment
- Should Clubs not be able to facilitate media interviews under these circumstances, Zoom or conference call interviews must be considered as an alternative

Media access – match day

- See NRL Apollo Match-Day Protocol

Media opportunities

- Clubs must make available a minimum of six players per week for General Media, over a minimum of two separate media opportunities.
- Clubs must make available Head Coaches in a separate media opportunity each week.

Set-up Images

- Set-up/portrait images are permitted, under strict health protocols. Players, officials and coaching staff must remain a minimum of 1.5 metres from photographers and accompanying equipment at all times.



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Appendix H: Project Apollo Protocols – Guidance on Home Quarantine Arrangements

1) What does “home quarantine” mean?

It means quarantining in your normal residence/household while the other members of the household go about their normal activities and are not under quarantine themselves.

That means that non-quarantined household members can:

- Go to school
- Go shopping
- Visit friends and relatives (at another location)
- Go to work

However, there are significant impacts of home quarantine that you need to think about before choosing to do it.

2) What does “quarantining separately from any other persons living on the premises” actually mean?

For the purpose of this requirement, this means that you:

- As much as possible, you should stay in a room away from others while you are at your home.
- Sleep in a separate room.
- Use a separate bathroom if it is possible.
- Avoid shared or communal areas.
- Avoid close contact with others, including touching, kissing, hugging and other intimate contact.
- Always cover your mouth when you sneeze or cough, preferably with a tissue or your sleeve when you don't have a tissue.
- Dispose of any used tissues immediately in a rubbish bin.
- It is very important to wash your hands with soap and running water for at least 20 seconds after you cough, sneeze, blow your nose. You can use alcohol-based hand rub if your hands are not visibly dirty.
- You should not share cups, glasses, plates, utensils, towels or bedding with others in your home. These items should not be used by others until they are cleaned thoroughly with detergent and water or in a dishwasher or washing machine.

The basic rule is that you must stay within your house unless doing NRL training or playing an NRL match.

For example, you cannot:

- Go shopping, even for essential items. These must be delivered, or others get them for you.
- Take the dog for a walk, get out for a bit, or go for a walk with other members of the household.



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- Exercise outside, or in a park, or elsewhere.
- Go to a café, restaurant or other establishment.
- Go outside of your property, and ideally not go outside the residence.
- Meet the neighbours, your friends or others, even at the fence line or border of your property.

You must at all times maintain 1.5m distance from others. This also includes others in your household who are not quarantining with you (e.g family, flatmates).

3) What if I live with a teammate or Club Official who are also subject to these Rules?

If you are all quarantining together for the same timeframe, then you do not need to keep apart from each other. You become a small quarantine “bubble”.

4) Can I be exempted from quarantine?

No. Exemptions are not possible.

If you breach quarantine this is likely to result in consequences for you and your Club. You may be required to “restart” your quarantine, depending on directions from QLD health. Breaching quarantine requirements are also associated with significant potential penalties from the government.

5) Can I change types of quarantine part way through the 14 days?

Not on your own. If any changes to quarantine requirements are needed this can only occur with the approval of the Apollo Project team.

6) If I am home quarantining, can the rest of my family have visitors/friends etc come over while I remain separate in another room?

No, this is not allowed.

7) Do I need to remain separate from pets while in home quarantine?

Yes. You need to stay away from pets if you are home quarantining and the pet cannot move between quarantined and non-quarantined individuals. If this is not achievable or realistic you may need to consider alternate arrangements for your pet or for your choice of quarantine.



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NRL: Apollo Club Protocol

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1. Preliminary

1.1. Purpose & Enforcement

- 1.1.1. The Apollo Protocols are issued as an enforceable Guideline to the *NRL Rules*.
- 1.1.2. The Apollo Protocols are intended to regulate the conduct of Clubs, Club Officials, Match Officials and Players in the process of re-starting and conducting the 2020 NRL Competition. The Apollo Protocols serve as the NRL's Professional Sporting Code COVIDSafe Plan.
- 1.1.3. The Apollo Protocols includes this Apollo Club Protocol, the Apollo Player Protocol and the Apollo Match-Day Protocol and other associated materials described as forming part of the Apollo Protocols.
- 1.1.4. The Protocols will be regularly reviewed for effectiveness and alignment with new public health advice.
- 1.1.5. A breach of any of the provisions of the Apollo Protocols may be enforced by the imposition of a penalty or penalties pursuant to Part 2 of the *NRL Rules* if a contravention of any of these provisions is found to have occurred.
- 1.1.6. Where any breach proceedings are commenced in relation to an alleged breach of this Protocol, the Player or Club Official shall immediately be provisionally suspended from having access to secure areas under this Protocol (including each Club's Training Facility and Match-Day Facilities) unless expressly permitted by the NRL.
- 1.1.7. For clarity, a reference in this document to "this Protocol" is a reference to the Apollo Club Protocol, unless otherwise indicated.

1.2. Who must comply with this Protocol

- 1.2.1. The Apollo Club Protocol establishes a controlled environment in which training and matches can occur.
- 1.2.2. Players and Club Officials who are seeking to access Club premises, training and match-day in secure areas must observe this Protocol.
- 1.2.3. Club staff who are not required to have access to these personnel or secure premises are not required to comply with this Protocol, however they must not have in-person contact with those Players and Club Officials complying with this Protocol, unless in the manner expressly provided below. Specific exemptions to this Rule 1.2.3 may be made by the NRL in order to facilitate the orderly conduct of Match-Day activities in certain venues.



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- 1.2.4. For convenience in this Protocol, "Players" and "Club Officials" refers to those Players and Club Officials who have agreed to be bound by this Protocol and are entered on the Club's Apollo Protocol Register (see below).
- 1.2.5. Compliance with these Protocols will be actively monitored by the NRL, including through use of compliance officers and the NRL Integrity & Compliance Unit. Compliance will also be monitored by relevant State Government authorities.
- 1.2.6. All Players and Club Officials, whether observing this Protocol or not, must do all things necessary to give effect to it and ensure that they are not breached.
- 1.3. Apollo Protocol Register**
- 1.3.1. Each Club must keep a register of the persons who are complying with these Protocols (the **Apollo Protocol Register**), including the date on which they commenced compliance. Contact details (name, address, phone number, email address) must be collected for all persons complying with the Protocols. These details will be kept by the NRL for 56 days after the expiration of the Protocols for the purposes of contact-tracing. A pro forma of the Apollo Protocol Register appears in the Appendix.
- 1.3.2. Only persons who are listed on the Apollo Protocol Register and actively complying with this Protocol shall be permitted to access the Training Facility and Match-Day (see below). When persons enter the Training Facility or Match Day venue the date and time period of their visit must be recorded.
- 1.3.3. Each Club must ensure that the NRL Football Department and NRL Chief Medical Officer are provided with an up-to-date copy of the Club's Apollo Protocol Register, and any additions or removals of personnel from the Register must be advised immediately.
- 1.3.4. Each Club's Apollo Protocol Register is at the time that this protocol is released limited to:
- a. A maximum of **55 person** for access to the Training Facility, comprising:
 - i. 36 Players; and
 - ii. 19 Club Officials, including the Chief Club Medical Officer¹ and a club masseuse²;
 - b. A maximum of **55 persons** for access to Match-Day, comprising:

¹ Or such other Club Medical Officer as has been approved by NRL, noting that the Chief Club Medical Officer must be involved in all important medical decisions.

² A Club may choose to have more than one masseuse but any additional masseuses will need to be part of the allocated group of officials.



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- i. 21 Selected Players ;
 - ii. Up to 13 Club Officials essential for Match-Day activities;
 - iii. Up to 15 back-up Players (who may be utilised in accordance with the provisions of the 2020 NRL Operations Manual and the Apollo Match-Day Protocol);
 - iv. up to 6 back-up Club Officials; and
 - v. An additional 2nd doctor (ACMO) for one or both clubs (as a permissible 56th person).
- 1.3.5. The composition and size of the Apollo Protocol Register may change from time to time on the advice of the Project Apollo specialist advisers, and due to changes in COVID-19 circumstances in Australia or elsewhere. These changes, subject to the consent of relevant regulatory bodies, will be released as interim protocol update for a specified period of time and supersede the relevant sections (i.e. 1.3.4).
- 1.4. Club Apollo Co-ordinator**
- 1.4.1. Every Club must appoint a Club Official on its Apollo Protocol Register to act as a single point of contact (**Apollo Co-ordinator**) to liaise with NRL and provide such information as is required by NRL concerning his or her Club's obligations under this Protocol are being observed.
- 1.5. Applications for Exemptions under this Protocol**
- 1.5.1. Any Player, Club Official or Club seeking exemption from compliance with one or more provisions of this Protocol must apply through their Club to the Project Apollo team through the Project Apollo Incident Response Coordinator (AIRC).
- 1.5.2. Any application for exemption must:
- a. Be in writing;
 - b. Identify the provision(s) of the Protocol from which exemption is sought;
 - c. Provide full reasons for the request for exemption, including supporting medical or other information where necessary.
- 1.5.3. Upon receipt of an application for exemption, the Head of Football:
- a. Will consider the application, including if necessary seeking the input of the Apollo Committee, NRL Medical or such other expert/individual as the Head of Football may consider necessary;



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- b. Take into consideration the requirements of the relevant Government authorities and where necessary consult the State's Chief Health Officer;
 - c. Advise the applicant in writing, through his or her Club, as to whether the application is approved in part or in full, denied or if other alternative arrangements are acceptable to NRL.
- 1.5.4. For the avoidance of doubt, any Player, Club Official or Club seeking an exemption under this Protocol must continue to comply with all aspects of the Protocol until in receipt of a written exemption from the NRL Head of Football.

2. Prevention & Education

2.1. General

- 2.1.1. The NRL's biosecurity strategy is based around prevention of transmission of coronavirus. Any vaccination or medication to treat COVID-19 may be 12 months away or more, and it is critical that Clubs, Players and Club Officials strictly observe the procedures in this Protocol around:
- a. Strict hygiene;
 - b. Temperature screening;
 - c. Symptom monitoring;
 - d. Home isolation;
 - e. Regular testing; and
 - f. Social distancing.
- 2.1.2. Below are key messages around hygiene procedures. For a full description of hygiene protocols, refer to the Apollo Medical Handbook in the Appendices to this Protocol.

2.2. Club Education & Training

- 2.2.1. Clubs must provide its Players and Club Officials with regular and continuing education and training on hygiene processes and reducing the risk of contraction/transmission of coronavirus. The content of this education must be confirmed with the Chief Club Medical Officer prior to dissemination.
- 2.2.2. In addition to the above, all Club Officials must complete the Australian Government's online training module on COVID-19 infection control prior to the commencement of training. The training module can be accessed at:



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<http://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>

- 2.2.3. Each Club must keep a record of the completion of the training module by each Club Official.

2.3. Personal Hygiene Procedures

- 2.3.1. Coronavirus is most easily spread by breathing in droplets from someone coughing or sneezing, or by touching a contaminated surface and then touching your eyes, nose or mouth.
- 2.3.2. Persons can best protect against this by:
- a. Washing hands properly and often, with soap and water;
 - b. Using alcohol-based hand sanitiser when hand washing is unavailable;
 - c. Covering sneezes and coughs with the elbow or a tissue, then washing or sanitising hands and discarding the tissue.
- 2.3.3. Players and Club Officials must wash/sanitise hands:
- a. Before and after eating
 - b. Before and after using the bathroom;
 - c. After training or matches
 - d. Between use of gym equipment
 - e. after touching any surface in a public space or at Club premise, avoiding direct skin contact wherever possible with high contact surfaces like lift buttons, door handles, light switches etc.
- 2.3.4. Gym equipment must be sanitised with an antiseptic wipe before and after its use by each Player.
- 2.3.5. Detailed hygiene protocols can be found in the Appendices.

3. Social Distancing/Home Isolation Protocols

3.1. General

- 3.1.1. Players and Club Officials who are nominated to access training and match-day environments must observe these self-isolation protocols. Only Club Officials



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who are essential to training and/or the delivery of Match-Day should be nominated and included on the Club's Apollo Register.

- 3.1.2. Where practically possible, Players and Club Officials should avoid being groups larger than 20 persons at a time, and prevent co-mingling of groups.
- 3.1.3. Breaches of the self-isolation protocols may result in disciplinary action under the NRL Rules. The breaching individual may also be immediately excluded from further participation in training or match-day until assessed and cleared by NRL Independent Medical Consultant.

3.2. Illness Reporting

- 3.2.1. Any Player or Club Official who becomes unwell, or otherwise displays any of the symptoms identified in Rule 5.1.1, must immediately self-isolate in their home and contact the Club Medical Officer for instructions. Where a Player or Club Official begins to show symptoms at the Club, training facility or match-day venue they should be removed from the site as soon as practical and self-isolate at home.
- 3.2.2. For all notifications under Rule 3.2.1, the Club Medical Officer must notify the NRL Independent Medical Consultant immediately.
- 3.2.3. Players and Club Officials must also complete and submit a Daily Health Confirmation – see Rule 5.2.

3.3. Home Isolation and Interaction with the Community

- 3.3.1. **Staying at the designated residence.** All Players and Club Officials must stay within the residence nominated in the Club Register (see Rule 1.3) unless attending the Club premises or match-day.
- 3.3.2. Any player or Club official who moves to Queensland from another state must adhere to the Queensland Border Restrictions Direction Number 5 and quarantine in their new place of residence for 14 days, unless they receive an exemption from the Queensland Chief Health Officer.
- 3.3.3. **Visits to non-resident family members.** Under exceptional circumstances Players or Club Officials may be permitted to visit non-resident family members such as parents. This is particularly the case for Players or Club Officials who reside alone. Approval must be sought from the Apollo Project team by submitting a QER to **Irrelevant** outlining the planned visit. Details about the individuals who will be present during the visit are required, including an assessment of their vulnerabilities.
- 3.3.4. **No isolation within a household is required.** Subject to any additional restrictions placed by the NRL Chief Medical Officer, NRL Independent Medical Consultant or Club Medical Officer, it is not necessary for Players or Club



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Officials to isolate from other members of their household (“household” being the persons who usually reside at that address).

- 3.3.5. **Important and essential household needs.** Players and Club Officials are permitted to leave their residence for both essential and important³ household, family or medical needs. Where possible the task should be undertaken by another member of the household. This does not include recreational or social activities; details regarding such activities are addressed below at 3.3.6 (Visitors), 3.3.8 (Community Interaction) and 3.4 (Public Exercise or Training).
- 3.3.6. **Number of visitors allowed in the residence, and per day.** Players and Club Officials are permitted to have no more than five visitors at their nominated residence at any one time, and no more than ten visitors in a single day. Social visits are allowed within this restriction, however none of the visitors can fall within a vulnerability or risk category as outlined in Appendix B or have any symptoms suggestive of COVID-19. If any visitors are assessed as having vulnerabilities, approval from the Project Apollo team must be sought.
- 3.3.7. **Keeping records of who is visiting.** Players and Club Officials must keep a record of the identity of visitors (names, telephone numbers and email addresses) to their residence and disclose this as part of Daily Reporting (see Rule 5.3).
- 3.3.8. **Community Interaction.** It is specifically permitted for members of a designated household unit (including non-resident partners and/or children) to go to a café, restaurant or other recreational activity (however 3.3.4 is noted) as a group in accordance with State and Territory restrictions. It is also permissible for households within an individual Club’s Apollo Register to visit each others’ residences (remaining compliant with 3.3.6), or go to attend the above activities as a group within community restrictions (not more than 10 persons in total). The following requirements apply:
 - i. No activities involving different households from between different Clubs is allowed. This is an important part of minimising COVID-19 transmission risk.
 - ii. The location that a household or group is planning to attend MUST NOT be located within a known COVID-19 hotspot or area designated as high risk. These areas will be periodically reviewed and distributed to Clubs by the Project Apollo team. If in doubt, or if you have concerns, you should ask for guidance from the Project Apollo by submitting a QER to **Irrelevant**

³ Important household activities are those that are not urgent or essential in nature, but are nevertheless important to the conduct of activities or daily living. These include necessary administrative, planning and maintenance activities that have been previously delayed or deferred. Players and their households are asked to apply the principle when deciding if an activity is important and/or necessary – “Can this activity be done in ways that do not involve exposure of me and my household to the community?”. If the answer is yes, it is requested that staff/players select the lower exposure option.



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- 3.3.9. **Travel to Queensland.** Interstate players and Club officials are not permitted to interact with the community, to visit family/friends or to undertake social recreational activities, whilst in Queensland. Public transport is not permitted for interstate players and Club officials whilst in Queensland.
- 3.3.10. **Hotspots –** The NRL will continue to monitor public health authority advice for COVID-19 Hotspots and Clubs, Players and Club Officials must follow any advice from NRL concerning measures related to COVID-19 Hotspots.

3.4. Public Exercise or Training

- 3.4.1. Exercise and training must be undertaken only:
 - a. at the Player or Club Official's home;
 - b. at the Club's Training Facility; or
 - c. . in public areas in groups of no more than 5 persons⁴.
- 3.4.2. Where a Player or Club Official trains privately at home or in public, they must not train with members of another Club's Apollo Protocol Register.
- 3.4.3. Essential household tasks such as walking the dog or taking children outside or to the park (in accordance with State and Territory restrictions) are permitted.
- 3.4.4. Individual or small group recreational activities such as golf, surfing and so on are also permitted but must comply with relevant State and Territory restrictions and the COVID-19 rules and regulations of the facility. When Players and Club Officials are visiting another State or Territory they must not undertake recreational activities in that place.

3.5. Social Distancing

- 3.5.1. Social distancing is a critical tool in the NRL's risk-mitigation strategy around COVID-19.
- 3.5.2. All persons bound by this Protocol must maintain a distance of 1.5m from other people, unless they are with members of their household, at the Club's Training Facility or during matches, or as far as practical when in the community.

3.6. Private Travel

- 3.6.1. Players and Club Officials are encouraged to travel only for important or necessary purposes and should avoid travel most of the time (see Rule 3.3.5). It is expected that, apart from travel for important or necessary purposes,

⁴ Training in public in groups larger than 5 persons is permitted when conducted as part of formal Club training – see Rule 6.2.3 and 7.5.3.

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private travel will be limited to that between the Player or Club Official's residence and the Training Facility.

- 3.6.2. Travel should be in the Player or Club Official's own car. In cases of exceptional need, two (but no more than two) persons may share a car. Hard surfaces in the car (steering wheel, gear selector etc) should be wiped down regularly with disinfectant wipes.
- 3.6.3. Any requests for variations on 3.6.2 must be raised through the Club Medical Officer to the NRL Chief Medical Officers(s).
- 3.6.4. Use of public transport, taxis or ride-sharing (Uber, Ola etc) is permitted for important or necessary travel only (if no other option is available). Appropriate respiratory protection (i.e. a face mask) must be worn at all times. Social distancing, hand-hygiene and contamination avoidance must also be adhered to.
- 3.6.5. For travel to and from matches, see Rule 9.

3.7. Secondary employment or Training and Education Activities.

- 3.7.1. Players or Club Officials may wish to undertake secondary employment, or participate in training and education activities, with the approval of their Club and in accordance with this Rule 3.7.
- 3.7.2. Certain kinds of secondary employment and training and education activities are associated with higher levels of COVID-19 risk.
- 3.7.3. Where possible secondary employment, training and education activities should be conducted online or by distance education where this is feasible.
- 3.7.4. Where this is not feasible, specific approval must be sought through the Project Apollo team by submitting a QER to **Irrelevant**. Requests for approval must include detailed information about the nature of the activity, what risk mitigations are already planned, the timings of the activities and any other relevant information.

4. Pre-Training Assessments

4.1. Household Screening

- 4.1.1. Prior to recommencing training or introduction of new members to the Club Apollo Protocol Register, the Club Medical Officer must undertake Household Screening for each Player and Club Official on the Apollo Protocol Register in the form set out in the Appendix (Household Screening Questions). The Household Screening will assess matters such as:



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- a. Whether there are members of the Player or Club Official's household who are at high risk in relation to COVID-19;
 - b. Whether consideration should be given to relocating persons to alternative accommodation, or to implementing additional precautions to mitigate the risk of spreading COVID-19 to vulnerable individuals.
- 4.1.2. The results of each Household Screening must be provided to the NRL Independent Medical Officer as soon as practicable upon completion, and identified issues discussed and resolved with the NRL Independent Medical Officer. All Household screenings require pre-approval by the NRL Independent Medical Officer before any new individual is allowed entry into the Club "bubble".
- 4.1.3. Where the Household Screening results in a recommendation that a Player or Club Official's living arrangements be altered whilst they are subject to this Protocol, the individual and his or her Club will raise the matter to NRL Independent Medical for a decision in conjunction with the NRL. If a Player or Club Official has a partner or other person not residing in their household, but who will be visiting the Player or Club Official's household, the non-residing partner and their household must be screened following the same process as described above.
- 4.2. Pre-Training Health Assessment**
- 4.2.1. Prior to recommencing training or introduction of new members to the Club Apollo Protocol Register, the Club Medical Officer must undertake a Pre-Training Health Assessment of each Player and Club Official on the Apollo Protocol Register in the form set out in the Appendices (Pre-Training Assessment).
 - 4.2.2. The Pre-Training Health Assessment must include documentary confirmation from the Player or Club Official of the following current vaccinations:
 - a. Influenza vaccination; and
 - b. Pneumococcal vaccination (Indigenous Players and Club Officials).
 - 4.2.3. Persons who do not have the requisite vaccinations will not be permitted access to the Training Facility, or to train or play for the Club, unless they have an approved exemption⁵.

⁵ Requests for exemptions to vaccination policy on grounds of both medical contraindication, or because of conscientious objection, must be raised to the Chief Club MO for consideration. A formal waiver of liability relating to any conscientious objection to vaccination must be completed prior to a player being permitted to be involved in Project Apollo. Medical contraindications to vaccination must be confirmed and managed by the Chief Club MO. The numbers of exemptions will be closely monitored by the NRL CMO in order to properly



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- 4.2.4. The results of each Pre-Training Health Assessment must be provided to the NRL Independent Medical Officer as soon as practicable upon completion.

5. Daily Monitoring

5.1. Immediate Reporting for illness/COVID-19 symptoms

- 5.1.1. Any Player or Club Official who becomes sick or experiences any of the below symptoms must immediately contact the Club Medical Officer and follow their instructions:
- a. a cough
 - b. A sore throat
 - c. a tickle in your throat or a scratchy throat
 - d. a runny nose
 - e. any shortness of breath or difficulty breathing,
 - f. any pain on swallowing
 - g. any chills
 - h. any generalised muscle aches or pain which you haven't had before
 - i. any headache
 - j. any loss of taste or smell
 - k. any gastro symptoms (off food, vomiting, diarrhoea, stomach cramps)
 - l. Any other symptom listed in the Daily Health Confirmation (see below).
- 5.1.2. The Club Medical Officer must be contacted immediately if **any member of the Player or Club Official's household** experience symptoms or become sick.
- 5.1.3. The Club Medical Officer must be contacted immediately if a non-residing partner or any member of the Player or Club Official's household experience symptoms or become sick

manage potential risks of harm to individuals and the NRL worker population from infectious disease across the season. Staff or players who reside in or are travelling to Queensland, where vaccination is required by the Queensland Government, are advised that failure to vaccinate will rule them out of participating in NRL activities in Queensland (unless where there is a medical contraindication).



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- 5.1.4. In any case where the Club Medical Officer is advised under this Rule, they must contact NRL Independent Medical for a decision on the appropriate course of action.

5.2. Daily Health Confirmation

- 5.2.1. Every Player and Club Official observing this Protocol must complete the **Daily Health Confirmation App** each day (as per the form set out the Appendices (Daily Health Assessment). This will be checked upon entry to any Club facility, transport or Matches. Any alerts will be followed up initially by the Club Doctor. A permanent record of this submission for every Player must be kept by NRL Executive, and accessible to the NRL Independent Medical Officer.
- 5.2.2. As part of the Daily Health Confirmation, each Player and Club Official must:
- Declare whether they have experienced any of defined range of COVID-19 related symptoms in the past 24 hours, including fevers, respiratory or gastrointestinal symptoms;
 - Provide a temperature reading using an approved or provided thermometer;
 - Declare whether any member of the Player or Club Official's household has been sick, or experienced symptoms or an elevated temperature, in the last 24 hours.
- 5.2.3. The Daily Health Confirmation must be completed and submitted at the time notified by NRL Chief Medical Officer.

5.3. Daily Whereabouts Confirmation

- 5.3.1. Every Player and Club Official observing this Protocol must complete a **Daily Whereabouts Confirmation** in the form set out the Appendices (Daily Whereabouts Confirmation. The confirmation will be made available securely online on a dedicated mobile App.
- 5.3.2. As part of the Daily Whereabouts Confirmation, each Player and Club Official must:
- Detail their whereabouts during the past 24 hours;
 - List the persons with whom they have interacted within the past 24 hours;
 - Provide the details of who visited their household.
- 5.3.3. The Daily Whereabouts Confirmation must be completed and submitted at the time notified by NRL Chief Medical Officer.



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5.4. Failure to submit Health or Whereabouts Confirmations

- 5.4.1. Compliance with the Daily Health and Whereabouts Confirmations are a critical part of the delivery of the Apollo Protocol.
- 5.4.2. Any Player or Club Official who fails to correctly complete and submit the Confirmations on time:
 - a. May be refused entry to the Training Facility or Match-Day until independently assessed and approved by NRL Independent Medical – depending on the circumstances this may be a significant period of time due to biosecurity requirements; and/or
 - b. Be issued with breach proceedings under the NRL Rules.
 - c. May put their Club in a position of liability or risk in relation to Work, Health and Safety requirements.

5.5. Audits and Checks

- 5.5.1. Compliance and assurance is an essential component to managing the risks to the NRL and to Clubs. Information provided by Players and Club Officials must be complete and accurate to their knowledge.
- 5.5.2. Both the NRL and Clubs will be responsible for various aspects of compliance and assurance activities in relation to Project Apollo. These will include:
 - a. Periodic and random auditing and checking on Players and Club Officials to ensure compliance, and provide documentary evidence of compliance to regulators. This may be as often as daily and may include attendance at the Player or Club Official's stated whereabouts residence.
 - b. Checking and auditing Clubs to ensure compliance with operational level risk controls, such as fencing requirements, social distancing systems, cleaning implementation and other requirements.
 - c. Consolidating documentary evidence of training and education activities.
 - d. Regularly reviewing the effectiveness and completeness of risk management strategies and the compliance and assurance activities.
- 5.5.3. Clubs must follow any directions from the NRL in relation to auditing, monitoring and reporting compliance with this Protocol.
- 5.5.4. Reports relating to compliance and assurance activities may be provided, confidentially, to regulatory agencies in order to meet requirements for the conduct of the 2020 season.



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5.5.5. It is a condition of each Player and Club Official being entered on a Club's Apollo Protocol Register that the individual consents to the provision of information obtained during the Daily Health Confirmation, Daily Whereabouts Confirmations and the audit processes above to the NRL, its advisers and such regulatory agencies as the NRL in its absolute discretion considers necessary. Clubs must ensure that each Player and Club Official on its Apollo Protocol Register is aware of this essential condition.

5.6. Provision of False and/or Misleading Information.

5.6.1. All Player and Club Officials must at all times provide complete and accurate information in relation to any obligations under this Protocol. This includes on obligation to volunteer information which is relevant to the proper operation of these Protocols.

5.6.2. A failure to provide complete and accurate information, or the provision of false or misleading information in relation to the requirements outlined in this section or any other obligation or requirement in this Protocol, is a breach of this Protocol and may have other consequences for the individual and his Club. Examples of such conduct would include:

- a. Deliberately failing to disclose or report symptoms consistent with coronavirus as outlined in this Protocol;
- b. Failing to disclose significant personal health information relating to coronavirus risk, such as a significant vulnerability to coronavirus;
- c. Providing false or misleading information in relation to pre-season medical evaluation;
- d. Providing inaccurate or misleading information on the various questionnaires, surveys and data collection tools part of Project Apollo policy;
- e. Providing false information regarding whereabouts or other information required in this protocol;
- f. Either individually, or colluding with others, to knowingly and deliberately circumvent or undermine the measures and requirements outlined in the Project Apollo strategy.

5.6.3. Any Player or Club Official who knowingly fails to provide complete and accurate information, or who knowingly provides false or misleading information in relation to Project Apollo operations:

- a. May be refused entry to the Training Facility or Match-Day until independently assessed and approved by NRL Independent Medical –



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depending on the circumstances this may be a significant period of time due to biosecurity requirements; and/or

- b. Be issued with breach proceedings under the NRL Rules.
- c. May put their Club in a position of liability or risk in relation to Work, Health and Safety requirements.
- d. May be subject to other legal action by the NRL or other bodies.

6. Club Premises & Training Facility

6.1. Club Premises

- 6.1.1. Club premises must observe all current Government regulations and advice concerning COVID-19, including facilitating social distancing.
- 6.1.2. Where possible, Club staff not observing this Protocol should work remotely and limit their contact with the Club premises.
- 6.1.3. Couriers and other deliveries are not permitted inside Club premises. Couriers/delivery drivers should be directed to leave packages outside for pick-up. Where goods are to be signed for, electronic acknowledgment of goods requiring no-touch is preferred.

6.2. Training Facility

- 6.2.1. Every Club must designate an area within its Clubs premises which is the Training Facility.
- 6.2.2. Training (including recovery sessions) must only occur within designated Training Facility areas.
- 6.2.3. Additional training areas can include beach areas, outdoor grassed, adventurous or open areas and must only be used when not crowded by the general public.
- 6.2.4. Outdoor gym equipment must not be utilised if it is being utilised at the same time by the general public. Outdoor gym equipment handles and bars should be wiped down with a disinfectant (e.g. Clorox wipe) prior to use and after use by the group.
- 6.2.5. Clubs are required to declare to the Apollo Project team by submitting a QER to **Irrelevant** what additional areas outside of the Training Facility they are proposing to utilise for training.
- 6.2.6. The Training Facility must include:



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- a. the Club training field;
 - b. the area housing the Club's gym;
 - c. medical rooms and facilities for conducting medical assessments, physiotherapy, massage and other
 - d. the Players' common room/dining facilities;
 - e. sufficient space for Club Officials to perform their duties, including for coaches and high performance staff.
- 6.2.7. Access to the Training Facility must be limited only to those Players and Club Officials who are entered on the Apollo Protocol Register (see Rule 1.3) and observing this Protocol during the times that the team will be training. If the Training Facility is being shared with other teams, codes or the public, then sharing can only occur at times separate to NRL training.
- 6.2.8. Where these areas are spread across a Club's premises, the Club must put in place measures to ensure that the Training Facility areas are not accessible to other staff or members of the public at the time that the training is occurring. Access to the Training Facility must be limited to a single access point (see Rule 6.3 below) during these times.
- 6.2.9. Players and Club Officials observing this Protocol must not access those areas of the Club premises that are not designated part of the Training Facility, except as provided for in Rule Error! Reference source not found. below.
- 6.2.10. Clubs must ensure that all team rooms and common areas within the Training Facility have hand washing facilities (water and soap) or alcohol-based hand sanitiser available (hand washing facilities are preferred).
- 6.2.11. Where it is essential for a Player or Club Official observing this Protocol to meet with other Club Officials not observing this Protocol (e.g. a Club CEO), the Player/Club Official may attend other areas of the Club premises outside of the Training Facility for the purposes of that meeting, subject to the following requirements being met:
- a. The duration of the meeting must be kept as short as is practicable;
 - b. Social distancing of 1.5m must be maintained between the attendees;
 - c. The number of people in a meeting area must not exceed 4m² per person.
 - d. Non-isolation individuals who are either vulnerable for COVID-19 or have potential COVID-19 symptoms must be excluded.



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- e. The interaction must be documented on the Player or Club Official's Daily Whereabouts Confirmation (see Rule 5.3);
- f. At no time will attendees not on the Club's Apollo Register access the Training Facility for the purposes of the meeting.

6.3. Single Access Point to Training Facility (Assessment Point)

- 6.3.1. Each Club must ensure that the Training Facility is accessible by a single entry point only. All other access points to the Training Facility areas must be permanently locked.
- 6.3.2. At the single entry to the Training Facility, the Club shall establish an Assessment Point. The Assessment Point will allow the Club to:
 - a. Prevent entry to the Training Facility by persons not on the Club's Apollo Protocol Register;
 - b. Screen authorised Players and Club Officials before every entry to the Training Facility (see Rule 6.5 below).
- 6.3.3. The Assessment Point must be located immediately outside the physical entry point to the Training Facility – it is not permissible to have the Assessment Point elsewhere within the Training Facility.
- 6.3.4. Each Club may design an Assessment Point to best fit its Training Facility. It is suggested that an Assessment Point include:
 - a. Coverage sufficient to allow assessments to take place in wet weather;
 - b. Table/tables for Club Officials manning the Assessment Point;
 - c. other requirements to be advised by NRL Chief Medical Officer.
- 6.3.5. The Assessment Point must make provision for social distancing – all persons attending the Assessment Point must be able to maintain a 1.5m distance between each other at all time. Floor or other markings must be used to help judge and maintain these distances. This is important as individuals who do not pass the entry screening process will be required to leave the Assessment Point and undergo off-site assessment.

6.4. Staffing at Assessment Point

- 6.4.1. During training hours, the Assessment Point must be attended by two Club Officials (who are on the Apollo Protocol Register and observing this Protocol) who have been trained and approved by the Chief Club Medical Officer in administering entry assessments.



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- 6.4.2. Club Officials at the Assessment Point must wear protective clothing as prescribed by the Chief Club Medical Officer and NRL Chief Medical Officer.

6.5. Procedure for Entry to Training Facility

- 6.5.1. Player and Club Officials entering the Training Facility must be assessed before being permitted to enter beyond the Assessment Point.

- 6.5.2. Each Club may design its own procedure for processing Players and Club Officials at the Assessment Point. Any procedure must be approved by the Chief Club Medical Officer and NRL Chief Medical Officer and include:

- a. Directions for all individuals to proceed directly from their transport to the Assessment Point for assessment;
- b. The maintenance of social distancing during assessment or waiting for assessment – this may include a procedure where individuals are directed to wait in their cars upon arrival at the Club and only approach the Assessment Point when called via text message etc. to avoid bottlenecks at the Assessment Point.

- 6.5.3. At the Assessment Point, Players and Club Officials must undergo an admission assessment, under which they must:

- a. Confirm that neither they nor any member of their household have experienced any of the specified symptoms of COVID-19 as outlined by the Communicable Diseases Network Australia's National Guidelines in the preceding 24 hours (including showing completion of the Daily Health Confirmation App for that day);
- b. Confirm that they have observed the home isolation and other protocols concerning;
- c. Submit to and pass an individual temperature check (administered in accordance with instructions from the Chief Club Medical Officer) which records a temperature of 37.2c or less.
- d. Declare whether they have travelled overseas or been within a COVID-19 hotspot (either as advised by public health authorities or by the NRL) within the last 14 days;
- e. Declare whether they are positive for COVID-19 to their knowledge.

- 6.5.4. Declare if they have been in close contact with a person who is positive for COVID-19 to the best of their knowledge. Players and Officials who pass these requirements will be granted immediate access to the Training Facility.



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- 6.5.5. Players and Officials who are positive for COVID-19, have been in close contact with a person who is positive for COVID-19 or travelled overseas in the last 14 days will not be permitted to access the Training Facility.
- 6.6. Where an individual does not pass admission assessment**
- 6.6.1. There may be many reasons why a Player or Club Official does not initially meet the requirements of the admission assessment. This does not mean that the individual is suspected to have contracted COVID-19 or is considered a significant risk, but that further assessment is required.
- 6.6.2. Each Club must design a procedure for managing individuals who do not meet the criteria for immediate entry to the Training Facility. This procedure must be approved by the Chief Club Medical Officer and NRL Chief Medical Officer and include the following:
- a. Individuals recording a temperature of between 37.3c and 37.4c must be directed to return to their car (alone) or another designated safe area where they are isolated from others for 15 minutes. At the expiry of the 15 minute period the individual must be temperature tested again. If the result is replicated in the above range, the individual NOT may be admitted to the Training Facility but must be temperature tested by the Club again in 24 hours – regardless of whether training is schedule within that period.
- Individuals whose temperature records as 37.2c or less may be admitted to Training Facility as per normal procedures.
- If the Player or Club Official has shared transport and one of the occupants fail temperature testing under (a) above, individual arrangements for transport home for each individual will be made by the Club.
- b. Individuals recording a temperature of 37.5c or above, either initially or following a re-test, must be denied access to the Training Facility and immediately sent to off-site assessment by the Club Medical Officer in accordance with the procedure set by the NRL Chief Medical Officer, and the NRL Independent Medical Officer must also be notified.
 - c. Individuals who report symptoms personally or within their household, or otherwise report non-compliance with home isolation must be immediately sent to off-site assessment.
- 6.7. Off-Site Assessment**
- 6.7.1. Any individual who is referred for off-site assessment must go directly to the designated place – they must not return home or have any contact with others

