



COVID-19 HEALTH AND SAFETY PLAN

IRFU

REVISION B – 14/09/2020





CLUB OFFICERS/COMMITTEE/MEMBERS

This document is the Portlaoise RFC Covid 19 Health and Safety Plan. This COVID-19 Health and Safety Plan outlines how our club will manage training and club activities in order to minimise the spread of COVID-19 and safeguard members from the risk of infection. It has been a difficult period for all our members and the wider society and sport has had to take a hiatus in order to minimize the spread of COVID-19 and safeguard members from the risk of infection. With the reduction in restrictions, the time is now right for the graduated return to rugby in our club facilities.

The COVID-19 Health and Safety Plan allows the Club to:

- demonstrate compliance Government and Health Authority guidance
- outline specifics arrangements to managing against COVID-19 at their club
- delineate key roles and responsibility with respect to managing against COVID-19



This document should be treated as a live document and updated in line with best practice and as new Government advise is released. Updates will be published on IRFU websites.

If you are having any difficulties completing the document, please contact the IRFU Provincial Representative.



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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.

This is a live document, it can be updated at anytime to reflect ongoing HSE or Irish Government advice. While due care has been taken while preparing this document, Portlaoise RFC accepts no liability for any COVID - 19 injury incurred while participating in club endorsed activities on the club grounds.

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
- Difficulty in Breathing
- Fever/High Temperature
- Sore Throat
- Runny Nose
- Flu like symptoms
- Rash
- Loss Of Smell/Taste

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.



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.
- Avoid touching your face.
- Cover your mouth and nose when coughing or sneezing.
- Stay home if you feel unwell.

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:

- *IRFU Appendices Covid 19 Return to Rugby*
- *Roadmap for reopening society and business – Irish Government Publication*
- *DBEI Return to Work Safely Protocol*
- *NSAI COVID-19 Workplace Protection and Improvement Guide*
- *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 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

Portlaoise RFC is a rugby club based in Portlaoise, Co Laois. It has a number of mens and womens, adult and underage teams playing in the Leinster League.



3.0 ROLES AND RESPONSIBILITIES

The following persons are the key management personnel for the Return to Rugby Project

- COVID-19 CLUB Safety Officer
- COVID-19 CLUB Compliance Officers
- Club Chairman
- Communications
- Committee
- Club House Manager

3.1 IMPLEMENTATION OF IRFU AND GOVERNMENT GUIDELINES

- *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 **COVID-19 CLUB Safety Officer** shall undertake the following duties, or delegate them to a named and competent member of the Club Committee:*

- *Lead the Safety Committee which may be comprised of the COVID-19 CLUB Compliance officers, Coaches, Referees, Committee Members, First Aid Responders, 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 president regularly*

3.3 COVID-19 CLUB COMPLIANCE OFFICER

***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. 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.*

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*
- *Maintain confidentiality of suspected cases*
- *Provide safe equipment including personal protective equipment, where necessary*

- *Follow protocols for persons showing symptoms of COVID-19.*
- *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*
- *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 club 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 should be advised to:

- *Make themselves aware of the symptoms of COVID-19 and monitor their own wellbeing.*
- *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

Portlaoise RFC has completed a universal risk assessment and site specific risk assessment, both risk assessments are attached.

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, ie. 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:

The inspection of the premises was a visual inspection of club facilities. The inspection included any 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 Unharmed)
- 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 TOSHADING		
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

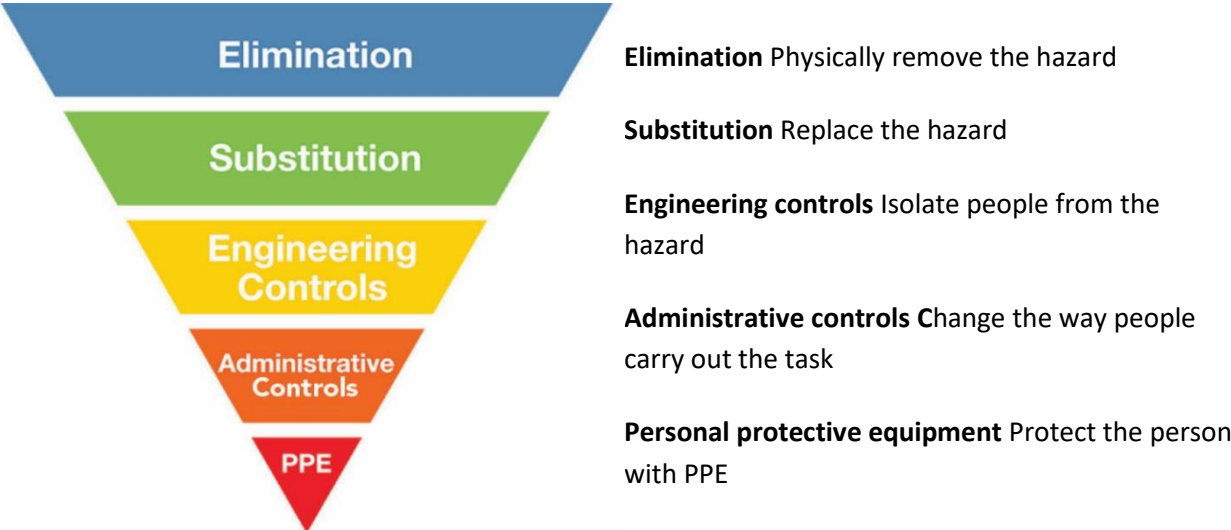
Abbreviations used in the ‘To Whom’ column of the assessment relate to:

- 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.

4.2 RISK ASSESSMENT RESULTS

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



5.0 PROPOSED CRITERIA FOR RESUMPTION

Portlaoise RFC has completed the criteria for resumption of training and club activities which is based on the outcome of the risk assessment. Control measures are in place prior to the commencing of training and club activities. Return to Rugby Health and Safety Operating Procedures documents were referred to for aid in completion of this section.



5.1 PERSONAL HYGIENE & ETIQUETTE

Portlaoise RFC has introduced measures for advising, implementing and controlling personal hygiene and etiquette in line with HSE advice. This was completed for onine briefing which included:–

- *Measures for Preventing the spread of infection*
- *Hand Hygiene*
- *Respiratory Etiquette*
- *Physically Distancing Etiquette*
- *Ongoing monitoring and encouraging will take place*

The COVID-19 Club Safety Officer and COVID-19 Club Compliance Officers, herein referred to as COVID-19 response team must ensure that:

- *Appropriate hygiene facilities are in place*
- *Hand sanitisers/hand wipes and/or hand washing facilities are readily available*
- *Bins/bags for disposal of tissues are available*
- *Bins to be emptied at regular intervals*
- *Disinfectant is readily available to allow members to clean areas and equipment.*
- *A No-Hand Shaking / Physical Greeting Policy is put in place*

Prevention of Spread

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

- *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*

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*

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 walkways if there are others travelling in the opposite direction*
- *Avoid stopping for conversations in 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

Portlaoise RFC promotes enhanced cleaning in line with HSE, Government and Health Authority advice. This includes:

- *General Cleaning Protocols*
- *Cleaning after a Suspected case*
- *Cleaning of Sanitary Facilities*
- *Cleaning of Changing Rooms Facilities*
- *Cleaning of high touch points between Training Sessions*
- *Cleaning procedures for Balls and Equipment by coaches*

Please see Appendix F at end of this document for further details

5.3 TRAINING NUMBERS AND PERMITTED ACTIVITIES

Portlaoise RFC have clear guidance for limiting the number of players at training sessions. Changes to permitted training numbers as determined by the IRFU will be communicated in a timely manner. All coaches will be briefed and notified that sessions will be shortened and completed in a format suitable to the IRFU stage on roadmap.

- *Measures for minimising numbers at the club*
 - *Scheduling training sessions*
 - *Reduced training numbers*
 - *Permitted training activities*

The number of players/coaching staffs in the club will be limited depending on the Governmental advice at any one time. Training session(s) should 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 should also consider and implement all activities that can be completed from home, such as Strength and Conditioning programmes.

5.4 USE OF PPE

Portlaoise RFC (through the IRFU) will provide disposable gloves and face masks on request

The wearing of PPE (gloves, masks, goggles) should not take the place hygiene and cleaning measures to prevent spread of COVID-19, as outlined above. PPE should 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 should be maintained. Guidance on the use of PPE in COVID-19 prevention should 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*

Use of facemasks will be advised in line with Public Health advise.

5.5 TRAINING & COMMUNICATIONS

Portlaoise RFC will provide guidance for COVID-19 CLUB Safety Officers, COVID-19 CLUB Compliance Officers, Coaches, Referees, Players and Parents/Guardians with respect to COVID-19. This may include –

- Briefings
- Induction Training
- Daily briefings
- Signage
- Meetings (E-meetings or socially distanced)

Portlaoise RFC encourages additional training through distance e.g.

- Signage
- email circulars
- webinars
- WhatsApp groups
- E-Meetings or Socially Distanced meetings
- Verbally

Records of training will be maintained in order for contact tracing to be completed in suspected and confirmed cases.

Inductions

Induction Training should 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
- What a member should do if they or a member of their family develops symptoms of COVID-
- 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 should 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.

5.6 GETTING TO TRAINING

PRFC have procedures in place to ensure risk is mitigated where possible. Players can return to training safely in line with Government and Health Authority. This includes:

- Pre-Return to Rugby Personal Assessment Declaration
- All players must have their membership fully paid for prior to being allowed onto club grounds for training
- Notification of Training Times electronically
- Arriving ready to train (in kit)
- How to travel to training – Personal Hygiene, Car Sharing etc.
- Parking and Drop off/ Collection areas
- Check-in Systems
- Changes to pedestrian routes and walkways
- Planned and Permitted Training Activities
- Actions when leaving training

Please refer to Appendix G for further information.

5.7 PHYSICAL DISTANCING

PRFC will ensure measures that will be implemented to ensure social distancing guidelines are adhered to.

This may include

- *Training and communications*
- *Signage*
- *Ground Markings*
- *Restrictions on spectators and visitors*
- *Changes to walkways or access points*
- *Etc.*

Please see Appendix H for further details

5.8 USE OF FACILITIES

Clubs facilities will be managed to adhere with Government and Health Authority Guidelines and reduce the risk of the spread of the virus. This includes

- Use and cleaning of toilets and changing rooms
- Use and cleaning of gymnasiums and equipment
- Use and cleaning of balls and training equipment

Only fully paid up members will be allowed to use the club grounds and participate in training.

Changing rooms will be inaccessible until permitted to do so.

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.

5.9 CATERING & REFRESHMENT FACILITIES

Club house, bar and dressing rooms shall remain closed until permitted to do so. Prior to opening clubhouses must ensure all facilities adhere to current IRFU, Government and Health Authority guidance with respect to restaurants and pubs. Documentation for same shall be provided in due course.

5.10 CONFLICT RESOLUTION

Any instances of disagreement or differences in interpretation of guidelines between club members when implementing the new procedures will be referred to the Covid Officer who will liaise with Club executive for solution. The Leinster Branch representative will be contacted in the event for further clarification or direction.

5.11 DISCIPLINARY ACTIONS

The club will adopt and encourage and advice approach to the return to rugby guidelines. Persistent non adherence may result in closure of club facilities or loss of insurance Any club members found to be in breach of the guidelines could be subject to disciplinary measures from removal from venue/session (Monitored by clubs) to suspension (guided by branch/IRFU. Other improper behaviour will be dealt with by the club executive in the normal fashion.

5.12 CONTACT LOG

Safety Officer will ensure that contact logs shall be collated and maintained. Safety officer has outlined paperless options for coaches and members and guidance tutorials to match. Each coaching group retains a record of the return to play declarations. No GDPR issues arise in respect of this function which was clarified at the IRFU briefing of 09/06/2020. Forms are completed by existing club members and are for the purposes of public health.

A record of attendance at training will be taken and sent electronically to the club safety officer email. This is in order to fulfil contact tracing in the event of suspected and confirmed cases

All members 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 14 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 may be provided to the HSE/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.

5.13 COVID-19 ACTION LIST/CHECK LIST

The Safety Officer and club officers will carry out covid action inspections on a regular basis and and non compliance actions will be completed. A review and feedback system has been established to rectify any problems or issues. The club executive will be informed of any issues that arise in a timely manner.



6.0 SUSPECTED CASE RESPONSE PLAN

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 quick & dealt with in a confidential & private manner.

Please see Appendix I for further information

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 should 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

In the event of injury, first aid will only be administered at the club where absolutely necessary. Gloves and facemasks should be used. In all other cases, no first aid or treatment should be carried out by coaches or untrained medical professionals. The player or guardian should arrange medical treatment in non urgent cases.

7.3 MENTAL HEALTH AND WELLBEING

Infectious disease pandemics like coronavirus (COVID-19) can be worrying. Some people might find it more worrying than others. This can have an affect on our mental health. The club will support its members in safeguarding their mental health and will provide suitable contact details should they be requested.

Appendix A

Pre-Return to Rugby Personal Assessment Declaration Form

PRE-RETURN TO RUGBY PERSONAL ASSESSMENT DECLARATION

Should you answer **YES** to any of the below questions you should **NOT** attend your club and before you return you should follow appropriate medical advice and guidelines.

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?	
3A	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?	
3B	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?	
7	Have you returned to Ireland from another country within the last 14 days?	

If "YES" , where?	
--------------------------	--

I confirm that I have not travelled from another country in the past 14 days , that I have not been in close contact with anyone who has been outside of the country in the past 14 days, that I have not been in close contact with anyone who is in self-isolation in relation to COVID-19 in the past 14 days, that I am not suffering from any COVID-19 symptoms nor do I believe for any reason that I have contracted the virus. I commit to advising management and excluding myself if this situation changes, (i.e. if at a point in the future, I would answer "yes" to any of the above questions).

NAME:	
--------------	--

SIGNATURE:	
-------------------	--

DATE:	
--------------	--

Appendix B

Universal 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	4	3	12	<ul style="list-style-type: none"> Provide COVID-19 Induction training to all members before they return to the training Update all relevant documents and communicate the updated information Provide Signage in key locations COVID-19 Compliance officers to check daily updates from the Government 	4	1	4	<p>Encourage all members to follow news and guidelines provided by HSE www2.hse.ie/coronavirus/</p> <p>Perform regular toolbox 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	4	4	16	<ul style="list-style-type: none"> Provide COVID-19 Induction training to all members before they return to training Signage to be displayed of the spread of the virus COVID-19 Compliance Officers to monitor and discourage. 	4	3	12	<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	
Washing / Cleansing Hands	Serious Illness Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> Provide COVID-19 Induction training to all persons before they return to training Signage on hygiene to be displayed at the entrances, and other appropriate locations Signage to be displayed at sinks indicating correct method on how to wash hands effectively Hand sanitiser stations to be positioned at entrances and near common touch points 	4	2	8	Regular Toolbox Talks to remind members of good hygiene practices
Document sharing	Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> No paper documents to be handed out or shared with members where practicable All information to be stored on a share drive. Security protocols to be put in place as required. All documents to be sent via email or link 	4	2	8	
Travelling to and From Training	Serious Illness & Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> Discourage car sharing Encourage players to travel in their own vehicle or with members of their own household Encourage players to regularly sanitise their car Arrive at the club ready to play Drivers must Drop off and go or wait in 	4	2	8	

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	
						their cars				
Physical Distance	Serious Illness Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> Pitches to be laid out to allow 2m social distancing Rooms to be laid out to allow 2m social distancing, or, where seats are 1m<2m, screens/solid guarding to be provided between members Limit the number of players at training sessions Training rota to be created to reduce number of persons at any one time Limit number of chairs in a meeting room, or where seats can't be removed, blank off seats less than 2m from each other. Signage to remind members to stay physically distance Provide COVID-19 Induction training to all members before they return to the club All members to complete health declaration Spectators are not permitted to watch training. 	4	2	8	A culture change is needed to discourage people from stopping in passageways to converse or lean in to hear conversations. COVID-19 Compliance Officers to be vigilant in monitoring and reminding members
Unavoidable Close Contact – First Aid	Serious Illness Spread of Virus	P, S, V	4	5	20	<ul style="list-style-type: none"> Persons must wear appropriate PPE and follow strict hygiene protocols Create an exclusion zone around their activity 	5	3	15	

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"> Direct contact log for each person must be kept 				
Shared Touchpoints: Gates, Toilets, Light switches, Door handles, etc.	Serious Illness Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> 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. Hand sanitizer to be available at entrances and key locations of shared touchpoints (e.g. pitches, toilets, gates, sign-in areas, etc.) Loose material/items to be tidied away on desks Mechanism for leaving doors/gate open to reduce requirement to touch surface should be considered. High touch items to be cleaned after each training session 	4	2	8	Disinfectant to be made readily available to all members to allow them clean down surfaces
Handrails	Serious Illness Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> Clubs to ensure handrails are cleaned regularly Hand sanitizer made available to allow persons to sanitise their hands after using handrails 	4	2	8	
Workstations	Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> All desks to be disinfected by the user at the end of each use. Desks to be kept clean and tidy Workstations to be arranged to allow a 2m distance between users 	4	2	8	No open workstations

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	
Meetings	Serious Illness Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> To be done remotely if possible Meeting room to be set up to allow social distancing No physical greeting 	4	2	8	Coaching meetings on pitches with social distancing
Shared Appliances – Kettle, Coffee-Machines; Water Coolers, Printers	Serious Illness Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> All appliances to be disinfected regularly Users to sanitise hands before and after use Disinfectant to be made available Signage to be displayed in relevant areas 	4	2	8	
Water bottles and refill station	Serious Illness Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> Members shall not share water bottles or other drinking vessels Water bottles should not be allowed to touch the taps or spouts to avoid contamination. Members advised to clean water bottles regularly 	4	2	8	
Cutlery, cups and glass ware	Serious Illness Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> Club house and refreshment facilities to remain closed until permitted. Once open, Government and Health Authority advise should be followed. 	4	2	8	
Toilets	Serious Illness Spread of	P, S, V	4	4	16	<ul style="list-style-type: none"> Flush handles and sink taps to be cleaned regularly Hot water and soap to be provided No towels or hand dryers, disposable 	4	2	8	Persons should avoid taking the sink/urinal beside another person if another is available

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	
	Virus					tissue only <ul style="list-style-type: none"> Social distancing should be observed at all times. Limit the number of people permitted in the bathroom at any one time. 				
Emergency evacuation	Serious Illness Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> In case of an Emergency Evacuation normal procedures must be followed Installation of new screens or barriers should not impede the evacuation routes 	4	4	16	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	4	4	16	<ul style="list-style-type: none"> Members advised against using public transport to training. Where public transport is the only option for members, then regular talks reminding them of protocols. Persons should be briefed of correct hygiene and protocols when using Public Transport All persons using public transport should wash their hands as soon as they arrive at the club 	4	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	4	4	16	<ul style="list-style-type: none"> All rubbish to be disposed of accordingly All bins to be disposed of after every day that the club is in use Appropriate PPE gloves to be used when bringing out the bins 	4	2	8	
Deliveries	Serious	P, S, V	4	4	16	<ul style="list-style-type: none"> Deliveries to be scheduled at a specific 	4	2	8	COVID-19 Compliance officer to keep a log of all

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	
	Illness Spread of Virus					<ul style="list-style-type: none"> time Physical distance to be implemented Do not sign for the deliveries but advise them of your name Request invoices and receipts to be sent via email. Paperless to be encouraged 				deliveries
Car park	Serious Illness Spread of Virus	P, S, V	3	2	6	<ul style="list-style-type: none"> If Controlled Access present consideration should be made to leaving gates open. Clubs may wish to designate parking spaces to encourage social distancing. Members should be discouraged from lingering in carparks before and after training Members should arrive 5 mins before training 	4	1	4	Parents are advised to remain in vehicles until session is over
Entrances	Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> If present, swipe cards to be disinfected regularly, pin pads to be disinfected regularly – consider deactivating locking mechanism while in use. 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 Signage to be present at entrances advising on physical distancing Installation of guarding or queue 	4	2	8	

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	
						management systems where appropriate. <ul style="list-style-type: none"> Implementation of one way systems 				
Visitors	Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> Controlled Access of visitors is in place Visitors are allowed access by invitation only and are escorted at all times. Non-Essential visitors to be restricted All visitors must complete a health declaration prior to arriving on site. See Appendix A If feeling unwell, visitors must not come to the club No hand shaking Pre arrival time to be given, visitors cannot show up unannounced Visitors time to be kept as short as possible 	4	2	8	
Changing rooms / lockers / showers	Serious Illness Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> Club houses and changing rooms are to remain closed until permitted to do so. Once in use social distancing guidelines must be followed. Must be disinfected throughout the day Must be kept clean and tidy. Personal belongings to be store correctly. Signage to encourage social distancing numbers at anyone time to be limited 	4	2	8	
Refreshment	Serious	P, S, V	4	4	16	<ul style="list-style-type: none"> Clubhouse and refreshment facilities to remain closed until permitted to do so. 	4	2	8	This include BBQs and other

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	
Facilities	Illness Spread of Virus					<ul style="list-style-type: none"> Once permitted to open current Government and Health Authority guidelines must be followed – this may include requirement for - queue management systems disposable utensils and cups individual condiment packets Table and chairs to cleaned after use Tables and chairs spaced to allow 2m distancing Gloves for staff handling cash Screen between servery/till and customer Appliances disinfected regularly 				outdoor catering.
Kitchens	Serious Illness Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> Clubhouse and kitchen facilities to remain closed until permitted to do so. Once permitted to open current Government and Health Authority guidelines must be followed. Follow normal HAACP guidelines Clean surfaces and utensils regularly 	4	2	8	Consider Separate utensils and condiments for each prep station.
Bar	Serious Illness Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> Clubhouse and bar facilities to remain closed until permitted to do so. Once permitted to open current Government and Health Authority guidelines must be followed. This may include - Removing seating from bar counter 	4	2	8	

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"> Glassware to be carefully washed and collected using gloves All utensils to be regularly cleaned Seating & tables to be spaced to allow 2m separation 				
Balls and Equipment	Serious Illness Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> Balls and equipment shall only be used when permitted to do so. Limit the number of persons using the same equipment Clean balls before and after each training session Clean equipment before and after each use Label balls and equipment to assist in identifying same 	4	2	8	

Appendix C

Key Personnel & Information

Requirement

Clubs should include details of Key Personnel and Information.

KEY PERSONNEL

CLUB DIRECTOR	
CLUB SECRETARY	
CLUB HOUSE MANAGER	
VOLUNTEER MANAGER	
CLUB SAFETY OFFICER	
COVID-19 CLUB SAFETY OFFICER	
COVID-19 CLUB COMPLIANCE OFFICERS:	

PARTICULARS OF THE PREMISES

AVERAGE NUMBER OF PEOPLE IN THE PREMISES BY DAY:	1 - 10
AVERAGE NUMBER OF PEOPLE IN THE PREMISES BY NIGHT:	1 - 40

LOCATION OF ISOLATION ROOM

ISOLATION ROOM 1:	
ISOLATION ROOM 2:	

CLEANING COMPANY

NAME:	TBC
TELEPHONE	
EMAIL	
CONTACT NAME:	
CONTACT DETAILS:	

IN HOUSE CLEANING

CONTACT NAME:	
----------------------	--

EMERGENCY CONTACTS

AMBULANCE SERVICES	999 / 112
HSE MEDICAL OFFICER OF HEALTH	

Appendix D

Visitor Declaration

Visitor Declarations may be completed for contractors and suppliers etc. who may be required to visit the club.

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?	<input type="checkbox"/>	<input type="checkbox"/>																
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?	<input type="checkbox"/>	<input type="checkbox"/>																
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?	<input type="checkbox"/>	<input type="checkbox"/>																
3	Have you been advised by a doctor to self-isolate at this time?	<input type="checkbox"/>	<input type="checkbox"/>																
4	Are you suffering now, or have you suffered any the following symptoms in the past 14 days?	<input type="checkbox"/>	<input type="checkbox"/>																
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tbody> <tr><td style="width: 5%; text-align: center;">A</td><td>Cough?</td></tr> <tr><td style="text-align: center;">B</td><td>Breathing difficulties?</td></tr> <tr><td style="text-align: center;">C</td><td>Fever/ High temperature?</td></tr> <tr><td style="text-align: center;">D</td><td>Sore Throat</td></tr> <tr><td style="text-align: center;">E</td><td>Runny Nose</td></tr> <tr><td style="text-align: center;">F</td><td>Flu Like Symptoms</td></tr> <tr><td style="text-align: center;">G</td><td>Rash</td></tr> <tr><td style="text-align: center;">H</td><td>Loss Of Smell/Taste</td></tr> </tbody> </table>	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	<input type="checkbox"/>	<input type="checkbox"/>
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?	<input type="checkbox"/>	<input type="checkbox"/>																
7	Have you returned to Ireland from another country within the last 14 days?	<input type="checkbox"/>	<input type="checkbox"/>																

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:	<input style="width: 85%;" type="text"/>
SIGNATURE:	<input style="width: 85%;" type="text"/>
DATE:	<input style="width: 85%;" type="text"/>
VISITING:	<input style="width: 85%;" type="text"/>

Appendix E

Action/Check Lists for COVID-19 CLUB Compliance Officer

Action/Check lists should be completed at regular intervals –

- *Before/After Each Training Session*
- *Daily*
- *Weekly*
- *Monthly*

DAILY CHECKLIST

TRAINING SESSION											DATE:			
RESPONSIBLE PERSON											TIME:			
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
HYGIENE	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
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"/>
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"/>
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"/>
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"/>
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"/>
	DOCUMENTATION		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"/>
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"/>
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"/>
	DELIVERIES		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"/>
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"/>
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"/>

COMMUNICATION		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
13	Is Signage in place, visible, and up-to-date?												
14	Have players received induction training?												
15	Have toolbox talks been carried out?												
CHECK-IN		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
16	Queuing system in place and being observed												
17	Sanitiser available for players as required.												
18	Signage in place at check-in												
PLAYERS		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
19	Players briefed on training activities												
TRAINING ACTIVITIES		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
20	Training Activities in line with Government Guidelines												
EQUIPMENT USE		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
21	Equipment sanitised before training session												
22	Equipment sanitised after training session												

Sanitization		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
23	Has the rubbish been disposed of appropriately?														
24	Have all surfaces & touchpoints cleaned thoroughly:														
25	Have all toilets and sinks been disinfected														
26	Hand washing facilities include soap hot water, disposable towels in place														
INITIALS:															
DATE:															

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 – PORTLAOISE RFC

TEAM		DATE	
RESPONSIBLE PERSON		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

Informal education may include –

- Don't Share water bottles
- Wash hands before and After training
- Don't spit or clear nasal passages on the pitch
- Adhere to social distancing measures
- No horseplay
- Do not shake hands, fist bump or high five
- If you feel unwell, notify your coach immediately

Appendix F

General Cleaning Principles

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.
- 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

For cleaning of areas where a suspected case has come in contact, or after the present of a suspected or Confirmed Case of Covid-19

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:*
- *Viricidal Products, or o 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*
 - *single-use plastic apron and 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.*

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 between training sessions

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

Balls and Equipment

Once ball work and equipment use are permitted a robust cleaning system must be implemented to reduce the risk of spread of the virus. This would 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. Clubs may wish to rotate some 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.

Appendix G

Training/Session Principles

Each club member or members parent/guardian must complete a Pre- Return to Rugby Personal Assessment Declaration in order to prevent transmission. Members may also be asked if they are a vulnerable person or live with a vulnerable person or frontline worker. All declarations are private and declarations will be treated in utmost confidentiality.

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.

Members must not attend training if they display any symptoms of Covid19 or have been exposed to a confirmed case.

Players should travel alone to training or with members of their own household. If required to use public transport, players should maintain social distancing at all times.

Parents/Guardians that bring a family member to training should stay in their car at all times or leave the club grounds immediately. Should a child/player have a medical condition, parents/guardians are permitted to stay on the club grounds but must maintain adequate social distancing.

Players should arrive no more than 5 minutes prior to the session starting.

Players should arrive ready to train. They will not be permitted to change into training kit on the club grounds.

Cars should be parked in designated parking areas only, spaced far enough apart to maintain adequate social distancing.

Training participants should check in with their relevant Covid19 compliance officer, maintaining adequate social distance. Players should sanitise their hands prior to commencing training.

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

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.

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

Where possible touch free check-in should be practiced. Clubs should also consider the following controls:

- Disposable Gloves, hand sanitisers and disinfectants should be provided behind the desk for the Check-in Managers
- Check-in area should be sanitised regularly
- Hand sanitisers should be provided next to Check-in to allow people to sanitise before and after.

Recommended social distance should be maintained between the Check-in manager/Compliance officer and a person approaching.

Member entrances/ pitch access

Pitches zones will be laid out in designated pitches with associated club ground zones available for drop off & pick up each with their own hand sanitization area (available on Pitch Zone Layout Plan available shortly). Each pod will take be assigned a pitch zone prior to training & communicated electronically to them by compliance officers. A One-way access system to pitches will be implemented from relevant club ground zones to assist in social distancing. Hand sanitisers and disinfectants should be provided at pedestrian entrances in prominent areas to encourage use. Players should be reminded regularly to use these facilities. The handles and push plates on manual doors/gates should be cleaned before and after each training session by compliance officers in their designated zones. Hand sanitisers should be provided immediately inside the entrance for those having used the manual door. Cars should be parked in relevant club ground zones.

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.

Appendix H

Social 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 updated IRFU Guidelines.
 - Pitches and clubs are be laid out in such a way to maintain a 2m physical distance.
 - Players are organized into teams/groups/pods who consistently train together.
 - Reduce on-site meetings as far as practicable.
 - One way system for pitch access implemented.

Spectators

No visitors, parents/guardians, partners or other persons not directly involved in the training session 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. Participants and spectators must adhere to public health measures and social distancing guidelines once spectators are permitted.

Players & coaches are expected to leave the grounds promptly upon completion of the session.

Treatment of Suspected Case

In the event of a suspect case on the grounds, the following response will be as follows:

- Initial Response – Remove suspected case from any group & provide mask (located in isolation room)
- Covid Compliance Officer/Coach will bring suspected case to isolation room, keeping a 2 metre distance from the affected individual.
- Isolation area will be identified in due course
- Contact parent if underage & parent not present
- If adult, family member or suitable person.
- **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.**
- If necessary, contact emergency services on 999/112. The case's own GP should be contacted or if out of hours, MIDOC (1850302702) or Midlands Regional Hospital Portlaoise (0578621364)
- If suitable to return home, brought home by family member or alone, maintaining social distancing. Public transport should not be used.
- Notification of Doctor GP & HSE by affected member or their family
- Inform Club Executive & document the incident & actions taken.
- Ensure cleaning of equipment and possible contact areas after suspected or confirmed case
- Ensure register of attendance available for contact tracing
- Reevaluate suitability of the next planned session
- Ensure player adheres to guidelines before returning to play after illness

Initial Assessment

COVID-19 Club Compliance Officer and 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 HSE/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.

NO MEDICAL ASSESSMENT OR MEDICAL ADVICE WILL BE PROVIDED BY ANY MEMBER OF PORTLAOISE RUGBY CLUB UNLESS THEY ARE THE CASE'S OWN GENERAL PRACTITIONER

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 be deep cleaned by Safety Officer or Compliance Officer or designated persons 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:
 - o Virucidal Products, or
 - o 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: o surgical mask o uniform and single-use plastic apron o 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.
- Staff should wear the following PPE while cleaning after a suspected case: o surgical mask o uniform and single-use plastic apron o 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:

- 14 days since their last "close contact" with a confirmed / suspected case and have not developed symptoms in that time, or
- 14 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.

Current Public Health & IRFU Guidance – Match Day Guidance

1. Current HSE & IRFU Guidelines

As of August 20th 2020, the latest government guidelines in relation to outdoor gatherings are as follows:

Government of Ireland: Sporting events and matches can continue to take place behind closed doors with:

- Strict avoidance of gatherings, including social gatherings, before or after events;
- Strict adherence to 2 metre physical distancing before and after events, during breaks in play, on the sidelines and avoidance of team huddles.
- Competitions, events and tournaments planned up to September 13th 2020 should go ahead as planned with strict public health measures and protocols in place.
-

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).

2. Pre-Match Operating Procedures

Current IRFU guidance is for all players to register individually on the IRFU RugbyConnect App. However, this facility is not available as of 14/09/2020 for Portlaoise RFC. Instead, the Club will continue to operate using the ClubForce App which has been successful to date in club members signing the Pre-Rugby Personal Assessment Declaration and monitoring attendance at the club.

2.2 Pre-Rugby Personal Assessment Declaration:

2.2.1 Participating Teams:

Before attending, all home team and away team personnel must fill out a PreRugby Personal Assessment Declaration to be verified by their attending COVID-19 Club Compliance Officer.

The away team officer should confirm to the home team officer that all away team personnel are compliant.

2.2.2 Match Officials:

Match officials will have completed their Pre-Rugby Personal Assessment Declaration in advance and are expected to present confirmation to the home team's COVID-19 Club Compliance Officer.

2.2.3 Match Day Personnel:

All match day personnel must also complete a Pre-Rugby Personal Assessment Declaration Form prior to arriving on site as per the COVID-19 Health & Safety Plan Template (inc. Risk Assessment).

2.3 Team Sheets

Team sheets must be produced as normal with full details of subs, replacements, and front row cover identified. The referee will take a photo of the team sheet only and will not be taking any team sheets from the manager. Teams must ensure by the Monday following a match that the electronic team sheet submitted to the IRFU exactly matches that which the referee was given match day.

2.4 Replacement Cards

There will not be a requirement for managers to provide a replacement card to the referee. Instead, the referee will note the player leaving and coming onto the pitch.

3. Permitted Attendees/Participants

As per current guidelines, a behind closed doors event can include: 'Any individual involved in the participation, running, delivery, and broadcasting (if relevant) of the event'.

For the purposes of rugby matches this can include:

Team personnel to a maximum of 40 people per team including:

- Players as per team sheet,
- Head Coach,
- Director of Rugby,
- Assistant Coach(es),
- Team Manager,
- Strength & Conditioning Coach,
- Video Analyst,
- Medical Personnel,
- Baggage Master,
- Water Carrier

Match officials can include referee, touch judges, 4th official and referee assessor

Match management officer

COVID-19 Club Safety Officer & Compliance Officer(s)

COVID-19 Health & Safety Committee members

Pre-approved media personnel

Club members, committee members and officers not deemed necessary for the safe running of the event should not attend.

As per current government guidelines, no spectators should attend these events.

Parents/Guardians attending in a safeguarding /supervisory capacity are not classified as a spectator however strict social distancing and public health guidelines should be adhered to at all times.

In that context, one parent/guardian per child is permitted to attend at a sporting event, including a game or training session, should they consider it necessary.

All Parents/Guardians attending must complete a Pre-Rugby Personal Assessment Declaration Form prior to arriving on site.

4. Match Management Procedures

4.1 Match Management:

All events, including matches, must adhere to government and IRFU guidelines.

The home team should appoint an officer to oversee compliance and ensure the following measures are in place on match day:

- The latest government guidelines are being adhered to
- The away team and match officials are given a short briefing outlining the specific COVID-19 health & safety measures in place in the club
- The away team's COVID-19 Club Compliance Officer is assisted in implementing their own health & safety measures
- Match officials present a completed Pre-Rugby Personal Assessment Declaration (screen shot)

The home team's officer may be their COVID-19 Club Compliance Officer, the COVID-19 Club Safety Officer or another appointed member of the club's COVID-19 Health & Safety Committee.

A list of additional duties are available in the COVID-19 Safety Officer section of the IRFU's Guidelines For Events.

4.2 Travel To/Arrival At The Venue

Players should travel alone to rugby or with members of the same household.

Where a vehicle must be shared, you should open the windows to create ventilation. Do not use the ventilation recirculation setting.

Keep seating as far apart as possible to maintain social distancing of 2 metres.

Attendees should arrive at the club no more than 5 minutes before the beginning of warm up.

All attendees (players/coaches etc.) must arrive in kit and only change footwear/jersey at the club. All attendees must sanitise their hands prior to going on pitch at the club.

Clubs should enforce one-way systems around the club both in the car park, and common walking areas, with regular visuals of a 2metre social distance.

4.3 Match Facilities

Hand sanitiser should be available to all.

Changing rooms and shower facilities should remain closed.

Any necessary team meetings/briefings should be conducted on-pitch with physical distancing in place.

Home team, away team and match officials should be zoned on pitch for warm up.

Due to the need for “strict avoidance of gatherings...after events,” clubs under the jurisdiction of the Government of Ireland should not convene for post-match meals at present.

Technical Zones should be large enough to cater for social distancing between all those in the TZ, including subs and the Technical Zone attendees permitted in the zone.

Jerseys/jackets etc should not be exchanged between players and subs.

4.4 Medical Facilities

An isolation room should be available to separate any child or other person displaying or complaining of COVID-19 related symptoms.

A medical room should be available for use in line with public health measures.

Players who require pre-match treatment from a medical professional, including strapping, may arrive prior to five minutes before the warm-up.

All other strapping should be applied at home.

4.5 Match protocols

4.5.1 Stud check/Front Row talk/Coin Toss

These will all take place on the field of play at a time agreed with the referee.

4.5.2 Behaviours

Team members must refrain from:

- Handshakes
- High Fives
- Spitting or clearing of nostrils on pitch or grounds
- Post-match ‘tunnel’
- Sharing water bottles

4.5.3 Water Breaks

A water break of one minute will be introduced after approximately 20 minutes in each half to allow players access their own personal water bottles.

The exact time will be determined by the referee and will fall at an appropriate time and break in play after a score or close to the half-way line.

4.6 Departure From The Club

In accordance with government guidelines, both teams are asked to depart the club immediately after the warm down at full-time.

No meetings or gatherings should take place.

Until such time as changing rooms can reopen, team personnel are advised to bring an extra change of clothing to allow for weather conditions.

4.7 Concurrent Matches:

Clubs are asked to minimise the amount of matches taking place in the club at the same time and to stagger kick-off times.

The IRFU is asking Clubs to refrain from the staging of blitz events for mini rugby before September 13th.

This to minimise the need for a high volume of coaches/parent/guardians/officials to be present. Further guidelines will be issued along with mini rugby guidelines for the 2020/21 season.

Appendix K

Public Health & IRFU Guidance – General Training Advice (issued 08/08/2020)

- Training Groups are limited to 15 people per pitch
- This must include a minimum of 2 coaches
- COVID-19 Club Compliance Officer must be present
- Face coverings should be worn by non-players
- Maintain social distancing at all times
- All gyms are required to close
- No sharing of equipment is allowed
- Individual fitness only
- Sharing/passing of rugby ball only permitted between members of same household
- Players may use their own ball for closed skills e.g. kicking, lineout throwing, pass to target
- Club Members must travel to training alone or with members of same household
- All clubs members must continue to complete a Pre-Rugby Personal Assessment Form before training
- Observe the IRFU's KNOW > SHOW > GO Guidelines

Public Health Measures:

As per government guidelines, all club members should continue to do the things that will protect yourself and others. This is the best way of interrupting the transmission of the virus:

- Frequent hand washing, cough and sneeze etiquette, avoid touching eyes, nose and mouth, regularly cleaning and disinfecting surfaces
- Keep a safe distance of 2 metres from other people, especially those not among your close contacts
- Minimise your number of close contacts as much as possible and keep a record of your daily contacts in order to facilitate rapid contact tracing if you are diagnosed with

COVID-19

- Wear a face covering when using public transport, in retail settings or any other indoor setting where physical distancing cannot be maintained
- Know and self-monitor for the symptoms of COVID-19. If you have symptoms, you should self-isolate immediately and contact your GP without delay
- Download the COVID Tracker app
- Stay informed through trusted information sources and follow official public health