



Fitness Training during Covid-19 Restrictions



This advice reflects national Government Covid-19 control measures, and guidance from the RFU's Return to Rugby Activity Road Map

By allowing the children for whom they are responsible to attend training, adults will be deemed to accept that the safety measures being taken are adequate and proportionate

The Clubhouse and the toilets will stay closed until a deep clean has been done and Covid-19 specific hygiene protocols are in place

No one with COVID-19 symptoms, who is self-isolating, or is on higher COVID-19 Vulnerability categories should attend as a participant, spectator or accompanying adult

Players & Accompanying Adults - Rules

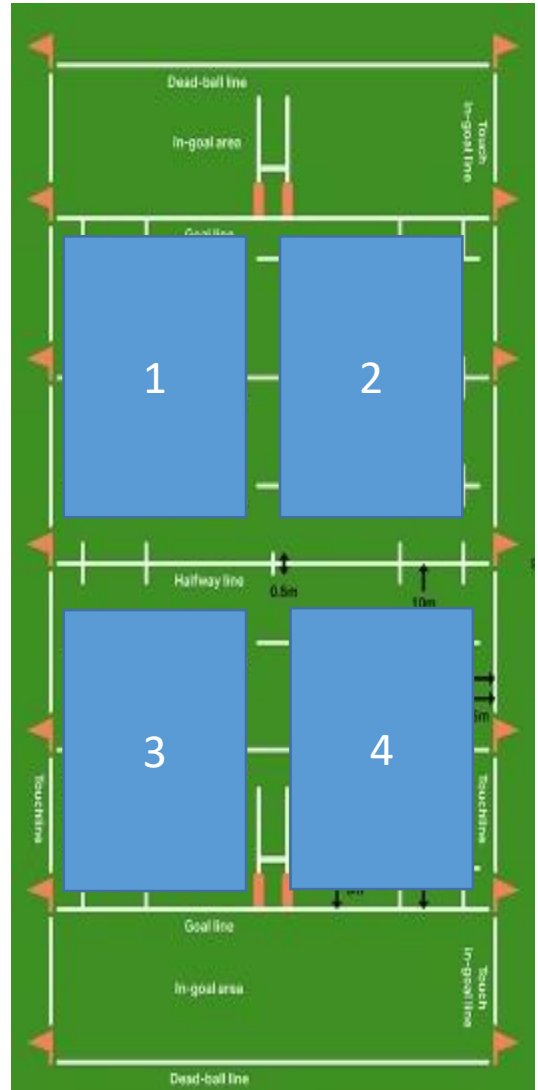
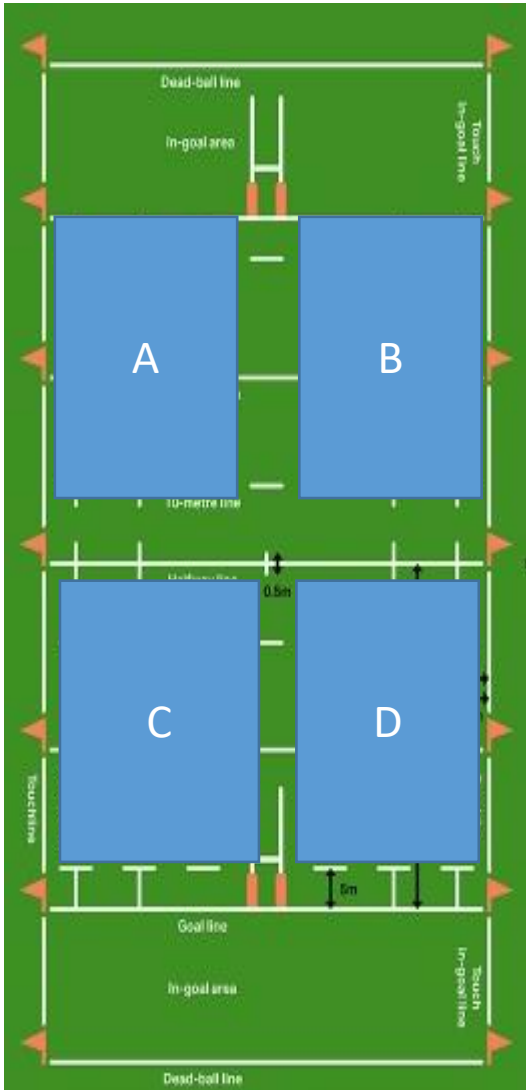
- Every one must respect 2M distancing, especially in car parking areas at start/end of the session
- Players to bring own water in clearly identifiable bottle. Gum shields, headguards etc are not required
- Players must sanitise hands prior to, during & after session
- Each child to be accompanied by at least 1 Adult who must stay for the whole session
- Arrive 10 minutes before session starts. Good hand hygiene before arrival
Leave grounds promptly after the session as completed
- On arrival players to be registered & allocated training group & place

Coaches / Session Organisers rules

- Head Coach/Organiser must check with the DOR or Rugby chair prior to the session to confirm availability of pitches/space for the session
- Head Coach/Organiser must keep a record of those attending in case Track & Trace is needed later (To also record training group)
- Maximum of 6 per group including coach. 4 groups per full pitch
- Social Distancing is the key control. Observe & maintain it all times
- Be direct with children who are messing around and give 'time out' with parents if repeated. Remember that Lockdown can affect feelings/behaviour so be sensitive to this.
- All equipment to be cleaned & sanitised before use. Players to sanitise hands before and after ball skill sessions.
- Strictly no contact
- Drink breaks as appropriate - adhere to Social Distancing
- In case of minor injury a child's parent/accompanying adult may provide 1st Aid without PPE, ideally under the supervision of a qualified 1st Aider. If the qualified 1st Aider tends the child directly they must wear PPE - face masks & gloves.
- All normal DBS and First Aid requirements are needed

Youth and Senior Covid-19 measures are being co-ordinated the DOR with support by your age group chairs.

Zones





Cleaning of Equipment

Only Equipment issued by the club can be used.

Equipment includes Balls, Cones, First Aid kit
(additional items can be issued upon request)

Equipment will be stored in Blue Container for Ladies and Juniors, in the Green Container for Seniors

During training a bucket of disinfectant will be provided along with gloves – 1 bucket per 2 zones.

Equipment is to be cleaned regularly during the training session, or at the end of a rotation, by the coach responsible for that Zone.

At the end of the training session ALL equipment must be returned to the container and sanitised before being stored – the most senior coach at training is responsible for locking the container after use.