

## 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> December 2020</p> <p><b>Date of Review:</b> 18<sup>th</sup> December 2020</p> <p><b>Name of Assessor:</b> Jon Brooks (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
Corona Virus: Covid19	<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.</p> <p>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 E on the RFU’s Return to Community Rugby Roadmap</b></li> <li>• <b>East Suffolk (Woodbridge) is at Tier 2 in the Covid-19 Tier System, @ 16<sup>th</sup> December @14:00</b></li> <li>• <b>Only people who have no Covid19 symptoms, and who are not required to self-isolate, 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.</b></li> <li>• <b>If you are required or told to self-isolate, you are not permitted to attend the club during this period, If you are unsure of your own situation, please stay at home and refer to the NHS website.</b></li> <li>• <b>Coaches and participants will comply with Government and RFU direction and guidance at all times</b></li> <li>• Clubs in Tier 1 and 2 are permitted to accommodate a limited return of socially distanced spectators (2000) but must follow the rule of six</li> <li>• <b>All attendees to abide by social distancing measures, except during permitted training activity and matches, keeping a 1m 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> </ul>

		<ul style="list-style-type: none"> <li>Organised outdoor rugby activity with approved adaptations for both match play and training is permitted across all three tiers from Wednesday 2 December. Maximum 15-minute continuous activity at any one time.</li> <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> <li>Prior to matches being played, a temperature check may be requested by club or game officials.</li> </ul>
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		<p>consumed off the club premises. Outdoor dining, under tier 2 will accommodate social sixes, observing all government guidelines.</p> <ul style="list-style-type: none"> <li>• In Tiers 1 and 2, last orders must be at 10pm and bars and social spaces should be fully closed by 11pm. Takeaway service can continue past 10pm, if it is via delivery or click-and-collect</li> <li>• Spectators must remain socially distant and can observe “from a distance”.</li> </ul> <p><u>Briefing &amp; Direction</u>  For each training session the Lead Coach will make every effort to:</p> <ul style="list-style-type: none"> <li>• Brief all participants on infection control measures before training session commences.</li> <li>• Check with all present that they have no Covid19 symptoms or that they have been in contact with anyone who has the Covid19 virus within the past 14 days, see pre arrival self-assessment checklist declaration.</li> <li>• Keep an electronic record (e.g. via TeamApp or equivalent for Youth section), of all present.</li> <li>• Pre-registration must be completed ( e.g. via TeamApp or equivalent for the Youth Section) to assist with track and trace (note:- <a href="https://www.englandrugby.com/dxdam/7a/7a889543-55f2-4f36-9662-30e89d408ab8/Self%20Assessment%20and%20Test%20%20Trace%20Guidance.pdf">https://www.englandrugby.com/dxdam/7a/7a889543-55f2-4f36-9662-30e89d408ab8/Self%20Assessment%20and%20Test%20%20Trace%20Guidance.pdf</a>)</li> <li>• Ensure social distancing is maintained per the latest guidance.</li> <li>• Ensure only equipment that has been cleaned in preparation for the session is used.</li> <li>• All visitors to the club to use the Track and Trace self-scan solution, using QR codes situated around the club house.</li> <li>• For visitors unable to use QR / mobile phone app, individuals must leave contact details, to enable the club to make contact in the event required us to.</li> </ul>
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		<ul style="list-style-type: none"> <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 1 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>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>	<ul style="list-style-type: none"> <li>• Players should refrain from touching or removing their mouth guard, and if they do so must wash their hands. Mouth guards must not be left on shared surfaces and should be placed in a personal container and stored with personal possessions.</li> <li>• Any protective clothing such as head guards and shoulder pads must comply with World Rugby guidance. Head guards and shoulder pads must not be shared during sessions.</li> </ul> <p><u>First Aid</u></p> <ul style="list-style-type: none"> <li>• Participants will self-administer to minor injuries sustained.</li> <li>• Where someone requires assistance, face coverings must be worn by all, and gloves worn by those giving the assistance. Where possible, the 2-meter distancing will be observed.</li> <li>• First aid cover will be provided</li> <li>• There needs to be an emphasis on protecting the First aid provider in all situations. The ambulance service call-out times may well involve the person rendering the First Aid being in close proximity to a casualty for in excess of the 15 minutes guidance on exposure.</li> <li>• Face visors will be made available to help protect the first aider (location TBC).</li> <li>• Whilst a mask will protect against airborne transmission to some extent the eyes remain a receptor for this and therefore a full-face visor is a prudent way to protect our volunteers.</li> </ul> <p><u>Communications</u></p> <ul style="list-style-type: none"> <li>• The relevant coach will communicate training information via existing communication channels.</li> <li>• Advisory notices will be displayed outside the Clubhouse and on website</li> <li>• Parents/guardians – will be sent reminders plus key signs will be provided around club.... To include from time to time any flow of movement through building which (e.g. one way) we want traffic and pedestrians to take (e.g. big ENTRANCE and EXIT and ONE WAY signs)</li> </ul> <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 300 (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 75</li> </ul>
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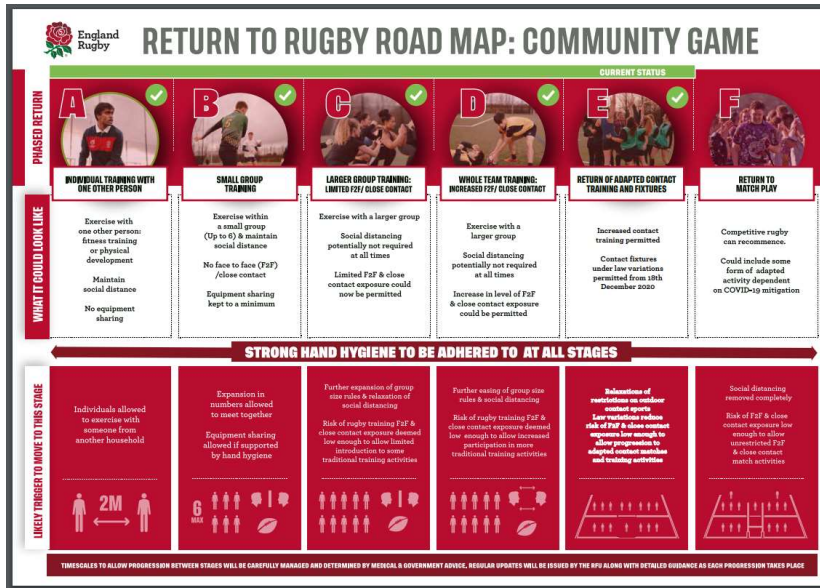
		<p>This is considerate of the following:</p> <ul style="list-style-type: none"><li>• The size of our facility and the number of pitches / playing areas.</li><li>• All visitors should be able to remain socially distanced following standard government guidelines at all times, and the rule of 6 applies.</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> <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/c1/c197c112-0e21-4d57-b8d5-64bbe788b4c6/RUGBY%20RESTART%20ROAD%20MAP%20STAGE%20E.pdf?spMailingID=11336703&spUserID=NDc2MjM4MzY3ODI3S0&spJobID=1650096267&spReportId=MTY1MDA5NjI2NwS2>



## STAGE E

- Maximum players per pitch replaced with coach to player ratio guidance
- 2 x 10-minute contact blocks per training session (tackle, ruck, contact game play and contested lineout)
- Non- contact skills and game play training including uncontested lineout
- Touch, Ready4Rugby, Tag, adapted contact training and inter club matches.
- No scrum activity
- No maul activity



**ADAPTED CONTACT TRAINING AND ADAPTED CONTACT FIXTURES.**

**MORE INFORMATION IS AVAILABLE IN THE RETURN TO RUGBY ROADMAP: STAGE E WEBINAR**

**RFU Guidance** - <https://www.englandrugby.com/participation/running-your-club/coronavirus/coronavirus-resources>