



## COVID-19: STAGE D1 COACHING RISK ASSESSMENT CLUBS

RISK: Spread of Covid-19

WHO CAN BE AFFECTED:

- Coaches, Players, club members and visitors to your club.
- Vulnerable groups – elderly, pregnant workers, those with existing underlying health conditions.
- Anyone else who physically comes in contact with training groups/individuals

CLUB NAME:

ELLINGHAM & RINGWOOD RFC

COMPLETED BY:

MARK JOHNSON

DATE COMPLETED:

25<sup>th</sup> MARCH 2021

### Managing, preventing and controlling risk

The HSE requires businesses, including sports clubs and venues, to identify management responsibilities with regard to managing risks and to put contingency plans in place.

If the club has direct employees then someone competent should be appointed to help meet health and safety duties and take responsibility for controlling any identified risks. This person could be inside or outside of the club or venue. For all clubs, we recommend that someone takes responsibility for coordinating the management of risk and keeps records of the steps taken to mitigate these (businesses with five or more employees are required to keep records of any significant risk and this is good practice for all businesses).

Action to be considered	Action taken (to be completed by the club)
Hand washing facilities with soap and water in place	SOAP AND WATER AVAILABLE IN THE PLAYERS' TOILETS (CLUB TOILETS CLOSED)
Stringent hand washing taking place	PLAYERS ADVISED TO WASH/SANITISE HANDS REGULARLY AND THOROUGHLY – EVERY 15 MINS (MAX)
Gel sanitiser readily available and used regularly	SANITISER STATIONS PLACED ON THE ENTRANCE TO AND EXIT FROM THE PITCH
Equipment cleaned and disinfected before and after use	A BUCKET OF SOAPY WATER IS USED TO REGULARLY CLEAN BALLS. TACKLE SHIELDS ARE CLEANED WITH AN ANTI-BACTERIAL SPRAY BETWEEN EACH CONTACT GROUP
Minimise sharing of kit / equipment	SHIELDS ARE ONLY USED DURING THE CONTACT PART(S) OF THE TRAINING SESSION
Equipment stored securely	ALL EQUIPMENT IS STORED IN A LOCKED SHED
No sharing of water bottles	PLAYERS ARE INFORMED TO ONLY USE OWN WATER BOTTLES
Limited close physical contact	FACE TO FACE EXPOSURE IS LIMITED TO 3 SECONDS AND WITHIN 1M IS LIMITED TO 15 MINS
Contact should be limited to 20 minutes per session	SESSIONS ARE PLANNED TO ENSURE CONTACT TIME IS MONITORED AND LIMITED
No scrums	✓
No mauls	✓
<a href="#">RFU Guide</a> should be studied by coaches	✓
Player / Coach recommended ratios	U7 1:6 / U8 1:8 / U9-U18 1:10 / ADULT 1:15
Is there an effective action plan in place to deal with someone with suspected symptoms, should it be necessary?	CLUB RETAINS RECORDS OF ALL ATTENDEES AT TRAINING
Is there a test & trace system in place	PLAYERS (PARENTS) MUST SELF CERTIFY USING AN ONLINE FORM. THE INFORMATION IS MANAGED BY EACH SECTION OF THE CLUB
Ensure guidance signage is clearly visible	THERE IS EXTENSIVE SIGNAGE AT THE CLUB



# STAGE D - CONTACT TRAINING RUGBY ACTIVITY

## THE FOLLOWING TABLE PROVIDES EXAMPLES OF THE TYPES OF CONTACT RUGBY ACTIVITY PERMITTED IN TRAINING

### TOTAL TIME OF ALL CONTACT ACTIVITY SHOULD NOT EXCEED 20 MINUTES PER SESSION

There are no restrictions on group size, however we recommend adoption of recommended coach to player ratios. Players may be returning from an extended period of inactivity, not just rugby activity and coaches should consider an incremental reintroduction for players such as duration, intensity and type of activities.

Coach to player ratios: U7 1:6 | U8 1:8 | U9-U18 1:10 | Adult 1:15



### TACKLING

- Safe legal technique by ball carrier and tackler.
  - Introduce incrementally starting with contact with floor.
  - Reintroduce tackling 1v1 to develop ball carry and tackle technique.
  - Small group activity, preferably with players working in pairs.
  - Use of tackle bags, shields and pads that are cleaned and sanitised after each player use.
  - A focus on the key coaching points.
  - Ensure players are confident and physically ready before increasing intensity.
- 
- No upright tackles.
  - No holding the ball carrier up in the tackle.
  - 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.



### RUCK

- Incremental introduction of the ruck into training sessions.
  - Reduce numbers in the practice to build confidence and refine technique.
  - Build intensity in line with players stage of development.
  - Ensure all activity is within the laws of the game.
- 
- Coaches must not hold tackle shields for players.
  - No equipment such as tackle pads, bags and shields to be used by multiple people without cleaning and sanitising.



### LINEOUT

- Incremental introduction starting with jumping and landing
  - Lifting of a jumper (u15 and above only)
  - Start uncontested building to contested
  - Reduce the time the front lifter and a jumper are face to face in lineout set up to under 3 seconds.
- 
- No maul to be formed after ball secured.



### SCRUM

- Individual body shape including harness/ resistance band and neck strength exercises permitted.
- 
- No scrum practice with others, including on scrum machines, sleds and unit practice.



### MAUL

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

