



CREWE & NANTWICH RUGBY UNION FOOTBALL CLUB LTD

RETURN TO RUGBY COVID-19 RISK ASSESSMENT – ALL TEAMS

STAGE E1 – SEE APPENDIX A BELOW

FULL CONTACT TRAINING AND INTERNAL TRAINING MATCHES ONLY

Description of activity	Location	Persons at Risk		Review
Full contact training	Vagrants Sports Club	A	Players	To be reviewed by the Board at least weekly or as Government advice changes.
		B	Coaches etc supervising training activities	
		C	Spectators	

Identification of Hazard	Affected Group	Control Measures	Additional Controls	By When
COVID-19 spread and infection	A, B, C	<u>Hand Cleansing:</u> Use hand sanitisers to sanitise your hands. Gel sanitiser (minimum 60% alcohol) will be available for hand cleansing at the entrance to the training area and at strategic points around the ground.	Attendees to be reminded of the importance of, and the need to, sanitise hands regularly including before and after every session. Avoid touching face, eyes, nose or mouth with unclean hands.	Sanitisers to be available on return to training.



	A, B	<p><u>Hygiene:</u></p> <p>Frequent cleaning and disinfecting of objects and surfaces which are touched regularly, particularly training aides such as cones etc.</p> <p>Equipment should be kept to a minimum.</p> <p>Players should bring their own towel to mop up sweat and not permit any other player to use their towel.</p>	<p>Training aides to be taken out, handled and put away in a secure location by coaches only, and disinfected before and after every session.</p> <p>Avoid touching surfaces such as pitch sign boards, goal posts and barriers.</p>	<p>Disinfecting solution to be available on return to training.</p>
	A, B, C	<p><u>Social Distancing:</u></p> <p>Applicable to all activities</p> <p><u>During Breaks</u></p> <p>Anyone involved in rugby activity should maintain social distancing during all breaks in activity and post activity.</p> <p>Players are advised to bring their own water bottles and towels that are clearly identified and stored away from others. Sharing of water bottles towels or clothing must be avoided.</p>	<p>Coaches should:</p> <p>Consider how to instruct, demonstrate, observe and feedback to players in a way that adheres to social distancing guidance;</p> <p>Design sessions that follow the current guidance and regulations.</p> <p>Only use equipment relevant to the stage of the return to rugby roadmap for community activity.</p>	<p>All attendees to be briefed by coaches on social distancing before every training session.</p>



		<p><u>Spectators</u></p> <p>From 19 July there will be no caps on capacity for participants or spectators at rugby club events.</p> <p><u>Toilets</u></p> <p>Ted's Shed will be open and the toilet facilities there may be used on a strictly one-in one-out basis.</p> <p><u>Changing rooms</u></p> <p>Players are encouraged to come ready to play. The changing rooms will be available to use for those who cannot come ready to play but this should be considered the exception rather than the rule. No more than 6 players at any one time in any one changing room. Social distancing must be maintained, and a mask should be worn when inside the building. Take the minimum time possible to change.</p>	<p>Remind participants to maintain social distancing in the transition between activities or during rest periods.</p> <p>Clean any equipment after each use.</p> <p>Refrain from shouting where possible.</p> <p>Toilets to be sanitised regularly.</p> <p>Changing rooms to be cleaned before and after every rugby event.</p>	<p>Sanitising materials to be made available.</p> <p>Sanitising materials to be made available.</p>
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	<p><u>Showers</u></p> <p>Players are encouraged to shower at home after rugby activities. For those that are unwilling or unable to shower at home, the showers will be made available, but this should be considered the exception rather than the rule. Do not shower next to another player – only every other shower head to be used. Take the minimum time possible to shower.</p> <p>Full contact training and internal training matches</p> <p>Full contact is now permitted in training and in internal training matches only.</p> <p>Specific scrummaging requirements:</p> <p>Return to scrummaging should be introduced incrementally with the initial emphasis on individual scrum specific conditioning and technique work.</p> <p>When players are ready, they can move to 1 v 1 building to 5 v 5 before finally practising 8 v 8 in a controlled environment.</p> <p>We recommend keeping the number of match intensity scrums to a minimum. Instead, the focus should be on individual and unit body position/posture and building time in players respective positions.</p>	<p>Showers to be cleaned before and after every rugby event.</p> <p>Scrums and mauls can be re-instated in training only.</p> <p>A minimum 3-week preparation period of training sessions follows ahead of match play.</p> <p>Coaches are reminded that they are responsible for working with all players to assess their physical readiness and technical competence before returning to scrummaging.</p> <p>Players may be at different levels of fitness and conditioning. See guidance for returning to scrummaging safely.</p> <p>Coaches must be satisfied that players have undertaken sufficient</p>	<p>Sanitising materials to be made available.</p>
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			<p>technical preparation, skill refinement and reconditioning work before returning to full contact match play.</p> <p>Internal training games are allowed between Monday 19 July and Saturday 7 August.</p> <p>Training games should include an incremental approach to scrummaging and coaches should rotate players every 20 minutes.</p> <p>Clubs should not return to match intensity full contact 15 a-side training games immediately.</p>	
	A, B, C	<p>Symptoms of Covid-19</p> <p><u>A record is to be kept of all attendees who must provide their name and contact details for track and trace.</u></p> <p>Prior to attending training and matches, all players, officials, volunteers and spectators should undergo a self-assessment for any Covid-19 symptoms.</p> <p>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:</p>	<p>Attendees to report feeling unwell immediately.</p> <p>Coaches are to report to the Board any infections potentially affecting attendees immediately.</p>	Ongoing



		<p>NB These have increased in number due to the Delta Variant.</p> <p>A high temperature;</p> <p>A new, continuous cough;</p> <p>A loss of, or change to, their sense of smell or taste;</p> <p>A headache;</p> <p>A sore throat;</p> <p>A runny nose.</p> <p>All attendees are required to confirm that they currently do not display any symptoms of COVID-19 infection and have not within the last 14 days come into contact with anyone displaying symptoms.</p> <p>If any attendee presents with Covid symptoms, they are to be sent home and advised to follow stay at home procedures.</p>		
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See England Rugby *Return to Rugby Road Map: Community Game* infographic at **Appendix A** below. We are currently at **Stage E1**.



APPENDIX A



RETURN TO RUGBY ROAD MAP: COMMUNITY GAME 12/07/21

FOR INFORMATION ON USE OF CLUBHOUSES, CHANGING ROOMS AND OFF-FIELD PROTOCOLS, PLEASE SEE [ENGLANDRUGBY.COM/CORONAVIRUS](https://englandrugby.com/coronavirus)

PHASED RETURN			FROM 19TH JULY		FROM 7TH AUGUST	
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 ADULT MATCHES	ALL RESTRICTIONS LIFTED	
UNTIL 29TH MARCH	FROM 29TH MARCH	FROM 26TH APRIL	FROM 19TH JULY	FROM 7TH AUGUST	STEP 4 OF GOVERNMENT ROADMAP REACHED - 19TH JULY	
				STAGE F WILL RUN ALONG SIDE STAGE E1 & E2		
PERMITTED ACTIVITY						
CURRENT LOCKDOWN RESTRICTIONS REMAIN INDIVIDUALS ALLOWED TO EXERCISE WITH ONE OTHER FROM ANOTHER HOUSEHOLD SCHOOLS & COLLEGES ABLE TO PLAY TO STAGE D1 INTERNALLY FROM			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) A 3 WEEK PREPARATION PERIOD OF TRAINING SESSIONS AHEAD OF ADULT MATCHES RESUMING. AGE GRADE TRAINING TO FOLLOW SUMMER ACTIVITY FRAMEWORK			
			ADULT FULL CONTACT MATCHES AGE GRADE MATCHES PERMITTED UNDER ADAPTED LAW VARIATIONS			
			ALL RESTRICTIONS LIFTED			