



## **Ballincollig RFC Players Covid 19 RTP guidelines**

### **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.
- Players must wear a mask when on BRFC grounds. This may be removed when training/playing. (*Suggest bringing a clearly named ziplock type bag for storing mask while training*). Minis are excluded from wearing masks.
- Attendees 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**

- 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.
- 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.
- Only one Parent/Guardian should travel with younger players where possible.
- The driver must either stay in the vehicle or leave the grounds and return at the appointed collection time.
- Players must only greet each other in line with guidelines (elbows).

### **Check in (registration process)**

- 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.

### **After training**

- Hands should be washed and sanitised as soon as possible.
- Players must put on their masks (minis players excepted)
- Players must then leave immediately; the dressing rooms will not be open for anyone.
- 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.
- 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.

### **Social Distancing Behaviours**

- Masks must be worn by everyone at all times when on BRFC grounds –
- **Exceptions** – i) Minis players, ii) Players/Coaches, when on 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, 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.