

HASLEMERE COMMUNITY RUGBY

‘Return to Rugby’ schedule and guidelines to mitigate the risk of Covid-19 exposure

September 2020



Club mission and introduction

Club mission:

To provide an enjoyable, supportive and safe environment for all members whilst encouraging a 'One Club' philosophy and a sporting and social ethos within Rugby Union.

Community Rugby and Covid-19:

- The **Return to Rugby Roadmap** has been updated from Phase C to Phase D. The rugby community is **now able to conduct some larger group 'non-contact' rugby and also, some limited contact activity** as per RFU guidance.
- The return will initially be focused on **Ready4Rugby, a non-contact game, enabling two teams of up to 10 players to engage in training and match activity in their own club environment.**
- In developing the action plan, the RFU was required to undertake a detailed assessment of exposure risk through face to face contact across both contact and non-contact rugby.
- The recent assessment highlighted a significant risk in playing full contact rugby, so **only a maximum of 15 minutes contact activity per session as per RFU Stage D guidelines.**
- The Club measures to maintain hygiene and minimise unnecessary interactions with others are unchanged.
- **All activity will be consistent with the Government guidance regarding health, travel, social distancing and hygiene at all times.**
- The Club has considered safety first, particularly minimising the risk of infection and transmission. Appropriate measures are put in place to ensure participants and volunteers are protected.

Our responsibility and health screening questions

Our responsibility:

This concerns every single person involved or associated with the Club and it is the responsibility of all Players, Club Officers, Coaches and Volunteers to ensure these guidelines continue to be met.

Health screening questions:

- **Prior to attending the Club you must complete and be able to answer “NO” to all 4 of the following COVID-19 screening questions:**
 1. Are you, or someone in your household, currently suffering from any of the following symptoms: a high temperature (37.8C or higher), a new continuous cough or a loss or change in your normal sense of taste or smell ?
 2. Have you or someone in your household been told you have confirmed COVID-19 in the last 14 days ?
 3. Have you been told you have been in contact with someone who has confirmed COVID-19 in the last 14 days ?
 4. Have you travelled outside the UK in the last 14 days ? (excluding countries specified by the Government as exempt from isolation requirements)
- **If you answer “YES” to any of these questions please do not attend the Club**

General rules to ensure a safe training environment

General rules:

- **Sessions will strictly take place following the RFU guidelines** relevant at the time and follow Club requirements.
- Coaches and/or Team Managers and/or Team Admins will **use Pitchero to hold a record of all players attending the Club for each and every training session.**
- **Only 1 player parent/carer will be permitted** to observe a session at a distance from a safeguarding perspective and must observe social distancing guidelines.
- **The clubhouse will be open for food and drinks with a one-way system in operation.** Access will be through the emergency steps and the exit via the main stairway.
- **Changing rooms and showers will be closed** apart from the use of toilets.
- **Toilets may be used one at a time** and should be accessed as indicated.
- First Aiders will follow all guidelines and advice published by St John Ambulance COVID-19.
- If any **player, parent or volunteer demonstrates symptoms of COVID-19 they and all of their age group will need to self-isolate**; they are not to attend the club site for 14 days and must immediately inform the Safeguarding Officer, the Director of Rugby and the Head Coach.
- All RFU guidelines must be followed and met, failure to do so will result in internal investigation.
- Any breach or concerns to be reported to our Safeguarding Officer, Ian Searle at irsearle1@aol.com

Guidelines for all Players, Club Officers, Coaches and Volunteers

DO's

- ✓ All players, parents, staff and volunteers to adhere to relevant social distancing measures at all times
- ✓ All to arrive and depart at your allotted time
- ✓ All parents to advise on player availability / attendance via Pitchero
- ✓ All to access ground via the designated car park
- ✓ All to make your way directly to your allotted training area
- ✓ All to train in your allotted space only
- ✓ All to leave the training area by heading directly to the designated car park
- ✓ All to bring their own water and hand sanitiser to be used when required
- ✓ All sessions will have buckets on site to clean and disinfect all balls and cones
- ✓ Max 20 in a training group per half-pitch

DON'T's

- ✗ No hand shaking; No touching face; No huddles; No close physical contact (apart from limited contact drills)
- ✗ Do not congregate in large groups at the Club before, during or after training
- ✗ Do not access the clubhouse in any other way than indicated
- ✗ Do not enter via any other routes
- ✗ Do not be late, loiter in the car park or on the pitches
- ✗ Do not cross into any other training areas
- ✗ Do not leave via any other routes
- ✗ No sharing of water bottles
- ✗ Do not forget your hand sanitiser
- ✗ Do not be complacent

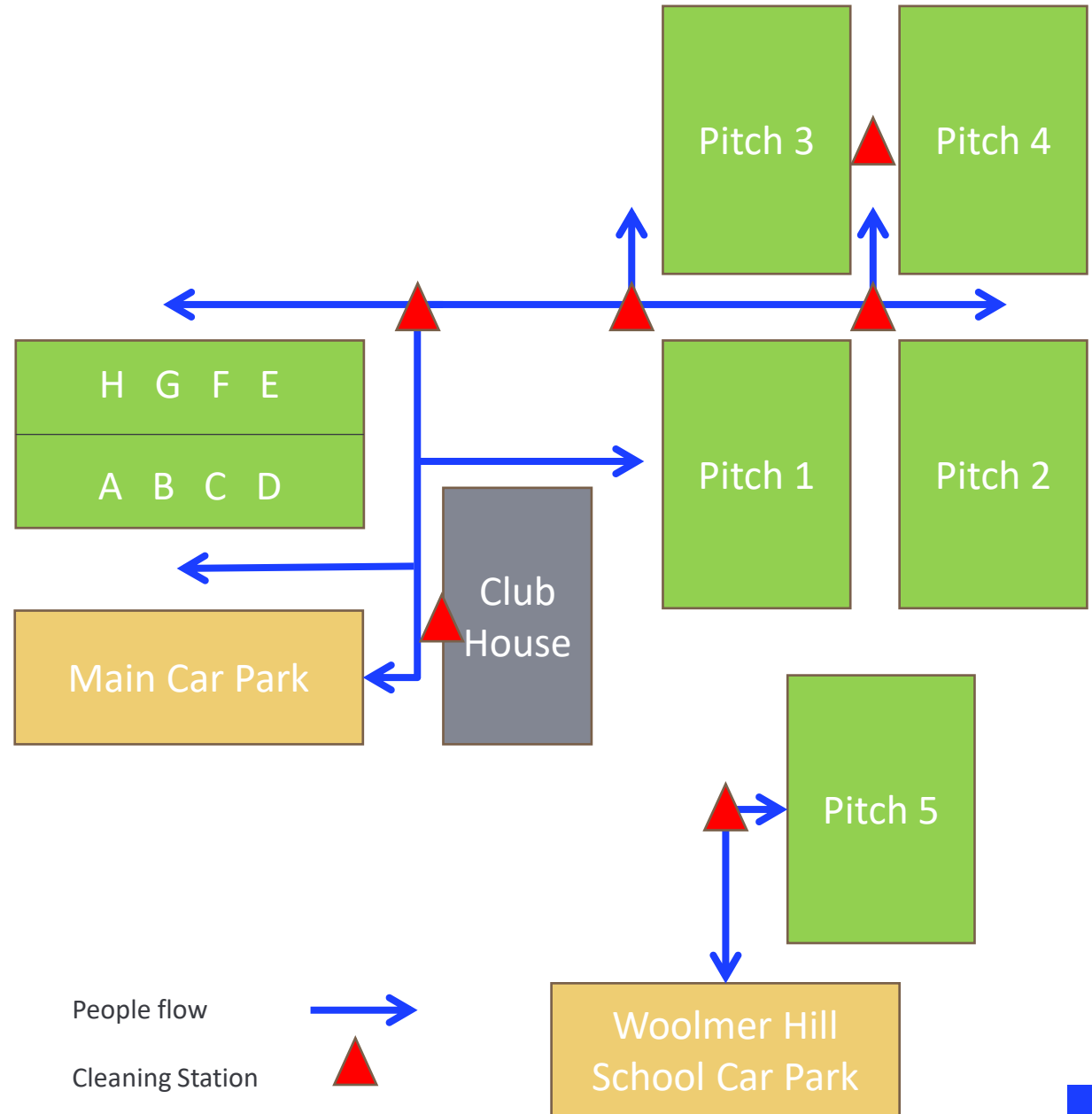
Training schedule

Day	Times	Age Groups	Player Numbers	Pitches	Car Park
Sunday	10:00am – 11:15am	Ladies Touch	14	Football G&F	Main
		Micros	20	Football E	Main
		U6	25	Football D	Main
		U9	25	Pitch 5	Woolmer School
		U10	35	Pitch 5	Woolmer School
	10:15am – 11:30am	U7	25	Football B&C	Main
		U8	37	Football A&H	Main
	10:30am – 11:45am	U11	20	Pitch 1	Main
		U12	27	Pitch 2	Main
	10:45am – 12:00pm	U13	35	Pitch 3	Main
		U14	35	Pitch 4	Main
	12:15pm – 1:30pm	U15	25	Pitch 1	Main
		U16	25	Pitch 3	Main
		Colts	20	Pitch 4	Main
Tuesday	7:00pm – 8:30pm	Seniors	30	Pitch 4	Main
	7:30pm – 9:00pm				
Wednesday	7:00pm – 8:30pm	O2 Touch	30	Pitch 3	Main
	7:30pm – 9:00pm				
Thursday	7:00pm – 8:30pm	Colts	20	Pitch 3	Main
	7:30pm – 9:00pm	Seniors	30	Pitch 4	Main

- Sessions to last 1.15 hours as per guidelines.
- Staggered sessions to enable age groups to arrive and depart without ‘bottlenecks’.
- Enables safe rotation of pitches and also, allows ‘pitch 2’ to recover from its current state.
- Gaps between pitch use enable equipment to be cleaned.
- Floodlit options (e.g. Monday or Friday) for other age groups in mid-week.
- Further options of training on a Saturday.
- Ladies Touch can be accommodated from 10am on either pitch 3 or 4.

People flows and cleaning stations on Sundays

- Routes should be direct to the allocated pitch
- Routes avoid people crossing over other pitches
- Cleaning stations will be designated at various points
- Cleaning stations to have sanitizer and spray bottles
- Each age group will need a bucket of soapy water to regularly clean equipment



Latest Return to Rugby Roadmap for the Community Game



RETURN TO RUGBY ROAD MAP: COMMUNITY GAME **AUGUST 2020 UPDATE**

AT EACH STAGE THE STATED ACTIVITY IS THE MAXIMUM PERMITTED, HOWEVER ALL ACTIVITIES IN PREVIOUS STAGES ARE ALSO PERMITTED.
FURTHER DETAILED GUIDANCE ON ALLOWABLE ACTIVITIES AT EACH STAGE WILL BE PROVIDED.

		CURRENT STATUS				
PHASED RETURN	A	B	C	D	E	F
						
	INDIVIDUAL TRAINING WITH ONE OTHER PERSON	SMALL GROUP TRAINING	NON CONTACT TRAINING & INTRA CLUB MATCHES	ADAPTED CONTACT TRAINING & NON CONTACT FIXTURES	ADAPTED CONTACT FIXTURES	RETURN TO MATCH PREP & PLAYING
TRAINING	<p>Socially distanced training (max 2 players)</p> <p>Maintain social distance</p> <p>No equipment sharing</p>	<p>Socially distanced training (max 6 players)</p> <p>No face to face (F2F) /close contact</p> <p>Equipment sharing kept to a minimum</p>	<p>Ready4Rugby & Touch Rugby training (max 20 players, based at own club only)</p>	<p>Low & medium risk training activities (restricted numbers)</p> <p>A full list of permitted training activities will be provided</p>	<p>Low, medium & increased risk training activities (full squad)</p> <p>Progression (TBC) to full contact match training</p>	<p>Return to full contact match play</p>

ALL ACTIVITY TO INCLUDE APPROPRIATE SOCIAL DISTANCING, STRONG PERSONAL HYGIENE MAINTENANCE, AND FOLLOW THE LATEST RFU & GOVERNMENT GUIDANCE.

PLAYING	1	2	3	4	5	6
	No competitive or formal playing opportunities at this stage	No competitive or formal playing opportunities at this stage	Non Contact training & intra club matches	Inter-club Ready4Rugby & Touch Rugby fixtures with restricted numbers	Adapted laws inter-club fixtures (Not league)	Full 15-a-side league fixtures
						