



Coaches Covid 19 RTP guidelines

COVID-19 Club Safety and Compliance

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.
- BRFC requests all Coaches to wear a mask when on Club grounds. Masks may be removed on entering your designated training area. Suggest bringing a clearly named ziplock type bag for storing while training.
- 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 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).

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.
- Players must go immediately to training zone area after check in.
- Coaches should have a 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)

- Ensure, with the Covid 19 team CO, that equipment to be used in the session is sanitised pre session.
- When in the locker room please use the spray provided on the locks before & after opening your locker.
- Please ensure social distancing in the locker room, with a maximum of 2 people in the room at any one time.
- When using the air gun please wipe down (power switch & gun) before and after pumping balls and dispose of the wipe in the bin provided.
- 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 December 1st 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 sanitise, wear mask's and leave the grounds as soon as possible without mingling.
- Ensure, with the COVID-19 team Compliance Officer, that equipment used in session is sanitised post session and stored for use by that team only over coming Phases/Steps.
- 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

- Masks must be worn by everyone at all times when on BRFC grounds –
- **Exceptions** – i) Minis players, ii) Players/Coaches in your designated playing area,
- iii) If you are not required to have to wear one.
- 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, kick it back on the ground. Refrain from picking up the ball.
- No spitting or clearing of nostrils on pitch or grounds.