



OLD EMANUEL RFC

OERFC

Return to Rugby Information & Action Plan V3

Updated: 01/09/2020



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.





RFU Guidance 01/09/2020:

How will the club ensure we are meeting all RFU guidance?

<p>COACHING CAN NOW TAKE PLACE WITH SMALL GROUPS OF UP TO SIX (INCLUDING THE COACH). RFU SAFEGUARDING POLICIES MUST BE FOLLOWED.</p>  <p>IT IS NOW PERMISSIBLE FOR TWO OR MORE GROUPS OF 6 TO TRAIN PROVIDED THEY ARE KEPT SEPARATE (NO MORE THAN 4 GROUPS PER FIELD) AND SOCIAL DISTANCING AND STAFF HYGIENE MEASURES ARE OBSERVED.</p>	<p>OUTDOOR FIELD BASED INDIVIDUAL TRAINING IN SMALL GROUPS PERMITTED</p>  <p>NO PHYSICAL CONTACT. USE ENGLAND RUGBY TRAINING RESOURCES FOR GUIDANCE</p>	<p>PLAYERS CAN TRAIN WITH OWN HOUSEHOLD.</p> <p>ONCE PER 24 HOUR PERIOD PLAYERS CAN TRAIN AS PART OF A GROUP OF MAX 6 FROM OTHER HOUSEHOLDS.</p>  <p>THEY MUST BE 2M APART AT ALL TIMES</p>
<p>EQUIPMENT SHARING (INCLUDING BALLS) SHOULD BE KEPT TO A MINIMUM</p>  <p>STRONG HAND HYGIENE PRACTICE SHOULD BE IN PLACE BEFORE AND AFTER.</p>	<p>WASH/SANITIZE HANDS & EQUIPMENT REGULARLY</p>  <p>DO NOT TRAIN OR MEET ANYONE IF YOU HAVE CORONAVIRUS SYMPTOMS</p>	<p>CLUBHOUSES CURRENTLY CAN OPEN FOR ACCESS TO TOILETS AND TO SERVE TAKEAWAY FOOD/DRINK ONLY</p> 

<p>Pre Opening Actions</p>	<p>In order to facilitate a 1st September & Stage D restart, the following actions have been completed:</p> <ul style="list-style-type: none"> • Coaches pre-opening virtual meetings • Mandatory attendance by all or section/age groups will be unable to train • All sections of the club must use Pitchero player availability feature to ensure planned numbers onsite do not exceed space available • Pitchero Registers to be taken at each session • All players must have completed the Covid-19 questions on Pitchero. • They will not be allowed onsite for training without having completed this. • Mental health awareness—all coaches to have completed online CPD which highlights the trauma some players/families may have experienced during Covid-19 • Verbal & email reminder of how to report a safeguarding concern both within the club & to local authority
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RFU Guidance 01/09/2020:

How will the club ensure hygiene standards are maintained effectively?



Actions	<ul style="list-style-type: none">• Ground only used in accordance with agreed schedule for all sections• Coaches to check in before each session & remind players that if they are feeling unwell they should not come to training.• Hand sanitizer station available upon arrival• Any shared equipment cleaned before use, with appropriate products• No sharing of drinks bottles• Players to bring additional water as no access to drinking water from the main clubhouse• Regular drinks & hand sanitising breaks scheduled into training plans for all sections• Hand sanitizer station available upon departure• All equipment cleaned at the end of session, with appropriate products• Communal areas touched during storage of equipment should be wiped down eg door handles/ storage bins• Specific Risk Assessments for both the kitchen & bar areas have been undertaken to ensure they are able to operate safely.
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RFU Guidance 01/09/2020: :

How will the club ensure RFU Stage D regulations are adhered to?



Actions

- RFU Regulation 15 must be adhered to
- Coaches to plan training specific activities that enable small groups to train together
- Head Coach & CCC to support all sections of the club with panning appropriate activities
- Players should not move between groups during a session
- OERFC Committee will conduct 'drop ins' on all sessions to ensure that social distancing & other hygiene practices are in place & being followed.
- Groups & individuals who do not follow the guidance will be asked to leave the premises
- 15 minutes (total duration) of adapted contact activities within a single training session is permitted
- In the remainder of the training session, players are permitted to undertake socially distanced strength and conditioning activities, small group non-contact skill development practice and/or Touch/Ready4Rugby games (the only other permitted game training activity).
- No scrum, maul, opposed lineout or upright tackle training activities are permitted.
- During a session (contact activities and Touch/Ready4Rugby activities combined) players should avoid face to face exposure of more than 3 seconds and more than 15 minutes of exposure at less than 1 metre with another player
- Use of tackle bags, shields and pads that are cleaned and sanitised after each player use
- Ruck - Maximum 2 v 2 players in a ruck (ball carrier and tackler, plus 1 v 1 on their feet over the ball)
- Lineout - Unopposed lineout drills



RFU Guidance 01/09/2020:

How will the club ensure the minimum of equipment is used & cleaned effectively?



<p>Actions</p>	<ul style="list-style-type: none">• Club Head Coach & CCC to support coaches with planning of sessions to minimise equipment used• HC & CCC to 'drop in' on sessions to ensure equipment is being used & cleaned appropriately• Hand sanitizer station available upon arrival & departure• Appropriate cleaning products provided & left onsite for coaches to use to clean equipment• Appropriate cleaning products provided & left onsite for coaches to clean communal areas touched when storing equipment.• Appropriate cleaning products provided & left onsite for use in wiping down general toilet areas between age groups/ section of the club• Weekly specific clean of highlighted communal areas• OERFC Committee will to 'drop in' to sessions & check cleaning & hand sanitizing procedures are in place & being adhered to.
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RFU Guidance 01/09/2020:

How can I help?



- Complete the Covid-19 Pitchero question in your account information & any associated children



- Set availability on Pitchero so your coaches/mangers know if you are coming



- Come dressed & ready to train as there is NO access to changing rooms



- Bring plenty of water, there is NO access to the main clubhouse for refills



- Bring your own alcohol based hand sanitiser for use throughout the session



- Observe the one way system to access the toilets



- Help to clean kit during the breaks in training



- Respect the regulations set out for kitchen & bar use



- Parents who are waiting for their children to finish training are responsible for observing the 2m social distancing & must not enter the training grids.