

## COVID-19 HEALTH AND SAFETY PLAN

RAINEY OLD BOYS RFC,  
7 MEADOWBANK ROAD  
MAGHERAFELT



### Project Particulars:

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Client:	Rainey Old Boys RFC
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## 1.0 BACKGROUND

### 1.1 COVID-19

Coronavirus disease (COVID-19) is an infectious disease caused by Severe Acute Respiratory Syndrome Coronavirus2 (SARS-CoV-2). Most people (8/10) infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

#### 1.1.1 HOW IT SPREADS

The virus is spread from people in fluid and droplets scattered from the nose or mouth of an infected person when that person coughs, sneezes, or speaks. The droplets can land on surfaces, and other people contaminate their hands by touching these objects or surfaces and then bring the virus into contact with their eyes, nose or mouth by touching them with their contaminated hands. Although spread is more likely to occur through close contact with someone who is already infected with the virus.

It is still not known how long the virus survives on surfaces in different conditions. The period of survival may vary under different conditions (e.g. type of surface, temperature or humidity of the environment). Studies indicate that it can persist on surfaces for hours and up to several days in the absence of effective cleaning. Simple household disinfectants can kill the virus. Surfaces should be cleaned first and then disinfected.

#### 1.1.2 SYMPTOMS






The following symptoms may develop in the 14 days after exposure to someone who has COVID-19.

- |  |  |
|--|--|
|  Cough            |  Breathlessness            |
|  Fever            |  Loss of Smell/Taste       |
|  High Temperature |  New Skin Rash             |
|  Sore Throat      |  Gastrointestinal Symptoms |
|  Runny Nose       |  Flu like symptoms         |

It is important to note that some people infected with the virus, so called asymptomatic cases, can demonstrate no symptoms at all, yet can infect others. People who are showing these symptoms must not show up to training, self-isolate and report to their doctor for future information on COVID-19 testing. The coronavirus (COVID-19) vaccine is safe and effective. It gives the best protection against COVID-19.

### 1.2 HSE GUIDELINES

To prevent infection and to slow transmission of COVID-19, do the following:

-  Wash your hands regularly with soap and water or clean them with alcohol-based hand rub.
-  Maintain at least 2 metre distance between you and another person.
-  Wear Face coverings where unable to social distance.
-  Avoid touching your face.
-  Cover your mouth and nose when coughing or sneezing.

## 2.0 INTRODUCTION













### 2.1 SCOPE

The Return to Rugby policies and Guidelines outlined in the below document are created to be implemented in response to COVID-19. The main objective is the safe returning to rugby for all members and communities.

These recommendations have been based on the advice of the Government, National Public Health Emergency Team (NPHE), The Health Services Executive (HSE), The National Health Service (NHS), the World Health Organisation (WHO), Northern Ireland the Public Health Agency (PHA) and the European Centre for Disease Control (ECDC). IRFU have also gained advice from other World Rugby organisations and sporting groups who are at varying stages of reopening their societies. It should be noted that this is a living document and may be revised following updated advice from the above organisations.

### 2.2 REFERENCE DOCUMENTS

In undertaking the assessment reference has been made to the following guidance documents:

-  [www.publichealth.hscni.net/covid-19-coronavirusDBEI](http://www.publichealth.hscni.net/covid-19-coronavirusDBEI) Return to Work Safely Protocol
-  NSAI COVID-19 Workplace Protection and Improvement Guide
-  IRFU COVID-19 Health and Safety Operating Procedures for Cubs
-  Report on impact of Occupancy Numbers on Licensed Premises as a result of COVID-19 (UK Version)
-  Sport NI- A Framework to guide progression towards a resumption of sport and physical recreation in Northern Ireland
-  NI Assembly – Coronavirus, Our approach to Decision Making
-  CIF Construction Sector C-19 Pandemic Standard Operating Procedures
-  WHO Getting your workplace ready for COVID-19
-  Infection Diseases (Amendment) Regulations 2000
-  ECDC Technical Report – Disinfection of environments in healthcare and non-healthcare settings potentially contaminated with SARS-Cov-2
-  The Health Protection (Coronavirus, Restrictions) (No. 2) (Amendment) Regulations (Northern Ireland) 2021
- 

The recommendations outlined in this document are in line with above guidance documents as well as Government guidelines in place at the time of writing. This document is a live document and will be updated as new information and guidelines are issued.

## **2.3 INTRODUCTION TO THE CLUB**

Rainey Old Boys RFC is located at 7 Meadowbank Road, Magherafelt BT45 7EQ, in Mid-Ulster. It is one of the 12 current senior rugby clubs in Ulster, competing in AIL Division 2A. Magherafelt. Present Chairman is former captain Stephen Rutledge and Branch Representative is Dr Paul Flanigan.

The facilities at Hatrick Park include a 2-story clubhouse at approximately 630m<sup>2</sup>. Ground floor layout consists of Foyer, Changing Rooms, Showers, Referees Room, Toilets and Medical Room. First Floor consists of Bar and Lounge area, Beer storage, small kitchen and balcony. A gym is located in an external building adjacent to the Clubhouse. Playing facilities include 2no pitches with floodlighting and a car park. The grounds are adjacent to Mid Ulster District Council's Meadowbank Sports Arena which include a 4G floodlighted pitch which the club use on a regular basis

The club at present field 4no Senior teams with 1XV competing at Senior Rugby level in AIL Division 2A, 3no Youth teams, 7no Mini Teams and 1no Female team.






The club has a membership of 270 over 18 years of age and approximately 200no Under 18 members.

### 3.0 ROLES AND RESPONSIBILITIES

<i>Club President</i>	<i>Dylan Davies</i>
<i>Club Chairman</i>	<i>Stephen Rutledge</i>
<i>Secretary</i>	<i>Rory Flanigan</i>
<i>Treasurer</i>	<i>Brian Smith</i>
<i>Director of Rugby</i>	<i>Brian Smith</i>
<i>Club Steward</i>	<i>Paul Taylor</i>
<i>Branch Representative</i>	<i>Dr Paul Flanigan</i>
<i>Club Captain</i>	
<i>Club Coach</i>	<i>Ian McKinlay</i>
<i>COVID-19 CLUB Safety Officer</i>	<i>Gerry McCann</i>
<i>COVID-19 CLUB Compliance Officer</i>	<i>Brian Smith</i>
<i>COVID-19 CLUB Compliance Officer</i>	<i>Ian McKinlay</i>
<i>COVID-19 CLUB Compliance Officer</i>	<i>Heather Thornton</i>
<i>COVID-19 CLUB Compliance Officer</i>	<i>Russell Kennedy</i>
<i>COVID-19 CLUB Compliance Officer</i>	<i>All Team Coaches</i>




### 3.1 CLUBS AND VENUES

The duties required of Rainey Old Boys RFC as a club are set out as follows















-  Appoint COVID-19 Safety Committee members (COVID-19 CLUB Safety Officer, COVID-19 Compliance officers)
-  Ensure COVID-19 Risk Assessment is carried out by Competent Person (A competent person is someone who has sufficient training and experience or knowledge and other qualities that allow them to undertake the task)
-  Ensure COVID-19 Health and Safety Plan is prepared
-  Ensure adequate controls and procedures are in place at all times
-  Revise/update the above when new information becomes available from Government and Health Authorities

### 3.2 COVID-19 CLUB SAFETY OFFICER

The club have appointed **Gerry McCann** as **COVID-19 CLUB Safety Officer** and shall undertake the following duties, or delegate them to a named and competent member of the Club Committee:

-  Set up and Lead the Safety Committee which may be comprised of the COVID-19 CLUB Compliance officers, Coaches, Referees, Committee Members, First Aid Responders, Child Welfare Officer and any other relevant persons.
-  Nominating participants to act as the COVID-19 CLUB compliance officers. The number of COVID-19 CLUB Compliance officers will be proportional to the size of the club, the number of teams and number players. It is likely these individuals will be coaches or team managers. A COVID-19 CLUB Compliance Officer must be present at all club activities.
-  Receive updates from COVID-19 CLUB Compliance officers on activities.








-  Assessing risks (carry out Risk Assessments), developing Club Covid-19 Safety Plan.
-  Putting Procedures in place for club members to return to rugby in line with forthcoming guidance from the IRFU and published guidance from member state Governments.
-  Keep updated with ongoing Government, Health Authority and IRFU advice and update the procedures accordingly
-  Communicate with members on latest updates and changes to training and club activities
-  Develop an emergency response in line with Government, Health Authority and IRFU advice Guidance for a suspected COVID-19 case
-  Ensuring that all management and club members are provided with and participate in necessary induction, training, and adhoc briefings
-  Co-ordinate adhoc briefings when required to communicate messages about good hygiene, respiratory etiquette and physical distancing
-  Ensure all management & Members have returned their Pre-Return to Rugby Personal Assessment Declaration. These shall be provided by the IRFU.
-  Providing safe equipment including personal protective equipment, where necessary
-  Ensuring Signage and Information relating to COVID-19 symptoms and hygiene requirements are in place
-  Ensuring Signage and Information relating to IRFU and Club rules and requirements with respect to COVID-19 are in place.
-  Ensure action checklists for the COVID-19 CLUB Compliance officers are completed.
-  Address any club member concerns
-  Report to club committee regularly











### 3.3 COVID-19 CLUB COMPLIANCE OFFICER

The club have appointed **Brian Smith, Senior, Youth and Mini Coaches and all Captains** as **COVID-19 CLUB Compliance Officers**, further appointments will be made as required.

**COVID-19 CLUB Compliance Officer** will carry out the day to day monitoring of compliance with protocols as set out in the Return to Rugby Guidance Document. A COVID-19 CLUB compliance officer must be present at all club activities.






The COVID-19 CLUB Compliance Officer shall:

-  Monitor activity to ensure social distancing and hygiene rules are followed.
-  Complete the action checklist (daily, weekly, monthly) and provide to the COVID-19 Club Safety Officer.
-  Ensure players and club members are aware of COVID-19 and the clubs' procedures
-  Facilitate training of players and club members, where required.
-  Keep updated with all new Government, HSE and IRFU guidelines

-  Report to the COVID-19 CLUB Safety Officer with any updates
-  Review IRFU Pre-Return to Rugby Personal Assessment Declaration provided by members
-  Communicate with opposing team Covid-19 Compliance Officer on match day.
-  Maintain confidentiality of suspected cases
-  Provide safe equipment including personal protective equipment, where necessary
-  Follow protocols for persons showing symptoms of COVID-19. - <https://covid-19.hscni.net/>
-  Assist in contact tracing should there be a confirmed case of COVID-19.
-  Keep in contact with any member with a suspected case and attain confirmation from them to allow their return to play
-  Advice in instances where non-compliance with social distancing, respiratory etiquette and hygiene rules are observed.
-  Implement temperature testing in line with Public Health advice, or if requested from a member.







### 3.4 COACHES/ REFEREES














Coaches/Referees have a responsibility to ensure that training activities and club operations do not cause unnecessary risks to players and the wider community. They shall achieve this through:

-  Liaising with the nominated COVID-19 CLUB Compliance Officers, if not acting in this position
-  Following Match Day guidance for match officials.
-  Participating in COVID-19 training as required
-  Planning training activities to align with those permitted at any given time
-  Educating teams and reinforce good personal hygiene and etiquette, physical or social distancing and handwashing

### 3.5 PLAYERS/ PARTICIPANTS

Players/ Participants of the clubs have a responsibility to act in a safe and respectable manner while at the grounds. Failure to do so could result in the formation of clusters at the club endangering the wider community. All Players/Participants will be advised to:

-  Make themselves aware of the symptoms of COVID-19 and monitor their own wellbeing. <https://covid-19.hscni.net/>
-  Complete IRFU Pre-Return to Rugby Personal Assessment Declaration and give to COVID-19 CLUB Compliance Officer a minimum of 3 days before returning.
-  Participate in the induction, and any training provided by the COVID-19 CLUB Safety Officer and COVID-19 CLUB Compliance Officers
-  Read and Follow the club's procedures
-  Practice a high level of personal hygiene by washing their hand frequently
-  Keep a contact log of direct contact with other people

-  Make themselves aware of the symptoms of COVID-19 and monitor their own wellbeing.
-  Be open and honest if they have been in contact with a COVID-19 case or suspected case
-  Self-Isolate at home and contact their GP if they display any symptoms.
-  Complete IRFU Pre-Return to Rugby Personal Assessment Declaration and give to COVID-19 CLUB Compliance Officer a minimum of 3 days before returning.
-  Participate in the induction, and any training provided by the COVID-19 Response Management Team
-  Report to the COVID-19 CLUB Compliance Officer immediately if they develop symptoms while at the training
-  Complete any temperature testing as implemented by the COVID-19 Response Management Team in line with Public Health advice
-  Read the club's procedures and confirm they understand
-  Practice a high level of hygiene
-  Ensure their next of kin is on file
-  Listen to ongoing HSE & Government advice
-  Keep a contact log of direct contact with other people
-  Following suspicion of COVID-19, or recovery from the illness, provide a return to rugby letter from the Doctor or personal declaration

### **3.6 PARENTS AND GUARDIANS**

Parents and Guardians are required to adhere to requirements as set out in Section 3.5. They are also responsible for ensuring children under their care act in accordance with section 3.5.

## 4.0 RISK ASSESSMENT

***Rainey Old Boys RFC have completed a Risk Assessment for COVID-19. The Specific Risk Assessment is provided in Appendix B. Generic Risk Assessment have been included.***

Rainey Old Boys Rugby Football Club must protect people from harm. This includes taking reasonable steps to protect members and others from coronavirus. This is called a risk assessment and it'll help manage risk and protect people.

### 4.1 RISK ASSESSMENT METHODOLOGY

#### 4.1.1 IDENTIFICATION OF RISK ITEMS

The first step in the process is to identify those hazards which present a risk of a spread of infection between persons.

In keeping with typical Risk Assessment methodology, hazards in this document are referenced as Risk Items. The Risk Items will typically be either management issues (e.g. poor sanitation practices), physical features which act as shared touchpoints which will allow the spread of the virus, or physical features which do not allow adequate physical distancing between persons.

The risk assessments are separated into two categories, as follows:

IRFU shall provide Sample Risk Assessment for clubs which is outlined below. The Sample Risk Assessment shall include *Universal risks* which could be applied to any club and organisation. *Site Specific risk assessments* must be carried out by Clubs to identify risks which are unique to their own facilities and organisation based on defined aspects, i.e. Club house facilities, access and egress to playing areas, communal spaces, communication methods etc.




The identification of Risk Items is based on assessment against the recommendations in the relevant guidance documents as applied to an organisation having regard to the application of professional judgement and common sense to the particular circumstances.

#### 4.1.2 INSPECTION METHODOLOGY:

A visual inspection of club facilities was carried out. The inspection includes observations of physical limitations or installations, cleaning methods, specific work practices, administrative processes and so forth.

#### 4.1.3 EVALUATION OF RISK ITEMS

The second step in the process is to rate each Risk Item. This involves three sub-steps as follows:

-  Assign an Occurrence Rating to the Risk Item (Likelihood)
-  Assign an Impact Rating to the Risk Item (Anticipated Severity)
-  Assign an overall score to the Risk which is product of the Likelihood and Impact rating to give an overall Risk Rating

The likelihood rating is judged by reference to the likelihood of the Risk Item occurring in accordance with the following scoring criteria:

Rare/Remote






Unlikely

Possible

Probable

Almost Certain

Impact Scoring is based on the anticipated severity of the outcome. In scoring impact, the Risk Item is graded from 1 to 5, with 5 indicating the most serious outcome and 1 the least severe outcome. The scoring criteria are as follows:

-  Negligible harm (Escape Unharmd)
-  Minor harm (Minor Injury)
-  Moderate harm (Injury)
-  Major harm (Major Injury/Death)
-  Extreme harm (Multiple Deaths)

The product of the two scoring outcomes provides an overall Risk Rating based on the following table:

			SEVERITY				
			EXTREME HARM 5	MAJOR HARM 4	MODERATE HARM 3	MINOR HARM 2	NEGLIGIBLE HARM 1
LIKELIHOOD	ALMOST CERTAIN	5	25	20	15	10	5
	PROBABLE	4	20	16	12	8	4
	POSSIBLE	3	15	12	9	6	3
	UNLIKELY	2	10	8	6	4	2
	RARE	1	5	4	3	2	1

The numerical scale used is to allow comparisons of the risk levels only. No literal meaning is implied by the scoring level.

KEY TO SHADING		
15 - 25	Level of risk is unacceptable.	HIGH
8 - 12	Level of risk may be tolerable. Seek to reduce level of risk.	MEDIUM
1 – 6	Level of risk is acceptable	LOW

#### 4.1.4 WHO IS AFFECTED BY THE RISK

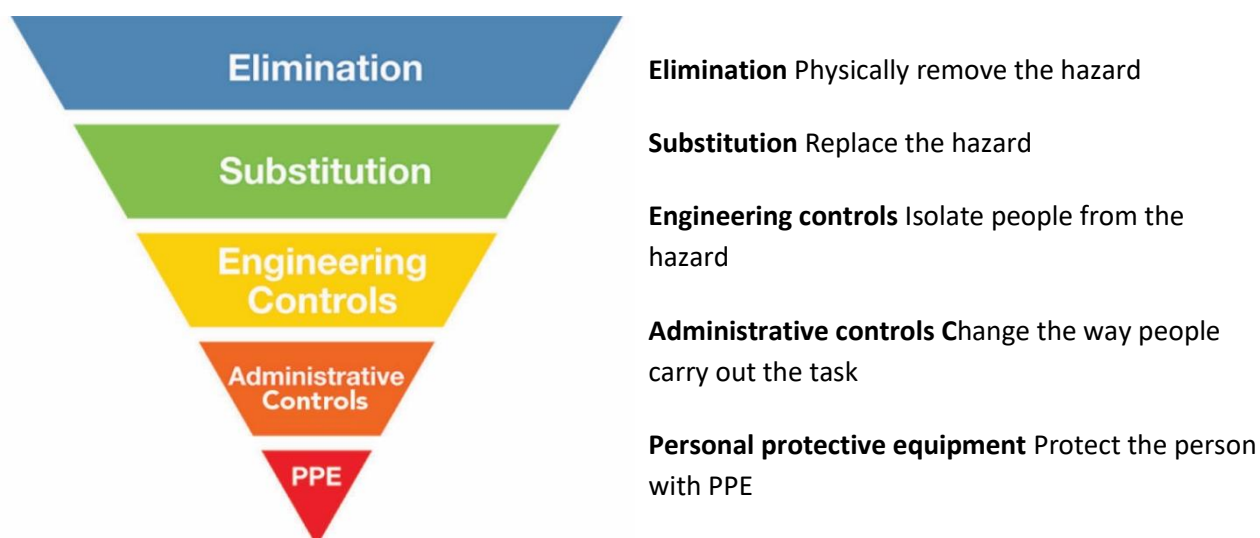
Abbreviations used in the 'To Whom' column of the assessment relate to:

- P = Public  
S = Sports Players/ Participants/Members  
V = Visitors

#### 4.1.5 CONTROL MEASURES

The control measures, indicated within the fifth column of the assessment, and further detailed in Section 5.0, named 'Proposed Criteria for Resumption' below, are considered to be reasonably practicable measures, to mitigate or eliminate the Risk Items. The objective is to reduce; either immediately or within a reasonable timeframe; the level of risk completely or to a tolerable or acceptable level.

Below is the Hierarchy of controls which should be considered when carrying out a Risk Assessment at your club.



#### **4.1.6 RESIDUAL RISK**

The residual risk is the level of the remaining risk produced when proposed control measures have been applied. It is necessary to ensure that the risk control measures are fully implemented to achieve these levels.

As from May 24<sup>th</sup> the risk assessment has been amended to consider 70% of the adult population having received their first vaccine dose and 31% being fully vaccinated with second dose. The risk assessment also considers the planned roll out of booster vaccination from Autumn 2021.

#### **4.2 RISK ASSESSMENT RESULTS**

Results of club risk assessment of the day to day activities for running the club are recorded in tables in Appendix B.








## 5.0 PROPOSED CRITERIA FOR RESUMPTION

Rainey Old Boys RFC have carried out a specific COVID-19 Risk Assessment (Appendix B) and findings have been recorded. Control measures to reduce the risk of virus spread and enable a safe eventual resumption to Playing Rugby are set out in the following sections.

### 5.1 PERSONAL HYGIENE & ETIQUETTE









#### Prevention of Spread

In order to reduce the likelihood of spreading the virus Club Members are advised to:

-  Take the vaccination when their age cohort comes available.
-  Avoid close contact with anyone who has a fever and cough
-  Refrain from shaking hands or offering other forms of physical greeting
-  Not touch their eyes, nose or mouth if their hands are not clean
-  Not share objects that touch their mouth, for example, bottles, cups foodstuffs, mouthguards etc.
-  Maintain hand hygiene and respiratory etiquette as outlined below
-  Wear a Face Covering at all times – with the exception of training.




#### Hand Hygiene

Hand Hygiene involves hand washing correctly with soap and water, or an alcohol-based hand sanitiser, for at least 20 seconds;

-  Before and after training
-  after coughing or sneezing
-  If they've had contact with a person who is displaying any COVID-19 symptoms
-  before and after being on public transport
-  before and after being in a crowd
-  when arriving and leaving areas
-  when hands are dirty
-  after toilet use



#### Respiratory Etiquette

In addition to hand hygiene, good respiratory hygiene and etiquette is also necessary






-  Cover your mouth when coughing and sneezing with a tissue and then dispose of the tissue in a bin.
-  If you don't have a tissue, use the sleeve of your arm and not your hand
-  Wash hands after

#### Physical Distancing Etiquette

Members are expected to:

-  Avoid physical greetings while remaining courteous to others Respect the personal space of others by keeping a 2m distance from them where practicable
-  When passing within 2m of another person, do so briskly













-  Walk in single file in corridors/walkways if there are others travelling in the opposite direction
-  Avoid stopping for conversations in corridors/walkway
-  When in a passageway wide enough for one person only, stand back and allow the other person to pass if they were on the route before you.
-  Respect other people's possessions keep your own water bottle, hand sanitiser etc.
-  When using common toilet facilities, persons should, where possible, avoid using the sink or urinal directly beside one which is in use by another person

## 5.2 CLEANING TO PREVENT CONTAMINATION

### General Cleaning Guidelines





Cleaning Guidelines for clubs and facilities will need to be enhanced to prevent cross contamination, particularly in common areas and at touch points including:

-  Taps and washing facilities.
-  Toilet flush and seats.
-  Door handles and push plates.
-  Handrails on staircases and ramps.
-  Light Switches
-  Communications equipment.
-  Keyboards, photocopiers and other office equipment.
-  Rubbish collection and storage points.
-  Welfare facility areas and first aid kits
-  Balls and training equipment

Consideration should be made to the ***ECDC TECHNICAL REPORT: Disinfection of environments in healthcare and nonhealthcare settings potentially contaminated with SARS-CoV-2***

### Cleaning after a suspected case

The isolation room will need to be deep cleaned as well as the areas where the person came into contact with surfaces. The following should also be completed,

-  Where possible close and secure area for 72 hours, if this is not possible then -
-  The area should be well ventilated with fresh air for a minimum of 1 hour
-  The spaces should be carefully cleaned with a neutral detergent, followed by decontamination of surfaces using a disinfectant effective against viruses, as follows:
  - Virucidal Products, or
  - 0.05% sodium hypochlorite (NaClO) (dilution 1:100, if household bleach is used, which is usually at an initial concentration of 5%)
-  For surfaces that can be damaged by sodium hypochlorite, products based on ethanol (at least 70%) can be used for decontamination after cleaning with a neutral detergent.

- 🧑‍🔧 Cleaning of toilets, bathroom sinks and sanitary facilities need to be carefully performed, avoiding splashes. Disinfection should follow normal cleaning using a disinfectant effective against viruses, or 0.1% sodium hypochlorite.
- 🧑‍🔧 All textiles (e.g. towels, curtains, etc.) should be washed using a hot-water cycle (90°C) with regular laundry detergent. If a hot-water cycle cannot be used due to the characteristics of the material, bleach or other laundry products for decontamination of textiles need to be added to the wash cycle.
- 🧑‍🔧 Follow manufacturer's instructions for Use of cleaning products and disinfectants
- 🧑‍🔧 Use Disposable, single-use cleaning equipment if practicable, e.g. disposable cloths or paper roll.
- 🧑‍🔧 Staff should wear the following PPE while cleaning after a suspected case:
  - surgical mask
  - uniform and single-use plastic apron
  - gloves.
- 🧑‍🔧 Hand hygiene should be performed each time after removing gloves or mask.
- 🧑‍🔧 Waste material produced during the cleaning should be placed in a separate bag, which can be disposed in the unsorted garbage.

### **Workstation Cleaning**

Consideration should be made to club houses that have workstations and offices. All work areas must be cleaned regularly. Workstations must be left clean and tidy at the end of every day by all users. Should a confirmed case be found on the premises it is important that the cleaners can fully sanitise the workstations so limiting loose material on the desk is necessary.

Each desk should be provided a bottle of hand sanitiser and tissues. However, members are encouraged to wash their hands with warm water and soap.

### **Cleaning of Sanitary Facilities**

The cleaning of toilets, sinks and other sanitary facilities used by several people should be carefully performed. Consider the use of a disinfectant effective against viruses, such as 0.1% sodium hypochlorite, or other licensed viricidal products following the instructions for use provided by the manufacturer.

Member's engaged in environmental cleaning should wear PPE when performing cleaning activities. The use of the usual set of PPE (e.g. uniform – which is removed and frequently washed in warm water and gloves) is enough for the protection when cleaning general premises. The cleaning material should be properly cleaned at the end of every cleaning section.

Hand hygiene should be performed each time PPE such as gloves are removed. Waste material produced during the cleaning should be placed in the general waste receptacles.

### **Cleaning of Changing Room Facilities**

**Changing rooms will not be accessible until permitted to do so.**

Until such time, players and coaches are required to travel to training in their training gear, other than training footwear. Towels etc that are brought to training must not be shared or waved around and should be put in the boot of the vehicle immediately upon completion of use.



Once changing facilities are opened for use social distancing and COVID-19 hygiene regime should be implemented in accordance with current Health Authority Guidelines.

### **Cleaning of High Touch Points Between Training Sessions**

Cleaning of high touch items is advised between Training Sessions to reduce the risk of spread between pods and training groups.




### **Cleaning Procedures for Balls and Equipment**

Once ball work and equipment use are permitted a robust cleaning system will be implemented to reduce the risk of spread of the virus. This will include –

-  Cleaning balls before and after each training session.
-  Cleaning equipment before and after each training session

Studies have shown that coronavirus can live on plastics up to 72hours. Coaches shall rotate equipment (tackle bags, hit shields etc) to allow 72hours between use to reduce the risk of spread of infection. This would not negate the requirement for sanitation before and after each use.

Balls and Equipment should only be used within the limitations of phases.

-  Balls should be numbered/otherwise identifiable to minimise contact to pods and training groups and aid contact tracing if necessary.
-  Where kicking or line out practice is undertaken, the player(s) involved must use the same balls and should use no more than 2 balls for each drill.
-  Equipment should be cleaned after each training session and not shared amongst group.

## **5.3 TRAINING NUMBERS AND PERMITTED ACTIVITIES**

### **Training Plans**

Suitable training plans will be prepared, electronically sent to the COVID-19 Club Safety Officer for approval and such plans will be in line with local government advice in each Step/Phase.

From 24<sup>th</sup> May 2021 there is a full return to outdoor sport to a maximum of 500no per facility. Indoors training in squads is also permitted.

Training plans for Senior Rugby which will be drawn up by Ian McKinlay and Brian Smith and agreed with Gerry McCann, Training plans for Youth and Mini Rugby will be drawn up by relevant coaches, Russell Kennedy, Heather Thornton, and Mini Rugby Convenor. – Specific plans and procedures will be developed in accordance with relevant steps on NI Assembly Road Map for return to sporting activities and included in this document.

Training plans will be communicated to the players and coaching staff through Emails, Telephone calls, Zoom Meetings, social media including WhatsApp group, Heja Group, Facebook groups and verbally. Records of attendance at training will be recorded and used if necessary, for contact tracing.

**ALL PLAYERS MUST BE REGISTERED ON RUGBY CONNECT.**

**Minimising numbers in the Clubs**

The number of players/coaching staffs in each group will be limited to squads. Training session(s) will be appropriately arranged so that players are absolutely clear as to the date and time of their training. Once arranged, players must stay in their allocated day/time slot and cannot observe, participate or otherwise be involved on other sessions. Multiple additional training sessions may be required to ensure that all players can access training safely. The Club will also consider and implement all activities that can be completed from home, such as Strength and Conditioning programmes.

**Individuals Coming into Close Contact with COVID-19 Confirmed case**

If any player or backroom staff come into contact with a confirmed Covid-19 virus case and have been contacted by Track and Trace/ StopCovidNI app then that individual must refrain from all club activities for a period of 10 days and if showing symptoms request a Covid-19 test - [www.nhs.uk/ask-for-a-coronavirus-test](https://www.nhs.uk/ask-for-a-coronavirus-test)

The test result must then be forwarded to Gerry McCann or Brian Smith. If the individual's test is positive, then they must self-isolate for a further 10 days and if symptoms increase seek medical advice.

If the test returns negative, then they are permitted to attend training etc. if symptom free after 48 hours.

If any player or backroom staff are in premises where a confirmed Covid-19 virus case has been then that individual must refrain from all club activities for a period of 10 days if possible obtain a Covid-19 test - [www.nhs.uk/ask-for-a-coronavirus-test](https://www.nhs.uk/ask-for-a-coronavirus-test)

The test result must then be forwarded to Gerry McCann or Brian Smith. If the individual's test is positive, then they must self-isolate for 10 days and seek medical advice. If the test returns negative, then they are permitted to attend training etc. if symptom free after 48 hours.

### **Player/Backroom staff tested positive having attended training**

If any player or backroom staff have received a positive confirmation of Covid-19 virus then that individual must refrain from all club activities for a period of 10 days, the test result must then be forwarded to Gerry McCann or Brian Smith. If the player had attended training within the previous seven days before testing positive, then the entire squad pod must stand down until contacted by Track and Trace or for seven days.

## **5.4 USE OF PPE**

The wearing of PPE (gloves, masks, goggles) will not take the place hygiene and cleaning measures to prevent spread of COVID-19, as outlined above. PPE will be selected and worn based on the hazard of the specific task / person. Wearing of PPE in line with existing occupational health and safety risk assessments will be maintained.




Guidance on the use of PPE in COVID-19 prevention will be updated when necessary in accordance with Public Health Advice. People who are expected to wear PPE must be trained in their proper use, cleaning, storage and disposal.

### **Disposable Gloves**

**Do not wear disposable gloves in place of washing hands.** The virus can get on gloves in the same way it gets on hands. Also, hands can become contaminated when gloves are taken off.

Disposable gloves should be worn in medical settings or in instances where close contact between members is unavoidable.

Be aware that wearing disposable gloves can give a false sense of security. A person might potentially:

-  sneeze or cough into the gloves - this creates a new surface for the virus to live on
-  contaminate themselves when taking off the gloves or touching surfaces
-  not wash their hands as often as they need to and touch their face with contaminated gloves.

### **Face Coverings**

Current guidelines recommend the wearing of face covering in indoor areas or crowded situations inside or outside. Players/coaches may request masks and other personal protective equipment to protect them from infection during their training.

**ALL NON-PLAYING PERSONEL (Including Visitors and Parents) ON CLUB PROPERTY MUST WEAR A FACE COVERING AT ALL TIMES**

Current guidelines do not recommend the undertaking of temperature testing at training; **the preferred approach is to ensure social distancing and good hygiene measures.**









## **5.5 TRAINING & COMMUNICATIONS**

### **COVID-19 Club Officers**

The COVID-19 Club Safety Officer (Gerry McCann) and Compliance officers will be provided with ongoing training on how to communicate with members about COVID-19 as well as deal with any suspected cases. They will keep updated with, IRFU, Government and Health Authority guidelines to update documents, management, and members.

### **Inductions**

Induction Training will be provided for all Members and participants prior to returning to Rugby and during transitioning from phase to phase. This training will include the latest up-to-date advice and guidance on Public health, including

-  Hygiene techniques, respiratory and physical distancing etiquette.
-  Tips for travelling to and from Training
-  Changes to Training from the nor
-  What a member should do if they or a member of their family develops symptoms of COVID-19
-  Details of how the Club is organised to address the risk from COVID-19.
-  An outline of the COVID-19 response plan
-  Identification of key personnel in the COVID-19 Response Management Team
-  Any other relevant advice.

### **Updated online IRFU resources/guidelines**

COVID-19 Club Compliance Officer will undertake regular Training and education to remind members/teams of rules and Guidelines and to update them of any changes to Public Health or Government guidelines. Attendance at education and training to be logged and recorded.

### **Signage**

Appropriate signage will be installed in key locations as indicated on Site Map in appendix G (entrances, circulation spaces, Pitch side Check-in Areas, toilets, etc) to remind all Members and visitors of key guidelines.

Signage will also be required to communicate changes to the environment and also to reinforce social distancing, personal hygiene and etiquette. The IRFU will provide all clubs with access to PDF's of current Step/Phase signage however clubs may require additional signage depending on the outcome of their own risk assessments to assist with way finding, directional flow etc.

### **Meetings**

Face-to-face meetings should be discouraged, and technological options made available (e.g., telephone or video conferencing).

When face-to-face meetings are unavoidable the length of the meeting and the numbers attending should be kept to a minimum and participants must always maintain physical distancing.

## **5.6 GETTING TO TRAINING**

In order to return to rugby safely there is a requirement to limit the number of players on the pitch at anyone time. This process will be managed carefully by coaches and team managers/Covid-19 Compliance Officer. Players should be advised in advance of their allocated day and time for training. Players should be advised to arrive 5 minutes before training is due to commence and leave directly after training.

### **Health Self-Declaration**

Before returning to Rugby each member or members parent/guardian must complete a Pre-Playing Health declaration in the form of the Pre-Return to Rugby Personal Assessment Declaration. This form seeks confirmation that the member, to the best of their knowledge, has no symptoms of COVID-19 and that the member, or someone they have been in close contact with, is not self-isolating or awaiting the results of a COVID-19 test. If the person answers yes to any questions on the form, they are advised to seek medical advice before returning to Rugby.

The COVID-19 Club Compliance Officer will determine from this declaration if a person is fit to return to rugby.

Members may also be asked if they are a vulnerable person, if they live with a vulnerable person or if a person at home is a frontline worker.

All declarations are private and confidential documents and will be treated in the highest regards.

Members who may not have the appropriate equipment at home may request a temperature check to confirm or rule out a slight fever. A no-contact thermometer should be kept in the isolation area, to allow the COVID-19 Club Compliance Officer, or first aid personnel to perform temperature checks if requested to do so. However, it should be noted, and explained clearly, that some cases of Covid-19 are asymptomatic, and lack of fever does not indicate that a person is virus free.

Pre-Return to Rugby Personal Assessment Declaration is included in Appendix of this document.

### **Notification of Training Times**

In order to return to rugby safely there is a requirement to limit the number of players on the pitch as anyone time. This process will need to be managed carefully by coaches and team managers/Covid-19 Compliance Officer. Players should be advised in advance of their allocated day and time for training. Players should be advised to arrive 5 minutes before training is due to commence and leave directly after training.

Further details on Physical Distancing measure for training are included in Section 5.7 of this plan.

### **Togging in/out**

As all club facilities other than toilets will be closed until permitted to open, players are advised to travel to and from training toggged out and ready to train. Note: it is unsafe to wear rugby boots or just socks when driving and the player/coach should wear suitable footwear to/from training and change at their vehicle. Further details on Physical Distancing measure for training are included in Section 5.7 of this plan.

### **Travel to Training**

***Where a Member exhibits any signs of COVID-19 or has been exposed to a confirmed case they should not attend training.***

Players and Coaches are expected to conform to any travel distance related restrictions in place at the time.

Wherever possible, members should travel to training alone or with persons from their own household using their own means of transport. Members should not car share with other households. Additional parking spaces, or bicycle parking may be required. However, this may be lessened by the reduction of members at training sessions.

Where public transport is the only option, members should take care to maintain social distancing, sit down if possible, and minimize contact with frequently touched surfaces. Members should use hand sanitisers before and after using public transport. *Note - Persons travelling to or returning to the island of Ireland should refer to national advice issued by the HSE / NHS*





### **Drop off/ Collection areas**

Members who drive to the club should be advised to park in designated parking areas only. Ideally these should be spaced to allow the recommended social distance between occupants once they have exited their car. If this is not possible members should be advised to wait in their cars until there is room to exit in accordance with social distancing guidelines. Those dropping/collecting to/from training should be discouraged from lingering in the car park and advised to remain in their cars or leave the car park.

### **Check-In**

To enable control and monitoring of players and staff at training sessions a Check-in process will be implemented via Rugby Connect module. Where touch free check-in is not possible the following should be practiced.

A COVID-19 Club Compliance Officer (Check-in Manager) will be allocated to check in for each training session, the Check – in manager will be set up with a laptop in the foyer at the main door to the club - Recommended social distance will be maintained between the Check-in manager and a player approaching, markings will be provided on the ground back from the check-in managers position. Signage asking persons to stay behind the line and keep distance from others will also be erected. The following control measures will be implemented: -

-  Disposable Gloves, hand sanitisers and disinfectants will be provided behind the desk for the Check-in Managers
-  Check-in area will be sanitised regularly
-  Hand sanitisers should be provided next to Check-in to allow people to sanitise before and after
-  Name and Time of arrival will be entered on a pro forma spreadsheet and forwarded to Gerry McCann after training is completed.



### **Member entrances/ pitch access**

To assist in social distancing the club has implemented a One-way system within the car park and will be controlled by a club member on training nights.

Hand sanitisers and disinfectants will be provided at pedestrian entrances in prominent areas to encourage use. Players are reminded regularly to use these facilities.

The handles and push plates on manual doors/gates will be cleaned before and after each training session. Hand sanitisers will be provided immediately inside the entrance for those having used the manual door. Consideration should be given to locking the door/gate in an open position. Ensure that no new risks are introduced in the process (Fire hazard, Slip/trips).

### **Leaving the Club**

Members are advised to use hand washing facilities prior to entering their cars. If possible, outer layer clothing should be removed and placed in sealed bags to be washed at home.

All clothing worn at training should be removed and washed immediately. Members should be advised wash as soon as possible after training and to limit touching surfaces in their home.

Members should be advised not to accept lifts home of other club members and should travel with members of their own household.







## **5.7 PHYSICAL DISTANCING**

### **General Rules**

Social distancing, or physical distancing, is a set of interventions or measures taken to prevent the spread of COVID-19 by maintaining a physical distance between people and reducing the number of times people come into contact with each other.

In order to slow the transmission rate of COVID-19 social distancing is recommended by Health Authority.

In order to assist in physical distancing, the COVID-19 Response Management Team should ensure

-  A no hand shaking policy is in place
-  A reduction of members presents at the club at any one time and at training.
-  Guidance on numbers permitted at training sessions are outlined in section 3.
-  Pitches and clubs should be laid out in such a way to maintain a 2m physical distance.
-  Organise players into teams/groups/pods who consistently train together.
-  Reduce on-site meetings as far as practicable. Provide one-way systems for access/egress where practicable

### **Spectators**






Health Regulations which currently limit outdoor gatherings to 500 people at any Sports Event.

This is only permissible where a risk assessment is carried out and necessary measures are put in place including adherence to social distancing and hygiene regimes.

All clubs are expected to meet these conditions in implementing their COVID-19 Club Health & Safety Plan (inc. Risk Assessment).

No visitors, parents/guardians, partners, or other persons not directly involved in the training sessions are permitted to attend or observe training. In circumstances where a player/coach gets a lift to/from training, the driver must either stay in the vehicle or leave the grounds and return at the appointed collection time.

The following control measures are to be adhered to by all spectators

-  Spectator numbers will be limited to 150 and will be controlled by stewards
-  No spectator parking will be permitted within the car park on match day.
-  Face coverings must be worn at all times on the club premises.
-  All spectators to adhere to the social distancing requirements and must follow the instruction of Stewards.
-  The balcony will be closed to spectators until further notice.

### **Visitors**

#### **FACE COVERINGS MUST BE WORN AT ALL TIMES**

Visitors will be restricted to essential visits only. Meetings, where practicable will be carried out remotely. Any required visitors have controlled access to the clubhouse. All visitors are by appointment only and should arrive at an agreed time.

Visitors to the clubs must be accompanied at all times. They should be given a brief induction on COVID-19 Guidelines at the entrance gate desk.

### **Lingering**

Players and coaches are required to leave the training grounds promptly upon completion of the session.










### **Ground Markings**

The club will install ground markings to assist with social distancing. These will include distance markers, directional arrows and standing boxes.

## 5.8 USE OF FACILITIES

### Clubhouse

The Clubhouse is open for internal hospitality with the following control measures applicable

-  Tables of max 6 from unlimited households (where one household a max 10 is permitted) and must stay at table,
-  Children under 12 are not counted
-  Table Service only
-  Contact details of every person to be recorded and maintained for 21 days
-  Minimum 1m Social Distancing
-  Face Coverings must be worn when not seated i.e. entering, leaving, and going to the toilet
-  No live music (background music only)
-  no dancing
-  no meal requirement










Functions are permitted subject to specific risk assessment and music follow the previous mentioned control measures.

Indoor meetings are permitted in the clubhouse subject to a specific risk assessment.

### Toilets

Within the clubhouse there are male toilets, female toilets and a Disabled toilet within the Foyer on the Ground Floor, one person will be allowed to use each toilet at any one time.

An appropriate COVID-19 hygiene regime should be implemented. This will include:

-  All toilets should have the appropriate signage with instructions for washing hands.
-  Disposable paper towels should be provided along with warm water and soap.
-  It is advised to turn off hand dryers and remove towels.
-  All contact surfaces, particularly flush handles and tap controls should be sanitised regularly.
-  Toilet facilities are to be sanitised before and after every training session.
-  Depending on the Sink controls within the clubs, participants should be encouraged to operate the tap controls with the back of their hand or a closed fist.
-  When using common toilet facilities, persons should, where possible, avoid using the sink or urinal directly beside one which is in use by another person.
-  Where numbers on site are reduced, consideration should be given to closing off every second sink/urinal to ensure persons don't stand next to each other.
-  Suitable and sufficient rubbish bins to be provided for hand towels and these will be removed regularly and disposed of safely. soaps, toilet paper etc are to be checked regularly and replenished in good time.





### **Changing Facilities and Rest areas**

**Changing rooms and Showers will not be accessible until permitted to do so.**

Until such time, players and coaches are required to travel to training in their training gear, other than training footwear. Towels etc that are brought to training must not be shared or waved around and should be put in the boot of the vehicle immediately upon completion of use. Once changing facilities are opened for use social distancing and COVID-19 hygiene regime should be implemented in accordance with current Health Authority Guidelines.




### **Gyms**

Gymnasium facilities are opened for individual and group use with social distancing and COVID-19 hygiene regime will be implemented in accordance with current Health Authority Guidelines. Consideration should be made to –

-  Moving equipment to allow for social distancing
-  Limiting the number of persons using the facilities
-  Cleaning and sanitation of equipment
-  Ventilation of spaces after each session

### **Balls and Equipment**

Balls and Equipment should only be used within the limitations of phases.

-  Balls should be numbered/otherwise identifiable to minimise contact to pods and training groups and aid contact tracing if necessary.
-  Where kicking or line out practice is undertaken, the player(s) involved must use the same balls and should use no more than 2 balls for each drill.
-  Equipment should be cleaned after each training session and not shared amongst group.

## **5.9 CATERING & REFRESHMENT FACILITIES**

### **General Rules**

**Club house catering and bars are open with control measures as Section 5.8.**

All facilities will adhere to current IRFU, Government and Health Authority guidance with respect to restaurants and pubs.

### **Water Coolers/ Drinking Points**

Where there are Water Coolers/ drinking water points that have been left unused during the Stay-at-Home phase, contractors should be contacted to ensure re-instatement of the water source is carried out correctly. Water testing may be required.

Members should wash their hands before and after filling their water bottles. They should be advised not to allow the rim of their bottle to touch the faucet to prevent contamination. Water coolers/taps should be cleaned before and after each training session.

#### 5.10 CONFLICT RESOLUTION

Clubs are responsible through the ordinary club committees via the Safety and Compliance Officers to resolve conflicts and should they fail to do so the Provincial Branch/IRFU reserve the right to intervene.

#### 5.11 DISCIPLINARY ACTIONS

**Clubs:**

Any club found to be acting outside of the Guidelines could be subject to disciplinary measures as decided by Provincial branch/IRFU. Clubs who operate outside of the IRFU guidelines may not be covered under Insurance.

**Individuals:**

Any club members found to be in breach of the guidelines will be subject to disciplinary measures from removal from venue/session (Monitored by clubs) to suspension (guided by branch/IRFU).

Any breach of guidelines will be reported to COVID-19 CLUB Safety Officer, Gerry McCann who will submit a report to the Club Committee and club procedures for disciplinary measures will be implemented.

#### 5.12 CONTACT LOG

All playing members/coached and staff will be asked to keep a log of all persons they have had close contact with while they are at training. If a confirmed case is found at the club, persons who were in close contact with that person may be asked to stay at home for 10 days, pending a risk assessment.

Close contact is defined as anyone who has spent more than 15 minutes, face-to-face, within 2 meters of a person with COVID-19 in any setting, or someone who has shared a closed space with a confirmed case for more than two hours.

The contact log will be provided to the NHS to aid in contact tracing if a confirmed case is found at the club. The COVID-19 Club Compliance Officer will also keep a contact log of members who attend training, this log will be completed at Check -in. The log will then be forwarded to COVID-19 CLUB Safety Officer, Gerry McCann who will maintain a database

#### 5.13 COVID-19 ACTION LIST/CHECK LIST

COVID-19 Club Compliance Officers will be required to carry out routine checks before and after training on a daily and monthly basis at Check-in and Check-Out. These will be completed and signed by the COVID-19 Club Compliance Officers for each training session including details of any breach or non-compliance and provided to the COVID-19 Club Safety Officer Gerry McCann.

Sample checklist are provided in Appendix E.











## 6.0 SUSPECTED CASE RESPONSE PLAN

### Initial Response

The COVID-19 Club Compliance Officer will be responsible to implementing the response plan to a suspected case once a Member identifies themselves to them. The response must be quickly dealt with in a private and confidential manner.

If any person on site, suspects themselves, or is suspected of having symptoms, they must report/be reported to the COVID-19 Club Compliance Officer.

The COVID-19 Club Compliance Officer must:








-  Provide the person with a mask if one is available.
-  If a mask is not immediately available, they should be provided with a disposable tissue and advised to cover their mouth and nose with the tissue when they cough or sneeze and put the tissue in the waste bag provided.
-  Accompany the person to the isolation room keeping a two-metre distance between the person and themselves and other individuals. The route to the isolation room needs to be quick and easily accessible with little human interaction as possible.
-  Assess whether the unwell individual can immediately be directed to go home.
-  If underage call their parent/ guardian.
-  Call their doctor.
-  Carry out a questionnaire as outlined in below. ***\*\*Note: the COVID-19 Club Compliance Officer cannot diagnose a member of COVID-19 this can only be done by being tested by a qualified medical person.***
-  Arrange transport home or to a hospital for medical assessment. Public transport should not be used. Transport should not be provided by another club member.
-  Log the incident.
-  Arrange for cleaning of the isolation room, equipment that may have been touched by the person, and pending a risk assessment, any other areas that the person may have had contact.

**Note – Safeguarding policies and procedures will need to be considered when developing and implementing the response plan.**

### Isolation Room

An isolation room should be provided to be used to quarantine a member who is feeling unwell with the COVID-19 symptoms, to facilitate the person remaining in isolation if they cannot immediately go home, and to allow them to call next of kin and/or their doctor.

The Isolation room should have the following:

-  A closed door
-  Ventilation
-  Tissues
-  Hand sanitiser
-  PPE: Gloves and Masks
-  Clinical Waste bags
-  A no-contact Thermometer

The PPE gear should be kept in the isolation room, and/or an agreed secure area to be used for Emergency cases only. The PPE should be locked away so it cannot be taken for daily use. The Compliance Officers should have a key for the locked PPE.


### **Initial Assessment**

COVID-19 Club Compliance Officer cannot diagnose a member with COVID-19. This can only be done by getting a COVID-19 test with a qualified medical person. The purpose of this questionnaire is to establish the next steps in the response plan.







The unwell person must answer the following questionnaire in order to establish if they have a suspected case of COVID-19.

1. Has the member been in contact with any suspected cases, to the best of their awareness?
2. Has the member travelled to any countries outside of Ireland?

#### **If NO:**

-  Ask the unwell person to contact their doctor

#### **If YES**

-  The unwell person is to be brought to the Isolating room if not already there.
-  The unwell person will need to contact their next of kin and/or doctor or the NHS for advice.
-  Compliance officer to notify the COVID-19 Club Safety Officer
-  The unwell person's contact log to be given to the Compliance officer as well as names and details of persons who were training with the unwell person.
-  The unwell person must stay in the isolation room until they can get in contact with next of kin and/or their doctor,
-  they will be asked to not touch any surfaces and to dispose of their tissues in the bin provided.

### **Transport of Suspected Case**


The member should be advised not to use public transport or a taxi to get home or to go to the doctors. They should use their own personal transport if fit to do so.

Alternatively, arrangements can be made that a household member they live with will collect them from training.

The member with the suspected case should stay in the isolation room and not touch any surfaces or interact with anybody until they are ready to depart in their own vehicle or be collected.

### **Cleaning spaces after the present of a suspected or Confirmed Case**

The isolation room will need to be deep cleaned as well as the areas where the person came into contact with surfaces. The following should also be completed,

-  Where possible close and secure area for 72 hours, if this is not possible then -

- 👤 The area should be well ventilated with fresh air for a minimum of 1 hour
- 👤 The spaces should be carefully cleaned with a neutral detergent, followed by decontamination of surfaces using a disinfectant effective against viruses, as follows:
  - 👤 Virucidal Products, or
  - 👤 0.05% sodium hypochlorite (NaClO) (dilution 1:100, if household bleach is used, which is usually at an initial concentration of 5%)
  - 👤 For surfaces that can be damaged by sodium hypochlorite, products based on ethanol (at least 70%) can be used for decontamination after cleaning with a neutral detergent.
  - 👤 Cleaning of toilets, bathroom sinks and sanitary facilities need to be carefully performed, avoiding splashes. Disinfection should follow normal cleaning using a disinfectant effective against viruses, or 0.1% sodium hypochlorite.
  - 👤 All textiles (e.g. towels, curtains, etc.) should be washed using a hot-water cycle (90°C) with regular laundry detergent. If a hot-water cycle cannot be used due to the characteristics of the material, bleach or other laundry products for decontamination of textiles need to be added to the wash cycle.
  - 👤 Follow manufacturer's instructions for Use of cleaning products and disinfectants
  - 👤 Use Disposable, single-use cleaning equipment if practicable, e.g. disposable cloths or paper roll.
  - 👤 Staff should wear the following PPE while cleaning after a suspected case:
    - 👤 surgical mask
    - 👤 uniform and single-use plastic apron
    - 👤 gloves.
  - 👤 Hand hygiene should be performed each time after removing gloves or mask.
  - 👤 Waste material produced during the cleaning should be placed in a separate bag, which can be disposed in the unsorted garbage.

### **Waste Management**

Waste from possible cases and cleaning of areas where possible cases have been (including disposable cloths and tissues):

1. Should be put in a plastic rubbish bag and tied when full.
2. The plastic bag should then be placed in a second bin bag and tied.
3. It should be put in a suitable and secure place and marked for storage until the individual's test results are known or for 72 hours, whichever occurs first.
4. Waste should be stored safely and kept away from children

### **Return to Play after Illness**

When a member has been absent due to COVID-19 virus, they may only return to rugby if deemed fit to do so and meet the following criteria:



- 🦺 10 days since their last “close contact” with a confirmed / suspected case and have not developed symptoms in that time, or
- 🦺 10 days since the onset of their symptoms and 5 days since their last fever (high temperature), or
- 🦺 They have been advised by their GP that they may return to play.

It is advised that a return to rugby doctors note is provided to the COVID-19 Club Compliance Officer. If this is not available, the Individual must self-declare their fitness for training in the absence of having a fitness for training certificate from their GP/healthcare provider.

## 7.0 OCCUPATIONAL HEALTH AND SAFETY

### 7.1 GENERAL

All existing Occupational Health and Safety provisions shall continue to apply to all activities within the club during the phased return to rugby. Occupational health and safety risk assessments will be updated, where relevant, to address potential exposure to COVID-19. Any updated documents should be shared with the relevant members.

### 7.2 FIRST AID

#### **Infection Spread**

COVID-19 infects people through contact with the mucous membranes. First Aid Responders must think of these as being the mouth, nose and eyes. It does not infect through the skin.

The greatest element of risk for a First Aid Responder is transfer of the virus to the mucous membranes by contact of contaminated hands (including contaminated gloved hands) with the eyes, nose or mouth. The key interventions to manage this risk are to minimise hand contamination, avoid touching your face and clean your hands frequently with soap and water or alcohol-based hand gel.

There is also a significant risk of direct transfer of the virus on to mucous membranes by droplet transmission, that is, by direct impact of larger infectious virus droplets generated from the person's respiratory tract landing directly in your eyes, nose or mouth. This risk is managed by use of appropriate PPE (mask and eye protection) and by providing the ill person with a mask to cover their nose and mouth when coughing or sneezing (respiratory hygiene and cough etiquette).

#### **Administering First Aid**

If, as a First Aid Responder, close contact with a person who may require some level of first aid can be avoided, do so. This, of course, will not be possible in the event of having to provide emergency lifesaving measures such as an incident of cardiac arrest, heart attack, choking, stroke. First Aid Responders should be familiar with the symptoms of COVID-19. They will need to perform a "dynamic risk assessment" based on the scenario they are presented with.

Standard infection control precautions to be applied when responding to any first aid incident in the club. Hand washing with warm water and soap or an alcohol-based hand gel must be performed before and after providing any first aid treatment.

Enclosed eye protection and FFP3 mask should be worn by First Aid Responders when responding to all first aid incidents where close contact cannot be avoided.

Any person presenting with symptoms consistent with COVID-19 should be treated as a suspected case and actions as set out in Section 14 of this document should be followed. A mask should be made available to give to person if they are displaying symptoms consistent with COVID-19 to limit droplet dispersion.

If you suspect a person has experienced a cardiac arrest, do not listen or feel for breathing by placing your ear and cheek close to the person's mouth. If you are in any doubt about confirming cardiac arrest, the default position is to start chest compressions only until help arrives. To iterate the point, a person in cardiac arrest should have compression only CPR applied.







Persons with minor injuries (cuts, abrasions, minor burns) - where practical, a First Aid Responder should avoid close contact and advise the injured party what steps to take in treating their injury.

No reusable equipment should be returned to service without being cleaned/disinfected appropriately.

### **First Aid PPE Requirements**

The following PPE must be available for responding to first aid incidents:

1. Disposable gloves (nitrile/latex)
2. FFP3 or FFP2 Face masks
3. Disposable plastic aprons
4. Enclosed eye protection

-  First Aid Responder must ensure that the mask covers both the mouth and nose and is fitted correctly to create an adequate seal to the face.
-  Following first aid treatment, disposable PPE and any waste should be disposed of appropriately and reusable PPE cleaned/disinfected thoroughly.
-  Wash hands thoroughly with warm water and soap before putting on and after taking off PPE
-  Replenish PPE stock as appropriate.
-  Liaise with your Club Safety Officer to ensure any issues with first aid PPE are resolved in as timely a manner as possible.
- 

## **7.3 MENTAL HEALTH AND WELLBEING**

The Club will put in place support for members who may be suffering from anxiety or stress due to COVID-19. Information about prevention and control measures at the club should be delivered to all members to help ease concerns about risk of infection

## *Appendix A*

# *Pre-Return to Rugby Personal Assessment Declaration Form*

### PRE-RUGBY PERSONAL ASSESSMENT DECLARATION

This form must be completed and submitted to your club/school before each and every rugby activity (e.g. training or match). Should you answer YES to any of these questions, you should **NOT** attend your club.

Questions		YES	NO
1	Have you been identified by Public Health as a close contact of a confirmed case of COVID-19 in the past 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
2	Have you been diagnosed with confirmed or suspected COVID-19 infection in the last 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
3	Have you been advised by a doctor to self-isolate or restrict movement at this time?	<input type="checkbox"/>	<input type="checkbox"/>
4	Are you feeling unwell, have felt unwell in the past 48 hours or have any common symptom of COVID-19 including:		
	A Fever or High Temperature	<input type="checkbox"/>	<input type="checkbox"/>
	B A New Continuous Cough	<input type="checkbox"/>	<input type="checkbox"/>
	C Unexplained Breathing Difficulties Or Shortness Of Breath	<input type="checkbox"/>	<input type="checkbox"/>
	D Loss or change to your sense of smell or taste	<input type="checkbox"/>	<input type="checkbox"/>

**If you have any of these symptoms, you should self-isolate and contact your GP. People in your household will need to restrict their movements.**

5	Are you currently required to self-isolate/restrict movement due to recent overseas travel?	<input type="checkbox"/>	<input type="checkbox"/>
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I confirm that the above declaration is true, to the best of my knowledge and in accordance with my club/school's code of conduct. I also confirm that I will abide by all government guidelines and make myself aware of any changes to same.

NAME:	
SIGNATURE:	
DATE:	

		
<b>KNOW</b> YOUR ROLE	<b>SHOW</b> RESPECT	<b>GO</b> TRAIN WELL

# *Appendix B*

## *Risk Assessment*

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
UNIVERSAL RISKS										
Lack of Information	Serious Illness Spread of Virus	P, S, V	3	4	12	<ul style="list-style-type: none"><li>Provide COVID-19 Induction training to all members before they return to the training</li><li>Update all relevant documents and communicate the updated information</li><li>Provide Signage in key locations – See Appendix G</li><li>COVID-19 Compliance officers to check daily updates from the Government</li></ul>	3	2	6	<p>Encourage all members to follow news and guidelines provided by <a href="https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19">https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19</a></p> <p>Perform regular adhoc talks and circulars to remind members of current protocols, and new updates</p>
Shaking Hands / Physical Greeting	Serious Illness & Spread of Virus	P, S, V	3	4	12	<ul style="list-style-type: none"><li>Provide COVID-19 Induction training to all members before they return to training</li><li>Signage to be displayed of the spread of the virus – See Appendix G</li><li>COVID-19 Compliance Officers to monitor and discourage.</li></ul>	3	2	6	<p>A culture change is needed to discourage hand shaking and other forms of physical greeting. COVID-19 Compliance Officers to be vigilant in monitoring and reminding members</p>

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
<b>Washing / Cleansing Hands</b>	Serious Illness Spread of Virus	P, S, V	3	3	9	<ul style="list-style-type: none"> <li>• Provide COVID-19 Induction training to all persons before they return to training</li> <li>• Signage on hygiene to be displayed at the entrances, and other appropriate locations – See Appendix G</li> <li>• Signage to be displayed at sinks indicating correct method on how to wash hands effectively</li> <li>• Hand sanitiser stations to be positioned at entrances and near common touch points – See Appendix G</li> </ul>	3	2	6	Regular Toolbox Talks to remind members of good hygiene practices
<b>Document sharing</b>	Spread of Virus	P, S, V	3	3	9	<ul style="list-style-type: none"> <li>• No paper documents to be handed out or shared with members where practicable</li> <li>• All information to be stored on a share drive. Security protocols to be put in place as required.</li> <li>• All documents to be sent via email or link</li> </ul>	3	2	6	
<b>Travelling to and From Training</b>	Serious Illness & Spread of Virus	P, S, V	3	3	9	<ul style="list-style-type: none"> <li>• Discourage car sharing</li> <li>• Encourage players to travel in their own vehicle or with members of their own household</li> <li>• Encourage players to regularly sanitise their car</li> <li>• Arrive at the club ready to play</li> <li>• Drivers must Drop off and go or wait in their cars – See appendix G for Car park for Drop Off</li> </ul>	3	2	6	
<b>Physical Distance</b>	Serious Illness Spread of Virus	P, S, V	3	3	9	<ul style="list-style-type: none"> <li>• Pitches to be laid out to allow 2m social distancing and 10m slip streams.</li> <li>• Rooms to be laid out to allow 2m social distancing, or, where seats are 1m&lt;2m, screens/solid guarding to be provided between members</li> </ul>	3	2	6	A culture change is needed to discourage people from stopping in passageways to converse or lean in to hear conversations. COVID-19



SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
						<ul style="list-style-type: none"> <li>• Training rota to be created to reduce number of persons at any one time – see training schedule</li> <li>• Limit number of chairs in a meeting room, or where seats can't be removed, blank off seats less than 2m from each other.</li> <li>• Signage to remind members to stay physically distance</li> <li>• Provide COVID-19 Induction training to all members before they return to the club</li> <li>• All members to complete health declaration</li> <li>• Spectators are not permitted to watch training.</li> </ul>				Compliance Officers to be vigilant in monitoring and reminding members
<b>Unavoidable Close Contact – First Aid</b>	Serious Illness Spread of Virus	P, S, V	3	4	<b>12</b>	<ul style="list-style-type: none"> <li>• Persons must wear appropriate PPE and follow strict hygiene protocols</li> <li>• Create an exclusion zone around their activity</li> <li>• Direct contact log for each person must be kept</li> </ul>	3	3	<b>9</b>	
<b>Shared Touchpoints: Gates, Toilets, Light switches, Door handles, etc.</b>	Serious Illness Spread of Virus	P, S, V	3	2	<b>6</b>	<ul style="list-style-type: none"> <li>• All hard surfaces, light switches and door handles are to be disinfected on a regular basis, at least twice per day when club facilities are in use.</li> <li>• Hand sanitizer to be available at entrances and key locations of shared touchpoints (e.g. pitches, toilets, gates, sign-in areas, etc.) – See Appendix G</li> <li>• Loose material/items to be tidied away on desks</li> <li>• Mechanism for leaving doors/gate open to reduce requirement to touch surface should be considered.</li> <li>• High touch items to be cleaned after each training session</li> </ul>	3	1	<b>3</b>	Disinfectant to be made readily available to all members to allow them clean down surfaces.  Fire Risk Assessment to be reviewed to allow for wedged open doors.

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
Handrails	Serious Illness Spread of Virus	P, S, V	3	3	9	<ul style="list-style-type: none"> <li>Clubs to ensure handrails are cleaned regularly</li> <li>Hand sanitizer made available to allow persons to sanitise their hands after using handrails</li> </ul>	3	1	3	
Meetings	Serious Illness Spread of Virus	P, S, V	3	3	9	<ul style="list-style-type: none"> <li>Specific Risk Assessment</li> <li>To be done remotely if possible</li> <li>Meeting room to be set up to allow social distancing</li> <li>No physical greeting</li> </ul>	3	2	6	Ensure that balcony doors and a fire exit door remain open at all times
Shared Appliances – Kettle, Coffee-Machines; Water Coolers, Printers	Serious Illness Spread of Virus	P, S, V	3	2	6	<ul style="list-style-type: none"> <li>All appliances to be disinfected regularly</li> <li>Users to sanitise hands before and after use</li> <li>Disinfectant to be made available</li> <li>Signage to be displayed in relevant areas</li> </ul>	3	1	3	
Water bottles and refill station	Serious Illness Spread of Virus	P, S, V	3	4	12	<ul style="list-style-type: none"> <li>Members shall not share water bottles or other drinking vessels</li> <li>Water bottles should not be allowed to touch the taps or spouts to avoid contamination.</li> <li>Members advised to clean water bottles regularly</li> </ul>	3	2	6	
Cutlery, cups and glass ware	Serious Illness Spread of Virus	P, S, V	3	4	12	<ul style="list-style-type: none"> <li>Government and Health Authority advise should be followed.</li> </ul>	3	1	3	

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
Toilets	Serious Illness Spread of Virus	P, S, V	3	4	12	<ul style="list-style-type: none"> <li>Flush handles and sink taps to be cleaned regularly</li> <li>Hot water and soap to be provided</li> <li>No towels or hand dryers, disposable tissue only</li> <li>Social distancing should be observed at all times.</li> <li>Number of people permitted in the bathroom limited to 1 at any one time.</li> </ul>	3	2	6	Persons should avoid taking the sink/urinal beside another person if another is available
Emergency evacuation	Serious Illness Spread of Virus	P, S, V	3	2	6	<ul style="list-style-type: none"> <li>In case of an Emergency Evacuation normal procedures must be followed</li> <li>Installation of new screens or barriers should not impede the evacuation routes</li> </ul>	3	2	6	In an emergency, the immediate risk to life will override physical distancing protocols.
Travelling by Public Transport	Serious Illness Spread of Virus	P, S, V	3	4	12	<ul style="list-style-type: none"> <li>Members advised against using public transport to training.</li> <li>Where public transport is the only option for members, face coverings must be worn at all times.</li> <li>Persons should be briefed of correct hygiene and protocols when using Public Transport</li> <li>All persons using public transport should wash their hands as soon as they arrive at the club</li> </ul>	3	2	8	Additional car and bicycle parking may be required to facilitate those who can no longer travel by public transport.
Waste Bins	Serious Illness Spread of Virus	P, S, V	3	4	12	<ul style="list-style-type: none"> <li>All rubbish to be disposed of accordingly</li> <li>All bins to be disposed of after every day that the club is in use</li> <li>Appropriate PPE gloves to be used when bringing out the bins</li> </ul>	3	1	3	

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
Deliveries	Serious Illness Spread of Virus	P, S, V	3	2	6	<ul style="list-style-type: none"> <li>Deliveries to be scheduled at a specific time and not coincide with training times.</li> <li>Physical distance to be implemented</li> <li>Do not sign for the deliveries but advise them of your name</li> <li>Request invoices and receipts to be sent via email.</li> <li>Paperless to be encouraged</li> </ul>	3	1	3	COVID-19 Compliance officer to keep a log of all deliveries
Car park	Serious Illness Spread of Virus	P, S, V	3	2	6	<ul style="list-style-type: none"> <li>Gates to be left open when premises are occupied.</li> <li>Designate parking spaces provided to encourage social distancing. – See Appendix G</li> <li>Members should be discouraged from lingering in carparks before and after training</li> <li>Members should arrive 5 mins before training</li> <li>No spectator parking on match day.</li> </ul>	3	1	3	Specific Control measures for matchday are applicable
Entrances	Spread of Virus	P, S, V	3	3	9	<ul style="list-style-type: none"> <li>Hand Sanitizer to be available at every entrance to clubhouse and pitches and use of same promoted. Covid-19 officer to ensure these are adequately stocked – See Appendix G</li> <li>Signage to be present at entrances advising on physical distancing – See Appendix G</li> <li>Installation of guarding or queue management systems where appropriate.</li> <li>Implementation of one way systems – See Appendix G</li> </ul>	3	2	6	
Visitors	Spread of Virus	P, S, V	3	4	2	<ul style="list-style-type: none"> <li>Face Coverings must be worn at all times.</li> <li>Controlled Access of visitors is in place</li> </ul>	3	2	6	

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
						<ul style="list-style-type: none"> <li>Visitors are allowed access by invitation only and are escorted at all times.</li> <li>Non-Essential visitors to be restricted</li> <li>All visitors must complete a health declaration prior to arriving on site. See Appendix A</li> <li>If feeling unwell, visitors must not come to the club</li> <li>No hand shaking</li> <li>Pre arrival time to be given, visitors cannot show up unannounced</li> <li>Visitors time to be kept as short as possible</li> </ul>				
Changing rooms / lockers / showers	Serious Illness Spread of Virus	P, S, V	3	5	15	<ul style="list-style-type: none"> <li>Changing Rooms and Showers are to remain closed until permitted to do so.</li> <li>Once in use social distancing guidelines must be followed.</li> <li>Must be disinfected throughout the day</li> <li>Must be kept clean and tidy. Personal belongings to be store correctly.</li> <li>Signage to encourage social distancing</li> <li>numbers at anyone time to be limited</li> </ul>	3	2	6	
Refreshment Facilities	Serious Illness Spread of Virus	P, S, V	3	4	12	<ul style="list-style-type: none"> <li>Max 6 per table from unlimited households</li> <li>Max 10 from 1 household</li> <li>Table service only</li> <li>Face Coverings must be worn when not seated.</li> <li>Contact tracing details for each person</li> <li>queue management systems</li> <li>disposable utensils and cups</li> </ul>	3	2	6	This include BBQs and other outdoor catering.

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
						<ul style="list-style-type: none"> <li>• individual condiment packets</li> <li>• Table and chairs to cleaned after use</li> <li>• Tables and chairs spaced to allow 1m distancing</li> <li>• Gloves for staff handling cash</li> <li>• Screen between servery/till and customer</li> <li>• Appliances disinfected regularly</li> <li>• No Live Music or Dancing</li> </ul>				
<b>Kitchens</b>	Serious Illness Spread of Virus	P, S, V	3	4	<b>12</b>	<ul style="list-style-type: none"> <li>• Government and Health Authority guidelines must be followed.</li> <li>• Follow normal HAACP guidelines</li> <li>• Clean surfaces and utensils regularly</li> </ul>	3	2	<b>6</b>	Consider Separate utensils and condiments for each prep station.
<b>Bar</b>	Serious Illness Spread of Virus	P, S, V	3	4	<b>12</b>	<ul style="list-style-type: none"> <li>• Government and Health Authority guidelines must be followed.</li> <li>• Removing seating from bar counter</li> <li>• Glassware to be carefully washed and collected using gloves</li> <li>• All utensils to be regularly cleaned</li> <li>• Seating &amp; tables to be spaced to allow 1m separation</li> </ul>	3	2	<b>6</b>	
<b>Balls and Equipment</b>	Serious Illness Spread of Virus	P, S, V	3	3	<b>9</b>	<ul style="list-style-type: none"> <li>• Balls and equipment shall only be used when permitted to do so.</li> <li>• Limit the number of persons using the same equipment</li> <li>• Clean balls before and after each training session</li> <li>• Clean equipment before and after each use</li> <li>• Label balls and equipment to assist in identifying same</li> </ul>	3	1	<b>3</b>	

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
Close Contact with Confirmed Covid-19 Case outside of club facilities	Serious Illness Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> <li>Declaration Forms to be completed on every day of club attendance.</li> <li>Social Distancing to be maintained at all times.</li> <li>Ensure good hygiene etiquette at all times.</li> <li>Individuals to maintain a close contacts log.</li> </ul>	4	2	8	When club individual comes into close contact with a Covid-19 case they must refrain from club activities for 10 days.

## *Appendix C*

### *Key Personnel & Information*



## KEY PERSONNEL

<b>CLUB PRESIDENT</b>	Dylan Davies
<b>CLUB CHAIRMAN</b>	Stephen Rutledge
<b>CLUB STEWART</b>	Paul Taylor
<b>SECRETARY</b>	Rory Flanigan
<b>TREASURER</b>	Brian Smith
<b>COVID-19 CLUB SAFETY OFFICER</b>	Gerry McCann
<b>COVID-19 CLUB COMPLIANCE OFFICERS:</b>	Brian Smith Ian McKinlay
<b>DIRECTOR OF RUGBY</b>	Brian Smith
<b>BRANCH REPRESENTATIVE</b>	Dr Paul Flanigan
<b>CLUB CAPTAIN</b>	TBC
<b>CLUB COACH</b>	Ian McKinlay
<b>YOUTH CONVENOR</b>	Russell Kennedy

### PARTICULARS OF THE PREMISES

**AVERAGE NUMBER OF PEOPLE IN THE PREMISES BY DAY:**

Match Day – 250

**AVERAGE NUMBER OF PEOPLE IN THE PREMISES BY NIGHT:**

120

### LOCATION OF ISOLATION ROOM

**ISOLATION ROOM 1:**

Visitors Changing Room 1

**ISOLATION ROOM 2:**

Visitors Changing Room 2

### CLEANING COMPANY

**NAME:**

**TELEPHONE**

**EMAIL**

**CONTACT NAME:**

**CONTACT DETAILS:**

### IN HOUSE CLEANING

**CONTACT NAME:**

Paul Taylor

### EMERGENCY CONTACTS

**AMBULANCE SERVICES**

999 / 112

**MEDICAL OFFICER OF HEALTH**

Public Health Agency

## *Appendix D*

### *Visitor Declaration*

### VISITOR HEALTH DECLARATION

	QUESTION	YES	NO
1	Have you been in close contact (<2m for 15minutes or more) with anyone who is confirmed to COVID-19 virus in the last 14 days?		
2	Have you been in close contact (<2m for 15minutes or more) with anyone who is suspected of having COVID-19 virus in the last 14 days?		
3	Do you live in the same household with someone who has symptoms of COVID-19 who has been in isolation within the last 14 days?		
3	Have you been advised by a doctor to self-isolate at this time?		
4	Are you suffering now, or have you suffered any the following symptoms in the past 14 days?		
	A Cough?		
	B Breathing difficulties?		
	C Fever/ High temperature?		
	D Sore Throat		
	E Runny Nose		
	F Flu Like Symptoms		
	G Rash		
	H Loss Of Smell/Taste		
6	Have you been advised by a doctor to cocoon at this time?		
7	Have you returned to Ireland from another country within the last 14 days?		

If "YES", where?

I confirm that I have responded to the questions above truthfully based on my current condition and I commit to advising the person I am meeting and excluding myself if this situation changes, (i.e. if a point in the future, I would answer "YES" to any of the above questions).

NAME:

SIGNATURE:

DATE:

VISITING:

*Appendix E*

*Action/Check Lists for COVID-19 CLUB*

*Compliance Officer*

DAILY CHECKLIST															
TRAINING SESSION												DATE:			
RESPONSIBLE PERSON												TIME:			
		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
<b>HYGIENE</b>															
1	Hand Sanitizers available at key areas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Soap is available at all hand washing facilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Waste Bins in place	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	High Touch Facilities disinfected before and after training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	Disinfectant available for all players to clean down surfaces as required.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DOCUMENTATION</b>		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
6	Have players provided Pre-Return to Rugby Personal Assessment Declaration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	Are all players cleared to play?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	Has the club received any return from illness forms?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DELIVERIES</b>		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
9	Were there any schedule deliveries?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	Were they wearing appropriate PPE?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

11	Was social distance practiced on arrival?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>COMMUNICATION</b>		<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>
13	Is Signage is in place, visible, and up-to-date?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	Have players received induction training?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	Have toolbox talks been carried out?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>CHECK-IN</b>		<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>
16	Queuing system in place and being observed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	Sanitiser available for players as required.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	Signage in place at check-in	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>PLAYERS</b>		<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>
19	Players briefed on training activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>TRAINING ACTIVITIES</b>		<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>
20	Training Activities in line with Government Guidelines	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>EQUIPMENT USE</b>		<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>

21	Equipment sanitised before training session	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22	Equipment sanitised after training session	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Sanitization</b>		<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>
23	Has the rubbish been disposed of appropriately?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24	Have all surfaces & touchpoints cleaned thoroughly:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25	Have all toilets and sinks been disinfected	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26	Hand washing facilities include soap hot water, disposable towels in place	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>INITIALS:</b>		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>	
<b>DATE:</b>		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>	



MONTHLY CHECKLIST								
CLUB				RESPONSIBLE PERSON				
MONTH	DATE	Have hygiene supplies been checked and in sufficient supply? (Y/N)	Are appropriate levels of PPE available? (Y/N)	Is a high level of cleaning and disinfecting been performed regularly? (Y/N)	Have any additional extra precautions or requirements been requested? (Y/N)	Health and Safety Plan prepared and up to date? (Y/N)	Have Toolbox Talks been carried out regularly? (Y/N)	INSERT INITIALS
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
Inspected by								

TRAINING LOG			
TEAM		DATE	
COVID-19 COMPLIANCE OFFICER		SUBJECT:	
PARTICIPANTS			
1.		16.	
2.		17.	
3.		18.	
4.		19.	
5.		20.	
6.		21.	
7.		22.	
8.		23.	
9.		24.	
10.		25.	
11.		26.	
12.		27.	
13.		28.	
14.		29.	
15.		30.	
GENERAL NOTES			
<div style="color: red; font-size: 20px; margin-bottom: 10px;">•</div>			

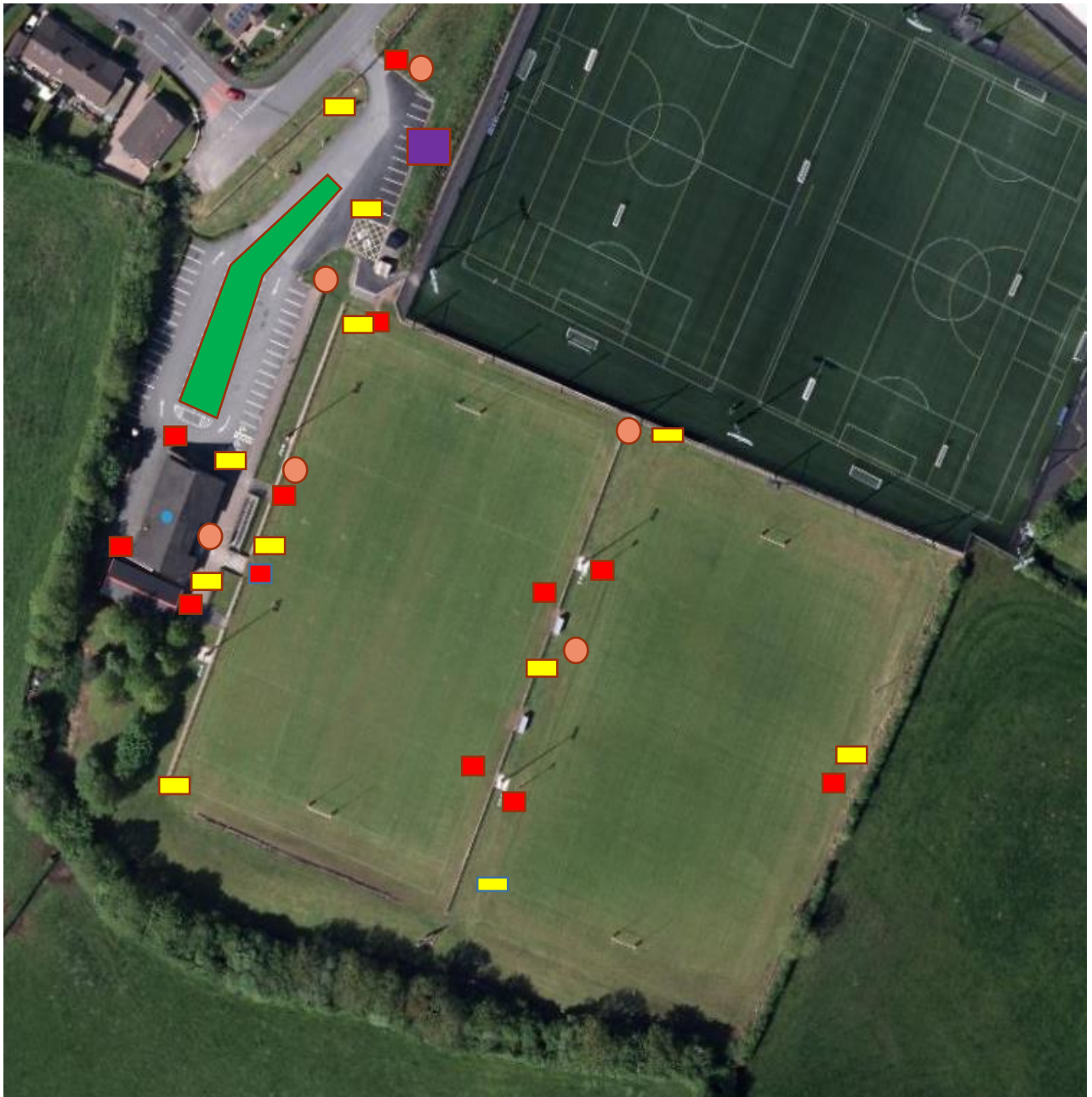
## *Appendix F*

### *Occupant Capacities for Rooms*

Building	Zone	Room Name	Capacity with Physical Distancing
<b>Clubhouse</b>		Catering	20
		Bar & Lounge	60
		Kitchen	1
		Equipment Room	1
		Changing Rooms	5 Each
		Toilets	1
		Foyer	6
		Balcony	5

## *Appendix G*

### *Location of Hand Sanitisers, Signage and Car Park*



#### Key



Area Cordoned off to prevent parking and promote one way



Location of Hand Sanitisers and Hand Washing Signage



Covid-19 Signage Locations



Parking Area for Drop off Cars



Covid-19 Waste Bin Location

