

TRING RUGBY

COVID SAFE MEASURES



PUBLIC

What we have done

- Governance
- Policy
- Facilities
- Coaching / playing

Governance

- **COVID Committee** consisting of:
 - Chair of Tring Rugby – John Ball
 - Director of Rugby - Mason Wallace
 - Juniors Chairman – Jon Westcott
 - Minis Chairman – Dan Crookes
 - COVID Officer – Nick Turner
- **COVID Policy** – available on the [Tring Rugby Website](#)
 - Sets out general principles of COVID Safety
 - Commits to Tring Rugby following the RFU COVID Roadmap
- **COVID Risk Assessment and Action Plan**
 - Following the RFU guidance for COVID
 - We have identified and put in place control measures for the risks faced with COVID
- **Communication and point of contact**
 - Tring Rugby website or contact John Ball or Nick Turner for further information

Policy – Tring Rugby COVID Safe

Tring Rugby takes everyone's health and safety seriously so we have taken additional precautions to ensure the safety of players, members, coaches, visitors and support staff.

Tring Rugby will adhere to RFU guidance Return to Rugby Roadmap for our coaching, players and facilities. This sets out a 6 step plan for clubs to return to rugby that is commensurate with the transmission rates and risks presented by COVID.

CURRENT STATUS D – ADAPTED CONTACT TRAINING

Governance: Tring Rugby has a COVID policy requiring all players, members, coaches, visitors and support staff to follow rules whilst on site. These rules require everyone on our premises to:

| We ask that you DO: | We ask that you DO NOT |
|---|---|
| Follow SOCIAL DISTANCING RULES - keep 2m apart Observe and follow ONE WAY SYSTEMS Provide contact details for TRACK AND TRACE Adopt good HYGIENE using sanitiser and washing of hands FOLLOW COACHES ADVICE AND GUIDANCE at all times | Enter the facilities if you are unwell, especially if you have - persistent cough - loss of taste/smell - fever Breach these rules and advice provided by Tring Rugby |

Policy – Tring Rugby COVID Safe

| Facilities | Training / Playing arrangements |
|---|---|
| <p>Promote social distancing through signage, one way systems, closing of facilities and guidance from our coaches. Hygiene products will be provided on site including hand sanitisers for persons to use, balls and other equipment. Cleaning routines will be enhanced to ensure high contact points are covered.</p> <p>Require visitors to provide contact details to facilitate any track and trace required by Public Health England</p> <p>Refuse entry to any persons showing signs and symptoms</p> <p>Showers and changing rooms will only be made available when the RFU return to rugby roadmap states it is safe to do so.</p> <p>Toilets are accessible through the clubhouse.</p> <p>The bar and refreshments will be subject to controls commensurate with social distancing and one way systems in place locally.</p> | <p>Special conditions apply to the use of the gym, including limits on numbers in the gym through pre booking, cleaning between use, ventilation and social distancing. Only those that are members can use the gym.</p> <p>Minis and Juniors: parents should check with their coaches on arrangements as these will be affected by the stage we are at in the RFU return to rugby roadmap.</p> <p>Changing and shower facilities will only be available when it is safe. Toilets are available.</p> <p>Playing arrangements will follow the RFU return to rugby roadmap.</p> |

Contact

If you have any concerns or wish to make a suggestion on how we can improve safety at Tring Rugby, please contact nick.r.turner@gmail.com

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Risk Assessment - Coaching

| Tring Rugby COVID Risk Assessment | | |
|--|---|---------------|
| Date | Updated 20th August 2020 | |
| Completed by | Nick Turner | |
| Action: | Action Plan / Notes | Status |
| Hand washing facilities in place | In clubhouse | In place |
| Stringent hand washing taking place | Signs throughout encouraging hand washing | In place |
| Disposable towels in place for sweat | Players advised to bring their own towels | In place |
| Equipment cleaned and disinfected before and after use | Coaches provide disinfectant for all kit before, during and after use. | In place |
| Equipment stored correctly | All equipment returned to locked containers and not available for general use. | In place |
| Minimise sharing of kit | Training sessions in line with RFU return to rugby roadmap. | In place |
| No sharing of water bottles | Players advised to bring their own water bottles. Staff advised NOT to handle bottles. | In place |
| No close physical contact | Training sessions in line with RFU return to rugby roadmap. | In place |
| No hand shaking | Players advised to maintain social distancing. Signage in place. | In place |
| No huddles | Players advised to maintain social distancing. Signage in place. | In place |
| No touching face | Good hygiene signage in place. | In place |
| Social distancing maintained between players during heavy exertion | Players advised to maintain social distancing. Signage in place. | In place |
| Action plan should someone show signs and symptoms | Coaches aware of signs and symptoms and will ask suspected infected persons to leave the facilities and seek medical assessment | In place |
| Guidance signage available | Signage posted throughout club house. | In place |

Risk Assessment - Facilities

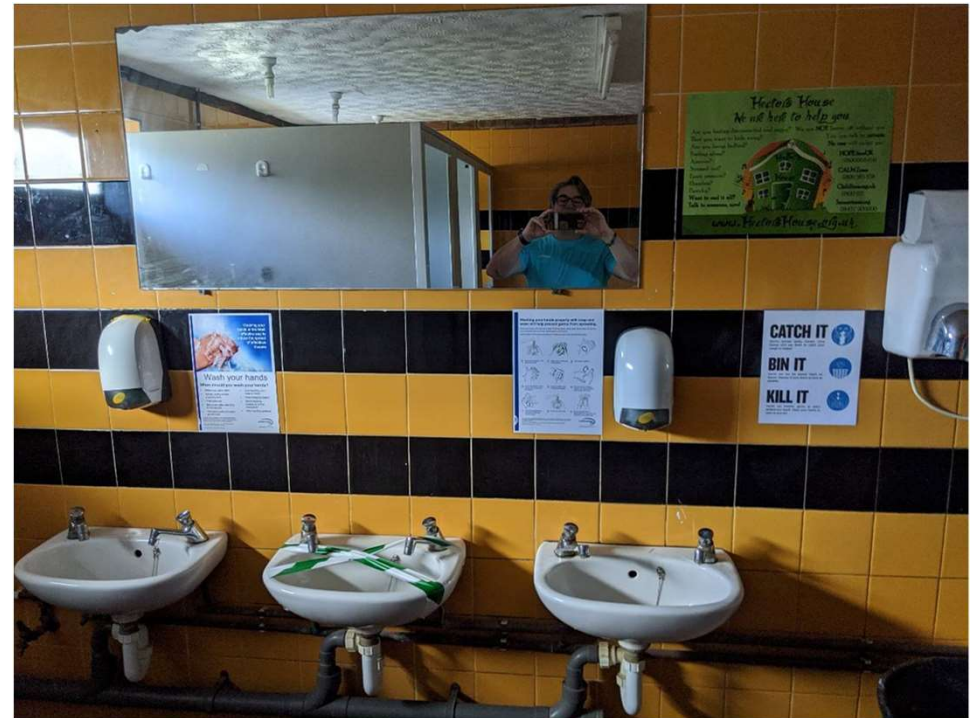
| Tring Rugby COVID Risk Assessment | | |
|---|---|--|
| Date | Updated 20th August 2020 | |
| Completed by | Nick Turner | |
| Action: | Action Plan / Notes | Status |
| Is appropriate social distancing in place for staff, players, coaches and visitors. | Signage and one way system in place and notice to all visitors to club | In place |
| Is seating reorganised for social distancing | Arrangements in place to ensure social distancing inside club. | In place |
| Are appropriate hand washing facilities available | Hand washing available | In place |
| Is hand sanitiser available | Hand sanitiser available | In place |
| Is there a plan in place should someone with signs and symptoms present themselves | Notice in place; track and trace in place; awareness in place | In place |
| Are hand contact points disinfected to prevent spread | Doors to be kept open to minimise handling. Following high contact points to be cleaned after use - Toilet doors inc ladies door into toilet and both in / out toilet cubicles - Taps - Door into / out of club house - light switches - Point of sale credit card keypads both at bar and kitchen - Any other points observed by club officials during use of facility NB Gym is subject to separate controls but requires users to sanitise after any use of equipment | Need confirmation from MW CP Confirmed on committee call with MW and members that we would clean at the start of each session. |
| Is awareness signage in place for signs and symptoms, hygiene and social distancing | Notices put up and in place | In place |
| Are there public hygiene messages in place | Notices put up and in place | In place |

COVID Action Plan

what to do
if we have
suspected
/ positive
cases

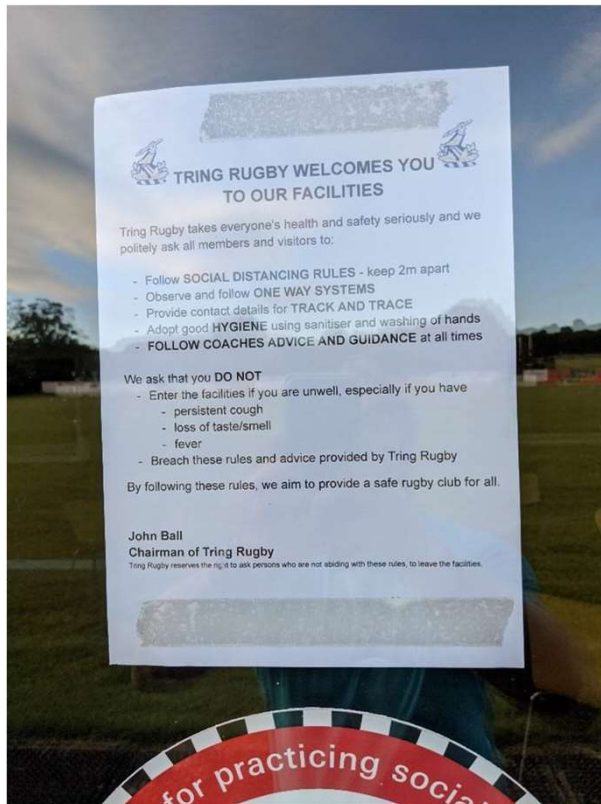
| | |
|----------------------|---|
| | Tring Rugby Action plan for any positive COVID cases |
| | |
| | Preventative Measures |
| | Notices and signages advising of signs and symptoms and requesting they stay home if unwell. |
| | Contact details are requested from everyone who attends the club. |
| | Tring Rugby will follow the RFU COVID roadmap control measures for coaching and facilities. |
| | |
| | Suspected / Confirmed Cases |
| | Any coach or member who becomes aware of a positive COVID case should: |
| NOTIFICATION | - notify the Chair of Tring Rugby and COVID Advisor: contact details on the COVID Policy available on Tring Rugby Website and Posters on the premises |
| | - Chairman of Tring Rugby will call together as soon as possible, the Senior Players Coach / Minis and Junior Chairs / COVID advisor |
| INVESTIGATE | - Investigations to be made as to whether social distancing been breached and whether other members need to be informed |
| | - Identify how many cases are associated with Tring Rugby / what teams |
| REACT | - Tring Rugby will determine what control measures, if any need to be adopted including: |
| | a) Hygiene measures such as special cleaning of equipment / premises |
| | b) cancellation / adaptations of training or matches |
| COMMUNICATE | Tring Rugby will ensure appropriate communications are made |
| | a) identify what players / parents / coaches / visitors / other clubs need to be notified |
| | d) using the contact details, we will advise those potentially affected and we will share with relevant public health authorities |
| | |
| | Tring Rugby will at all times have the welfare of its members, players, coaches and visitors as its main priority. |
| | Tring Rugby will also follow all advice and requirements made by public health authorities. |
| | Tring Rugby will also respect GDPR and personal data associated with the COVID cases. |
| | |
| Date 1/9/2020 | Author Nick Turner |

Men and Womens toilets



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COVID Policy



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One Way System



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Bar Etiquette



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