



Ballincollig RFC Youths/Mini's players Parents/Guardians Covid 19 RTP guidelines

Before training

- All Parents/Guardians to ensure that Children/Youths attending Rugby Clubs or events are fully aware of the Guidelines enforced in the current phase by the COVID-19 Safety Officer.
- 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.
- Parents/Guardians should complete Pre RTP pre assessment declaration form before every Training/Match activity & submit at the latest 1 hour before the activity.
- Your child 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

- Players to arrive no more than 5 minutes prior to session commencing & should arrive ready to play as there will be no access to changing rooms.
- Only one Parent/Guardian should travel with younger players where possible.
- At this stage, Parents/Guardians not directly involved in the training session are not permitted to attend or observe training as spectators.
- The driver must either stay in the vehicle or leave the grounds & return at the appointed collection time. Parents/Guardians of players attending in a safeguarding / supervisory capacity are not classified as a spectator, however strict social distancing & public health guidelines should always be adhered to.
- Players should arrive togged ready to play as there will be no access to changing rooms
- Players must only greet each other in line with guidelines (elbows).

Check in (registration process)

- Parents should not approach check in areas where possible and must always adhere to social distancing Guidelines.
- Players must adhere to the one-way system entering & leaving the back pitches.
- Check in and confirm attendance with your COVID-19 Compliance Officer.
- Attendees must go immediately to training zone area after check in.
- The Clubhouse will remain closed during this period, except for toilet facilities (1 way system in place).

Pitch (grounds)

- Training areas will be divided into zones with players/coaches allocated to training within each zone. Zones may be identified by colour, number, section, etc.
- Every player should know their age group & training zone before arriving at the pitch.
- The Clubhouse will remain closed during this period, except for toilet facilities
- All players to remain in socially distanced groups during breaks and not to mingle.
- Bathroom breaks, will be staggered with no grouping and this will be organised prior to commencement of event.
- 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.

After training

- Players must leave immediately.
- 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 & washed immediately. Members should be advised to limit touching surfaces in their home & to wash as soon as possible after training.
- Ensure personal equipment is cleaned thoroughly & sanitised after use.
- If a player becomes unwell after training, they should first contact their GP/HSE/NHS & then inform the **BRFC**.

Social Distancing Behaviours

- Players must refrain from handshakes and high fives.
- Practice good cough/sneeze etiquette & 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.