

COVID Player Guidelines

1. STAY INFORMED

- Visit the [QLD Government Website](#) for updates.
- Download the COVID Safe app.

2. MONITOR YOUR HEALTH

- Stay home if you are unwell or have been in close contact with someone who is unwell.
- Get tested! If you are showing symptoms, head to a testing clinic. You must stay home until you get the results from your tests and your symptoms resolve. Do not attend your game if you are waiting for your results.
- Take extra precautions if you have a pre-existing medical condition which places you at a higher risk of contracting the virus.

3. WEAR A MASK

- **Indoor Sport** (volleyball) - You must wear a mask when you are not playing. This includes upon arrival to the venue, while you are on the sideline (subbed off) and upon departure from the venue.
- **Outdoor Sports** (Netball, Touch, Soccer) - You **must** wear a mask if you are unable to social distance (stay more than 1.5m from other people). This includes upon arrival to the venue, while you are on the sideline (subbed off) and upon departure from the venue.

4. BE HYGIENIC

- Wash your hands using hand wash or sanitiser regularly.
- Avoid touching your face with your hands during the game.
- Do not share items such as water bottles or towels.
- Cover coughs and sneezes using your elbow.
- Limit the exchanging of bibs and playing shirts during the game.
- Shower at home immediately after your game.

5. SIGN IN

- Sign in before your game each week for contact tracing purposes.
- Spectators must sign in by scanning the QR code upon entry. **NO SPECTATORS** between **Thursday 1st April - Thursday 15th April**.

6. KEEP YOUR DISTANCE

- Maintain a 1.5m distance from other players while off the field or court.
- Do not mingle with other teams before or after your game.
- Avoid unnecessary physical contact and fist bump instead of shaking hands.
- Refrain from bringing spectators to the game unless essential.

7. GET IN AND GET OUT

- Use specific venue entry and exit points as specified.
- Arrive 10 minutes before you play and leave immediately after your game to limit the crossover between players from different game time slots.
- Do not linger around the venue or car park after your game.

8. CONTACT US

- Report any player who is showing flu-like symptoms to the Convenor immediately.
- Report any player or team that is not complying with these guidelines to the Sports Coordinator or Convenor.
- Notify the Sports Coordinator on 07 3138 2928 or sport@qutguild.com if you test positive to COVID so the appropriate steps can be taken.

9. RESOURCES

- [QLD Government Website](#)
- [QLD Health Website](#)
- [QUT Guild Social Sport Facebook](#)