

Wigan RUFC Junior Section : Covid Training Guide

Updated 10/8/20



This document is a guide to training within RFU guidelines whilst restrictions for COVID are still in place. The aim is to keep things simple yet safe. Each parent will be responsible for ensuring they do not bring a player from a household where someone has symptoms until testing has been completed. The coaching team will send out a disclaimer via WhatsApp prior to each session, and unless a parent/ confirms via WhatsApp that they have read the disclaimer then they will not train.

It is possible to introduce complex provisions which may be difficult to enforce. Therefore in line with the RFU guidance (which is very simple and clear) this guidance is aimed to be simple.

Key features are to ensure sanitiser is available, and control routes to and from the training zones. Since England Rugby moved to Stage E on 2/12/20, more training techniques have become possible. The guidance now applies to all Junior Section Teams.

Wigan RFU is in compliance with the RFU Return to Rugby guidance on restarting competitive Grass Roots Rugby

The Key features for parents, players and coaches are as follows, and will be subject to change in line with any local lockdown conditions.

1. General Provisions

- **No player should be forced to return to rugby and any decision from a parent or player not to return must be respected.**
- Track and Trace. The club has an App (jamieboland0.wixsite.com - only available on mobile) which will be used by all adults to register their presence at the club. Each Age Group will record which players are training at each session. This list may be forwarded to Club Safeguarding Officer, or may be maintained by the individual coaching teams, who will maintain a secure temporary database for 21 days after each session. If a player or parent has a positive test for COVID, they will notify the coach who will then notify the Club Safeguarding Officer, who will make the required information available to NHS Track and Trace process.
- Sanitiser will be available to all players throughout training and good hygiene will be encouraged at all times. Players encouraged to refrain from touching their own faces

- Players will bring their own towels, and drink bottles which will not be shared.
- The WhatsApp self assessment process will be completed for each session
- Changing Rooms will not be used, toilets will be signposted with a social distancing to be maintained
- Teams will continue to train one team at a time

2. Training Activity

- All training will be outdoors
- More contact training is now permitted, and touch rugby is permitted in line with the guidance in the Restarting Competitive Grass Roots Rugby Document
- Max 20 players per group
- Ball to be sanitised whenever possible with hand wipes/sanitiser/soapy water, and MUST be sanitised at least every 15 minutes.
- Any game of touch rugby must have a break every 15 mins
- Players and coaches to be socially distanced during breaks in training
- Equipment sharing to be kept to a minimum. Use of cones should be kept to minimum, and be placed and collected by the same person.
- Maximum Total Session Duration - U7 and below 60 mins, all other age groups 75 mins
- If possible avoid using Bibs. If bibs are used they are not to be swapped and shared, must be collected by the coach who will wash them, and the coach must sanitise their hands immediately after collecting bibs.
- All participants to avoid shouting if possible
- All parents and coaches must be aware that a positive COVID test of a participant within the 48 hour timeframe is highly likely to lead to all participants self isolating for 14 days.

3. First Aid Provision

- Each team should have qualified first aider present, who must only provide aid within their training.
- Guidance for PPE is included in the RFU Guidance document

General

If more than one team is training at the same time the coaches MUST speak to each other to ensure we do not exceed the numbers and to ensure we all know who is training on what pitch.

Be sensible.

Be patient with others.

Parents confined to the grassy area in front of the club and told to maintain social distance. (if low numbers coaches can allow parents to side of pitch IF SAFE TO DO SO.

Be flexible and open to change to accommodate the players and other teams