



Covid Guidelines BRFC Youths/Mini's Parents/Guardians

October 2021

Before training

- All Parents/Guardians to ensure that both they and their Children attending BRFC are fully aware of the Guidelines enforced in the current phase by the Club COVID-19 Safety Officer and that the COVID-19 Safety Officer and Event team are made fully aware in advance of any medical conditions a player may have. (Guidelines located on BRFC website under Covid)
- Parents/Guardians must complete Health Declaration form before every Training/Match activity & submit at least 1 hour before the activity.
- Your child must stay home if you answered yes to any of the questions on the Health Declaration form. **"If in doubt stay at home"**
- You must ensure that your child brings their own water bottle, clearly marked at the top with their name and must NEVER share it.
- Players should, ideally, bring a small bottle of hand sanitizer with them to train.
- Players must not share their own equipment with anyone.

Travel to/from Club

- 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 of your child (Mini Rugby) with their teams COVID-19 Compliance Officer(s). Players should not enter pitches until registration has been confirmed & hands sanitised. Parents of Mini Players should not leave until their child has checked in.
- After check in Players should go to their designated training area.
- Adhere to all signage in club grounds area

Pitch (grounds)

- Equipment sharing should be kept to a minimum, and own water bottle should be used and not shared..
- Please follow all public health guidelines with regard to hygiene etiquette and social distancing.

After training

- Hands should be washed and sanitised as soon as possible.
- 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

- Hands should be washed and sanitised as often as possible.
- 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.
- 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.