



## **Dorking RFC Mini and Youth Covid19 Policy**

**Version I rev C dated 29 August 2020, Updated for Method Statement.**

**Document Owner:** Executive Committee, Mini and Youth Chairman

### **I. Introduction**

- I.1. This Policy applies to all age grade rugby coaches and other age grade rugby volunteers at Dorking RFC (the “Club”) who are required to understand the specific requirements and the clubs risk assessment. The procedures outlined apply to activities at the Club’s premises. These guidelines may be amended from time to time by the Club.
- I.2. Age grade rugby means all rugby activities and rugby related training from U5 to Colts (u17/18), both male & female.
- I.3. The overall risk of Coronavirus to the UK remains as moderate, and the risk to individuals remains low. The best place to read the latest updates in this evolving issue is on the government website.
- I.4. Should the situation change in any way we will take Government, Public Health and RFU advice as we are not qualified to predict how the situation will further develop and, in the meantime, we should help to look after one another and take responsibility for our actions and for our own health.

### **2. External sources of advice and support:**

- I.1. Government Guidance for the public on the phased return of outdoor sport and recreations in England <https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation>.
- I.2. Sport England Guidelines <https://www.sportengland.org/how-we-can-help/coronavirus> and
- I.3. RFU updated guidance on returning to play as safely as possible <https://www.englandrugby.com/participation/running-your-club/coronavirus>.

### **3. Policy**

- 3.1. To keep our members and coaches safe, please read the Dorking RFC guidelines carefully and when you visit the Club, ensure you **always follow the rules of social distancing**.
- 3.2. The guidelines below follow the latest Government Guidance for the public on the phased return of outdoor sport and recreations in England, Sport England Guidelines and England RFU updated guidance on returning to play as safely as possible.
- 3.3. Within the RFU Return to Play Pathway we are currently at Stage D and under Regulation 15:
  - **Limited contact activities in small groups**
  - **Non-contact training and intra-club games**
  - **Ready4Rugby and Touch Rugby training**
  - **Maximum 20 players per half standard size pitch**
  - **Equipment sharing allowed if supported by hand hygiene**



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- 3.4. Stage D Group Sessions are defined as 2:20 (20 players to 2 coach ratio). The players may be made up from different households. Considering COVID19 AND RFU REGULTION 15.
- 3.5. **At this stage Stage D Group Sessions will be rugby-based sessions and, under RFU Regulation 15 also, will not contain any contact rugby in any form, however Ready4Rugby and Touch Rugby games will be permitted. Under strictly limited basis, early contact skills zones may be permitted for up to 15 minutes.**
- 3.6. Attendees for the Stage D Group Sessions must be fully paid up members and registered on Dorking RFC GMS. Each training session will need to be 'booked' with your squad's team manager/head coach in advance, this will be done each week via Spond. Each player's availability will need to be set via the relevant page on the Spond app. By setting this availability the parent is declaring that their child is Covid19 symptom free and well. A weekly training register will be kept for 21 days to ensure that a 'track and trace' system is in place should anyone in attendance contract Covid19.
- 3.7. Junior members (16 and under) must always be supervised by one non-playing guardian/parent, **who must remain on site, and socially distanced, at all times.**
- 3.8. Junior members who are over 16 must read and adhere to these guidelines.
- 3.9. A Risk Assessment has been produced by the Covid Officer and approved by the main club committee. Each age grade squad will need to review and sign the risk assessment noting any specific risks that pertain to the group.

### 4. Training sessions

- 4.1. A minimum of two coaches will always be present (Play it Safe, Rugby Ready qualified and up to date DBS check in place).
- 4.2. A squad qualified first aider (RFU first aid or equivalent) will always be present, with up to date first aid kit, including PPE.
- 4.3. An accurate register will be required with ALL PLAYERS having an RFU ID number.
- 4.4. The training space allocation must be adhered to at all time.

### 5. Before the session Parents/Players:

- 5.1. Parents must ensure the player is correctly registered.
- 5.2. Parents must confirm availability via Spond or email.
- 5.3. Players must bring their own hand sanitiser for their own use.
- 5.4. Players must bring their own water bottle.
- 5.5. Players must arrive for their booked session already changed, changing facilities will not be available.

### Coaches:



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- 5.6. Ensure all equipment being used has been disinfected and coaches have sanitised their own hands. DO NOT use undisinfected equipment or share equipment with other age groups.
- 5.7. Plan, prepare and check for health and safety factors as per risk assessment
- 5.8. Ensure compliance with RFU Regulation 15.
  - 5.8.1. full guidance can be found here:  
<https://www.englandrugby.com/dxdam/08/0882fbc2-5069-4b69-b1f6-4dec9bf94385/Regulation%2015.pdf>
  - 5.8.2. And <https://www.englandrugby.com/dxdam/ed/ed8ff2e0-853c-4c8f-b8b8-2a686e2d6f11/format-and-regulations-player-progression.pdf>
- 5.9. Adhere to the session timings as set down within the guidance There is a buffer period at the beginning and end of each session so that there is no-crossover of age groups leaving and arriving. It is crucial that these timings are adhered to to allow for this safe changeover. Follow the RFU ready4Rugby Guidance throughout all sessions This can be found:
  - 5.9.1. <https://www.englandrugby.com/participation/playing/game-on/ready-4-rugby> and
  - 5.9.2. [https://www.englandrugby.com/dxdam/c8/c8171ed0-24c5-487e-8f55-e1ea803361b6/Restarting-competitive-grassroots\\_VF1.pdf](https://www.englandrugby.com/dxdam/c8/c8171ed0-24c5-487e-8f55-e1ea803361b6/Restarting-competitive-grassroots_VF1.pdf) and
  - 5.9.3. <https://www.englandrugby.com/dxdam/1c/1c3b6c38-dff2-4ed6-853d-7286650ff986/Ready%204%20Rugby%20-%20Playing%20Guide%20final.pdf>

### 6. Training sessions

- 6.1. Do not arrive before the start of your booked training session, we need to keep clear time between sessions.
- 6.2. Follow all signs at the Club, and directions from your coaches and team managers. Once parked, proceed directly to the pitches.
- 6.3. Avoid congregating around the clubhouse, container or inside areas and always maintain your social distance.
- 6.4. Bathroom use. The club changing rooms will be out of use save for the bathroom. Users must wipe the facilities with the provided antibacterial products **before and after use**.
- 6.5. If you visit the servery to buy food or drink you must follow the one way system and additionally provide contact details for track and trace as per the system.
- 6.6. The Big Field is a publicly accessible space. We cannot control dog walkers or other users. As members of the club, it is all our responsibility to demonstrate good practice in Covid safety, the club will work with the conservators and other sporting clubs to ensure the safety off all.

### 7. Medical Provision

- 7.1. Should a player get injured on a Sunday and the treatment requires 1 of our DRFC appointed medical team members, then this will be dealt with a fully trained and PPE wearing medical staff member.
- 7.2. Any players/parent entering the medical room will be required to scan our track and trace Medical Room QR code
- 7.3 Any player who are Isolating as a result of having symptoms or Track and Trace will have to provide a negative test to the medical team before returning to their age group. Alternatively, the player will have to wait 14 days before returning to training and be symptom free.

- 7.4 If a player was tested positive, then they will have to wait a further 10 days from date of test result before returning to play and do so by showing his test result to the medical team so this can also be logged. This payer will also need to be symptom free before returning.

## **8. Coaches responsibilities**

- 8.1. Ensure that players are clear on how social distancing will be maintained during the session, e.g. no tackling, handshaking, huddles.
- 8.2. Ask players/parents if any have symptoms - cough, loss of taste or smell, fever, sore throat.
- 8.3. Send any symptomatic participants home immediately and inform Team Manager so track and trace can be implemented.
- 8.4. Check that all players have sanitised their hands.
- 8.5. Set up and point out the player zone and spectator zone
- 8.6. Sharing of equipment is kept to a minimum.
- 8.7. Minimise training that has players face to face. Small game training, such as Touch Rugby and Ready4Rugby is permitted for this phase of return to rugby.
- 8.8. Consider using large spaces where you can decrease risk of droplet spread under heavy exertion.
- 8.9. Social distancing between players and coaches **must always be maintained**. Coaches (and adult spectators) are not permitted to take part in any games with the age grade players at any point.
- 8.10. To discourage touching of faces, remind players to use their towel to wipe their face.
- 8.11. During rest breaks, social distancing is maintained.
- 8.12. At drink breaks, players sanitise hands before having a drink.
- 8.13. At drink breaks balls and equipment to be sanitised
- 8.14. Remind players not to touch the cones laid out.
  
- 8.15. Players, coaches and parents/guardians are to try to avoid touching metal surfaces including fencing and gates.
- 8.16. Players, coaches and parents/guardians must follow guidelines on hand hygiene carefully. Please bring your own sanitiser.
- 8.17. Do not share food and drink with others.
- 8.18. EQUIPMENT (please prepare before you leave for the Club):
- 8.19. Players must refrain from touching any club equipment, this will only be handled by the Coach, unless otherwise directed but only with ball use.
- 8.20. Any kit or equipment left at the Club as lost property should be removed and disposed of immediately.

## **9. At the end**

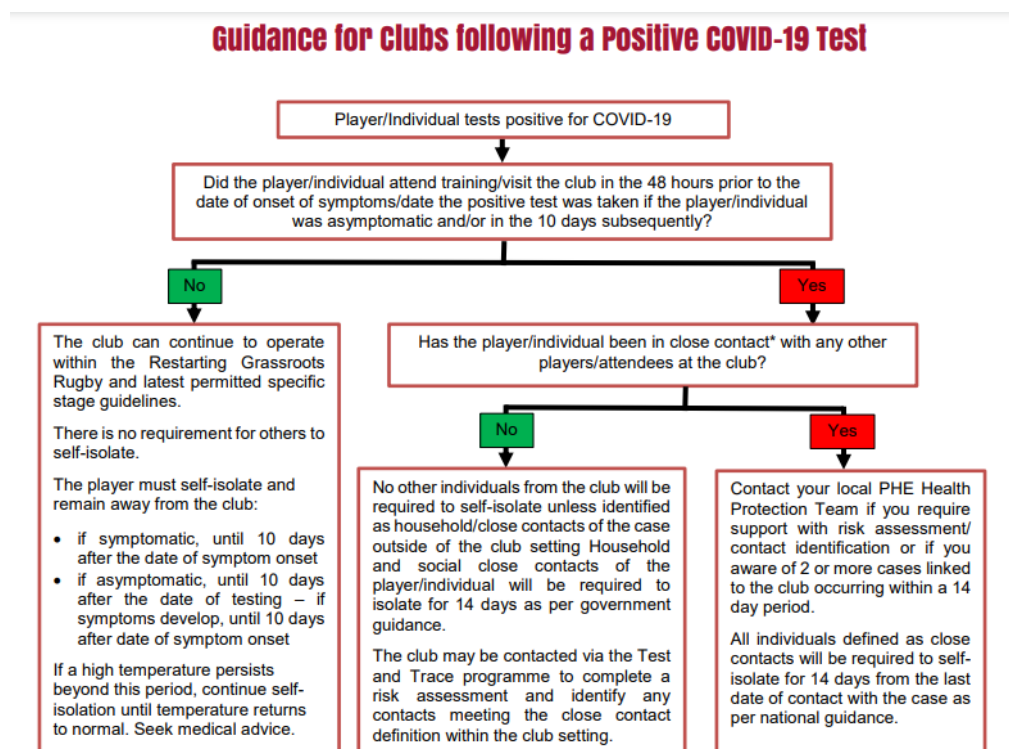
- 9.1. Coaches: to ensure that session times are adhered to thereby limiting cross- over
- 9.2. Coaches: please ensure that you clean any equipment (cones and balls) using the disinfectant provided and take the balls home for storage – keeping the balls and cones specifically for 'your' age group.
- 9.3. Please vacate your Training Zone at the end of your booked session promptly and please avoid congregating pitch side or in the car park, to avoid unnecessary congestion)
- 9.4. All players will be encouraged to collect all your own kit/equipment/rubbish and take it home to dispose of.
- 9.5. Bins are not provided on site, please take your rubbish with you.
- 9.6. **AT THE END OF THE SESSION YOU MUST LEAVE THE DORKING RUGBY CLUB PITCHES.** If you choose to stay within the confines of the clubhouse (inside or out) you must follow the guidelines and signage as set down.

9.7. If this guidance is not adhered to coaches/supervisors and club officials have the authority to ask you to either leave the premises or not return for further sessions, until assurances are given that the issues will not occur again, for the safety of others and themselves.

9.8. Please work with us to ensure that the guidelines are being followed so that we can all be safe. Despite the formality of the policy above we hope rugby at Dorking remains first of all fun and all the players enjoy being back at the Big Field.

## 10. Dealing with Positive Covid-19 Test or Individual with Covid-19 Symptoms

10.1. Please see Guidance for Positive C19 test below:



10.2. Please See England Rugby risk exposure framework below:

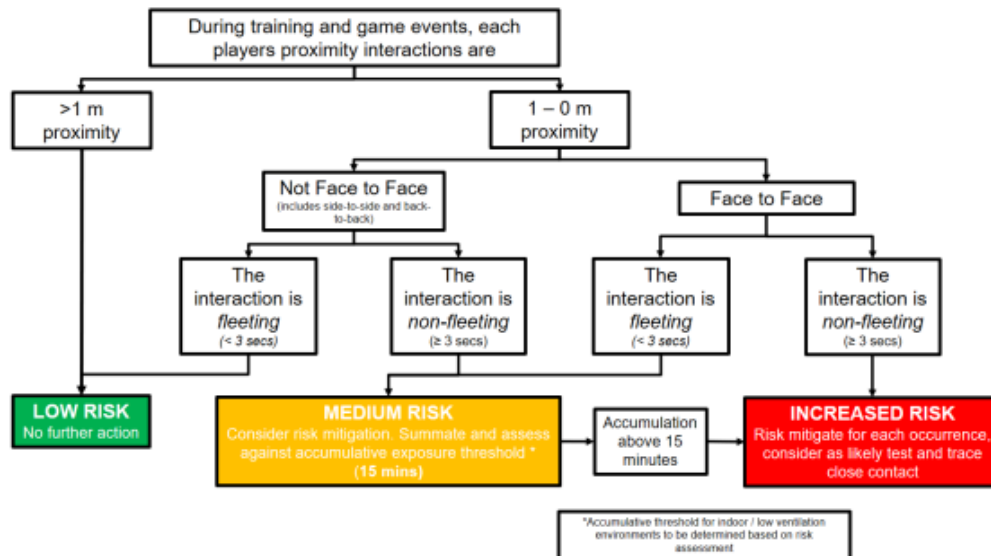
## contact during on-pitch/training activities

For players that have participated in any rugby training and/or playing activities, the Team Sport Risk Framework should be applied:

### A Team Sport Risk Exposure Framework

to inform risk mitigation strategies and support test and trace

Ben Jones, Gemma Phillips, Simon Kemp, Keith Stokes



10.3. Should a Player / Coach be identified as being symptomatic or testing positive for Covid-19, the Age Group Manager should be informed immediately. Please note that a period of 48 hours before the first symptoms starting applies, and AGM needs to be notified to check records.

10.4. The individual should, in the case of:

10.4.1. Having symptoms book a test and inform all those within the previous 48 hours who they have been in contact with that they have gone for a test and are awaiting results. They should immediately self-isolate and await test results.

10.4.2. Upon testing positive, you may want to tell people you have been in close contact with in the past 48 hours that you might have coronavirus.

10.5. Age group managers should be able to notify all that were in close contact (see Exposure Framework), that they will need to self-isolate for a period of 14 days from the day of exposure to the individual testing positive.

10.6. The family of those individuals that requires self-isolation will not need to self-isolate however social distancing will need to be adhered to.

10.7. Should any player develop symptoms in that 14-day period, then the standard NHS testing process should be followed with family members taking the necessary precautions pending the outcome of test.

10.8. All players / coaches going testing positive will have to co-ordinate with AGM and follow 7.4 of this document before they can return to rugby activities.



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10.9. All positive tests must be logged on:

[NHS Contact Tracing](#)

[Dorking RFC Positive Test Notification](#)

[England RFU positive test notification](#)

10.10. All players self-isolating will need to be logged and can only return once the self-isolation period has been completed (14 days) and they are symptom free.

10.11. In coordination with each Age Group Manager, the players / coaches in 10.10 will need to co-ordinate the RTP with AGM as per 7.3.