



Message from the President

Geelong Rams Rugby Union Club actions in response to the Coronavirus (COVID 19)

As you will all be aware of the reports within the news about the spread of coronavirus, Geelong Rams Rugby Club are introducing the following:

- All players attending training are to bring their own water bottle for their personal use, at no stage are players, coaches, managers to share water bottles, if a player doesn't bring a water bottle then disposable cups will be available in the clubhouse for use.
- There will be hand sanitizer available and placed around the club rooms for all players and attendees to use.
- Anyone with flu-symptoms should avoid the risk of spreading their infection, whatever that infection may be, by staying at home and recovering.
- Attendees and participants attending any events should stay up to date on the governments latest advice on how to avoid catching or spreading the virus.
- As the situation progresses, we might advise the frail, elderly and those with pre-existing health conditions (to be defined) to stay away from gatherings as part of general advice aimed at minimising unnecessary contact with others.

Advice for players:

- Greet teammates, friends etc with a fist bump or a wave not a handshake, kiss or hug.
- Wash your hands before and after training.

What all of us can do to reduce the risk of catching Coronavirus:

- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze. See Catch it, Bin it, Kill it.
- Put used tissues in the bin straight away.
- Wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available. See hand washing guidance.
- Try to avoid close contact with people who are unwell.
- Clean and disinfect frequently touched objects and surfaces.
- Do not touch your eyes, nose or mouth if your hands are not clean

Richard Haugh

Geelong Rugby Club President

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