



## **Covid-19 Health & Safety Plan**

At Pro Rugby, we know this is a hugely challenging time for rugby as the country deals with the outbreak of coronavirus (Covid-19). People are starting to get back to exercising outdoors whilst still following the guidelines set out by the government in order to stay safe.

Our Priorities through this period are:

- Offering rugby players a safe environment to get back into training and prepared for the season.
- Ensuring rugby players can develop physically, psychologically and socially through this period. Making sure basics are a focus and safe learning and understanding of the sport is at the forefront.

### **Latest Government Guidance**

Restrictions are gradually being loosened in relation to facilities and the delivery of sports and activities. Where possible, participants in sporting activities should still stay at least a metre apart and group sizes should be limited. Children as a demographic are still seen as low risk in regards to transmitting infection and being affected by Covid-19 however, necessary mitigation should be carried out where required.

Scientific evidence continues to support washing hands regularly and the use of anti-bacterial handwash is the most effective way to reduce infection being spread within a controlled group.

### **Group Size/Restrictions/RFU Guidelines**

Prior to the Covid-19 outbreak, we always aim to run our camps with a ratio of 1 coach per group of 12 players

The government guidelines on group size allow manoeuvrability dependant on facilities, size of premises, age of children and the ability of the children to maintain social distancing. "To reduce the risk of transmission within a setting, providers should aim to minimise the

number of different people each child comes into contact with. As such, providers should seek to maintain small, consistent groups of no more than 15 children plus member of staff” (Department for Education).

With this in mind, our camps will keep groups of children to no more than 12 and groups of 10 where possible (10:1 ratio). This decision reflects how we see best to offer the expert training and learning Pro Rugby prides ourselves on whilst keeping players safe and at low risk of any transmission. Where possible, and weather permitting, many of our camp activities will take place outdoors where risk of transmission is lowest. There will be areas of overlap that cannot be avoided.

The England Rugby “Return To Rugby Road Map: Community Game” shows what each stages activity’s permits , however all activities in previous stages are also permitted. Further detailed guidance on allowable activities at each stage will be provided and Pro Rugby is committed to follow this guidance.

### **Current Status: Stage C**

- Non-Contact Training & Intra Club Matches

#### **Permitted**

- Use of rugby balls
- Ready4Rugby & Touch Rugby training (max 20 players, based at own club only)
- All activity to include appropriate social distancing, strong personal hygiene maintenance, and follow the latest RFU & Government Guidance

### **Effective Infection Protection and Control**

Our camps take place in facilities where various community and public use could be a factor; schools, sports clubs and other such areas. Therefore, as well as keeping players in smaller, consistent groups and ensuring that, as far as possible, the players, parents and staff that attend our setting follow current government guidelines on social distancing, we will ensure that effective infection protection measures are in place.

These can be seen as a hierarchy of controls that, when implemented, creates an inherently safer system, where the risk of transmission of infection is substantially reduced. These include:

- Minimising contact with individuals who are unwell by ensuring that those who have coronavirus symptoms, or who have someone in their household who does, do not attend the camp setting.

- Cleaning hands more often than usual – washing them thoroughly for 20 seconds with running water and soap. Using hand sanitiser ensuring that all parts of the hands are covered.
- Encouraging good respiratory hygiene by promoting the ‘catch it, bin it, kill it’ approach.
- Cleaning frequently touched surfaces more often than usual using standard products such as anti-bacterial sprays/wipes and detergents.
- Minimising contact and mixing by altering, as much as possible, the environment (such as layout) and timetables (such as allowing for changeover times for cleaning between different groups and avoiding areas becoming overcrowded).

Where possible, all indoor spaces should also be well ventilated using natural ventilation (opening windows). This will be considered however; we aim to make use of outdoor spaces where possible.

### **Indoor Provision**

The risk of transmission is considerably lower outdoors and, as such, as mentioned previously, we will carry out as many activities as possible outdoors.

However, where this may not be possible, we will adhere to government guidance on the control measures for groups in an enclosed space. The main regulations that will be implemented run parallel to the guidance found in the *Effective Infection Protection and Control* (see page 2) section of this document. Group sizes may be adjusted depending on available space for indoor activities at the discretion of the lead coach and facility owner/management.

Cleaning of equipment and surfaces will be paramount to keeping indoor areas at as low a risk as possible for players, staff and parents. Any specific guidelines that have been put into place by the facility regarding cleaning, available areas for activity and use of areas will be adhered to.

### **Outdoor Provision**

Even though the risk of transmission is considered to be lower outdoors, it is still important to work by the hierarchy of controls outlined previously. We will be able to run activities that encourage social distancing more comfortably outdoors. After each activity, children and staff will apply hand sanitiser and equipment will be wiped down to alleviate potential cross-contamination between groups.

Coaches will outline basic measures to reduce risk of transmission such as social distancing, reduce the number of surfaces that require touching and avoidance of touching mouth and face as much as possible. These areas are difficult to police, but coaches will re-visit these points regularly to encourage children to take part as safely as possible.

On re-entering the indoors areas of the facility, children will once again be asked to wash their hands in line with guidelines. Paper towels will be used for drying them, allowing disposal directly. Equipment used outdoors will be cleaned thoroughly before being brought back inside to further reduce risk. It will be the coach's responsibility to ensure cleaning of all equipment throughout the camp, as well as at the end of each day.

### **Management of Toilet Usage**

*It is not necessary for each class or group to use a separate toilet. However, you should consider how you can limit the number of children using the toilet at any one time.*

*- Government Guidelines for sports facilities*

We will be using the policy of allowing one child at a time to use the toilets; this will be gender specific so one boy at a time and one girl at a time as they will be using separate toilets. The promotion of correct and strict hand washing hygiene will be paramount, encouraging all children to wash hands for 20 seconds with soap and running water after using the toilets. Where possible, and in-keeping with other guidelines for our camps, the aim will be to keep usage from different groups to a minimum. If more than one block of toilets are available, groups will be designated separate areas to use.

As with all frequently used surfaces, cleaning thoroughly according to the facility and government guidelines is necessary. The frequency of cleaning is dependent on the usage. In most cases, guidance suggests cleaning of facilities to take place twice a day, and particularly more if use is shared between various groups.

### **Staffing/Coaches**

As our policy on numbers of children per member of staff is consistent with guidelines surrounding Covid-19 groupings, there will be limited need for excess staffing. We will continue to work a 10:1 ratio as previously discussed.

Within the day of the camp itself, staffing will reflect other recommendations within the guidelines, such as the separation of group to limit the number of people coming into contact with one another. Reflecting this, coaches will, where possible, stay with a certain group of players. Any cross over of coaches will be done in the least contaminating way possible. Coaches will wash their hands thoroughly, in line with scientific advice, and sanitise

hands and any surfaces or equipment they have touched before and after use with the group.

It is each individual staff member's responsibility, for the sake of their own health and that of others, to report any symptoms of Covid-19 they may have displayed and not attend in this scenario. If they come under the category of clinically extremely vulnerable individuals, they should discuss with management whether or not they are able to carry out their role safely. If either the staff member or management is not happy with this being the case, they will not attend any of the camps until it is safe for them to do so.

### **Personal Protective Equipment (PPE)**

There is no requirement for staff or players to wear specific PPE however, if they wish to for their own personal safety, this will be welcomed. As our activities will be set out to encourage social distancing, with the further aim at utilising outdoor facilities ahead of indoor settings, PPE is not as necessary a precaution as in more enclosed group settings.

### **Drop off/Collection**

The area in which we set up our registration area will be outdoors, unless weather prevents. We encourage parents/guardians to adhere to social distancing guidelines when arriving at facility where, if possible, signage will be in place to clarify our registration system.

A coach will oversee players during these sections of the day to ensure social distancing remains in place whilst activities aren't running.

### **Communicating Safe Working Environment with Staff**

All staff will have access to, and be expected to make themselves familiar with, the risk assessment for camps. This risk assessment has been modified to the specifics necessary during the current Covid-19 climate. It is the responsibility of the lead coach to carry out the risk assessment at the venue before the camp begins however, other coaches will play a role in putting this into practise.

We encourage all staff members to familiarise themselves with current government advice on working safely during coronavirus.

### **Communicating with Parents/Guardians**

This health and safety plan, alongside our updated risk assessment, can be made available for parents/guardians to access and read at request. All coaches and staff will be available

on the day to answer questions about the set up of the day and safety measures in place for specific facility.

For the safety of players and staff, we ask parents to do all they can to reduce the contact between themselves and other people when dropping off and collecting players. Furthermore, we ask that gathering at entrances is avoided and social distancing is maintained.

### **What happens if there is a confirmed case of Coronavirus?**

When a player, young person or staff member develops symptoms compatible with coronavirus, they will be isolated and sent home with the advice to self-isolate for 7 days and have a test to see if they have Covid-19. This can be done by visiting the NHS website. All advice to follow from this point can also be found on the NHS website.

If the player, young person or staff member tests negative and recovers from their symptoms, they will be able to return to future camp settings.

If the player, young person or staff member test positive, NHS Test and Trace will speak to those they have been in contact with to offer advice. As groups will be kept separate from one another and contact limited in line with social distancing, the chances of infection will be kept to the lowest possible levels. However, Pro Rugby will work with the necessary authorities to assist in contacting those who may have been exposed to someone with coronavirus.

Any staff member found to have tested positive will be expected to self-isolate for 14 days before attending any future events.

### **Further Information**

For any further information on guidelines currently in place to reduce the risk of spreading coronavirus, please feel free to access the links below. These include the guidance we have used to ensure our camps run smoothly and further guidance that has been highlighted for staff to familiarise themselves with ahead of running events.

[www.gov.uk](http://www.gov.uk)

[www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/](http://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/)

<https://www.englandrugby.com/news/article/return-to-community-rugby-roadmap>

[www.sportengland.org/how-we-can-help/coronavirus](http://www.sportengland.org/how-we-can-help/coronavirus)