



CREWE & NANTWICH RUGBY UNION FOOTBALL CLUB LTD

RETURN TO TRAINING **INCORPORATING READY4RUGBY AND ADAPTED CONTACT RUGBY ACTIVITY** – COVID-19 RISK ASSESSMENT – ALL TEAMS

Description of activity	Location	Persons at Risk		Review
Pre-season training incorporating Ready4Rugby – intra-club and inter-club matches – plus adapted contact rugby activity.	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	

GUIDANCE: https://www.englandrugby.com/dxdam/c8/c8171ed0-24c5-487e-8f55-e1ea803361b6/Restarting-competitive-grassroots_VF1.pdf

<https://www.englandrugby.com/participation/playing/game-on/ready-4-rugby>

Identification of Hazard	Affected Group	Control Measures	Additional Controls	By When
COVID-19 spread and infection	A, B, C	<p>Hand Cleansing:</p> <p>Use hand sanitisers to sanitise your hands.</p> <p>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.</p>	Attendees to be reminded of the importance of, and the need to, sanitise hands regularly including before and after every session.	Sanitisers to be available on return to training.



			Avoid touching face, eyes, nose or mouth with unclean hands.	
	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>Ready4Rugby – NO CONTACT</p> <p>All activity should take place outdoors.</p> <p>Maximum of 20 players per group.</p> <p>Minimum half standard size rugby pitch per 20 player group.</p> <p>Sessions should have regular breaks at a maximum of 15 minutes to ensure the ball and equipment can be cleaned and sanitised. If there is no natural stoppage after a maximum period of 15 minutes, the coach or match official should temporarily call time off whilst the ball is cleaned or changed for a clean one.</p>	<p>Coaches should:</p> <p>Ensure the pitch area is correctly marked out and safe to use prior to activity with a minimum of half pitch per 20 player group;</p> <p>Consider how to instruct, demonstrate, observe and feedback to players in a way that adheres to social distancing guidance;</p> <p>Manage activity time so no periods of activity last more than 15 minutes</p>	<p>All attendees to be briefed by coaches on social distancing before every training session.</p> <p>Coaches' briefings to include training of players on the laws of Ready4Rugby with particular</p>



	<p>Minimum of one bucket with clean water and soap.</p> <p>Towels to dry the balls on both sides of the field.</p> <p>Hand sanitiser for the person washing the balls.</p> <p>Players and coaches should remain socially distanced during breaks.</p> <p>Total durations for training sessions must not exceed 75 minutes.</p> <p>Everyone should refrain from touching their faces.</p> <p>During Breaks</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 should always be avoided.</p>	<p>without the ball being cleaned or changed for a clean one, and players cleaning and sanitising;</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>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>attention to those laws intended to minimise the risk of transmission of COVID-19.</p> <p>All attendees to be briefed by coaches on the rules surrounding adapted contact rugby activity.</p>
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	<p>Adapted CONTACT rugby activity</p> <p>Contact training permitted for no more than 15 minutes per session <u>following the rules set out at Appendix B below.</u></p> <p>Officiating Ready4Rugby – NO CONTACT</p> <p>Officials should:</p> <p>Carry out any coin toss themselves;</p> <p>Carry out only essential kit checks such as studs;</p> <p>Maintain social distancing if sanctioning is required;</p> <p>Consider using hand signals more to reduce the need to clarify any decisions;</p> <p>Refrain from shouting where possible.</p> <p>Whistles should not be shared.</p> <p>Spectators</p> <p>Maximum group size of 6 people from different households or up to 2 households together (anyone in your support bubble counts as one household) with each group separated by at least 2m.</p> <p>Spectators must not enter the playing area.</p>		
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		Toilets Ted's Shed will be open and the toilet facilities there may be used on a strictly one-in one-out basis.	Toilets to be sanitised regularly.	Sanitising materials to be made available.
	A, B, C	Symptoms of Covid-19 <u>A record is to be kept of all attendees who must provide their name and contact details for track and trace.</u> Prior to attending training and matches, all players, officials, volunteers and spectators should undergo a self-assessment for any Covid-19 symptoms. 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: A high temperature; A new, continuous cough; A loss of, or change to, their sense of smell or taste. 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.	Attendees to report feeling unwell immediately. Coaches are to report to the Board any infections potentially affecting attendees immediately.	Ongoing



		If any attendee presents with a new continuous cough or a high temperature, they are to be sent home and advised to follow stay at home procedures.		
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See England Rugby *Return to Rugby Road Map: Community Game* infographic at Appendix A below. We are currently at Stage D.

Rules for *Adapted Contact Rugby Activity* at Appendix B below.

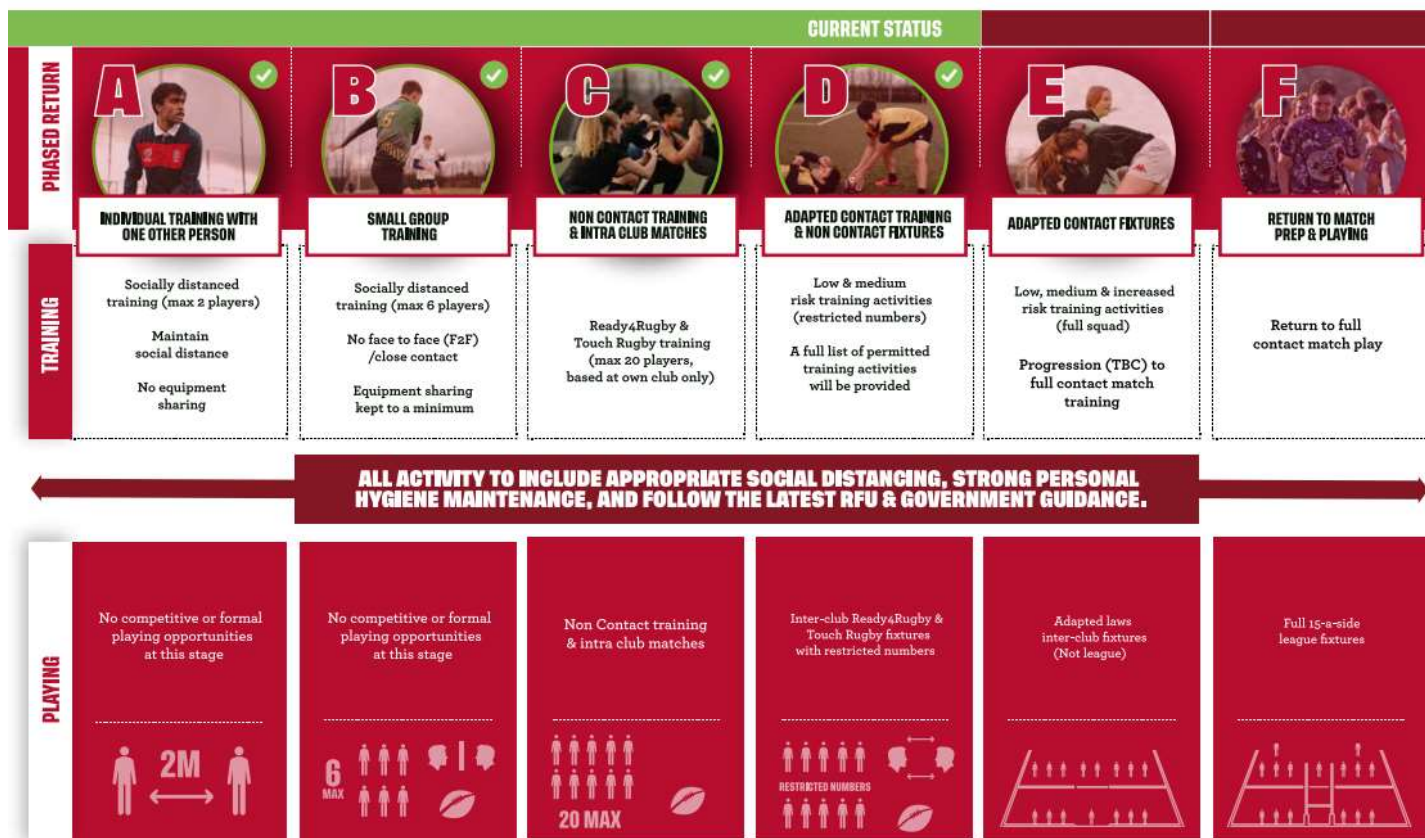


APPENDIX A



RETURN TO RUGBY ROAD MAP: COMMUNITY GAME **AUGUST 2020 UPDATE**

AT EACH STAGE THE STATED ACTIVITY IS THE MAXIMUM PERMITTED, HOWEVER ALL ACTIVITIES IN PREVIOUS STAGES ARE ALSO PERMITTED.
FURTHER DETAILED GUIDANCE ON ALLOWABLE ACTIVITIES AT EACH STAGE WILL BE PROVIDED.





APPENDIX B



STAGE D - ADAPTED CONTACT RUGBY ACTIVITY

THE DIFFERENT TYPES OF RUGBY ACTIVITIES AND WHAT IS/ISN'T PERMITTED DURING TRAINING SESSIONS.

TOTAL TIME OF ALL CONTACT ACTIVITY MUST NOT EXCEED 15 MINUTES PER SESSION
ALL CONTACT ACTIVITY MUST BE CARRIED OUT IN SMALL GROUPS (MAXIMUM 6 PLAYERS PER GROUP).



RUCK

• Maximum 2 v 2 players in a ruck (ball carrier and tackler, plus 1 v 1 on their feet over the ball).



• No team game play activity.



LINEOUT

• Unopposed lineout drills.

• Lifting of a jumper (under 16 and above only).

• Ball thrown to a catcher.

• Reduce the time the front lifter and a jumper are face to face in lineout set up to under 3 seconds.



• No opposed jumping.



• No maul to be formed after ball secured.



TACKLING

• Tackles at the waist or below only.

• 1 v 1 tackles only.

• Small group activity, preferably with players working in pairs for the entire activity.

• Use of tackle bags, shields and pads that are cleaned and sanitised after each player use.



• No upright tackles.

• No tackling above the waist including trying to hold the ball carrier up or prevent an offload.

• No team game play activity.



• No equipment such as tackle pads, bags and shields to be used by multiple people without cleaning and sanitising.

• Coaches must NOT hold pads or shields or bags for age grade players.



SCRUM

• None



• No scrum practice allowed, including use of scrum machines, sleds and unit practice.



MAUL

• None



• No maul practice activity allowed, including from a lineout.

