

A Parents and Players Guide to Sunday Morning Rugby Activities

September 2020

Dear Parents and Players

The first question we all should be asking ourselves as individuals is whether it is safe for us to return to rugby? For the majority of us the answer to this question is yes given the precautions we are introducing. However, we are aware there maybe families with loved ones who may have underlying health conditions and are therefore at greater risk from Covid-19. If you are in this situation, please consider the transmission risk in group activity and decide whether to return to rugby. There is no pressure for anyone to come back to training, playing, coaching, match officiating or any other form of volunteering until they feel it is safe and therefore the right time to do so.

Secondly, prior to attending any session at the club (training and/or matches), all players, volunteers and spectators should self-assess for any Covid-19 symptoms. No-one should leave home to participate in any type of rugby activity if they, or someone they live with, has any of the following Covid-19 symptoms:

- A high temperature
- A new, continuous cough
- A loss of, or change to, their sense of smell or taste

Timings & Logistics

In order to ensure we can socially distance it has been necessary to stagger the timings of Sunday morning sessions therefore providing more space per age group. The timings of the sessions are:

Age Group	Session Start	Session End
U7s & U8s	09:45	10:45
U9s, U10s, U11s & U12s	09:30	10:45
U13s, U14s, U15s, U16 & Colts	11:15	12:30

The location (and start times) of age groups are shown on the 2 pitch maps below.

1. Clubhouse side pitches:



2. Pitches on the council side of the hedge



In Advance of / Arriving for the Session

- We will be using the club website together with the Pitchero App to administer a Track and Trace facility. For this to work:
 - Parents must ensure all players are registered on the club website www.camelotrugby.co.uk
 - Players, or parents on behalf of players, must confirm in advance their planned attendance of the session via either the website or the Pitchero App (downloadable from App Store / Google store)
 - At the start of the session, the coaching teams will check players into the session using the app.

Note – these attendance records will be deleted 21 days after the event.

- Wherever possible please walk or cycle to the club; car parking will be at a premium both in the car park and along Chaulden Lane.
- When you arrive please go straight to your designated training area / pitch space. Please stay out of the clubhouse in advance of your session unless absolutely necessary.
- Please help us keep the sessions running on time:
 - Those attending sessions starting at 09:30 - please arrive pitch side 5 to 10 minutes in advance to allow the players to put on kit and the coaches to check them in.
 - Those attending session starting at 11:15 session please arrive no more than 5 minutes early therefore ensuring the previous groups have cleared the area.
- Players under 16 years of age must be supervised at all times by one non-playing parent / guardian who must remain on site and be socially distanced at all times.
- Players 16 or over must read and adhere to these guidelines
- Coaching teams will advise the area for parents to stand in a socially distanced manner.

- Changing facilities will not be open due to current restrictions. Therefore, players should arrive pitch side with all the items need to play in their own readily identifiable bag. Items required are:

- Rugby Boots
- Gum Shield (if age grade appropriate)
- Water bottle (easily identifiable)
- 2nd rugby shirt

If the shirt they are wearing a dark coloured shirt then please also pack a second light coloured shirt and vice versa. This will allow us to avoid using bibs wherever possible.

Note – use of bibs is not prohibited but is recommended. If using bibs, then the player should keep that bib for the whole session. A single volunteer is then also responsible for collecting these at the end of the session and washing bibs prior to the next use.

- Hand Sanitiser

This will allow the players to clean their own hands in breaks.

- Towel

Allow the players to dry their face and hands in the breaks.

The Sessions

Within the RFU Return to Play Pathway we are currently at Stage D. Full contact match play will only return when we reach Stage F.

So, what can we include in our sessions?

1. Non-contact skills development activities
2. Limited and adapted contact skills development activities (if appropriate for the age group)
3. Touch Rugby / Ready4Rugby games (both non-contact variants of Rugby)

For an overview of the current position of the Return to Rugby Roadmap please see:

[England Rugby - Return to Rugby Roadmap \(Stage D\)](#)

At stage D and until further notice, the following basic rules will apply to all sessions:

- Total duration of each session must not exceed 60 minutes for U7s and U8s and 75 minutes for U9s and above.
- Maximum 15 minutes of adapted contact activities per session (if age group appropriate).
- Players to be placed in groups of maximum 6 for adapted contact and non-contact skills development activities. Groups selected so players of equal competency / ability grouped.
- Maximum 20 players per group (10 v 10) for Touch / Ready4Rugby activities
- Minimum half size standard pitch for 20 player group

For age groups playing in smaller team size (e.g. U7s 4 v 4) then normal tolerances of pitch sizes should apply.

There will be limited use of equipment within session as follows:

- Cones will be used to mark the pitches

Individual coach / nominated volunteer will be responsible for putting these out and collecting back in after the session; i.e. the normal practice of asking the players to collect cones after a session is prohibited.

- **Balls**

There will be a break every 15 minutes to ensure the balls are swapped over for newly cleaned ones. Appropriate facilities will be provided pitch side so that a nominated volunteer can ensure this supply of clean balls every 15 minutes.

- Players and coaches to remain socially distanced in session breaks whilst they cleanse their hands and have a drink from their own water bottle.

For details of what can and cannot be included in Stage D adapted contact please see:

[England Rugby - Stage D Adapted Contact Guide](#)

After the Session

- Players to collect their own kit / belongings and any rubbish (e.g. wrappers / drinks bottles) and take them home with them.
- Players and parents to vacate their pitch space as soon (especially 09:30 session) so that the next group has time to set up and avoid both groups being in location together.
- The clubhouse and some limited outdoor space will be open for parents and players to enjoy socially distanced refreshments after the session should they wish.
 - Please follow all signage in the clubhouse
 - The clubhouse has restricted capacity in both front and back bars. There will be a host on the front door to advise of current situation and as is common practice within pubs and restaurants there will be track and trace provisions in place (QR code)

Thank-you for taking the time to read this. Looking forward to seeing you on Sunday.