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HHRFC return to Rugby Protocol – RFU Stage B

Small group training (up to 6 including coach)

Maintain Social Distance

No face to face contact

Equipment sharing kept to minimum

Frequent cleaning/sterilisation of all equipment

On arrival

The coach or a designated official will take a register of who attends each and every training session. **This is compulsory.**

Players must complete a new Health Questionnaire **BEFORE they are allowed to join pre-season training.**

Players must reconfirm their COVID-19 situation **before each session.**

Players must arrive ready to train (Clubhouse changing rooms not in use).

Training is in a maximum of 6 per group (including one coach) and no more than 4 groups per rugby pitch.

Clubhouse will only be open for the use of the toilet and only 1 person at a time.

No sharing of water bottles (players must bring own named drink bottles).

Gel Sanitizer will be readily available and must be applied before players commence training and throughout session - it will also be available in the toilets along with soap for hand washing.

All equipment will be disinfected before and after use and wiped clean with hand towels.

Training sessions

No close physical contact.

No hand shaking or huddles.

No touching face - paper towels can be used to wipe face and then must be discarded in bins supplied.



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End of session

After training has stopped, everything to be cleaned/wiped down - rubbish bags tied up and placed in correct bins and toilet cleaned.

If anyone feels unwell before training - please don't turn up.

If anyone feels unwell during training they must stop and go home.

All rules to be complied with by **ALL PLAYERS**. There are no exceptions and anyone who does not comply with these rules will be asked not to attend pre-season training.