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| COVID-19 Risk Assessment  Stage D2 |

# Ironsides Rugby

## Senior Men & Women

### Managing Risk – Measures to prevent the spread of COVID-19

*(as agreed with Wandsworth Council)*

 Prior to training/play:

1. All players need to sign up to training online to help manage track and trace and to manage numbers.
2. The club will maintain a record of participation: **player ratio 1 coach to 15 players max**.
   1. Guidance as of December 2nd 2020
3. Players will need to sign up each week and answer the COVID symptom and isolation questions
4. The club will keep a record of spectators/parents in attendance at sessions
5. Records will be kept for 21 days and used in accordance with GDPR legislation

**Training:**

1. Game zone groups will be restricted to 1:15
2. Sessions will have regular breaks at maximum 15 minutes to ensure the ball and equipment can be cleaned with water and soap.
3. Duration of sessions will be no more than 1 hr 30 mins
4. Players and coaches should refrain from touching their faces.
5. Skill zones will consist of no more than 15 players when undertaking contact activities outlined below. Contact will be limited to 20 minutes in the session - games are now allowed.
6. Tackling will be allowed at waist level or below. Equipment such as shields and bags are allowed but should be cleaned between each individual use.
7. Rucking-is allowed. Try and minimise face to face contact.
8. Lineouts- lineouts are allowed. No scrummaging is allowed. No mauling is allowed.
9. Where possible temporary line marking will be used to reduce the need for cones
10. The club will aim to minimise the amount of equipment required. If bibs are required they should be allocated to players at the start of the session. Bibs should not be shared between players and should be washed at the end of each session.
11. All activity is to be socially distanced in line with RFU guidelines and Government advice
12. Coaches will remind participants to maintain social distancing in the transition between activities.
13. Each group will have its own set of equipment and it will be kept within the group. All equipment is to be disinfected before and after each session.
14. No close contact including huddles or handshaking will be allowed
15. All coaches and players will be encouraged to wear PPE (masks) when not exercising.

Competition:

1. Ready for rugby games
2. O2 touch
3. Touch games v local clubs
4. Contact matches with adapted laws (no scrum & maul)

Disinfection:

1. Club will provide hand sanitiser and hand washing facilities and players will be asked to wash hands prior to, post and regularly throughout training
2. Club to clean toilet and any touch points regularly (prior to and after each training session minimum)
3. Club to provide infection control materials (wipes etc) so toilet can be cleaned by players between each use
4. All equipment is to be disinfected before and after each session. Each group will have its own set of equipment and it will be kept within the group.
5. Disinfection of equipment should be shared within the group to minimise exposure for individuals

Player responsibilities:

1. Players are encouraged to arrive and leave without mixing. Households can travel together.
2. All players to arrive changed and ready to go straight into activity and area - no changing facilities will be open
3. All players to bring their own hand sanitiser and maintain social distance 1m+
4. All players to bring their own water bottles. The club will not provide communal water bottles for use
5. Players should keep all personal items in bags (hoodies, gum shield cases, other items of clothing) and bags should not be stacked but placed away from other bags.
6. No hand shaking will be allowed
7. No huddles will be allowed
8. No close contact will be allowed
9. All players will be asked if they have displayed COVID symptoms, come in contact with someone with COVID, or asked to isolate. If they answer affirmative to any of these questions, they will be asked to refrain from attending sessions for 2 weeks or until symptoms have passed (if more than 2 weeks)
10. Any symptomatic players will be asked to notify the nominated club contact for tracing purposes

General:

1. All risk assessments will be reviewed on a regular basis and amended as necessary.
2. The club will provide regular communications via email, whatsapp and website with regards to its protocol to protect members
3. First aiders should adhere to the first aid protocols. If a player requires first aid, the responder should wear PPE provided in first aid kits.

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| Prepared by: | Alex Hadley | **Director of Rugby** | Date: | 26/04/2021 |
| Checked by: | Kathleen Frost | **Club Medical Officer** | Date: | 26/04/2021 |
| Next review due: | 19/07/2021 |  |  |  |