



## Return to Training COVID-19 Advice for Blackbrook Royals JRLFC

### Introduction

People who play team sports can now meet to train together and do things like conditioning and fitness sessions, but they must be in wholly separate groups of no more than 6, including coach, and must remain 2m apart at all times.

The RFL state that the return to training is completely voluntary and no player should feel pressurised into attending training sessions.

The club must comply with the latest government advice on Covid-19 at all times. The advice on a safe return to play in Community Rugby described here is based on Government and RFL guidance.

The phased return of outdoor sport and recreation is now permitted, providing strict social distancing guidelines are followed. Virtual training should continue where possible as this is the easiest way to ensure social distancing rules are met.

Where social distancing guidelines cannot be followed in full, because there are too many people on the pitch or around the field, training should not take place.

The practice of ball skills, such as passing and kicking, is allowed, but equipment sharing should be kept to a minimum. Instruction on hygiene should be reinforced throughout the training session.

Team Coordinators will be established for each age group. Compliance with RFL and Government guidance will be monitored by a member of Blackbrook Royals JRLFC. Noncompliance will result in individuals or teams being stopped from training.

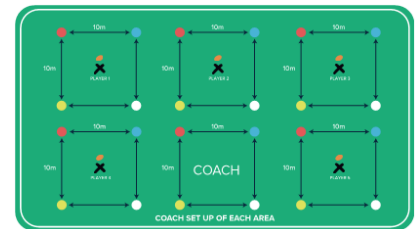
Further information can be found online at the UK Government COVID Guidelines webpage.

### When to Come to Training

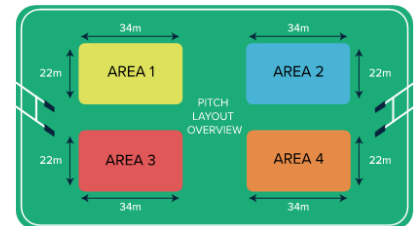
Players should not attend training if they have a high temperature, a new persistent cough, or recent loss of taste or smell; the RFL have advised that anyone displaying general cold and flu symptoms should stay at home. If it is within 14 days of anyone at home showing these symptoms, players must not attend training. Players who are classed as clinically extremely vulnerable or live with somebody that is, are advised to stay at home.

### Travel To and From Training

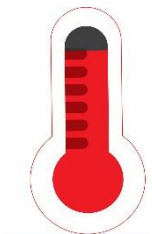
Giving lifts to team mates should be avoided. Players who need to share transport should travel with the same individuals with the least number of people possible. Ways to help reduce transmission is to have good ventilation through windows and face away from each other. Vehicles should be cleaned regularly, especially after coughs and sneezes, using gloves and standard cleaning products, with emphasis on handles and other areas where passengers may touch surfaces. Players travelling to training using public transport, should follow the relevant guidelines on face coverings for their age group. When on foot, 2m social distancing must be maintained at all times.



Example of Area Set-up from RFL



RFL Suggested Training Layout



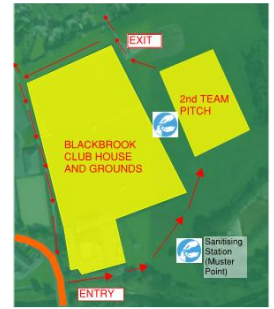
Document Reference	Parent	Revision Status	Document Owner	Date	Page
SCSRTG-300620	SCSRTG	Rev 3	DG	30-Jun-20	Page 1 of 4





### Arriving and Leaving

Parents and carers should take their child to the designated gate for the specified field at the agreed time. This information will have been communicated to them via text message from the individual coaches; a register of who attends training must be kept. Do not arrive too early or queue outside the entry gate. Training will last 40 minutes, prompt arrival and exit will be required. There will be a one-way system with signage in place for entrance and exit with social distancing reminders displayed.



Coaches from different age groups should stagger their start time to avoid pedestrian congestion and contact when entering their specified training area. No one should linger around the entrance gate, coaches and players should make their way to their allocated muster point on their training pitch. When entering or exiting a training area, everyone should keep a 2m apart and follow the route shown on the training plan. Team coordinators should have placed hand cleaning facilities with sanitiser at individual team muster points. Everybody should sanitise on entry and exit of the training session.



### Training Activities

Training will include non-contact outdoor activities only, equipment use should be kept to a minimum. No game play will be allowed only handling skills, fitness and conditioning. Coaches will arrive 15 minutes before players are scheduled to arrive and will mark out individual training zones for each group. Take regular breaks to sanitise hands before and after using equipment.

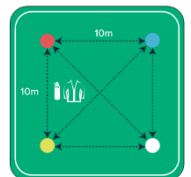


### Club Responsibilities

It is the responsibility of the club to maintain signage, keep entrances and exits cleaned, provide hand washing stations and keep numbers for training to 6 in a group including the coach. It is the responsibility of everyone concerned with the success of the training to make sure these provisions are in place and properly maintained. If this is not happening, then as many people as possible should be advised, starting with the coach who should manage the issue or discuss with the committee. All RFL safeguarding policies and procedures will be complied with.

### Refreshments and Facilities

Players should bring their own drinks bottle plus hand sanitiser and store it in the safe zone within their training area. Jackets and personal hand sanitisers can be stored in the safe zone. Players should take all litter, especially empty containers away and dispose of correctly. There will be no changing facilities open, all players should arrive dressed for training and change at home after training. The club building will not be open and no toilet facilities will be available.



### First Aid and Emergency Service Response

First aid is about the preservation of life, emergency services may be delayed. First Aiders shall wear all the appropriate PPE including gloves and face coverings, if the injured person needs to be made comfortable. First Aiders should make as little skin to skin contact as possible. If mouth to mouth contact is absolutely necessary the use of CPR face shields will reduce the skin to skin contact. Avoid contact at all times and contact the emergency services using 999.



### Cleaning

Wherever you go, make sure everything that is touched is cleaned, whatever equipment is used, should be cleaned down as soon as possible. Balls should be sanitised after each activity, cones should be cleaned at the end of each session. Team coordinators are responsible for ensuring cleaning is carried out, coaches are responsible for their own training areas and equipment.



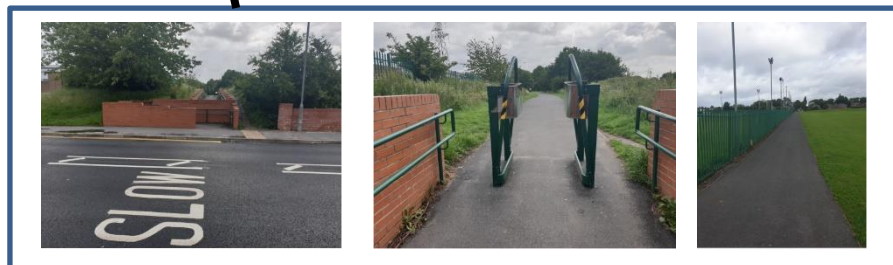
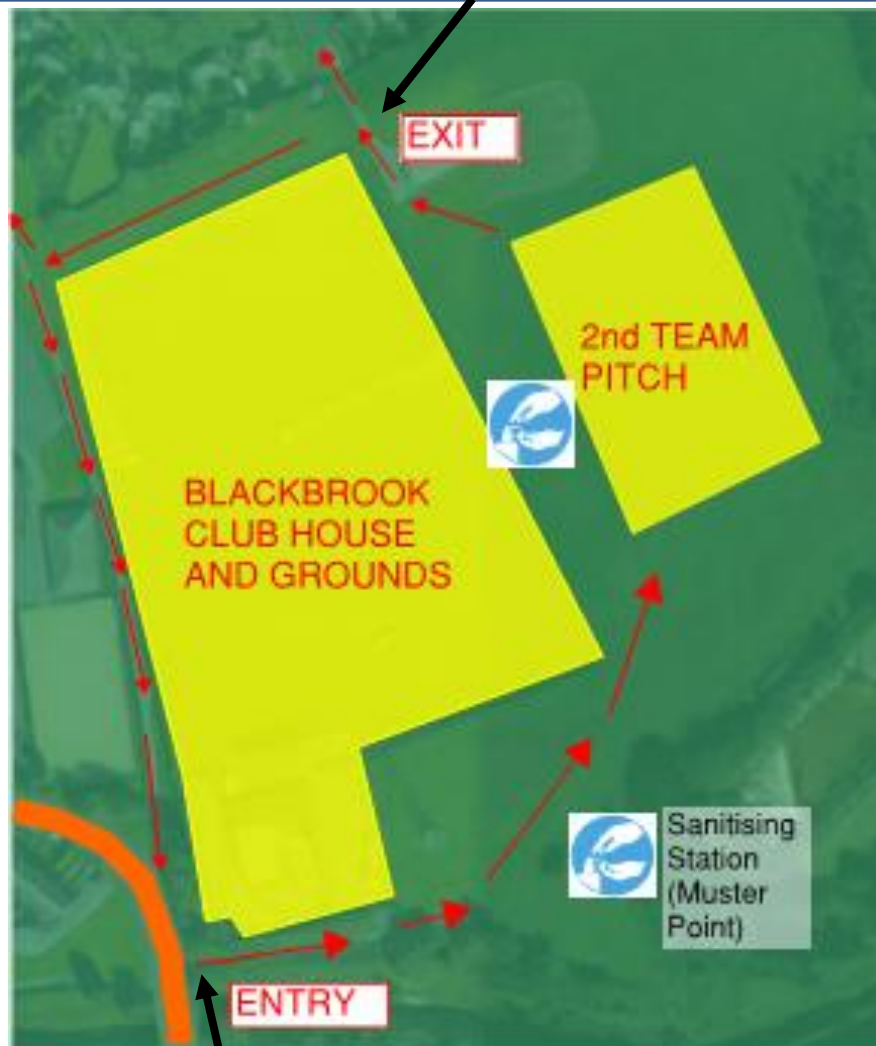
Document Reference	Parent	Revision Status	Document Owner	Date	Page
SCSRTG-300620	SCSRTG	Rev 3	DG	30-Jun-20	Page 2 of 4





Document Reference	Parent	Revision Status	Document Owner	Date	Page
SCSRTG-300620	SCSRTG	Rev 3	DG	30-Jun-20	Page 3 of 4





Document Reference	Parent	Revision Status	Document Owner	Date	Page
SCSRTG-300620	SCSRTG	Rev 3	DG	30-Jun-20	Page 4 of 4

