



Coaches Covid 19 RTP guidelines

COVID-19 Club Safety and Compliance

- In advance of the training session, Coaches, initially are to submit a sample session plan online to the COVID-19 Club Compliance officer to demonstrate adherence to Guidelines.
- If applicable, Coaches are to provide feedback to COVID-19 Club Compliance officer post session.
- Coaches/CO's are to ensure COVID-19 Club Safety officer has access to the training registration list.

Before you train

- Complete Pre RTP pre assessment declaration form before every Training/Match activity and submit at the latest 1 hour before the activity.
- You must stay home if you answered yes to any of the questions on the Pre RTP assessment declaration.
- Attendees must bring their own water bottle, clearly marked at the top with their name and must NEVER share it.
- Attendees should, ideally, bring a small bottle of hand sanitizer and mask with them to train.
- Attendees must not share their own equipment with anyone.

Travel to/from Club

- Coaches/CO's should arrive in enough time to prepare for the session
- It is unsafe to wear rugby boots or just socks when driving and the attendee should wear suitable footwear to/from training and change at their vehicle.
- Anyone attending the club should, where possible, travel alone, or with a member of the same household.
- Attendees must only greet each other in line with guidelines (elbows).
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Check in (registration process)

- Check in and confirm attendance with your COVID-19 Compliance Officer.
- Adhere to the one-way system entering & leaving the back pitches.
- Ensure all players have checked in and sanitised their hands prior to commencing training.
- Attendees must go immediately to training zone area after check in.
- Have detailed training plan, communicate this with players to allow them reduce mingling between activities
- Ensure the minimum amount of equipment possible is used in sessions
- The Clubhouse will remain closed during this period, except for toilet facilities.

Pitch (grounds)

- A team must be split into training groups/pods of up to 15 people (including coaches, CO's) on a pitch, once sufficient space is available & strict public health protocols are in place.
- There should be no mixing between groups. These measures are in place until Sept 13th at the earliest.
- 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.
- Players/Members should be encouraged to politely remind other members of the guidelines when they witness poor practices, with repeated poor practice to be reported to the CO as soon as possible.

After training

- Ensure all players leave the grounds immediately without 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.
- Hands should be washed and sanitised as soon as possible.
- Outer layer clothing worn at training/matches should be removed and placed in sealed bags in the boot of the car to be washed at home.
- All clothing worn at training should be removed and washed immediately. Members should be advised wash as soon as possible after training and to limit touching surfaces in their home.
- Ensure personal equipment is cleaned thoroughly and sanitised after use.
- If a player becomes unwell after training, they should first contact their GP/HSE/NHS and then inform their club.

Social Distancing Behaviours

- 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.
- No spitting or clearing of nostrils on pitch or grounds.