

## RISK ASSESSMENT FOR RUGBY TRAINING DURING COVID19 HEALTH EMERGENCY

<p><b>Risk Assessment of:</b> Training during Covid19 Health Emergency</p> <p><b>Who Might be Affected:</b> Participants, coaches, anyone who is habitually in close proximity to them (e.g. family members).</p>		<p><b>Date of Assessment:</b> September 2020</p> <p><b>Date of Review:</b> August / September 2020</p> <p><b>Name of Assessor:</b> Christopher Stokes (with cooperation from WRUFC Committee)</p> <p>These control measures are in addition to the existing Risk Assessment and Safety Policy that apply during rugby training.</p>
Hazard	How could people be harmed?	Control Measure to be Applied
<p>Corona Virus: Covid19</p>	<p>Most people are at risk of infection. The risk of Covid19 infection is higher for vulnerable people. The list of who is currently vulnerable include: the elderly, those with a chronic underlying health condition, pregnant women. The majority of cases lead to mild symptoms – persistent coughing and high temperature. However, the disease can be fatal. Transmission is via person to person spread as airborne droplets, physical contact and via surfaces contaminated with virus.</p>	<p><u>General</u></p> <ul style="list-style-type: none"> <li>• The game is now at <b>Stage D on the RFU’s Return to Community Rugby Roadmap</b></li> <li>• <b>Only people who have no Covid19 symptoms or have not knowingly been exposed to someone with Covid19 virus in the past 14 days may visit the Club.</b></li> <li>• <b>Anyone who may be vulnerable to Covid19 virus or resides with someone who is vulnerable to Covid19 virus should not attend the Club for the purpose of training.</b></li> <li>• <b>Coaches and participants will comply with Government and RFU direction and guidance at all times</b></li> <li>• Club members may use the car park and playing fields for the purpose of training only.</li> <li>• <b>All attendees must abide by social distancing measures, except during permitted training activity and matches, keeping a 2m distance</b> between themselves and others where reasonably practical in and out of the sporting environment. Social distancing guidance for England can be found <a href="#">here</a></li> <li>• Participants are permitted to train in groups of 20 provided they are kept separate (<b>Minimum half standard size rugby pitch per 20 player group</b>)</li> <li>• Touch and Ready4Rugby are the only approved activities for training and match play, and those activities permitted under phase B (such as S&amp;C training, game and skill zones) (incl. younger age groups as long as permissible under regulation 15)</li> <li>• Maximum 15-minute continuous activity at any one time.</li> </ul>

		<ul style="list-style-type: none"> <li>• <b>Participants must bring their own water bottles</b> and personal equipment, clearly labelled with their own name, and ensure these are kept separate from other players.</li> <li>• <b>Anyone who develops Covid19 symptoms within 14 days after being present at training must notify the Club and coaches.</b></li> <li>• Coaches must produce a training plan demonstrating compliance with this risk assessment.</li> </ul>
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		<ul style="list-style-type: none"> <li>• Ensure social distancing is maintained throughout training.</li> <li>• Ensure only equipment that has been cleaned in preparation for the session is used.</li> </ul> <hr/> <p><u>Training details</u></p> <ul style="list-style-type: none"> <li>• <b>Players are permitted to undertake socially distanced strength and conditioning activities, small group non-contact skill development practice and/or Touch/Ready4Rugby games (the only other permitted game training activity).</b></li> <li>• <b>No scrum, maul, opposed lineout or upright tackle training activities are permitted.</b></li> <li>• A maximum 15-minute total duration (per person) of any of the adapted contact activities within a single training session is permitted.</li> <li>• Restrict team play activities to the approved Touch and Ready4Rugby formats, with a maximum of 20 players per half pitch.</li> <li>• Players placed in groups of a maximum of 6 for adapted contact and non-contact skill development activities. Groups should be selected appropriately based on a player’s age, size and competence.</li> <li>• During a session (contact activities and Touch/Ready4Rugby activities combined) players should avoid face to face exposure of more than 3 seconds and more than 15 minutes of exposure at less than 1 metre with another player.</li> <li>• Coaches and players should remain social distanced during breaks.</li> <li>• Coaches should remain socially distanced when giving players instruction, observing and giving feedback.</li> <li>• Ensure all players clean and sanitise after the contact skills training.</li> <li>• Team huddles should be avoided. Spitting and chewing gum is not permitted.</li> <li>• Appropriate first aid cover for a contact session must be coordinated in advance.</li> </ul>
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		<p><u>Hygiene</u></p> <ul style="list-style-type: none"><li>• Participants will clean their hands before and at the end of training. Antivirus hand wipes or gel is situated at the entrance / exit points. We recommend players bring their own as a supplement.</li><li>• Players to bring their own towels to wipe down perspiration</li><li>• Everyone should bring a water bottle (with name clearly marked) in their own individual sports bag.</li><li>• Used wipes and towelling will be deposited in a bin liner immediately after use and will placed in the waste disposal at the end of each session.</li><li>• Participants should avoid touching surfaces such as goal posts &amp; equipment unnecessarily.</li><li>• Equipment sharing should be kept to a minimum and used under the direction of coaching staff.</li><li>• Participants should cover their face with their arm if they need to cough or sneeze.</li><li>• Participants should avoid touching their faces.</li><li>• Team huddles should be avoided. Spitting and chewing gum should also be avoided.</li><li>• <b>Participants should follow RFU Guidelines AT ALL TIMES. Should anyone contravene these guidelines, they will be asked to leaving training immediately. Should this happen 3 times, training will be terminated for all participants immediately.</b></li><li>• All individual participants should maintain social-distancing of 2 metres before and after the session, including in the car park, (unless they are from the same household).</li><li>• <b>ALL PARENTS MUST FOLLOW GOVERNMENT SOCIAL DISTANCING GUIDELINES AT ALL TIMES while at the club.</b></li></ul>
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		<p><u>Numbers on site (mass gatherings)</u></p> <ul style="list-style-type: none"> <li>• The maximum number of people permitted on site at Woodbridge rugby club at any one time is limited to 200 (based on 80/100 players, plus parents, coaches, and club officials).</li> <li>• The maximum number of people permitted in the club house at any one time is 30</li> </ul> <p>This is considerate of the following:</p> <ul style="list-style-type: none"> <li>• The size of our facility and the number of pitches / playing areas.</li> <li>• All visitors should be able to remain socially distanced following standard government guidelines at all times.</li> <li>• The only exception will be on the field of play where there can be no more than 20 members in a training group on each half of a pitch.</li> <li>• Training sessions will be staggered to accommodate numbers onsite and reduce the risk of transmission.</li> </ul> <p>Other considerations include:</p> <ul style="list-style-type: none"> <li>• Available car parking space</li> <li>• Available access to toilet facilities</li> <li>• Availability of hand washing facilities and/or sanitising stations</li> <li>• Any restrictions to access points or throughways</li> <li>• The impact on capacity of groups from the same household versus individual visitors</li> </ul> <hr/> <p><u>Inclement weather:</u></p> <ul style="list-style-type: none"> <li>• <b>In the event of inclement weather, when sheltering, parents and participants are requested to return to their vehicles and are not permitted to congregate in or around the club house.</b></li> </ul>
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**HMG (Covid19) Guidance for the Public on the phased return of Outdoor Sport and Recreation in England**

This can be found at: <https://www.englandrugby.com/dxdam/6c/6cf89461-4d1f-469a-a14b-c524ed4b2b5a/RUGBY%20ROAD%20MAP%20STAGE%20D.pdf>

**England Rugby RETURN TO RUGBY ROAD MAP: COMMUNITY GAME AUGUST 2020 UPDATE**  
 AT EACH STAGE THE STATED ACTIVITY IS THE MAXIMUM PERMITTED. HOWEVER ALL ACTIVITIES IN PREVIOUS STAGES ARE ALSO PERMITTED. FURTHER DETAILED GUIDANCE ON ALLOWABLE ACTIVITIES AT EACH STAGE WILL BE PROVIDED.

		CURRENT STATUS					
PHASED RETURN	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	
	<b>INDIVIDUAL TRAINING WITH ONE OTHER PERSON</b>	<b>SMALL GROUP TRAINING</b>	<b>NON CONTACT TRAINING &amp; INTRA CLUB MATCHES</b>	<b>ADAPTED CONTACT TRAINING &amp; NON CONTACT FIXTURES</b>	<b>ADAPTED CONTACT FIXTURES</b>	<b>RETURN TO MATCH PREP &amp; PLAYING</b>	
TRAINING	Socially distanced training (max 2 players) Maintain social distance No equipment sharing	Socially distanced training (max 6 players) No face to face (F2F) /close contact Equipment sharing kept to a minimum	Ready4Rugby & Touch Rugby training (max 20 players, based at own club only)	Low & medium risk training activities (restricted numbers) A full list of permitted training activities will be provided	Low, medium & increased risk training activities (full squad) Progression (TBC) to full contact match training	Return to full contact match play	
<b>ALL ACTIVITY TO INCLUDE APPROPRIATE SOCIAL DISTANCING, STRONG PERSONAL HYGIENE MAINTENANCE, AND FOLLOW THE LATEST RFU &amp; GOVERNMENT GUIDANCE.</b>							
PLAYING	No competitive or formal playing opportunities at this stage	No competitive or formal playing opportunities at this stage	Non Contact training & intra club matches	Inter-club Ready4Rugby & Touch Rugby fixtures with restricted numbers	Adapted laws inter-club fixtures (Not league)	Full 15-a-side league fixtures	

**RFU Guidance published 1 September 2020** - <https://www.englandrugby.com/dxdam/e1/e19e76e9-e52b-48a4-ba94-4db8071aa895/STAGE%20D%20CONTACT%20GUIDE.pdf>

- The progression to Stage D on the Return to Rugby Roadmap means that limited and adapted contact activity can now be included in a training session and inter-club Touch/Ready4Rugby fixtures are allowed.
- The following information explains permitted and non-permitted activity within Stage D.
- This is an extension of the overall guidance outlined in the Return to Community Rugby Guidance.
- Clubs must continue to work within these guidelines to ensure that all facility, pre-activity and other general operation practices are safe and appropriate.
- Clubs are now able to organise Touch/ Ready4Rugby fixtures with other clubs.
- Clubs should only do this once they have carried out an appropriate risk assessment to take into account additional considerations that may be required during the Covid-19 pandemic, for example total number of people of site and adhering to social distancing.
- Clubs should ensure they are appropriately set up and prepared for safely welcoming other clubs and individuals to their facilities.
- More information is available in the Return to Community Rugby and Facility Reopening Guidance.
- The reintroduction of contact activity is important to ensure players can continue to practice core skills and are able to start preparing and conditioning themselves appropriately as the game continues to progress back to normality with regular training and matches.
- It is essential that clubs and coaches adhere to the permitted and non-permitted activities to ensure that Covid-19 airborne transmission risk exposure is reduced.
- Clubs found to be in breach of this guidance may face disciplinary action and/or invalidate their liability insurance.

**RFU Guidance published 20 August 2020**

- Following Government approval for the return to competitive grassroots rugby, this document provides guidance for players, clubs, coaches, match officials, volunteers, first aiders and spectators taking part in both adult and age grade rugby.
- The game can now move from Stage B to Stage C on the RFU's Return to Community Rugby Roadmap
- Contact Rugby is NOT permitted at Stage C – full contact match play will only return when we reach Stage F on the Return to Community Rugby Roadmap.
- The RFU continues to take a phased approach to enable a safe return to grassroots rugby training and match play, initially through an adapted non-contact form of the game.



- Stage C will focus on Ready4Rugby, a non-contact game, enabling two teams of up to 10 players to engage in training and match activity in their own club environment. Other Touch Rugby activity (including O2Touch centres) can also recommence. Further guidance on these formats can be found here: Ready4Rugby and Touch Rugby.
- Those with underlying health conditions, who may be at greater risk from Covid-19, should consider the transmission risk in group activity and decide whether to return to rugby. There is no pressure for anyone to come back to training, playing, coaching or match officiating.
- The UK Government social distancing guidance should be adhered to where applicable. All attendees must abide by social distancing measures, except during permitted training activity and matches, keeping a 2m distance between themselves and others where reasonably practical in and out of the sporting environment. Social distancing guidance for England can be found on the U.K. Gov website.
- It is expected that clubs will draw up their own detailed protocols of behaviour in line with the RFU's core values and guidance detailed below in order to maintain the integrity of our sport and ensure Covid-19 adaptations are adhered to.
- This document refers to current UK Government guidance for England only and is subject to change in line with current Covid-19 Alert Level, any local government lockdown restrictions that may be implemented and additional or updated UK Government guidance.



### TACKLING

- Tackles at the waist or below only. ✓
- 1 v 1 tackles only. ✓
- Small group activity, preferably with players working in pairs for the entire activity. ✓
- Use of tackle bags, shields and pads that are cleaned and sanitised after each player use. ✓
- No upright tackles. ✓
- No tackling above the waist including trying to hold the ball carrier up or prevent an offload. X
- No team game play activity. X
- No equipment such as tackle pads, bags and shields to be used by multiple people without cleaning and sanitising. X
- Coaches must NOT hold pads or shields or bags for age grade players. X



### RUCK

- Maximum 2 v 2 players in a ruck (ball carrier and tackler, plus 1 v 1 on their feet over the ball). ✓
- No team game play activity. X



### LINEOUT

- Unopposed lineout drills. ✓
- Lifting of a jumper (under 16 and above only). ✓
- Ball thrown to a catcher. ✓
- Reduce the time the front lifter and a jumper are face to face in lineout set up to under 3 seconds. ✓
- No opposed jumping. X
- No Maul to be formed after ball secured. X



### SCRUM

- None. ✓
- No scrum practice allowed, including use of scrum machines, sleds and unit practice. X



### MAUL

- None. ✓
- No maul practice activity allowed, including from a lineout. X



## SUMMARY

### ACTION

	Players	Coaches	Club Officials	Match Officials	Volunteers	First Aiders	Parents	Spectators
All activity should take place outdoors.	✓	✓	✓	✓	✓	✓	✓	✓
Only non-contact training permitted.	✓	✓	✓	✓	✓	✓	✓	✓
Maximum of 20 players per group.	✓	✓	✓	✓	✓	✓	✓	✓
Minimum half standard size rugby pitch per 20 player group.	✓	✓	✓	✓	✓	✓	✓	✓
Sessions should have regular breaks at a maximum of 15 minutes to ensure the ball and equipment can be cleaned and sanitised.	✓	✓	✓	✓	✓	✓	✓	✓
Players and coaches should remain socially distanced during breaks.	✓	✓	✓	✓	✓	✓	✓	✓
Total durations for training sessions must not exceed: 60 minutes for Under 7 & Under 8 and 75 minutes for Under 9 and above.	✓	✓	✓	✓	✓	✓	✓	✓
Everyone should refrain from touching their faces.	✓	✓	✓	✓	✓	✓	✓	✓

**FULL DETAILS CAN BE FOUND:** GUIDANCE ON RESTARTING COMPETITIVE GRASSROOTS RUGBY [https://www.englandrugby.com/dxdam/04/047966b8-78b5-42a6-b106-81c5899443f0/Restarting-competitive-grassroots\\_VF.pdf](https://www.englandrugby.com/dxdam/04/047966b8-78b5-42a6-b106-81c5899443f0/Restarting-competitive-grassroots_VF.pdf)