

CREWE & NANTWICH RUGBY UNION FOOTBALL CLUB LTD

RETURN TO TRAINING - COVID-19 RISK ASSESSMENT - SENIOR MEN AND WOMEN

Description of activity	Location	Persons at Risk		Review
Pre-season training	training Vagrants Sports Club A Players		To be reviewed by the	
		В	Coaches etc	Board at least weekly or as
			supervising training	Government advice
			activities	changes

Guidance: https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-providers-of-outdoor-facilities-on-the-phased-return-of-sport-and-recreation

Identification	Affected	Control Measures	Additional Controls	By When
of Hazard	Group			
COVID-19	A, B	Hand Cleansing:		
spread and				
infection		Hand washing facilities are not available as the toilets are closed. Gel sanitiser (minimum 60% alcohol) will be available for hand cleansing at the entrance to the training area and at strategic	Attendees to be reminded of the importance of, and the need to, sanitise hands regularly including before and after every session.	Sanitisers/tissues to be available on return to training.
		points around the ground.	Cough/sneezes to be caught in tissues.	



		Avoid touching face, eyes, nose or mouth with unclean hands. Tissues to be available.	
A, B	Hygiene: Frequent cleaning and disinfecting of objects and surfaces which are touched regularly, particularly training aides such as cones etc. Equipment should be kept to a minimum. Players should bring their own towel to mop up sweat and not permit any other player to use their towel.	Training aides to be taken out, handled and put away in a secure location by coaches only, and disinfected before and after every session. Avoid touching surfaces such as pitch sign boards, goal posts and barriers.	Disinfecting solution to be available on return to training.
A, B	Social Distancing: Maintain 2m gap between all attendees. Hand shaking and huddles are prohibited. If space allows, increase social distancing between players during heavy exertion. Players can train with members of their own household or with five others from outside their household. 2m separation is still required. No physical contact is permitted. Water bottles must not be shared.	Redesign training procedures to ensure social distancing in place. No group of players in training to exceed six in number (coaches count towards the group number). Use markers or cones to assist in maintaining 2m separation. Attendees to bring their own water bottles.	All attendees to be briefed by coaches on social distancing before every training session.



l A	А, В	Symptoms of Covid-19		
		A record is to be kept of all attendees.	Attendees to report feeling unwell immediately.	Ongoing
		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. Symptoms include a new continuous cough, loss of sense of smell or taste and a high temperature (note that this is not an exhaustive list of symptoms).	Coaches are to report to the Board any infections potentially affecting attendees immediately.	
		If any attendee presents with a new continuous cough or high temperature, they are to be sent home and advised to follow stay at home procedures.		

See England Rugby Return to Rugby Road Map: Community Game infographic below. We are currently at Stage B.





RETURN TO RUGBY ROAD MAP: COMMUNITY GAME

ADHERENCE TO ALL RFU REGULATIONS MUST BE ADHERED TO AT ALL STAGES UNLESS RELAXATIONS HAVE BEEN GRANTED

PHASED RETURN

WHAT IT COULD LOOK LIKE



INDIVIDUAL TRAINING WITH ONE OTHER PERSON

Exercise with one other person: fitness training or physical development

Maintain social distance

No equipment



SMALL GROUP TRAINING

Exercise within a small group (Up to 6) & maintain social distance

No face to face (F2F) /close contact

Equipment sharing kept to a minimum



LARGER GROUP TRAINING: LIMITED F2F/ CLOSE CONTACT

Exercise with a larger group

Social distancing potentially not required at all times

Limited F2F & close contact exposure could now be permitted



WHOLE TEAM TRAINING: INCREASED F2F/ CLOSE CONTACT

Exercise with a larger group

Social distancing potentially not required at all times

Increase in level of F2F & close contact exposure could be permitted



WHOLE TEAM TRAINING: In preparation for matches

Social distancing could no longer be required

Unrestricted F2F & close contact exposure could be permitted

Rugby contact could be permitted



RETURN TO Match Play

Competitive rugby can recommence.

Could include some form of adapted activity dependent on COVID-19 mitigation

STRONG HAND HYGIENE TO BE ADHERED TO AT ALL STAGES

LIKELY TRIGGER TO MOVE TO THIS STAGE

Individuals allowed to exercise with someone from another household



Expansion in numbers allowed to meet together

Equipment sharing allowed if supported by hand hygiene



Further expansion of group size rules & relaxation of social distancing

Risk of rugby training F2F & close contact exposure deemed low enough to allow limited introduction to some traditional training activities



Further easing of group size rules & social distancing

Risk of rugby training F2F & close contact exposure deemed low enough to allow increased participation in more traditional training activities



Removal of social distancing

Risk of F2F & close contact exposure low enough to allow progression to unrestricted F2F & close contact training activities



Social distancing removed completely

Risk of F2F & close contact exposure low enough to allow unrestricted F2F & close contact match activities



TIMESCALES TO ALLOW PROGRESSION BETWEEN STAGES WILL BE CAREFULLY MANAGED AND DETERMINED BY MEDICAL & GOVERNMENT ADVICE. REQULAR UPDATES WILL BE ISSUED BY THE RFU ALONG WITH DETAILED GUIDANCE AS EACH PROGRESSION TAKES PLACE