

Let's Play Rugby!



Return to Play Requirements 2020
UPDATE 28-Dec-2020

TEAMWORK | RESPECT | ENJOYMENT | DISCIPLINE | SPORTSMANSHIP



Introduction

This is a guide to help all ages train for and play rugby, whilst working together and using our club facilities safely.

The guidance follows our risk assessment and our current understanding of what is permitted, in recognition of HM Government COVID-19 guidelines and England Rugby guidance.

ADHERENCE TO THIS GUIDANCE ALLOWS US AS A CLUB TO MOVE TO STAGE E ON THE RETURN TO RUGBY ROAD MAP.

PLEASE SEE THE COVID PAGE ON OUR WEBSITE FOR DOCUMENTS & RESOURCES.

Let's look out for each other and Let's Play Rugby!



England Rugby Road Map



RETURN TO RUGBY ROAD MAP: COMMUNITY GAME

	CURRENT STATUS					
PHASED RETURN	A 	B 	C 	D 	E 	F 
	INDIVIDUAL TRAINING WITH ONE OTHER PERSON	SMALL GROUP TRAINING	LARGER GROUP TRAINING: LIMITED F2F/ CLOSE CONTACT	WHOLE TEAM TRAINING: INCREASED F2F/ CLOSE CONTACT	RETURN OF ADAPTED CONTACT TRAINING AND FIXTURES	RETURN TO MATCH PLAY
WHAT IT COULD LOOK LIKE	<p>Exercise with one other person: fitness training or physical development</p> <p>Maintain social distance</p> <p>No equipment sharing</p>	<p>Exercise within a small group (Up to 6) & maintain social distance</p> <p>No face to face (F2F) /close contact</p> <p>Equipment sharing kept to a minimum</p>	<p>Exercise with a larger group</p> <p>Social distancing potentially not required at all times</p> <p>Limited F2F & close contact exposure could now be permitted</p>	<p>Exercise with a larger group</p> <p>Social distancing potentially not required at all times</p> <p>Increase in level of F2F & close contact exposure could be permitted</p>	<p>Increased contact training permitted</p> <p>Contact fixtures under low variations permitted from 18th December 2020</p>	<p>Competitive rugby can recommence.</p> <p>Could include some form of adapted activity dependent on COVID-19 mitigation</p>

STRONG HAND HYGIENE TO BE ADHERED TO AT ALL STAGES

LIKELY TRIGGER TO MOVE TO THIS STAGE	STAGE A	STAGE B	STAGE C	STAGE D	STAGE E	STAGE F
Individuals allowed to exercise with someone from another household	Expansion in numbers allowed to meet together	Further expansion of group size rules & relaxation of social distancing	Further easing of group size rules & social distancing	Relaxation of restrictions on outdoor contact sports	Social distancing removed completely	
Equipment sharing allowed if supported by hand hygiene	Risk of rugby training F2F & close contact exposure deemed low enough to allow limited introduction to some traditional training activities	Risk of rugby training F2F & close contact exposure deemed low enough to allow increased participation in some traditional training activities	Low variations reduce risk of F2F & close contact exposure low enough to allow progression to adapted contact matches and training activities	Risk of F2F & close contact exposure low enough to allow unrestricted F2F & close contact match activities		
						

TIMESCALES TO ALLOW PROGRESSION BETWEEN STAGES WILL BE CAREFULLY MANAGED AND DETERMINED BY MEDICAL & GOVERNMENT ADVICE. REGULAR UPDATES WILL BE ISSUED BY THE RFU ALONG WITH DETAILED GUIDANCE AS EACH PROGRESSION TAKES PLACE

Guidance may change from time to time. You should consult current COVID guidance from England Rugby and HM Government

England Rugby Stage Guidance



England Rugby have published stage by stage

All Coaches, Team Managers, First Aiders, Volunteers and Officials shall familiarize themselves with the guidance

To access the guidance document via the England Rugby website [CLICK HERE](#)



England Rugby Contact Guidance

England Rugby have published more detailed guidance on adapted contact rugby activity

A move to contact training is at each Head Coach's discretion, based on the needs and attitudes in the team, who shall ensure sufficient contact training prior to playing contact matches

All Coaches, Team Managers, First Aiders, Volunteers and Officials shall familiarise themselves with the guidance

To access the guidance document via the England Rugby website [CLICK HERE](#)



Key Control Measures

- Strictly follow the current England Rugby and HM Government advice
- Ensure all Coaches, Team Managers, First Aiders, Volunteers and Officials understand the latest risk assessment and implement the allocated control measures at the specified time
- For the latest risk assessment associated with these requirements please see the Covid-19 section on our website

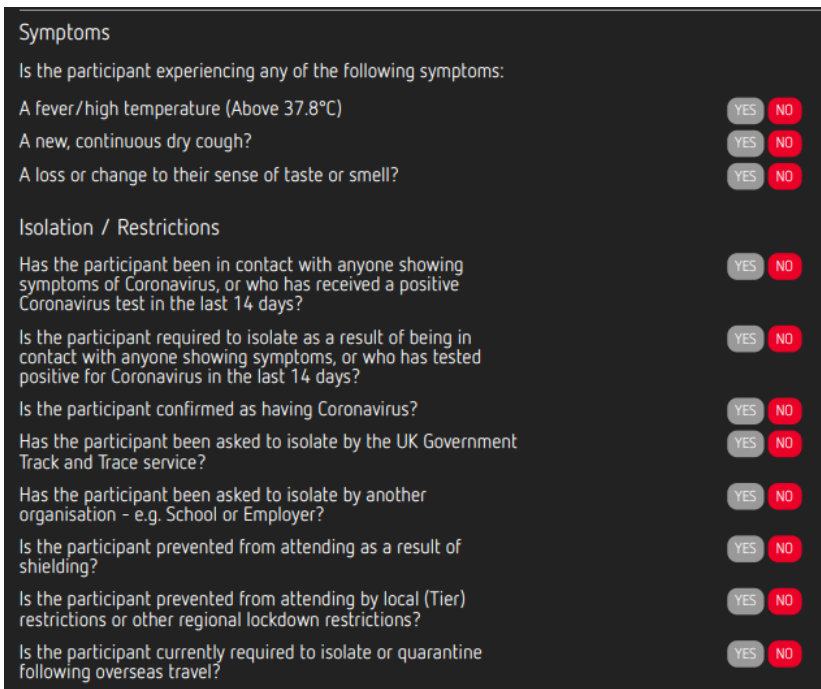


Self Screen – Fit to Play

All proposed Participants for a session organized by WRUFC shall complete an online Self Screening prior to attending the session

Participants include: Players, Coaches, Team Managers, First Aiders, Volunteers, Officials.

Where a Participant is under 18, a Guardian shall complete the Self Screening



Symptoms

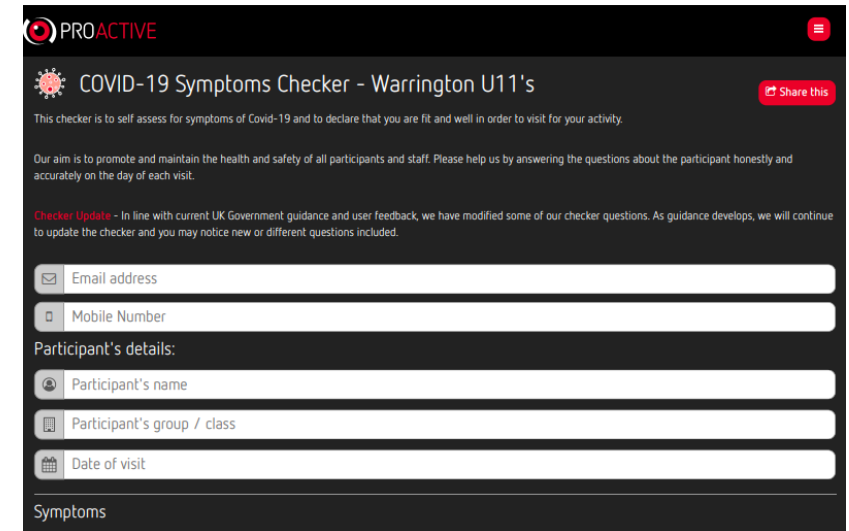
Is the participant experiencing any of the following symptoms:

- A fever/high temperature (Above 37.8°C) YES NO
- A new, continuous dry cough? YES NO
- A loss or change to their sense of taste or smell? YES NO

Isolation / Restrictions

- Has the participant been in contact with anyone showing symptoms of Coronavirus, or who has received a positive Coronavirus test in the last 14 days? YES NO
- Is the participant required to isolate as a result of being in contact with anyone showing symptoms, or who has tested positive for Coronavirus in the last 14 days? YES NO
- Is the participant confirmed as having Coronavirus? YES NO
- Has the participant been asked to isolate by the UK Government Track and Trace service? YES NO
- Has the participant been asked to isolate by another organisation - e.g. School or Employer? YES NO
- Is the participant prevented from attending as a result of shielding? YES NO
- Is the participant prevented from attending by local (Tier) restrictions or other regional lockdown restrictions? YES NO
- Is the participant currently required to isolate or quarantine following overseas travel? YES NO

Team Managers shall send the link to Participants / Guardians less than 24 hours before the planned session



PROACTIVE

COVID-19 Symptoms Checker - Warrington U11's

This checker is to self assess for symptoms of Covid-19 and to declare that you are fit and well in order to visit for your activity.

Our aim is to promote and maintain the health and safety of all participants and staff. Please help us by answering the questions about the participant honestly and accurately on the day of each visit.

Checker Update - In line with current UK Government guidance and user feedback, we have modified some of our checker questions. As guidance develops, we will continue to update the checker and you may notice new or different questions included.

Email address

Mobile Number

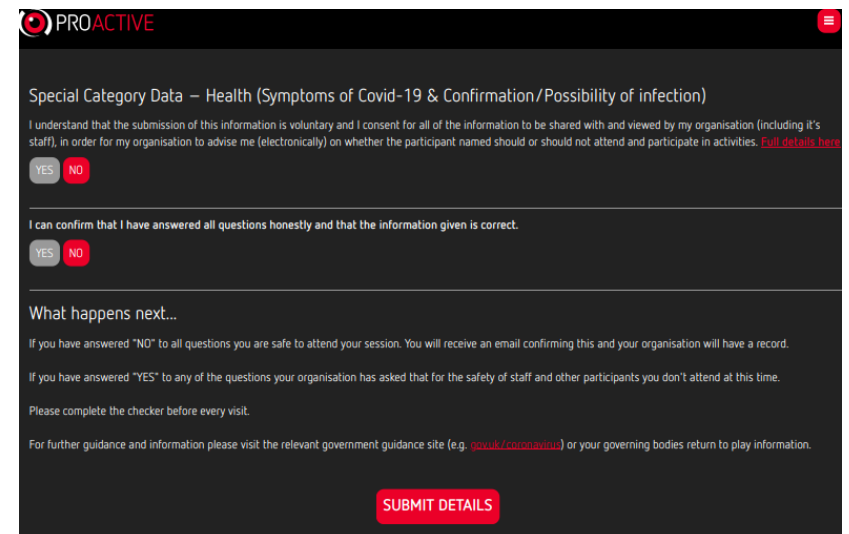
Participant's details:

Participant's name

Participant's group / class

Date of visit

Symptoms



PROACTIVE

Special Category Data – Health (Symptoms of Covid-19 & Confirmation/Possibility of infection)

I understand that the submission of this information is voluntary and I consent for all of the information to be shared with and viewed by my organisation (including it's staff), in order for my organisation to advise me (electronically) on whether the participant named should or should not attend and participate in activities. [Full details here](#)

YES NO

I can confirm that I have answered all questions honestly and that the information given is correct.

YES NO

What happens next...

If you have answered "NO" to all questions you are safe to attend your session. You will receive an email confirming this and your organisation will have a record.

If you have answered "YES" to any of the questions your organisation has asked that for the safety of staff and other participants you don't attend at this time.

Please complete the checker before every visit.

For further guidance and information please visit the relevant government guidance site (e.g. [gov.uk/coronavirus](https://www.gov.uk/coronavirus)) or your governing bodies return to play information.

SUBMIT DETAILS

Check In – Non Participants

- All Non Participants entering the Club grounds shall check-in online when they arrive – this is part of HM Government Test and Trace requirements
- Please download the NHS COVID-19 smartphone app from the App Store or Google Play and scan the NHS Test and Trace QR code. If it is not possible for you to do this, please advise your Team Manager, or nominee, of your presence on the grounds.



Registration – Role of Team Manager

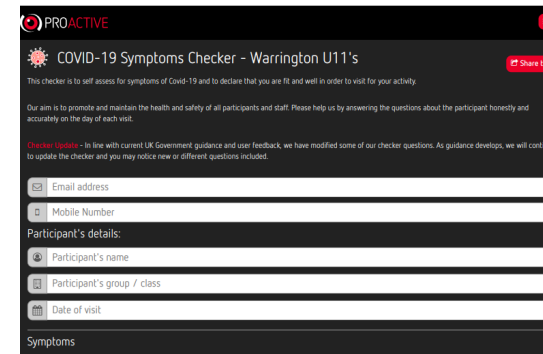


- Prior to every session (training or match) the Team Manager, or nominee, shall

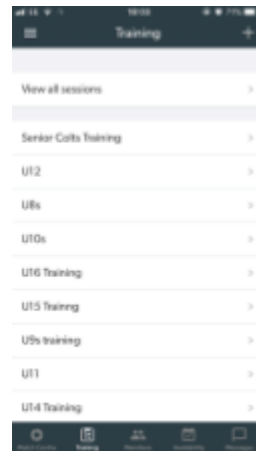
Check the Check In is in Position



Check the Self Screen is Complete



Check the Register



First Aid Changes

- Suitably qualified First Aiders are required for both contact training and matches at Stage E, as outlined in the Stage E documents on previous slides. Team Managers to collate First Aid names and certificates of courses and provide to COVID@warringtonrufc.co.uk
- All First Aiders need to read and ensure they understand the “Return to rugby Resources: Emergency First Aid provision for the Community game” document, which is available on the club website.
- Any concerns/questions to the COVID team

First Aid/Medical Facilities

Wherever possible any first aid treatment should be undertaken outside. Ideally a minimum of 2 separate treatment areas should be set up:

- Area 1 (Green area): For low risk assessment and/or treatment of a patient not suspected of having COVID_19 (negative screening questions and temperature screening).
- Area 2 (Red area): For assessment and/or treatment of a patient where there is an potential increased risk of transmission e.g. nose bleeds, CPR etc. or urgent assessment or management of a suspected COVID_19 infected patient

If unable to have separate areas then a minimum distance aligning with government social distancing guidelines between zones needs to be established.

Equipment to be kept outside of red area and only brought in when required to avoid contamination.



Remember general first aid good practice and hygiene:

- Wear gloves or cover hands when dealing with open wounds
- Cover cuts and grazes on your hands with waterproof dressing
- Dispose of all waste safely
- Do not touch any part of a dressing that will come in contact with a wound.



RETURN TO RUGBY RESOURCES

**EMERGENCY FIRST AID
PROVISION FOR THE
COMMUNITY GAME**



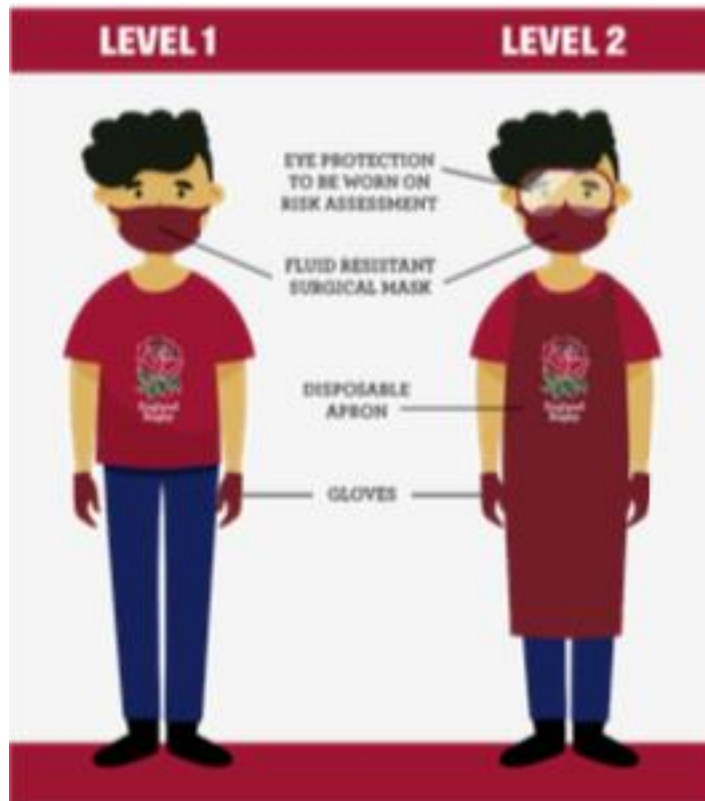
August 2020

First Aid - PPE

- Each team has been provided with Personal Protective Equipment (PPE) for First Aiders.
- Replacement stock can be obtained from Lucy Blacksell.



PPE requirements for first aiders



		Fabric / Cloth Mask	Gloves	Fluid Resistant Surgical Face Mask Type IIR	Apron	Eye Protection Goggles/ Face Visor*
Non-medical scenario	where social distancing may be breached including at training	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Level 1	Where government advised social distancing may not be maintained at all times	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Level 2	Within 2m of player, which may include face to face contact for assessment and management of all individuals including those who are positive or symptomatic	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	? **

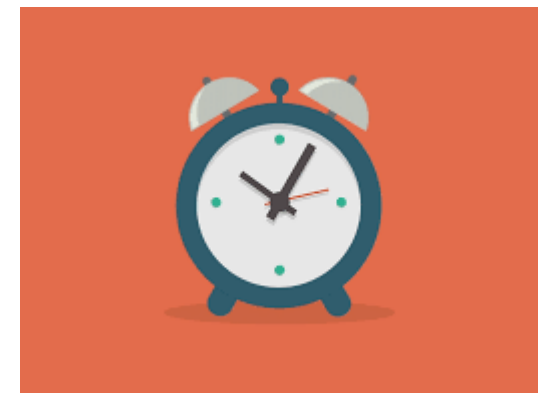
* Additional to personal spectacles

**this should be decide as part of a specific risk assessment



Before A Session

- Players to complete the Proactive Self Screening form and notify your Team Manager if unable to attend
- Wash at home just prior to attendance and make the most of your WC facilities at home – Club shower and changing facilities will not always be open and when open will be limited to be COVID-19 secure
- Travel alone or in your household group - avoid car sharing with other households unless it is necessary – if it is necessary, take appropriate precautions
- Prepare and change into clean kit at home
- Prepare your own drinks and nutrition at home – label both with your name



SWSC – Protocol – Follow the 1 Way System!



SWSC – Far Pitches – Follow the 1 Way System!



Bridge Lane – Please enter and exit pitches correctly!



During A Session:

- Register with the Team Manager / Designated person at the session area
- Spectators shall remain a safe distance from the session area and respect social distancing
- Do not spit or clear your nose without a tissue, which must be disposed of appropriately
- Only use your own drink and nutrition
- Clean hands with sanitizer at regular intervals and do not share towels
- Follow directions on leaving and entering the session area
- Respect social distancing, group size requirements and avoid touching your face
- Enjoy the session, but do not celebrate with or high five team-mates
- If anyone develops COVID-19 symptoms, they shall return home with their kit and equipment and follow HM Government guidelines



After a Session:



- Gather own equipment and clothing
- Collect your own waste and take it home for disposal
- Leave the session area as soon as possible after the session – other sessions may be planned after yours and overcrowding session areas, access and car parking must be avoided
- PLEASE FOLLOW ONE WAY SYSTEMS!!
- Shower and wash kit as soon as possible on returning home



Home Games – Protocol 1



Bridge Lane & SWSC	Responsibility
Minimum of 2 Weeks Prior to Fixture	
Coaches/Team Manager liaise with Fixtures Secretary with regards to organising the Fixture	Coach / Team Manager
Fixtures Secretary confirm with Head Coach that Fixture can take place including Ptch and Kick Off Time	Fixtures Secretary
The Week of the Fixture:	
Head Coach/ Team Manager to send opposition Risk Assessment & Match Day Procedures including of Map where to park/walk to distribute to their players.	Coach/Team Manager
Liaise with Opposition stating that we will provide evidence of our Covid Checker on the day of the fixture and we will expect the equivalent from them to ensure all players and coahes have stated they have no symptoms.	Coach/Team Manager
Confirm team selection on Pitchero or equivalent.	Coach/Team Manager
Within 24 hours of the Fixture	
Send Proactive Covid Symptoms Checker to Players to fill in within before the match	Coach/ Team Manger
Confirm the First Aider onsite to the Covid Team.	Coach/ Team Manager
Recap Risk Assessment found on the Website	Coach/Team Manager
Confirm Timings of arrival with opposition explaining protocols of meeting place etc including map of where to follow to get to pitches.	Coach / Team Manager

Home Games – Protocol 2



1 Hour before Kick Off	
<p>Touching equipment - Ensure Hand Hygiene process is followed.</p> <p>Flag Set up - Spray flag poles where you will carry them and place around Pitch</p>	Coach/Team Manager
<p>Post Protectors - Spray and move to pitch and set up. Spray once in Place</p>	Coach/Team Manager
<p>Ball Wash - Fill bucket X2 with disinfectant and water and place near half way line along with spare balls for the match on both sides of the pitch. OR Ensure you have sprays with you to spray balls down at regular intervals</p>	Coach/Team Manager
<p>Barrier Rope - Place out around the pitch where spectators may be.</p>	BL will need setting Up. SWSC Should be up permanently on main pitch
<p>Cones - Place Cones 2 meters apart in the area Subs and Coaches will be</p>	Coach / Team Manager
<p>NHS Track & Trace - Ensure Posters are near Entrance or Pitch for all players and spectators to sign in</p>	
<p>First Aid - Follow the guidelines of 2 First Aid areas set up (low level risk & High level risk) see first aid guidance for details.</p>	First Aider
Meet & Greet	
<p>Meet Opposition coach 10 minutes before their player meet time</p>	Designated Coach/Parent
<p>Gather evidence (visually or form) of Covid Checker or equivalent.</p>	Designated Coach/Parent
<p>Show opposition coach the Pitch, Explain the one way Path System to the pitch</p>	Designated Coach/Parent
<p>Show opposition coach area for players to warm up in.</p>	Designated Coach/Parent
<p>Have a member / voluteer showing opposition where to go on arrival</p>	Designated Coach/Parent
Referee and Officials	
<p>Meet & Greet the Official asking him to use NHS Check in</p>	Coach/Team Manager
<p>Show evidence of Both Teams have completed Covid Checker oir equivalent.</p>	Coach/Team Manager
<p>Both Coaches to discuss with Referee the key parts of the contact areas and any adaptations due to Covid.</p>	Coach
<p>Show Officials to the Pitch</p>	Coach/Team Manager



Home Games – Protocol 3

During the Game	
Balls Swapped, dunked or sprayed regularly through Match	Coach/ Team Manager
Follow Covid rules highlighted by RFU during the game. Maintain distance between Substitutions and other coaches.	Players/Coach
Half Time	
Remian Socially distanct when speaking to the team. Players to use their own Water and Suppliments. NO HUDDLES	Players/Coach
Full Time	
No High Fives or Shaking Hands.	Referee/Coaches
Opposition to leave first via the designated path	Coach/Team Manager
Home Team to leave after opposition have left the field.	Players/Coach
Pitch Take Down	
Post Protectors taken down and placed back into the loackable container and sprayed with disinfectant	Coach/Team Manager
Flags to be placed back into the container and sprayed with disinfectant	Coach/Team Manager
Balls to be dunked and placed in bag	Coach/Team Manager
Ball Wash Buckets to be emptied and placed back into the container and sprayed (LEAVE OUT IF THERE IS ANOTHER GAME ON)	
Crowd Rope taken down and sprayed back at the Container. (if at Bridge Lane)	
Fill the form located in the Container to show kit has been sprayed after use.	Coach/ Team Manager
After Game	
Complete Attendance on Pitchero	Coach/Team Manager
Contact Covid Team of any issues with Equipment or protocols	Coach/Team Manager



WRUFC Visiting other Clubs 1

Away Fixtures	Responsibility
Minimum of 2 Weeks Prior to Fixture	
Coaches liaise with Fixtures Secretary with regards to organising the Fixture	Coach / Team Manager
Fixtures Secretary confirm with Head Coach that Fixture can take place including Pitch and Kick Off Time	Fixtures Secretary
The Week of the Fixture:	
Head Coach/ Team Manager to send our protocol around Track and Trace/Covid Checker	Coach/Team Manager
Liaise with Opposition stating that we will provide evidence of our Covid Checker on the day of the fixture and we will expect the equivalent from them to ensure all players and coaches have stated they have no symptoms.	Coach/Team Manager
Confirm team selection on Pitchero or equivalent.	Coach/Team Manager
Within 24 hours of the Fixture	
Send Proactive Covid Symptoms Checker to Players to fill in within before the match	Coach/ Team Manger
Confirm the First Aider onsite to the Covid Team.	Coach/ Team Manager
Recap Risk assessment found on the Website	Coach/Team Manager
Confirm Timings of arrival with opposition finding out protocols of meeting place etc.	Coach / Team Manager
Meet & Greet	
Head Coach to meet opposition before Players arrive to familiarise with Pitch, areas to warm up Coach to set up disinfectant areas prior to players arriving	Coach



WRUFC Visiting other Clubs 2

Referee and Officials	
Show evidence of Both Teams have completed Covid Checker or equivalent.	Coach/Team Manager
Both Coaches to discuss with Referee the key parts of the contact areas and any adaptations due to Covid.	Coach
First Aid	
First Aid - Follow the guidelines of 2 First Aid areas set up (low level risk & High level risk) see first aid guidance for details.	First Aider
During the Game	
Follow Covid rules highlighted by RFU during the game. Maintain distance between Substitutions and other coaches. Spray Balls regular/Change Balls regular	Players / Coach
Half Time	
Remain Socially distant when speaking to the team. Players to use their own Water and Supplements.	Players / Coach
Full Time	
No High Fives or Shaking Hands.	Players / Coach
Players and Coaches to leave area as soon as possible.	
After The Game	
Complete Pitchero or attendance tracker	Coach/Team Manager

One last thing...



- The COVID-19 situation means different things to different people; accordingly we encourage you to return training only when you are comfortable to do so
- We will respect your decision whether to opt in or opt out
- Our values of Teamwork, Respect, Enjoyment, Discipline and Sportsmanship will help us all to look after each other and to make the most of what rugby and our club can offer us
- By working together we can play safely together
- We are One Club | We are Warrington Rugby Union Football Club!!

