



Ballincollig RFC Players Covid 19 RTP guidelines

October 2021

Before you train

- Complete Health Declaration form before every Training/Match activity and submit at least 1 hour before the activity.
- You must stay home if you answered yes to any of the questions on the Pre RTP assessment declaration. **"If in doubt stay at home"**
- 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

- 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 with your team's COVID-19 Compliance Officer(s).
- Sanitise hands before play.
- After check in Players must then go to their designated training area.
- Adhere to all signage in club grounds area
- 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 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.