

NMRFC Juniors Section
On and Off field guidance
Updated 15 March 2021

1. On field guidance

- This guidance is subject to any future changes to the RFU and Government regulations.
- **From 29 March**, the RFU will move to phase D1 of Return to Community Rugby pathway (a copy of the Return to Rugby Roadmap is attached at the back of this guidance).
- As a result, the following activities will be permitted:
 - **Non-contact training** – skills and fitness
 - **Contact training** – excluding scrums and mauls, contact training of up to 20 minutes in total will be permitted during a single training session
 - **Ready4Rugby matches** – can be played against other clubs
- **From 26 April**, the RFU are indicating a move to phase D2 of Return to Community Rugby pathway.
- As a result, adapted contact matches will be permitted against other clubs. Details of the adapted contact rules can be found via: https://www.englandrugby.com/dxdam/78/788f6506-2041-4b1c-b064-a1c663280119/STAGE%20E_GuideAdaptedToContact.pdf
Subject to the amendments for adapted contact, normal age grade regulations will apply
- All coaches **must** watch the RFU webinars on adapted contact for their age groups before engaging in adapted contact training or matches:
 - U7 to u13: <https://www.workcast.com/register?cpak=5307427612924297>
 - U14 to u18: <https://www.workcast.com/register?cpak=3749721349817590>
- The Junior / Mini rugby season will be extended to 31 May (instead of 30 April)
- With only 2 months left to the end of the season, the Club is proposing a flexible approach to training / matches with the coaching team and team manager for each age group deciding the most appropriate approach for their age group. However, the primary focus should be on re-engaging with the existing players and parents.
- If an age group decides to play matches against other clubs, a flexible approach with open communication with the opposition is encouraged (both in advance of, and on the day of, a fixture) to agree an approach which both clubs are happy with. Team managers/head coaches should feel comfortable to switch to non contact / Ready4Rugby or joint training sessions (if that is more appropriate for their age group or their opposition).
- All players **MUST** complete pre attendance registration online **BEFORE** each weekly session. Link to online registration system is app.proactivereporting.com/covid19/form/SnJNe2ak5VocT6Zx
- Any player (or parent) who tests positive for Covid-19 (or demonstrates symptoms), following a training session or match, must notify either their team manager or the Junior Chair
- Water and sanitise breaks are required every 15 minutes. Sanitising to include players' hands and equipment
- Team managers should keep a record of who is in each squad and which squads train / play against each other
- All parents must respect appropriate social distancing from each other and from the pitches
- **Bad weather** – because the clubhouse will remain closed, rugby sessions may be cancelled in bad weather conditions.
Decisions to cancel rugby will be made and communicated to all team managers on Sat afternoon (for Sunday morning sessions). Team managers will then inform their players / parents.
- **Gum shields** – with a return to contact, gum shields are mandatory. To reduce the risk of infection, players are encouraged to keep their gum shields in place throughout a training session or match.
- **Guidance for visiting clubs** – the Club will issue guidance for Team Managers/Fixture Secretaries to share with visiting clubs in the week before a fixture.

a. Facilities

- No changing facilities will be available – all players must arrive ready to play.
- Toilets will be available in downstairs changing rooms. These toilets will operate on a 'one in, one out' basis for each changing room. To indicate occupancy, changing room doors should be closed. Parents and carers are asked to support younger players in ensuring the facilities are used properly. A sanitising station outside the changing rooms should be used before and after using the toilets.
- An outside drinking water tap is available at the bottom of top changing room stairs. Each player is required to provide their own bottle and use the sanitise station before and after using the tap.

b. Equipment

- Each squad will be allocated 2-3 balls which the squad manager will look after and sanitise on a regular basis (including after every 15 minutes during training / matches).
- Each age group will be provided with a sanitising box, containing:
 1. Hand sanitiser
 2. Anti bacterial spray (for balls and equipment)
 3. Blue roll (to dry balls and equipment)
 4. Rubbish bags
- It is the team manager's responsibility to ensure that the sanitising box is maintained. Replacement items will be available from the club shop
- **Bibs** - Each squad will be provided with coloured bibs. These should either:
 1. Be retained by the individual players, washed between sessions and brought back with them each week; or
 2. Collected by team managers after each session
 - Bibs should be washed between sessions
 - If collected and re-issued each week, contact should be minimised
 - If bibs are issued to players, PLEASE REMEMBER TO BRING YOUR BIB EACH WEEK (AS YOU WON'T BE ABLE TO PLAY WITHOUT IT)
- **Cones** – to limited unnecessary contact, one person should take responsibility for setting out and collecting cones. All cones should be sanitised between sessions

c. Training / playing schedules

- Due to social distancing requirements, it is not possible for all of our Mini and Junior players and parents to be at the club at the same time. As a result, the age groups will remain split as follows:
 - **Saturdays (session timings vary)** - Colts and Seniors
 - **Sunday morning – session 1 (9am to 10.30am)** – u6s to u12s, with following pitch allocations:
 - **U6s, u7s, u8s** – training grids
 - **U9s and u10s** – 1st XV pitch
 - **U11s and u12s** – 2nd XV pitch
 - **Sunday morning – session 2 (11am to 12.30pm)**
 - **U13s and u14s** – 1st XV pitch
 - **U15s and u16s** - 2nd XV pitch
 - **Girls** – bonfire pitch
- To ensure appropriate social distancing on match days, the following approach should be taken in respect of opposition and NMRFC players / coaches / parents:
 - 1st XV pitch – Moderns should use riverside of pitch, opposition should use clubhouse side of pitch
 - 2nd XV pitch – Moderns should use riverside of pitch, opposition should use tram side of pitch
- **Midweek training**
 - Tuesday – u15s and Seniors
 - Wednesday – u14s, u16s and Colts
 - Thursday – u13s and Girls

2. Off field guidance

a. Clubhouse

- For the rest of the current season, the clubhouse will remain closed

b. Toilets







- Toilets will be available in downstairs changing rooms. These toilets will operate on a 'one in, one out' basis for each changing room. To indicate occupancy, changing room doors should be closed.
- Hand sanitiser will be available at the entrance to the downstairs changing rooms. This should be used before and after each visit to the toilets.

c. Catering

- Subject to availability, Boxed Drinks will bring their coffee van to the club on Sunday mornings

d. Shop

- The shop will remain closed on Sundays
- An online shop and order form has been set up. Orders can be placed via following link:
<https://docs.google.com/forms/d/e/1FAIpQLSeGESSa4wiAYM4tpwJfiUImTDjGeXL2UXiGh67E - UsN5n7Kg/viewform>
- All orders are required to be placed and paid for online.
- All orders placed and paid for by end of Wednesday each week will be available for collection on Saturday or Sunday.
- Each order will be supplied in an individual bag with order number attached. Please retain order number in case return is required.
- Orders will be available to collect from team managers
- Returns will only be accepted if unworn, in perfect condition and in original bag with order name and number. Returns will be quarantined for three days before inspection with a refund provided the following week (once return inspected)

PHASED RETURN	CURRENT STATUS					
	A	D1	D2	E1	E2	F
						
	INDIVIDUAL TRAINING WITH ONE OTHER PERSON	READY4 RUGBY & SOME CONTACT TRAINING	ADAPTED LAW MATCHES	FULL CONTACT TRAINING	FULL CONTACT MATCHES	ALL RESTRICTIONS LIFTED
	UNTIL 29TH MARCH	FROM 29TH MARCH	FROM 26TH APRIL	PROVISIONALLY WHEN STEP 3 OF GOVERNMENT ROADMAP REACHED (NOT BEFORE)	2 WEEKS AFTER STAGE E1 REACHED	NOT BEFORE STEP 4 OF GOVERNMENT ROADMAP REACHED (COULD BE LATER)
PERMITTED ACTIVITY	CURRENT STATUS					
	A	D1	D2	E1	E2	F
	CURRENT LOCKDOWN RESTRICTIONS REMAIN INDIVIDUALS ALLOWED TO EXERCISE WITH ONE OTHER FROM ANOTHER HOUSEHOLD SCHOOLS & COLLEGES ABLE TO PLAY TO STAGE D1 INTERNALLY FROM 8TH MARCH	CONTACT TRAINING (EXCLUDING SCRUM & MAUL) READY4RUGBY, O2 TOUCH & TAG MATCHES AGAINST OTHER CLUBS	CONTACT TRAINING (STILL EXCLUDING SCRUM & MAUL) ADULT & AGE GRADE MATCHES, WITH ADAPTED LAWS (NO SCRUM & MAUL)	FULL CONTACT TRAINING (INCLUDING SCRUM & MAUL)	ADULT FULL CONTACT MATCHES * SOME OFF FIELD RESTRICTIONS LIKELY TO STILL APPLY	ALL RESTRICTIONS LIFTED

PLEASE NOTE

- *Age Grade out of season activity (after 31st May) permitted in line with revised RFU training and playing guidance to follow
- Progression to the next set of Age Grade rules, along with any dispensations for 17 year olds to play adult rugby, are suspended until 1st January 2022
- All adult and age grade competitions anticipated to start in September as normal, under full laws
- References to contact rugby includes 15s, 10s and 7s
- Stages B & C in previous roadmaps are no longer currently relevant due to changes in Government restrictions