



Risk Assessment: Summer Training

10 July 2020

Purpose

The purpose of this document is to outline the potential risks of commencing summer rugby training at Westcombe Park RFC (hereafter “the club”) and what steps the club plans to mitigate/minimise such risks in light of the current COVID-19 situation. “Train” and “Training” refer to any activity (actual rugby training, strength & conditioning, exercising etc.) carried out by an age group anywhere on club grounds between now and the official season start.

This document covers:

- a general risk assessment (club-specific) and RFU guidance (rugby-specific)
- summer training only (a future risk assessment document may be published prior to the official season start in the autumn)
- ALL age groups: Minis (U6-U11), Juniors (U12-U18), Seniors (1st/2nd/3rd, Vets, Gents, Nomads etc.) and Ladies squads (U13/U15/U18)
- Instructions regarding who to contact should an age group wish to arrange training

The potential risks and the plans to mitigate them mentioned herein have come from a number of sources:

- the UK government
- the RFU
- Kent Rugby
- common sense

Risk Assessment (General)

#	SCENARIO	RISK	STEP(S) TO MITIGATE
1	Clean hands	Spreading the virus	<ul style="list-style-type: none">• wash/sanitize hands before heading to the club
2	Whilst anywhere on club grounds (car park, clubhouse, changing blocks and pitches)	Spreading the virus	<ul style="list-style-type: none">• ALWAYS keep a minimum of 2 meters between yourself and everyone else outside of your immediate household
3	Player (or any member of the player’s household) feeling unwell just before scheduled training	Spreading the virus	<ul style="list-style-type: none">• do NOT come to the club• follow gov’t advice in terms of self-isolation & social distancing• At this stage it is advisable that players who have underlying health conditions (asthma, diabetes etc.) do not train
4	Social distancing (arrival at the club)	Spreading the virus	<ul style="list-style-type: none">• keep the number of arriving non-players (spectators) to a minimum• all spectators must adhere to all mandated social distancing rules• try to ensure an empty parking spot between your car and any other car in the car park• adhere to the one-way system regarding pedestrian entry/exit to/from the car park and the pitches (refer to the club layout at the end of this document)
5	Use of facilities (clubhouse)	Spreading the virus	<ul style="list-style-type: none">• the café & shop will remain closed

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#	SCENARIO	RISK	STEP(S) TO MITIGATE
			<ul style="list-style-type: none"> the bar will be open on a limited basis (check emails and Club News) Changing blocks and access to kit lockers will now be available but on a limited day-by-day basis (check emails and Club News)

Risk Assessment (Training)

(refer to the latest RFU Guidelines at the end of this document)

#	SCENARIO	RISK	STEP(S) TO MITIGATE
6	Clean hands	Spreading the virus	<ul style="list-style-type: none"> age groups must provide hand sanitizer/gel for their players players should ensure they clean their hands before, during and after training
7	Whilst training on any pitch/grassed area	Spreading the virus	<ul style="list-style-type: none"> ALWAYS keep a minimum of 2 meters between yourself and your teammates, coaches & trainers Huddles, handshakes, high-fives etc. are strictly forbidden
8	Training by age group – allowable group pairings	Spreading the virus	<ul style="list-style-type: none"> Age groups MUST train separately, with the exception of the U6/U7 and Colts (U17/U18), as these paired age groups would normally train/play together during the summer and during a normal season Mixed training amongst Senior rugby teams shall be at the discretion of the DOR but must adhere to the general rules described herein
9	Training – pitches	Spreading the virus	<ul style="list-style-type: none"> As most pitches will not be lined, a “pitch” refers to either the age group’s normal training area at the club or anywhere else on the club grounds where it would normally be safe to train/play
10	Training – max players per pitch	Spreading the virus	<ul style="list-style-type: none"> The maximum allowable number of players training on a pitch is 24 Per pitch, players MUST be separated into a maximum of 4 groups of no more than 6 individuals per group “Individuals” include both players and coaches Each group of 6 should not mix with any other group of 6 For our younger age groups who play on much smaller pitches, you are free to use as much space as you can provided that you keep a reasonable distance from other age group pitches Given the aforementioned points, by age group, each 4x groups of 6 must practice/train in a space NO LESS than ¼ the size of an adult pitch
11	Training - equipment	Spreading the virus	<ul style="list-style-type: none"> The use/sharing of equipment (including balls, cones, poles etc.) should be kept to an absolute minimum Age groups will need to bring their own cleaning supplies and will need to clean all equipment before, during and after training The use of tag belts, kicking tees, bibs and scrummaging machines is forbidden.

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#	SCENARIO	RISK	STEP(S) TO MITIGATE
12	Training – water bottles	Spreading the virus	<ul style="list-style-type: none"> Under ABSOLUTELY NO CIRCUMSTANCES should any age group provide water/liquids for their players – this includes water bottle sets/carriers (including chin-rest bottles) – PLAYERS MUST BRING THEIR OWN DRINK Players/parents must NOT fill their own containers from any tap or other water source at the club
13	Clean your hands	Spreading the virus	<ul style="list-style-type: none"> wash/sanitize hands before leaving the club

Pre-Allocation of Pitches

No team or age group will be allowed to train at the club without a pitch/area and time slot being allocated in advance. This is to avoid too many individuals showing up at the same time.

Coaches/managers should therefore contact the following individuals BEFORE arranging any training:

Age Group	Contact	Email
Seniors	Rob Lawrence	rob.lawrence@westcombeparkrugby.co.uk
Juniors	Greg Pring	gregorypring@hotmail.com
Minis	Phillip Cahill	phillip.cahill@btinternet.com
Ladies	Tim Leng	timothy.leng@ntlworld.com

Youth Rugby: Training Session Durations

Kent Rugby have mandated the following maximum durations for all Youth age groups:

Age Groups	Maximum Duration of Daily Training Session
U7-U8	60 mins
U9-U11	90 mins
U12-U18	120 mins

Other Club Contacts

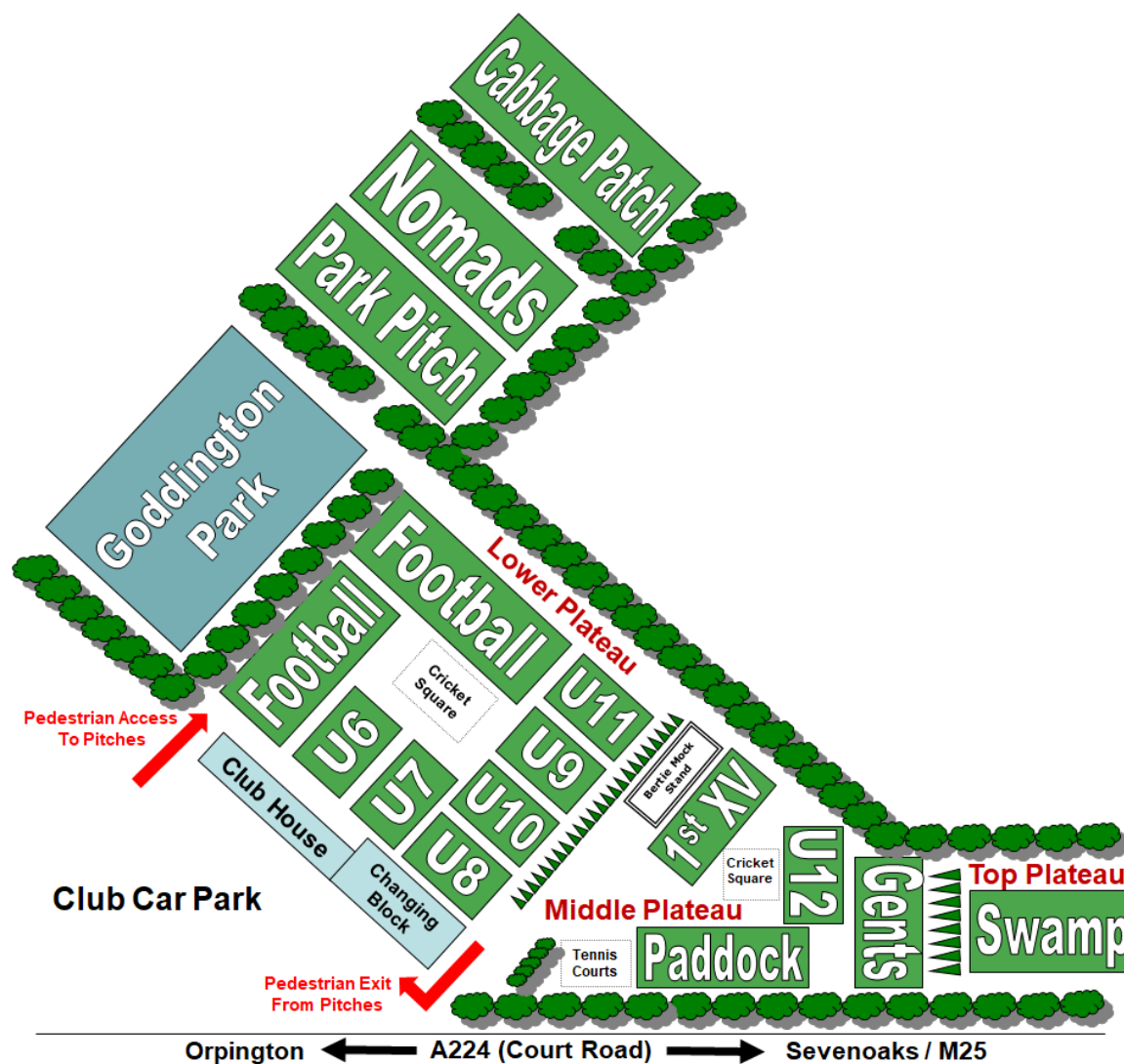
Name	Title	Email
Simon McDowell	Club Safeguarding Officer	simon.mcdowell@outlook.com
Katie Shaw	Club Safeguarding Officer	katie40@hotmail.co.uk

Version History

Version	Date Published	Author	Amendments
1.0	10 June 2020	Greg Pring	n/a

2.0	03 July 2020	Greg Pring	<ul style="list-style-type: none"> • Reference to “Kent Rugby” as an additional source of the information contained herein • All references to “pre-season” training amended to “summer” training as per Kent Rugby • Addition of maximum daily training durations as per Kent Rugby (new section above) • Addition to Scenario #10 in terms of minimum pitch/training area size as per Kent Rugby • Addition to Scenario #11 in terms of specifically forbidden training equipment as per Kent Rugby
3.0	10 July 2020	Greg Pring	<ul style="list-style-type: none"> • Update to Section 5 (Use of facilities - clubhouse)

Pitch Layout Indicating One-Way Entry/Exit System



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Westcombe Park Rugby Football Club Ltd.
Clubhouse, Grounds & Registered Office: Goddington Dene, Goddington Lane, Orpington, Kent BR6 9SX

Latest Infographic from England Rugby (Community Game Guidance)



ALL PLAYERS MUST FOLLOW GOVERNMENT SOCIAL DISTANCING GUIDELINES

WWW.GOV.UK/CORONAVIRUS

GUIDANCE CAN CHANGE AT SHORT NOTICE, AND RESTRICTIONS CAN BE REINTRODUCED.

STAY UP TO DATE ON THE LATEST ENGLAND RUGBY COMMUNITY GAME GUIDELINES:

WWW.ENGLANDRUGBY.COM/CORONAVIRUS

ENGLAND RUGBY COMMUNITY GAME GUIDANCE UPDATE 02/06/20

COACHING CAN NOW TAKE PLACE WITH SMALL GROUPS OF UP TO SIX (INCLUDING THE COACH). RFU SAFEGUARDING POLICIES MUST BE FOLLOWED.



IT IS NOW PERMISSIBLE FOR TWO OR MORE GROUPS OF 6 TO TRAIN PROVIDED THEY ARE KEPT SEPARATE (NO MORE THAN 4 GROUPS PER FULL PITCH), AND SOCIAL DISTANCING AND STRICT HYGIENE MEASURES ARE OBSERVED.

OUTDOOR FIELD BASED INDIVIDUAL TRAINING IN SMALL GROUPS PERMITTED



NO PHYSICAL CONTACT. USE ENGLAND RUGBY TRAINING RESOURCES FOR GUIDANCE

PLAYERS CAN TRAIN WITH OWN HOUSEHOLD.

ONCE PER 24 HOUR PERIOD PLAYERS CAN TRAIN AS PART OF A GROUP OF MAX 6 FROM OTHER HOUSEHOLDS.



THEY MUST BE 2M APART AT ALL TIMES

EQUIPMENT SHARING (INCLUDING BALLS) SHOULD BE KEPT TO A MINIMUM



STRONG HAND HYGIENE PRACTICE SHOULD BE IN PLACE BEFORE AND AFTER.

WASH/SANITIZE HANDS & EQUIPMENT REGULARLY




DO NOT TRAIN OR MEET ANYONE IF YOU HAVE CORONAVIRUS SYMPTOMS







CLUBHOUSES CURRENTLY CAN OPEN FOR ACCESS TO TOILETS AND TO SERVE TAKEAWAY FOOD/DRINK ONLY









Latest Infographic from England Rugby (Return to Rugby Roadmap)



RETURN TO RUGBY ROAD MAP: COMMUNITY GAME

		CURRENT STATUS										
PHASED RETURN	A		B		C		D		E		F	
	INDIVIDUAL TRAINING WITH ONE OTHER PERSON		SMALL GROUP TRAINING		LARGER GROUP TRAINING: LIMITED F2F / CLOSE CONTACT		WHOLE TEAM TRAINING: INCREASED F2F / CLOSE CONTACT		WHOLE TEAM TRAINING: IN PREPARATION FOR MATCHES		RETURN TO MATCH PLAY	
	Exercise with one other person: fitness training or physical development		Exercise within a small group (Up to 6) & maintain social distance		Exercise with a larger group		Exercise with a larger group		Social distancing could no longer be required		Competitive rugby can recommence.	
	Maintain social distance		No face to face (F2F) / close contact		Social distancing potentially not required at all times		Social distancing potentially not required at all times		Unrestricted F2F & close contact exposure could be permitted		Could include some form of adapted activity dependent on COVID-19 mitigation	
	No equipment sharing		Equipment sharing kept to a minimum		Limited F2F & close contact exposure could now be permitted		Increase in level of F2F & close contact exposure could be permitted		Rugby contact could be permitted			
	WHAT IT COULD LOOK LIKE		WHAT IT COULD LOOK LIKE		WHAT IT COULD LOOK LIKE		WHAT IT COULD LOOK LIKE		WHAT IT COULD LOOK LIKE		WHAT IT COULD LOOK LIKE	

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	Further easing of group size rules & social distancing
Risk of rugby training F2F & close contact exposure deemed low enough to allow limited introduction to some traditional training activities	Risk of rugby training F2F & close contact exposure deemed low enough to allow progression to unrestricted F2F & close contact training activities
	
Removal of social distancing	Social distancing removed completely
	

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

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