

| ACTION TO BE CONSIDERED | ACTION TO BE TAKEN |
|--|--|
| Hand Washing Facilities with Soap and Water in place | Club to provide hot water and soap at all hand washing sinks. Club to check soap dispensers before each session. |
| Stringent Hand Washing taking place | Club to use signage and e-mails to all member to ensure stringent hand washing |
| Gel sanitiser readily available and used regularly | Club to fit hand gel dispensers throughout the club and ensure these are regularly checked and refilled before each session |
| Disposable towels available and used to wipe sweat off face. | Club to provide blue disposable towel, and a bin for disposal, or to encourage members to bring an identifiable sweat towel with them for their own use |
| Gel sanitiser in any area where washing facilities are not readily available | Club to fit Gel sanitisers, check them regularly and refill when needed in all areas without hand washing facilities |
| Equipment cleaned and disinfected before and after use | Club to provide cleaning products to decontaminate equipment before and after use, (In between each player contact to reduce the risk of covid 19 spread) ensuring club members understand this is their responsibility |
| Equipment stored securely | All equipment to be stored in locked cupboards and the container. Person in charge of the session to ensure these are locked at the end. |
| Minimize sharing of kit/equipment | Club to make members aware of the importance of minimising the sharing of equipment, encourage them to bring their own where possible. Bibs to be washed after each session. Playing shirts/Kit provided by the club – enough for one per person. This must not be shared during a session/match. All clean kit to be stored in clean kit bag. All kit including BIBS to be laundered at the end of each session, dirty kit to be placed in plastic bin liner prior to being laundered. |

| | |
|----------------------------------|---|
| No sharing of water bottles | All club members to bring their own identifiable water bottles to all sessions. Club to provide single use disposable water for first aid on match days Club to purchase and provide numbered water bottles for senior games, bottles to be collected at the end of the match and washed (1st team manager) |
| Government recommendations | All club members to exercise caution when mixing in large groups. Masks recommended when indoors with other people. Maintain social distancing where possible. Clean hands regularly |
| During Rugby Activities | All club members to follow social distancing government Recommendations. SPECTATORS – Recommended to socially distance CLUBHOUSE – recommended to wear masks indoors PLAYERS – Recommended to socially distance where possible Clean hands regularly Regular breaks recommended every 15-20 minutes to sanitize hands and clean the ball. |
| Contact Training Sessions | <u>Incremental build up to contact activity including scrum and maul</u> TACKLING -CAN DO Tackle bags/shields/tubes may be used but MUST be cleaned and sanitised after each player contact. TACKLING - CANNOT DO Coaches MUST NOT hold tackle bags etc for age grade players. RUCK – CAN DO |

| | |
|---|--|
| <p>Contact Training Sessions Cont.</p> | <p>LINE OUTS – CAN DO Lifting of a jumper (U15s and above only) Ball thrown to a catcher</p> <p>SCRUM -can be incorporated into training sessions, Scrum machine can be used but MUST be cleaned before and after each palyer contact.</p> <p>MAUL – can be incorporated into training and games</p> |
| <p>PLAYING AND TRAINING DURATION</p> | <p><u>Wednesday</u> age grade session remain the same at 1 hour.</p> <p><u>Sunday</u> training sessions to be organised and agreed with youth chair, avoiding too many people on site and per ½ pitch. Ensuring government and RFU covid safe practice is followed.</p> <p><u>Tuesday</u> Under 16,s and adult training to be organised by Karl Flinn and agreed with youth chair and 1st team manager, avoiding too many people on site and per ½ pitch. Ensuring government and RFU covid safe practice is followed. U16's NOT to train with the adults session to be kept separate.</p> <p><u>Saturday</u> Adult training and matches within RFU guidance.</p> |

| | |
|---|--|
| <p>HEALTH AND SAFETY PRECAUTIONS</p> | <p>All members reminded not to touch their face at any time, by signage and email. Team huddles not recommended No Spitting No Chewing Gum Sharing of equipment should be avoided at all times All equipment including balls must be cleaned regularly Players should refrain from removing their mouth guards and if they do so must wash their hands. Mouth guards must not be left on shared surfaces and placed in a personal container</p> |
| <p>Travelling to and from matches</p> | <p>The club encourages participants and parents to follow best practice for travel to and from venues where possible walking or cycling. Use of public transport should be kept to a minimum People from a household or support bubble can travel together in a vehicle. Wider car sharing pooling should be limited and follow the government safer travel guidance.</p> |
| <p>Is there an effective action plan to deal with someone with suspected symptoms, should it be necessary</p> | <p>Members to follow government advice if they have COVID 19 symptoms which can be found on the government website. You can apply for a test online or call 119 to arrange this test and follow guidance on isolation No one with covid symptoms or positive PCR or Lateral flow test to be on club grounds. No one asked to isolate by school work or test and trace to be on club grounds.</p> |

| | |
|--|---|
| | <p>The club committee request that no one with symptoms, if they are unsure attend the club.</p> <p>Anyone living with someone who has covid 19, must follow test and trace, and government guidelines. Lateral flow test daily and stay away from the club if they have any symptoms.</p> |
| Ensure guidance signage is clearly visible | Club to display signage and guidelines throughout the club house and changing facilities. Updating this as needed. |
| Track and Trace | <p>All players and members to be compliant with NHS Track and Trace. Anyone attending training sessions or matches need to complete</p> <p>COVID-19 SYMPTOMS CHECKER PROACTIVE – This is an APP</p> <p>Complete the online form and show coach/manager the result email and green pass to play.</p> <p>Or download and print the hard copy form and give to the coach/manager each session.</p> <p>Online forms will be kept online with hard copies to be kept by coaches for 21 days.</p> <p>This is highly recommended by RFU. Endorsed by County board and Club.</p> |
| First Aid | <p>All First aid delivered under</p> <p>RETURN TO RUGBY RESOURCES – Emergency first aid provision for the community game</p> <p>PPE to be provided by the club</p> <p>Ensure there is appropriate first aid cover and kit for contact sessions by a level 3 first aider.</p> |
| CLUB VS CLUB MATCHES | <p>Coaches to risk assess the pitches, for suitability and safety for contact games.</p> <p>THINGS TO CONSIDER:</p> <p>No. of people on site</p> <p>Social distancing for spectators and players</p> |

Ref : England Rugby.com, GOV.UK.

Review date – ongoing

Written by Marie O'Connor

| | |
|--|---|
| | <p>Use of Facilities as per RFU and government guidelines</p> <p>Hand Gel and Cleaning equipment</p> <p>Travel to and from the game</p> <p>Consider Game Timings (Saturday morning/Sunday afternoons) – Mini/Youth only</p> |
|--|---|

