



TARLETON RUGBY UNION FOOTBALL CLUB POLICY

Return to Play & Clubhouse Following Relaxation of COVID 19 Rules

The updates to this Policy are included to update the Club's rules during the return to play protocols offered by the Govt and RFU.

Any immediate changes by GOVT/RFU directive will be communicated over and above this policy, through the media platforms operated by the club, namely: website, Social Media, Whatsapp groups and continual reference to these is paramount.

It is also stressed that only club generated rules originating from the club management will be followed.

This policy aims to support the Rugby Club and its members in safely and effectively using the Club, Clubhouse and Playing Areas as we return following Coronavirus Lockdown, imposed by the Government and the RFU. In providing this policy and its guidelines, members must not interpret its contents as an expression of medical advice from the Club surrounding Covid-19, nor does it supersede any rules imposed by the Government or RFU.

This policy aims to provide information for members on the safety measures being implemented by the Club for its' members in order to commence pre-season training for players, return to play and contact and a return towards Clubhouse usage.

Scope

The guidelines contained herein apply to all members, players of any age, managers, parents and coaches attending the Club from the 4th July onwards to engage in playing/training activities.

Area	Guidance Note
<p>Clubhouse Entry</p>	<p>Where it is deemed necessary for the Clubhouse to be open, access will only be possible through the door to the left of the front main entrance. Other doors must remain closed. For access of toilets and to aid with flow and social distancing a clearly marked and directed one way system will be in operation.</p> <p>During use, these doors will be propped open, where able to do so, in order that safe passage can occur minimising frequent contact with handles to give all members access to:</p> <ul style="list-style-type: none"> a) Male and Female toilets – it is envisaged that these doors will remain closed for privacy and on the basis that exit will be with clean/sanitised hands and as such afford safety. However the Club reiterates its encouragement to all, to regularly wash their hands thoroughly in compliance with Govt guidance. b) Hand sanitising dispensers that will be located in this area, clearly visible and replenished with hand sanitiser. c) It is the Club's recommendation that when entering through the door all members avail themselves of the toilets to wash their hands and make use of the hand sanitising station before proceeding any further into the Clubhouse. <p>Toilets and hand sanitising stations will be stocked with soap and hand sanitiser as applicable by our First Aid team</p>

Area	Guidance Note
<p>Hand Sanitisers</p>	<p>The Club is providing hand sanitising stations to be located in the following places:</p> <ul style="list-style-type: none"> a) The entrance as described above and outside the main toilet area. b) Close to the food refectory. c) Close to the main clubhouse door d) Adjacent to the bar area. All locations will be highly visible as to what they are
<p>Showers</p>	<p>Showers and in particular communal showers present a danger of water vapour and particle contamination and require a high level of ventilation and are also in areas of non-recyclable air flow.</p> <p>Communal showers will remain closed and out of use in the short term. However, understanding the desire for some players to have safe use of a shower, please note that measures are underway to allow for the use of 2 private showers to be used, the intention being the disabled/Refs room and the Room immediately before the gents toilet.</p> <p>The Club's Management will advise when these showers will be available and terms of use.</p>
<p>Food & Beverage and Bar & Bottle Bar Service Areas and 2 Metre Inn</p>	<p>The Upstairs Bar is CLOSED and remains out of bounds, as does the upstairs bar & function room area. Anyone wishing to use this [eg: for group coaching purposes/meetings] must do so ensuring lists of who attends are maintained, social distancing is adhered to and the Bar area and its contents are not accessed.</p> <p>The Kitchen is CLOSED and is out of bounds to all, with the exception of the Club's Exec. Management. Instances of players helping themselves to water from the fridge has been observed. Additionally, we must ensure that this area remains as clean as possible, due to it being a food preparation area.</p> <p>Refectory Area/Coaches Office/Corridor outside the Physio suite This area is to be accessed ONLY by coaches and managers of teams from all ages, while collecting and returning training equipment. Gatherings here, outside the corridor in the Physio area is not permitted for any player.</p> <p>The only exception being when a coach/manager specifically requests a player to assist in collecting/returning equipment</p>
<p>Pre-Season & Training at the Club</p>	<p>Prior to commencement of any training, whatever the age group, all attendees arte to record their attendance via VenueTrace for track and trace purpopses.</p> <p>The aim of this is to ensure that should any attendee subsequently present with symptoms then other members who may have been in close proximity can be informed.</p>

Area	Guidance Note
	<p>For those accompanying players to Mini and Junior training, only one adult to attend where possible and all attendees to adhere to the Government Guidelines regarding safe Social Distancing.</p>
<p>Out on the Pitch</p>	<p>Whilst training and as we get back towards training in larger groups, with social distancing measures in place:</p> <ul style="list-style-type: none"> a) Specific rules relating to on field training will mirror those laid down and communicated frequently by the Govt and RFU. c) No Club matchday water bottles will be provided. All bottles must be brought by the player and only used by that player. c) When rugby balls are used for training, and assuming safe distancing rules are not breached, ball sanitising facilities will be available to coaches and managers. When finished any balls and hand sanitiser used, must be returned and stored within the Clubhouse.
<p>Reporting</p>	<p>It is the responsibility of any players, coaches, team managers, volunteers or parents/guardians who experience symptoms of COVID.</p> <p>You must report your/your child symptoms if you have attended the club within 14 days of coming down with the symptoms.</p> <p>Minis, Juniors & Colts - COVID symptoms are to be reported to the Team Manager and or Coach and to club COVID Coordinator Simon Martindale</p> <p>Senior Players - COVID symptoms are to be reported to the Head Coach and club COVID Coordinator Simon Martindale.</p> <p>Team Managers, Coaches and Volunteers – COVID symptoms are to be reported to club COVID Coordinator Simon Martindale.</p> <p>Action taken by the club following the report of COVID symptoms will be done in accordance with the UK Govt and RFU guidelines.</p>
<p>First Aid</p>	<p>With the advent of contact, specifically within senior rugby and age group rugby where contact is permitted, this inevitably increases the risk of injury. Accordingly the following specific appendix covers the Club's approach to First Aid provision</p> <p>It too will be subject to regular review and update.</p>

APPENDIX

FIRST AID AT TRUFC

The RFU has issued guidance regarding First Aid and its provision. General information on emergency first aid provision, including an explanation of roles e.g. Emergency First Aider (EFA) can be found in the First Aid Provision Minimum Operating Standards and Regulation 9 :

Contact Training in larger groups: One EFA per team and/or group.

Contact Training Whole team training, As per Regulation 9 : <https://www.englandrugby.com/dxdam/13/1346edc1-1bbd-410e-8b36-4f3dacc74850/Regulation%209.pdf>

TREATMENT

Wherever possible any first aid treatment should be undertaken outside. Ideally a minimum of 2 separate treatment areas should be set up and under the supervision of a recognised First Aider:

Area 1 (**Green Area**): For low risk assessment and/or treatment of a patient not suspected of having COVID_19 (negative screening questions and temperature screening).

Area 2 (**Red Area**): For assessment and/or treatment of a patient where there is any potential increased risk of transmission e.g. nose bleeds, CPR etc. If unable to have separate areas then a minimum distance aligning with government social distancing guidelines between zones needs to be established.

Equipment to be kept outside of red area and only brought in to that area when required to avoid contamination.

Indoor first aid room/medical facilities should only be used in an emergency situation, with the following measures undertaken to minimise risks.

- Thoroughly clean all equipment and beds before and after each treatment Open windows and doors (if appropriate) to promote ventilation.
- Use the appropriate level of PPE all of which will be provided by the Club.
- Reusable items e.g. towels, pillows etc. should be changed between each treatment and appropriately laundered. I suggest disposables.
- Disposable items should be removed and disposed of appropriately after each treatment.

Two training specific First Aid bags are available to all coaches on their training sessions and returned afterwards. All injury recording and reporting to be strictly adhered to and reported through the respective Coaches to **Ray Bramford** and where applicable **Ian Jackson** and/or **Dave Palmer Davies**.

FIRST AID TREATMENTS

If you have to attend to a player/casualty, be aware of the risk of cross contamination – especially if you have to get close to the casualty to assess what is wrong or to check their breathing.

- Avoid close face to face contact.
- Wear a mask.
- Don't cough or sneeze over a casualty when you are treating them.
- Remember general first aid good practice and hygiene:

- Wear gloves or cover hands when dealing with open wounds.
- Cover cuts and grazes on your hands with waterproof dressing
- Dispose of all waste safely
- Do not touch any part of a dressing that will come in contact with a wound.

PHYSIOTHERAPY SERVICES

Given that currently the treatment rooms are out of use, it is unfortunate that physio is not available on training nights when the risk of contamination of the suite and surrounding Clubhouse as above, outweighs the safety measures currently available.

Inevitably and as observed players are requesting to see the Physio. We will adopt the following procedure:

- Referrals to Ray come through Nick King and/or Dave Palmer Davies .
- Players referred to Ray with brief explanation, will then enable Ray to arrange a mutually convenient consultation contact and follow through.