



Coaches Covid 19 RTP guidelines

October 2021

COVID-19 Club Safety and Compliance

Before you train

- Complete Health Declaration form before every Training/Match activity and submit at least 1 hour before the activity.
- Coaches may wear masks if they have a preference to do so.
- 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.
- 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.
- Carpooling is currently allowed. Please be aware of the higher risk of carpooling with unvaccinated people. Mask wearing may still be advisable.
- Attendees must only greet each other in line with guidelines (elbows).
- For rugby related journeys, buses should operate at 75% capacity, and mask wearing should remain in place.

Check in (registration process)

- Check in and confirm attendance with your COVID-19 Compliance Officer.
- Adhere to all signage in club grounds area.
- Ensure all players have checked in and sanitised their hands prior to commencing training.
- Players should go to training zone area after check in.
- Coaches should have a training plan, communicate this with players to allow them reduce mingling between activities

Pitch (grounds)

- Equipment sharing should be kept to a minimum, and own water bottle should be used and not shared.
- Please ensure social distancing in the locker room. Masks should be worn in indoor areas.
- The requirement for sanitising of shared outdoor equipment pre and post use is removed, but sanitising facilities will remain available if coaches feel it is appropriate to use them, eg. if equipment is being re-used within 48 hours.

- Please follow all public health guidelines with regard to hygiene etiquette and social distancing.
- The requirement for Pods of 15 has been removed for outdoor sports.
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After training

- Ensure players sanitise their hands after the rugby activity
- If a player becomes unwell after training, they should first contact their GP/HSE/NHS & then inform the club.

Changing rooms/Showers

- Changing rooms can now be used with protective measures in place.
- Only those that need to use the changing rooms should use the changing rooms.
- Minimise the time spent in changing rooms and showers.
- Social distancing measures should be adhered to - based on number of dressing rooms available this may mean implementing physical distancing through the use of two changing rooms per team or the rotation of players using one changing room per team
- Open windows and doors as appropriate taking into consideration fire safety and privacy issues.
- Team talks to take place outside.
- Boot check/coin toss to take place outside
- After use please remove ALL personal items on leaving (it is recommended that a team rep would ensure the changing room and shower area are free from ALL team belongings and waste).
- Put ALL waste (water bottles/strapping etc) in large bins provided. (Large bins available outside the changing block)

Social Distancing Behaviours

- Players must refrain from handshakes and high fives.
- Practice good cough/sneeze etiquette and dispose of any used tissue's in a responsible manner.
- Avoid touching your face.
- 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.