

Form 338 COVID-19 Sport and Recreation Induction Record

All participants, volunteers & referees



Name:

Sports and Competitions:

The below training is to be undertaken as a COVID-19 Induction.
It is to be completed prior to returning to recreational activities at JCU.
Please scan (or photograph) this form and attach it with a copy of your completed COVID Safe Return to Play Guide certification to: **sport@jcu.edu.au**.

QLD Fitness, Sport & Recreation - COVID Safe Return to Play Guide certification

To be completed

Date completed & signature

Online QLD Fitness, Sport & Recreation - COVID Safe Return to Play Guide
- <https://www.aqia.org.au/covidsafety/> - **Please send us a copy of your certificate along with this checklist.**

- Coronavirus – the new normal
 - Watch a short movie about moving forward in a world with COVID-19 video - [Link](#)
- Social distancing
 - Watch Social distancing video - [Link](#) and
 - Watch the COVID Safe App video – [Link](#). This app is encouraged but not enforced.
- Hygiene & Preventing the spread of infection:
 - Watch hygiene video – [Link](#)
 - Watch how to wash your hands video – [Link](#)
 - Stopping the spread video - [Link](#)

Please tick **all** competitions and sports that apply to you and visit the associated link and read the information provided. Once you've completed the training sign off in the right-hand column. Please ensure this is hand-written, scanned and returned to sport@jcu.edu.au.

Fisher shield

- Volleyball – [Link](#)
- Soccer – [Link](#)
- Cross Country- [Link](#)
- Netball- [Link](#)
- Touch Football -[Link](#)

Inter faculty sport

- Basketball - [Link](#)
- Rugby League - [Link](#)
- Netball - [Link](#)

Social sport

- Touch Football - [Link](#)
- Netball - [Link](#)
- 6-a-side Soccer - [Link](#)
- Beach Volleyball - [Link](#)
- Rounders - [Link](#)

To be completed	Date completed & signature
<p>Psychosocial Risks – Please visit and read the information on the following links which address mental wellbeing during the pandemic.</p> <p><input type="checkbox"/> https://coronavirus.beyondblue.org.au/</p> <p><input type="checkbox"/> https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf</p>	
Disclaimer:	
<p><input type="checkbox"/> I will limit contact with others and not partake in handshaking, hugging, kissing, high 5s, spitting or touching objects unless necessarily and adhere to 1.5m social distancing and 1 person per 4m2.</p> <p><input type="checkbox"/> I will limit the spread of germs, including by not touching my sneezing into their elbow, people should cover their coughs or sneezes with an elbow or tissue, dispose of the tissue immediately and wash their hands, and avoid touching their face.</p> <p><input type="checkbox"/> I will follow the below good hygiene measures to limit the spread of the COVID-19 virus by:</p> <ul style="list-style-type: none"> ▪ Covering coughs and sneezes with an elbow or a tissue; ▪ Avoiding touching the face, eyes, nose and mouth; ▪ Disposing of tissues hygienically; ▪ Disinfecting shared equipment; ▪ Ensure a clean body, hair (including facial hair) and clothes for competition; ▪ Staying more than 1.5 metres away from others when possible; ▪ Not shaking hands and avoiding any other close physical contact where possible; ▪ Not spitting; ▪ Using my own water bottle and pen and not sharing items; and ▪ Cleaning up after myself, placing rubbish in bins provided and avoiding putting items such as phones on meal surfaces and <p><input type="checkbox"/> If I test positive for COVID-19 or feel sick in any way, I will:</p> <ul style="list-style-type: none"> ▪ Self-isolate; ▪ Follow the instructions of health authorities; ▪ Inform the sport@jcu.edu.au team as well as your teammates; and ▪ Not attend campus sports or any event where other persons are present. <p><input type="checkbox"/> I know how to wash my hands effectively and to use soap and water for at least 20 seconds and will wash my hands:</p> <ul style="list-style-type: none"> ▪ Before and after eating; ▪ After coughing or sneezing; ▪ After going to the toilet; ▪ After changing tasks; and ▪ After touching potentially contaminated surfaces. <p><input type="checkbox"/> I know how to apply hand sanitiser correctly.</p> <p><input type="checkbox"/> I will not attend sporting activities when unwell.</p> <p><input type="checkbox"/> I understand that if I am observed to be reasonably displaying symptoms (e.g. persistent coughing) of COVID-19, I will be asked to leave.</p>	
Please Tick once you understand and Sign below.	
<p>Note: <i>Vulnerable people</i> to COVID-19 include a person who is:</p> <p>70 years or older, 65 years or older with chronic medical conditions, an Aboriginal and Torres Strait Islander person who is 50 years or older with one or more chronic medical conditions, significantly immunocompromised or taking immunosuppression therapy, experiencing a chronic medical condition, including: chronic renal failure, coronary heart disease or congestive heart failure, chronic lung disease including severe asthma (for which frequent medical consultations or the use of multiple medications is required), cystic fibrosis, bronchiectasis, superlative lung disease, chronic obstructive pulmonary disease or chronic emphysema, poorly controlled diabetes and poorly controlled hypertension.</p>	
Signature:	Date: