



DYCE RFC PLAYERS INFORMATION - COVID-19



The purpose of this document is to give you information to refer around the guidance the club has in place to protect it's members during the Covid-19 pandemic. Should you have any concerns in event you test positive for C-19 or begin to show symptoms, please see the advice below.

The welfare of you as a player, and that of your family and friends, is of the up most importance to the club. With this in mind, below is some information and links to obtain further available advice from governing sporting and national bodies (Scottish Government and SRU).

Early communication between players and the club committee is important should you have any concerns you may have been in contact with or have COVID-19.

Some simple points to remember during this ongoing pandemic:

General

1. If you have any or show any symptoms including persistent cough, high temperature or loss of/change in taste and smell you should self-isolate and arrange a test through www.nhsinform.scot or if can't get online call 0800 028 2816 to arrange a test. Players should not attend training or mix with other players if:
 - **You or someone in your household is showing symptoms**
 - **You have tested positive for Covid-19**

You should not return to training until a negative test has been confirmed or your 14 day self-isolation has been completed.

2. Please download the Test and Protect app - <https://protect.scot>
3. Follow the Scottish government's Covid-19 guidance where appropriate (<https://www.gov.scot/collections/coronavirus-covid-19-guidance/>), and remember the FACTS campaign



Club specific

4. All players should check in with the Covid Safety Coordinator or designated officer upon arrival at training to have temperature check performed and use hand sanitising equipment available
5. All players should maintain 2m Social distancing before, during (water breaks) & after training. Kit bags should be spaced out along the pitch touchline to avoid players congregating in a single group.
6. Individuals should bring their own water bottles and not share drinking fluids
7. Players should not share lifts to and from training
8. Further information is available from SRU at:
<https://www.scottishrugby.org/clubs-and-schools/return-to-rugby>

PLEASE remember to communicate with Covid Safety Coordinator (Guy Gibson) or Team Manager (Phil Horsfall) at earliest opportunity regarding any concerns you may have been in contact with a confirmed positive case or have COVID-19 symptoms.