



Return To Rugby Guidelines Wicklow RFC

Coaches -Parents –Players Briefing

COVID-19 Safety Planning Stage to Reduced Activities Stage

Stages 1-2 IRFU Summary Roadmap

Government/HSE Guidelines

Noel Greene COVID-19 Club Safety Officer

IRFU Director Of Rugby Development Colin McEntee

“There is a COVID-19 Safety Plan for almost every walk of life at present,

“Every time a rugby club member walks into a shop, onto public transport or into their local park, there is a safety plan guiding their actions to minimise risk. We want the same to be true of their rugby club.

I also want to make it clear that clubs have a choice about when they want to return to rugby. Clubs should only begin their plans for a return to rugby when they are ready and resources are in place. Support structures will still be available for them at provincial and national level when they are ready.”

“Groups of up to 15 people can meet for outdoor sporting activities. Outdoor facilities and amenities for children – including commercial ones - can re-open on 8th of June.”

An Taoiseach, Leo Varadkar Announcement of Move to Phase2 June 5th



The Roadmap



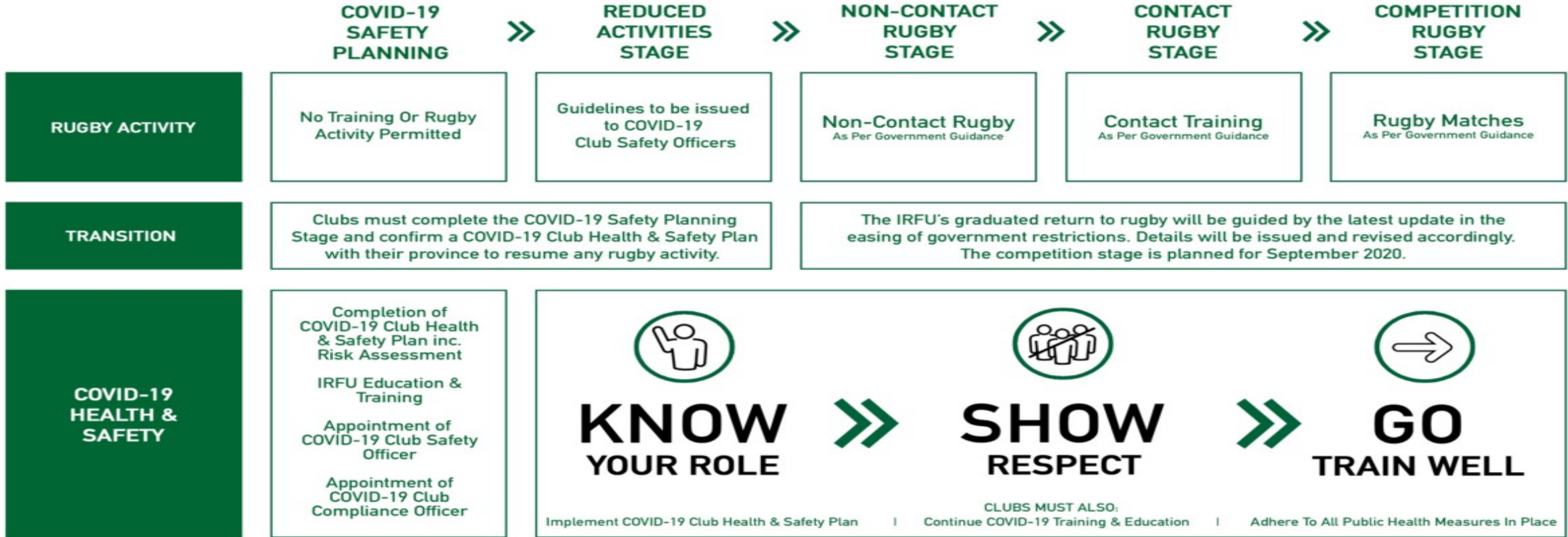
RETURN TO RUGBY GUIDELINES FOR CLUBS SUMMARY ROADMAP



	COVID-19 SAFETY PLANNING STAGE	REDUCED ACTIVITIES STAGE	NON-CONTACT STAGE	CONTACT STAGE
HEALTH & SAFETY RECOMMENDATIONS	Appointment of COVID-19 Club Safety Officer Appointment of COVID-19 Club Compliance Officer(s) Avail of IRFU Training & Education on COVID-19. Completion of COVID-19 Club Risk Assessment and Safety Plan	Implementation Of COVID-19 Club Safety Plan Adherence To All Public Health Measures Ongoing Briefing & Education For Members	Implementation Of COVID-19 Club Safety Plan Adherence To All Public Health Measures Ongoing Briefing & Education For Members	Implementation Of COVID-19 Club Safety Plan Adherence To All Public Health Measures Ongoing Briefing & Education For Members
TRAINING RECOMMENDATIONS	Not Permitted	Reduced Activities & Closed Skills	Non-Contact Training	Limited Contact Training
PLAYING RECOMMENDATIONS	Not Permitted	Not Permitted	Non-Contact Games	Graduated Return To Contact
CLUBHOUSE RECOMMENDATIONS	Access For Essential Work Only	As Per Safety Plan	As Per Safety Plan	Clubhouse May Open

The Roadmap

IRFU RETURN TO RUGBY GUIDELINES FOR CLUBS SUMMARY ROADMAP



ALWAYS:

- STAY AT HOME IF FEELING SICK**
- OBSERVE HAND HYGIENE & COUGHING ETIQUETTE**
- KEEP SOCIAL DISTANCING**

First Things First



- Appoint a COVID-19 Club Safety Officer
- Appoint COVID-19 Club Compliance Officers
- Training & Education Support to all
- Complete a COVID-19 Health & Safety Plan (inc. Risk Assessment)
- Inform the Playing Groups –seek interest as outside traditional Domestic Game Season
- Outline what is allowed in the Reduced Activities Stage – Planned Sessions
- Reinforce the Plan and adhere to Government & IRFU Guidelines
- Review and Adapt as per Roadmap and Guidelines

Covid Safety Committee

The following persons are the key management personnel for the Return to Rugby Project

- C-19 CLUB Safety Officer: **Noel Greene 086 815 3014**
- COVID-19 CLUB Compliance Officer: Lynn Armstrong (Policy Support) **087 643 8414**
- COVID-19 CLUB Compliance Officer: Graham Burleigh (Senior Men and Women) **086 854 8556**
- COVID-19 CLUB Compliance Officer: Dave Seymour (Youths Boys and Girls) **087 914 3000**
- COVID-19 CLUB Compliance Officer: Hugh Leonard (Minis Boys and Girls) **086 832 2632**
- Club House Manager: Bar Committee Brendan Nicholson **087 912 7326**
- Club Chairman: Alan Long **086 850 2030**
- Director of Rugby: Jason Watson **086 854 3089**
- Club secretary: Fiona Mitchel **086 173 4597**
- CWO: Lynn Armstrong (Minis) **087 643 8414** Fiona Mitchel (Youths) **086 173 4597**



The role of the COVID-19 Club Safety Officer is to oversee public health Measures in the Club

- Chair the COVID-19 Club Safety Committee and nominate participants to act as COVID-19 Club Compliance Officers
- Receive and review updates from COVID-19 Club Compliance officers on all team activities
- Carry out COVID-19 Club Risk Assessment
- Develop a COVID-19 Club Safety Plan
- Ensure the club facility, at all times, complies with COVID-19 requirements in terms of signage, equipment, hand sanitising stations, PPE etc
- Keep updated with ongoing government, health authority and IRFU advice
- Contact club insurers regarding possible amendments to policies
- Implement a tracking and monitoring system
- Review sample session plans from coaches and managers to ensure they adhere to guidelines.
- Implement a review and feedback process



COVID-19 Club Compliance Officers ROLE AND PURPOSE OF POSITION:

The COVID-19 Club Compliance officers will carry out the day to day monitoring of compliance with protocols and IRFU Return To Rugby Guidelines For Rugby Clubs for the team to which they are assigned.

KEY RESPONSIBILITIES:

- Ensure all appropriate COVID-19 forms are completed and reviewed by team members both before returning to training and after training and provided to the COVID-19 Club Safety Officer
- Ensure team players are aware and adhere to COVID-19 guidance and protocols while at training
- Manage suspected cases of COVID-19 as per guidelines – refer Safety Officer
- Provide safe equipment including personal protective equipment, where necessary in accordance with government, health authority and IRFU guidelines
- Advise where instances of non-compliance with social distancing, respiratory etiquette and hygiene rules are observed
- Report to COVID-19 Club Safety Officer as appropriate
- Keep updated with all new government, health authority and IRFU guidelines on COVID19
- The number of COVID-19 Club Compliance Officers will be proportional to the size of the club i.e. the number of active teams and players within the club. It is likely these individuals will be coaches or team managers.



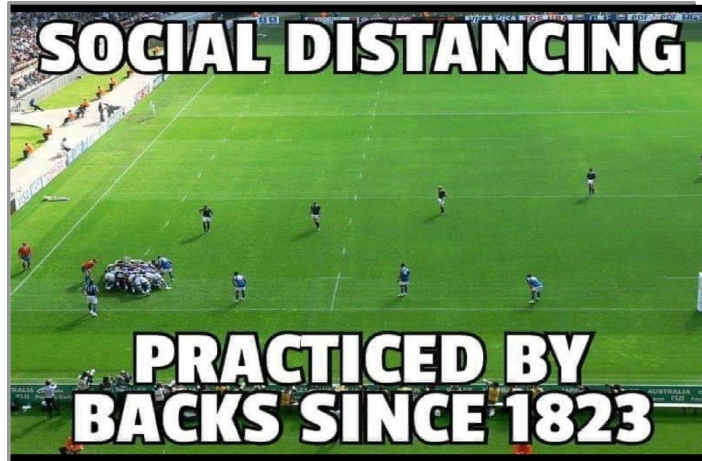
Changing Behaviour



- **Get buy in from all - Team Ethic Approach – call it out!**
- **Why? –Get back playing rugby an keeping covid out of our club community**
- **Hand Hygiene Effectiveness- Beyond covid –elite sports practice**
Reduces respiratory illness 21-51%
Reduces gastrointestinal illness 31-39%

Social Distancing Behaviors

- Players must refrain from handshakes and high fives.
- Practice good cough/sneeze etiquette and dispose of any used tissue in a responsible manner
- Avoid touching your face.
- Remain apart from other players when taking a break.
- If a ball from another zone comes across, send it back with a kick on the ground. Refrain from picking up the ball.
- Social distancing is advised when travelling in vehicles to/from training.
- No spitting or clearing of nostrils on pitch or grounds.



Return To Rugby Guidelines Coaches Responsibilities



COVID-19 Club Safety and Compliance

- Ensure player attendance record maintained
- Brief players/parents re Travel to / from Club Guidelines
- Compliance officer must be present each session
- Ensure all players have sanitised their hands prior to commencing training
- Have detailed training plan, communicate this with players to allow them reduce mingling between activities.
- Ensure the minimum amount of equipment used
- Communicate pods to players and ensure they remain in those over the coming weeks/months as guidance directs.
- Clubhouse and Facilities – only use approved areas
- Meetings on pitch –SD- 5mins max

Check in Process/Pre-Training





Return To Rugby Guidelines Coaches Responsibilities

Grounds

- Ensure that training zones are clearly marked out.
 - Ensure all areas needed for the session are marked out prior to beginning to
 - reduce lag time between activities.
 - Coaching should only take place where social distancing can be guaranteed.
 - No whistles –droplets
-
- After training ensure all players leave grounds immediately without using the facilities or mingling.
 - Ensure, with the COVID-19 Club Compliance Officer, that equipment used in session is sanitised post session and stored for use by that team only over coming Phases/Steps.
 - Coaches to ensure all activities are carried out in strict adherence to IRFU Roadmap

Post Training



Guidelines For Players

- Stay home if you answered yes to any questions on the IRFU Pre-return to Rugby Personal Assessment Declaration.
- Where possible, travel alone, or with a member of the same household.
- Only one Parent/Guardian should travel with younger players
- Where possible no Parents/Guardians not directly involved in the session are permitted to attend or observe training.
- The driver must either stay in the vehicle or leave the grounds and return at the appointed collection time.
- Players to arrive no more than 5 minutes prior to session commencing.
- Players must not physically greet each other at any stage.
- Players should arrive ready to play as there will be no access to changing rooms. Attendees must bring their own water bottle and must NEVER share it.
- Attendees should, ideally, bring a small bottle of hand sanitizer and antiseptic wipes with them to train.
- Attendees must provide their own equipment (stretch bands, foam rollers, etc.) and this must NEVER be shared with anyone.



Stay At Home
If You
Feel Sick



Wash Your
Hands



Cover Mouth If
Coughing
Or Sneezing



Keep
Social Distancing

Guidelines For Players

- Post training players must leave immediately, dressing rooms will not be accessible
- Hands should be washed and sanitised as soon as possible.
- If a player becomes unwell after training, they should first contact their GP/HSE and then inform their club. The club will then follow advice provided to them by the HSE on the next steps.
- Members should be encouraged to remind other members of the guidelines, in a respectful manner, when they witness poor practices.
- Repeated poor practice should be reported to the club as soon as possible.



Guidelines For Parents

- All Parents/Guardians to ensure that Children/Youths attending Rugby Clubs or events are fully aware of the Guidelines
- Parents/Guardians must ensure that the COVID-19 Safety Officer and Event team are made fully aware in advance of any medical conditions a player may have.
- Only one parent/guardian should travel with younger players where possible
- No parents and guardians not directly involved in the training session are permitted to attend or observe training
- The driver must either stay in the vehicle or leave the grounds and return at the appointed collection time.
- Players to arrive no more than 5 minutes prior to session commencing.
- Parents/Guardians of players with specific medical conditions can remain in Car Park in case of emergency, providing they adhere to all Guidelines in place in that phase.
- Access to dressing rooms and function halls is prohibited during these Phases/Steps so Parents/Guardians should be mindful of this when packing the players bag. Children should try and use bathroom before leaving home but if necessary will be available



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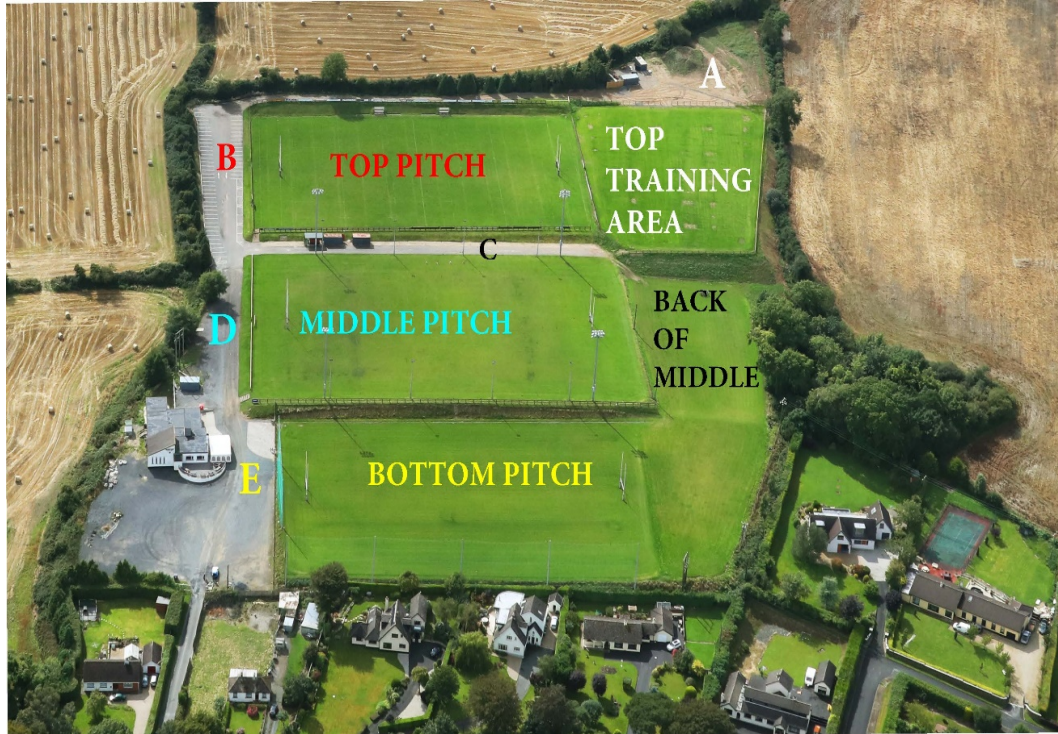


Cover Mouth If
Coughing
Or Sneezing



Keep
Social Distancing

Pitches- Drop Off Zones



1. Top Training Area-Drop off A
2. Top Pitch-Drop off B
3. Back of Middle-Drop off C
- 4 Middle Pitch- Drop off D
- 5 Bottom Pitch-Drop off E




KNOW


SHOW



GO

<p>KNOW YOUR ROLE</p> <p>KNOW your role and responsibilities in preventing the spread of COVID-19.</p> <p>Travel to training alone or with members of same household.</p> <p>Complete your Pre-Rugby Personal Assessment Form.</p> <p>Do not congregate before training.</p> <p>Observe all travel limitations in place.</p>	<p>SHOW RESPECT</p> <p>SHOW your respect for team mates by adhering to all public health measures in place.</p> <p>Call out unsafe behaviour when you see it.</p> <p>Training Numbers: RO1: Groups up to 15 people per pitch NI: Groups up to 10 people per pitch</p> <p>This must include a minimum of 2 coaches.</p> <p>COVID-19 Club Compliance Officer must be present.</p> <p>Full team training is not permitted.</p> <p>Maintain social distancing at all times.</p>	<p>GO TRAIN WELL</p> <p>GO train well and enjoy your session. Go home straight away to let your club mates train safely.</p> <p>Individual fitness only.</p> <p>No sharing of equipment is allowed.</p> <p>Sharing/passing of rugby ball only permitted between members of same household.</p> <p>Players may use their own ball for closed skills e.g. kicking, lineout throwing, pass to target.</p>
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ALWAYS:



STAY AT HOME
IF FEELING SICK



OBSERVE HAND HYGIENE
& COUGHING ETIQUETTE



KEEP SOCIAL
DISTANCING

Clubs are not permitted to resume any rugby activity until they have completed the COVID-19 Safety Planning Stage of the Return To Rugby Guidelines. Clubs must confirm to their province that a COVID-19 Club Health & Safety Plan is being implemented before entering the Reduced Activities Stage. COVID-19 Club Safety Officers may not distribute this document until these steps are taken.



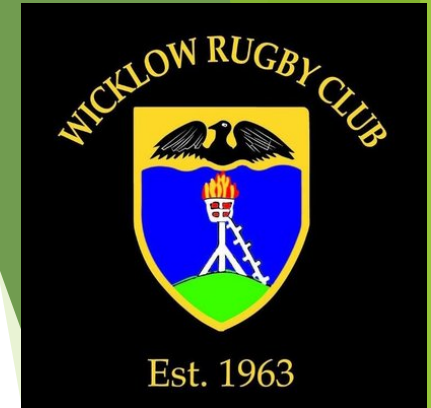
- Coach will inform players of training pod and you must remain in this training pod over the coming weeks/months as guidance directs.
- Zones will be identified by colour, number, section, etc. Movement between zones will be minimised and controlled at all times.
- Pods will stay the same throughout these phases, from exercise to exercise and training to training.
- Key Holder System will have to be organised to ensure free flow of persons
- Toilets will be available in emergency only!! but require best practice and SD Minis if returning will have to be accompanied so parental presence consideration

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Key Rules of Wicklow RFC Safety Plan

The following 3 KEY RULES are central to successful implementation of the Wicklow RFC Return to Rugby Plan.

All the guidelines and proposals within the plan are subject to review on the observations of the safety Officer/Compliance Officer and feedback from club members.



1

Session Duration

- Group training sessions are not to exceed 60 minutes
- To avoid crossover with other groups there is 2 hour period for each session
- Parents/coaches have 30minutes to ensure that grounds are clear before the next group arrives.
- Pods have different entry points for pitch drop off and collection

2

Rigid Pitch Allocation

- No group should take place without prior allocation of pitch space
- Once a team is allocated pitch space. Space to be used proportionately to numbers in your pod
- Smaller group sessions will be permitted but space must be allocated in advance; it must be confirmed and the Covid compliance officer for the group must be present

3

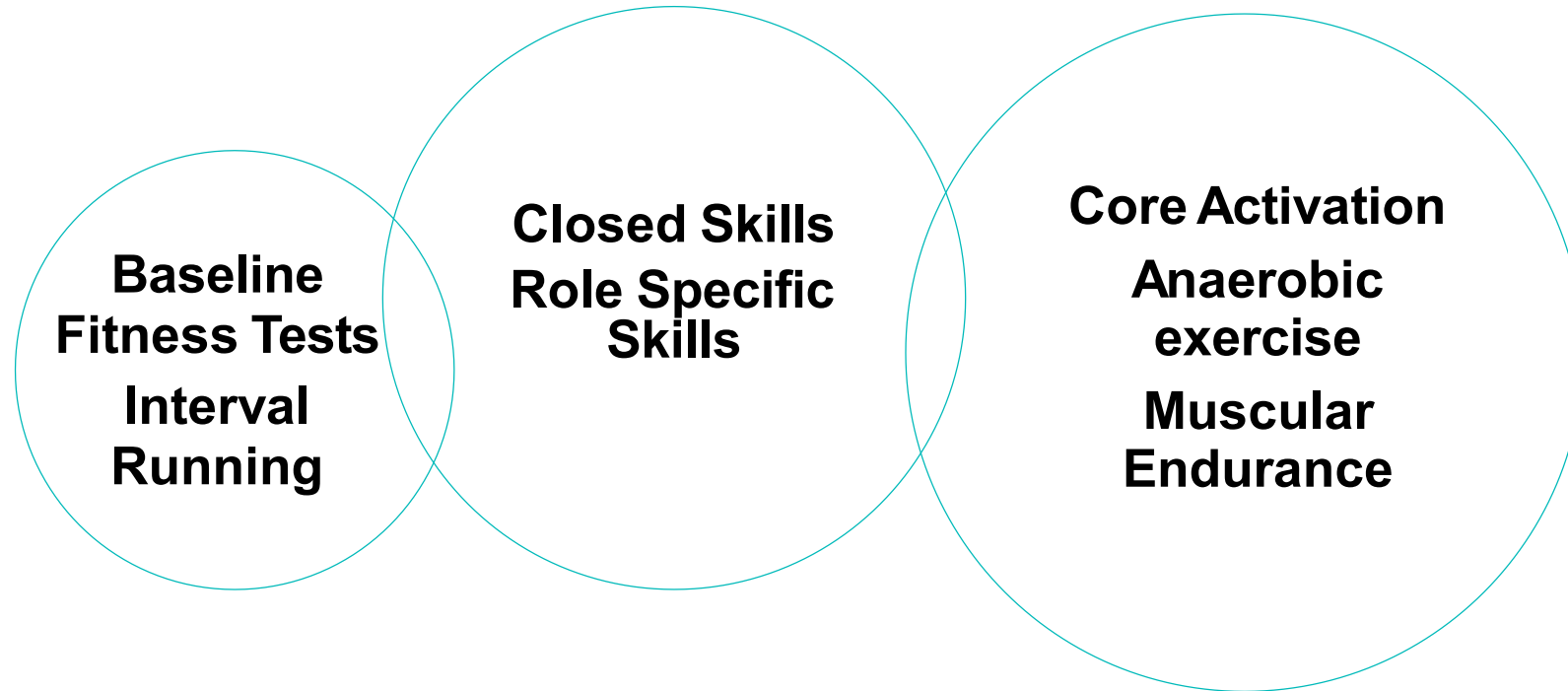
Planned Sessions- Reinforcing Guidelines

- Planned sessions will ensure efficiency of return to rugby in Wicklow RFC but will also ensure adherence to social distancing
- Together with the Safety Officer, Compliance officers and coaches need to reinforce the guidelines especially to underage groups.

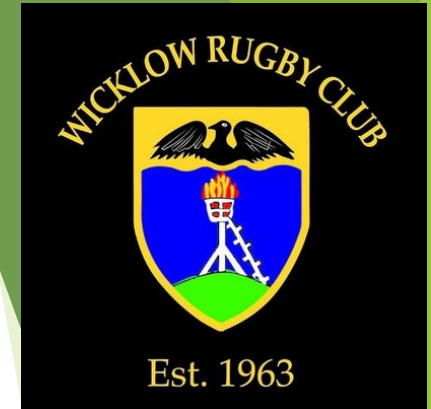
Reduced Activities; What does this mean?

Excellent Opportunity to improve fitness/strength/skills of players outside the structured competitive season

Needs to be fun but Rugby has a window to reach out and increase participation



Collaboration is encouraged at underage to get consistency while adhering to the guidelines and roadmap



1

Reduced Activity Stage

- June 8th
- Fitness
- Closed Skills

2

Non Contact Stage Non Contact Games

- July 1st
- Non Contact skills based activities
- Non contact game forms
- 7 v 7 ½ pitch

3

Contact Stage

Building Foundations Phase

- July 20th – August 1st
- Skills based Activities
- Unopposed set piece and team
- Fitness
- NO SCRUMMAGING OR MAULING

Contact Prep Phase

August 1st onwards

- Controlled contact development
- Building contact
- Contact Limited numbers and time
- Contact gradual progression reflecting reality of the game
- Possible Friendly- warm up 29th-20th August
- Initial fixtures 5th-6th September

Anticipated Timeline



Overview Documents and Materials



PRE-RETURN TO RUGBY PERSONAL ASSESSMENT DECLARATION		
Should you answer YES to any of the below questions you should NOT attend your club and before you return you should follow appropriate medical advice and guidelines.		
QUESTION	YES	NO
1 Have you been in close contact (<2m for 15minutes or more) with anyone who is confirmed to COVID-19 virus in the last 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
2 Have you been in close contact (<2m for 15minutes or more) with anyone who is suspected of having COVID-19 virus in the last 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
3A Do you live in the same household with someone who has symptoms of COVID-19 who has been in isolation within the last 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
3B Have you been advised by a doctor to self-isolate at this time?	<input type="checkbox"/>	<input type="checkbox"/>
4 Are you suffering now, or have you suffered any the following symptoms in the past 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
A Cough	<input type="checkbox"/>	<input type="checkbox"/>
B Breathing difficulties	<input type="checkbox"/>	<input type="checkbox"/>
C Fever/ High temperature	<input type="checkbox"/>	<input type="checkbox"/>
D Sore Throat	<input type="checkbox"/>	<input type="checkbox"/>
E Runny Nose	<input type="checkbox"/>	<input type="checkbox"/>
F Flu Like Symptoms	<input type="checkbox"/>	<input type="checkbox"/>
G Rash	<input type="checkbox"/>	<input type="checkbox"/>
H Loss Of Smell/Taste	<input type="checkbox"/>	<input type="checkbox"/>
6 Have you been advised by a doctor to cocoon?	<input type="checkbox"/>	<input type="checkbox"/>
7 Have you returned to Ireland from another country within the last 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
If "YES", where?	<input type="text"/>	
I confirm that I have not travelled from another country in the past 14 days that I have not been in close contact with anyone who has been outside of the country in the past 14 days that I have not been in close contact with anyone who is in self-isolation in relation to COVID-19 in the past 14 days that I am not suffering from any COVID-19 symptoms nor do I believe for any reason that I have contracted the virus. I commit to advising management and excluding myself if this situation changes, (i.e. if at a point in the future, I would answer "yes" to any of the above questions).		
NAME:	<input type="text"/>	
SIGNATURE:	<input type="text"/>	
DATE:	<input type="text"/>	

TRAINING LOG			
CLUB NAME	<input type="text"/>	DATE	<input type="text"/>
RESPONSIBLE PERSON	<input type="text"/>	SUBJECT:	<input type="text"/>
PARTICIPANTS			
1.	<input type="text"/>	16.	<input type="text"/>
2.	<input type="text"/>	17.	<input type="text"/>
3.	<input type="text"/>	18.	<input type="text"/>
4.	<input type="text"/>	19.	<input type="text"/>
5.	<input type="text"/>	20.	<input type="text"/>
6.	<input type="text"/>	21.	<input type="text"/>
7.	<input type="text"/>	22.	<input type="text"/>
8.	<input type="text"/>	23.	<input type="text"/>
9.	<input type="text"/>	24.	<input type="text"/>
10.	<input type="text"/>	25.	<input type="text"/>
11.	<input type="text"/>	26.	<input type="text"/>
12.	<input type="text"/>	27.	<input type="text"/>
13.	<input type="text"/>	28.	<input type="text"/>
14.	<input type="text"/>	29.	<input type="text"/>
15.	<input type="text"/>	30.	<input type="text"/>
GENERAL NOTES			
Informal education may include – <ul style="list-style-type: none"> • Don't Share water bottles • Wash hands before and After training • Don't spit or clear nasal passages on the pitch • Adhere to social distancing measures • No horseplay • Do not shake hands, fist bump or high five • If you feel unwell, notify your coach immediately 			

<https://www.irishrugby.ie/running-your-club/return-to-rugby-for-clubs/>

Remember

Practice the Principles the rest will follow

- Steps to be as reasonable as practicable –Sean Brassil SC
IRFU "Its all about mitigating risk its not possible to have zero risk"
- Inform parents and players – video briefings available if required-no surprises Coaching Groups nominate a Compliance Officer
- Get player declarations returned inadvance of returning to play
- Plan your sessions – select your pods – maximise the space– transition system
- Book training slots with Covid Safety Officer – Proposed weekday 6pm & 8pm with Weekend schedule in place
- Acquire stock of hand sanitiser and encourage players bring their own





THANK YOU!