

## COVID Player Guidelines

### 1. STAY INFORMED

- Visit the QLD Government website for regular updates.
- Download the COVID Safe app.

### 2. MONITOR YOUR HEALTH

- Stay home if you are unwell or exhibiting flu-like symptoms.
- Take extra precautions if you have a pre-existing medical condition which places you at a higher risk of contracting the virus.

### 3. 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.

### 4. SIGN IN

- Sign in before your game each week for contact tracing purposes.

### 5. 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. LET US KNOW

- 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](mailto:sport@qutguild.com) if you test positive to COVID so the appropriate steps can be taken.

### 9. RESOURCES

- [Queensland Government Website - COVID-19](#)
- [Queensland Health Website](#)
- [COVID Safe app](#)
- [QUT Guild Social Sport Facebook](#)