

DARTFORDIANS RFC

COVID-19 Risk Assessment

Relating to training at both Dartfordians RFC & St Mary's Recreation

Club name:	Dartfordians RFC				Date:	17 th July 2020 onwards				
Venue address:	Bourne Road, Bexley Kent DA5 1LW				Location:	Dartfordians grounds & St Mary's recreation park				
Chairman/ Director of Rugby	Chairman: Jarrod Lawrence Director of Rugby: David Phillips				Head Coach	Lee Jeffery				
Location of:				Evacuation Procedure:			Emergency Aid Procedure:			
• telephone	Landline - Main clubhouse : Mobile in St Mary's			Gathering point in case of emergency is main clubhouse car park – Memorial Clubhouse, Bourne Road.			Any Emergency Aid will initially be attended by club physio onsite during training, supported by trained first aiders. Ambulances can be called if required or patients could be moved to main clubhouse First Aid room, if appropriate.			
• first aid kit	St Mary's pitchside									
• first-aider	Qualified club physio									
• accident book	Main clubhouse									
Does the venue have:										
• Health and safety policy?			YES		• Public Liability Insurance?			YES		
Potential Hazard(s)	People Exposed (✓)			Evaluation of Risk L=Low, M=Medium, H=High			Actions to treat risk	Action by (who?)	Action by (when?)	Done (✓)
	Participants	Volunteers	Public	Frequency	Severity	Overall				
Social Distancing	✓	✓	✓	L	L	L	<p>Communicate in advance with members to advise on social distancing requirements.</p> <p>Adherence to Government and RFU guidelines to all members prior to arrival.</p> <p>2 metre social distancing at a minimum.</p> <p>Clear signage in place to remind and advise people of importance of social distancing.</p>	Club	Prior to Restarting	

Player Attendees Social Distancing	✓	✓	✓	L	L	L	<p>Players to arrive in club car park 10 minutes prior to the start of training and must not congregate in car park.</p> <p>Players to check in with Head Coach as part of Track and Trace procedure.</p> <p>Each player shall be tested with a temperature gun on arrival and asked questions relating to COVID symptoms.</p> <p>No close physical contact</p> <p>No hand shaking</p> <p>No Huddles</p> <p>No touching face</p> <p>Any person arriving onsite who is temperature tested and subsequently suspected of having any COVID19 symptoms is to be isolated from other persons present and directed to return home and seek NHS advice.</p> <p>No person suspected of having COVID19 symptoms to be allowed to attend training.</p> <p>Access to St Mary's via the gates at the end of Training field.</p> <p>In St Mary's recreation ground - training to be restricted to the outside areas and the rugby & football pitches not to be used at this stage.</p> <p>On Dartfordians clubhouse grounds, areas around the 2 main rugby pitches only, to be used.</p> <p>Training will take place in groups of 6 - with 1 coach or senior player to each group.</p> <p>Players to work in well defined grids.</p> <p>No physical contact between players.</p> <p>No sharing of water bottles.</p> <p>No spitting.</p> <p>Increase social distancing between players during heavy exertion.</p>	Coach	Ongoing	
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Equipment	✓	✓		L	L	L	<p>All equipment to be sanitised before, during and after the session.</p> <p>The Team Manager will store the equipment between sessions.</p> <p>Players to bring their own water bottles, which should be clearly marked.</p> <p>Minimise sharing of equipment and kit.</p>	<p>Team Manager</p> <p>Players</p>	<p>All of the Session</p> <p>Each session</p>	
Hygiene and Sanitisation	✓	✓		M	M	H	<p>Hand washing facilities available at the clubhouse with soap and water in place.</p> <p>Stringent hand washing to take place before and after session.</p> <p>Gel hand sanitiser and wipes will be available for each group on the pitches.</p> <p>Disposable towels available and used to wipe sweat off face. Waste disposal sacks available to take waste away.</p>	Coach	At start	
Booking System	✓	✓		L	L		<p>Players will book into each session by phone/email.</p> <p>A Track & Trace register of all persons attending shall be taken upon arrival.</p> <p>Times of arrival and departure to be recorded and retained during COVID19.</p>	Coach	Prior to each session	
Health and Safety				L	L	L	<p>Each player shall be tested with a temperature gun on arrival and asked questions relating to COVID symptoms.</p> <p>Any player with any COVID symptoms should not attend training and will not be allowed back until tested and cleared by a doctor or has isolated for two weeks.</p>	Coach	Ongoing	

Non senior players	✓	✓		M	M	M	<p>Junior players should have consent from parent/guardian prior to training.</p> <p>Parents are allowed to stay onsite for training but not be spectators. Parents be available to assist their children and remind them to wash their hands.</p> <p>Parents to be made aware of these guidelines via club website.</p>	Age group coach	Ongoing	
First Aid	✓	✓		M	M	M	<p>A fully qualified Physio will be in attendance along with at least one other qualified first aider. They will be aware of any COVID19 related guidance.</p> <p>These officials will have the appropriate PPE and be aware of the risks to themselves and others.</p> <p>An injury/illness book will be kept by these officials and incidents reported back to the committee.</p>	Club Physio	Ongoing	
Physio & First Aider protection	✓	✓		M	M	M	<p>Circulate St John Ambulance guidance advice to all club First Aiders & Physio's.</p> <p>First Aiders to -</p> <ul style="list-style-type: none"> Wear gloves or cover hands when dealing with open wounds Cover cuts and grazes on your hands with waterproof dressing Dispose of all waste safely Not touch a wound with their bare hands Not touch any part of a dressing that will come in contact with a wound. <p>First Aiders and Physio's to be encouraged to keep themselves Informed & Updated via NHS website.</p>	Physio's & First Aider's		

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Control higher intensity levels with more spacing	✓	✓		M	M	M	Ensure 2 metre spacing between any exercises which is likely to increase breathing from normal to heavy breathing. This reduces the risk to an increase of droplet spread, due to higher activity levels and heavy breathing.	Coach	Ongoing	
PPE Provision							<p>Rugby club to provide face visors, masks, latex gloves and other cleansing equipment to all First Aiders and Physio's present at senior team training sessions.</p> <p>Academy & junior sides to provide their own PPE equipment for their coaches and First Aiders during training. Academy & Junior team Head Coaches are responsible for maintaining equipment and keeping sufficient supplies during COVID19 period.</p> <p>No training to be permitted without required PPE equipment being present for coaches, First Aider's, Phsio's and players.</p>	Head Coach	Ongoing	

Safeguarding Policy							Ensure that all COVID19 safety measures are consistent with the club's Safeguarding Policy.	Head Coach	Ongoing	
Actions for anyone not complying with							All lead coaches to ensure that any non-compliance is quickly and efficiently dealt with by removing the player concerned from the training session.	Coach	Ongoing	

Risk Assessment to be reviewed weekly from first date of training.

Anybody not complying with these rules will be banned from attending any sessions until the incident has been investigated by the committee.

Dartfordians RFC will up date any changes to the regulations and guidelines issued by the Government and England RFU.