



Return to Rugby

Changing Facility Guidance

(Updated 9 August)

In line with the Scottish Government announcement on 3 August regarding the move beyond Level 0, Scottish Rugby has revised the operational guidance for clubs regarding changing facility usage. These recommendations are to ensure a bespoke, practical approach for clubs utilising changing facilities as we move towards season 2021/22.

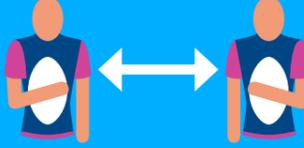
It is important to note that changing rooms and showers are areas of increased risk of transmission and therefore clubs should continue to encourage participants, where possible, to arrive at the club changed for activity and to travel home to change/shower.

Outlined below are some operational recommendations for clubs to consider that could mitigate the risk of transmission of the Covid-19 virus;

BEFORE USAGE



A risk assessment should be undertaken and signed by the Covid-19 Safety Coordinator and Club Committee.



To "Give People Space", take into account the safe and practical capacity for each changing facility.



Changing area, including showers should be cleaned with a focus on key touch points.



Open any windows that are available to allow the fresh flow of air. Where appropriate, these should remain open during and after usage.



Cleaning schedule agreed and implemented by the club.



It is the club's responsibility to make their members aware of the increased risk associated with using changing rooms and shower areas.

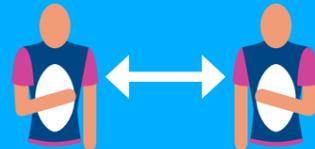
DURING USAGE



Only players who are within the same playing squad 'bubble' can use the same changing room before it needs to be cleaned/sanitised ready for the next group.



Face masks must be worn at all times indoors.



Users should give each other space when changing.



The recommendation is to minimise the time spent in the changing rooms to 15mins.



Cleaning key touch points in between each user group is recommended.



To "Give People Space", take into account the safe and practical capacity in the shower facility.



The changing area should be used for changing and showering purposes only. Team talks/meeting should be held outdoors.



Introduce a rota system to reduce the number of users at any one time and support a quick turnover of groups.

AFTER USAGE



All individuals to vacate the area as quickly as possible.



Cleaning of whole area is recommended with particular focus on key touch points.



Risk assessment continually reviewed.

It's time to roll up our sleeves
Vaccinations for COVID-19 are underway



When offered the vaccine, please get it
Visit [nhsinform.scot](https://nhs.uk/inform-scot) #WeAreScotland

