

COVID-19 HEALTH AND SAFETY PLAN



NEWBRIDGE
RUGBY FOOTBALL CLUB



Completed 15th July 2020 by the NRFC Covid Safety Committee

COMPLIATION OF HEALTH AND SAFETY PLAN

This document is compiled using the IRFU Return to Rugby Covid-19 Health and Safety Plan Template document, designed to assist Clubs in preparing a club specific COVID-19 Health and Safety Plan. The COVID-19 Health and Safety Plan outlines how clubs will manage training and club activities in order to minimise the spread of COVID-19 and safeguard members from the risk of infection. 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 is designed to be treated as a live document and will updated in line with best practice, new Government advise released and updates published by the IRFU.

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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
- 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:

- 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
- ECDC TECHNICAL REPORT Guidance for wearing and removing personal protective equipment in healthcare settings for the care of patients with suspected or confirmed COVID-19 February 2020

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

Contact Details	<p>Chairman - Mick McCoy 086 811 7877, mick_mccoy@hotmail.com</p> <p>Club Secretary - Noel Liston 0871155456, pnliston@gmail.com.</p> <p>Adult Player Contact - Barry McCann, Tel: 087 2789901,</p> <p>Under Age Player Contact – Hazel Galvin Mini's 086 3889001, Tony Kavanagh Youths 0873429099</p>
Address	Newbridge Rugby Football Club, Rosetown, Athgarvan, Newbridge, Co. Kildare
Facilities	Grounds and Clubhouse at Rosetown, Newbridge and The Green Road, Curragh.
Number of members and Teams	<p>Adult, Youth and Mini Players</p> <p>50 non-playing members</p> <p>470 players consisting of the following teams:</p> <ul style="list-style-type: none">• Minis 7 teams (U6 to U12)• Youths 5 teams U13 to 18s (no 16s)• Adults 3 teams• Girls 2 teams

3.0 ROLES AND RESPONSIBILITIES

COVID-19 CLUB Safety Officer	Maria Kenny Cox – 086 8317124, maria@coxconsulting.ie
COVID-19 CLUB Compliance Officers	• TBC ??
Other	Chairman - Mick McCoy 086 811 7877, mick_mccoy@hotmail.com Club Secretary - Noel Liston 0871155456, pnliston@gmail.com. Adult Player Contact - Barry McCann, Tel: 087 2789901, barry@inc.ie Under Age Player Contact - Hazel Galvin Mini's 086 3889001 Tony Kavanagh Youths 087 3429099

3.1 CHECKLIST

- COVID-19 Safety Committee members (COVID-19 CLUB Safety Officer, COVID-19 Compliance officers) appointed.
- COVID-19 Risk Assessment carried out by Competent Person.
- COVID-19 Health and Safety Plan is prepared.
- Adequate controls and procedures have been put in place at all times
- This document is updated 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 OFFICERS

COVID-19 CLUB Compliance Officers 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 PAID & VOLUNTEER / 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 - ADULTS, YOUTH PLAYERS & MINI'S / PARTICIPANTS / MEMBERS

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.
- 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

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 should be a visual inspection of club facilities. The inspection should also include 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 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 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

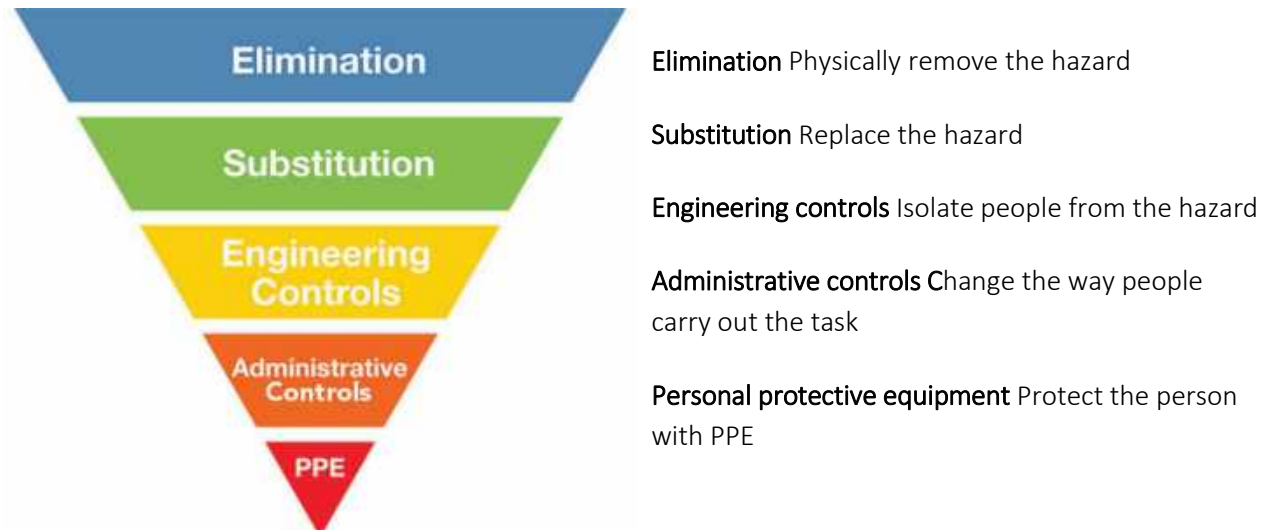
S = Sports Players/ Participants/Members

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 is recorded in tables in Appendix B2

5.0 PROPOSED CRITERIA FOR RESUMPTION

The club criteria for resumption of training and club activities is based on the club specific risk assessment.

5.1 PERSONAL HYGIENE & ETIQUETTE

The club will include measures for advising, implementing, and controlling personal hygiene and Etiquette in line with Government and Health Authority advice. This will include –

Going To & Coming From The Event

- No person (child, parent, coach or spectator) should attend an event if unwell or any members of their household are unwell with symptoms consistent with COVID-19.
- Households should bring their own household members to the event and not share transport to or from the venue. Parents are asked not to stay & if for medical reasons need to stay are asked to wait in their cars.
- Encourage parents to have children wait in the car/outside venue until just before the beginning of a practice, warm-up, or game, instead of congregating with other children prior to the start.
- Stagger arrival and drop-off times by groups to limit contact between children and parents as much as possible. For example, if there is a training session for an older age group after a younger training session, leave at least a 30 minutes break between the end of the 1st session and the start of the 2nd session. This also allows for time to clean and disinfect all frequently touched surfaces and equipment prior to the arrival of the next group.
- Notification of attendance to the COVID-19 compliance officer or event organiser ensures adequate facilities and staff for safer training. If there is a change in attendees circumstances, this needs to be notified to the event organiser in a timely way.
- Children should arrive, train & leave in their gear, avoid use of enclosed areas - changing rooms.
- Close shared spaces such as changing and locker rooms. Toilets use to be staggered use between different groups and clean and disinfect between use.
- A self-assessment of wellbeing of each attendee is required prior to commencement of training to ensure the wellbeing of children, staff and parents who attend the event.

Personal Hygiene Measures

- Everyone should be encouraged to cover their coughs and sneezes with a tissue/ inside of elbow.
- Used tissues should be thrown in a waste paper bin and the child should be reminded to wash their hands immediately with soap and warm water or hand sanitizer that contains at least 60% alcohol.
- Hand sanitizer should be readily available and easily accessible.
- Support healthy hygiene by providing all supplies including, paper towels, tissues, and no-touch/foot pedal rubbish bins.
- As hand-washing facilities are not available, hand-sanitizer containing at least 60% alcohol will be used as an alternative to hand washing.
- Hand-sanitizer will be readily available to all children, parents and coaches, that can be used regularly after handling equipment, coughing or sneezing or having direct contact with others.
- Children should be supervised when handwashing or using hand sanitizer
- Avoid sharing of water-bottles. Each child should bring their own water-bottle clearly labelled with their name.
- Discourage sharing of items that are difficult to clean or disinfect. Don't allow sharing of towels, clothing, or other items used to wipe faces or hands.
- Spitting should be strictly forbidden.

- Whistles should not be used at any time as alternative alert mechanisms can be used.

Face coverings

- Where physical distancing is not possible, cloth face coverings should be worn by coaches, officials, parents, volunteers and any other spectators present.
- Face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease).
- Face coverings are not recommended to be worn by children under 13 years.
- Face coverings may be challenging to wear while playing sport. Unless there is a safety concern however, children older than 13 years should be allowed to wear a face covering if desired.
- People wearing face coverings should be reminded to not touch the face covering and to wash their hands frequently.

Social distancing measures

- As much as possible, try to maintain social distancing of 2 metres between children.
- Display physical guides, such as signs or markings on floors or pitches, to make sure that coaches and players are aware of the 2 metre distance that is required for social distancing.
- Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs. Suggest alternative ways of celebration or greetings that don't involve contact.
- For close contact sports, as much as possible avoid contact aspect of sport and instead focus on fitness and skills, which can allow maintenance of social distancing during practices.
- Organise players into small groups or pods with designated coaches, that remain together and work through stations, rather than switching groups or mixing groups. This way each person will have contact with only a portion of the group at each training session.
- Create distance between children when explaining drills or the rules of the game.
- Social distancing must be maintained when children are not playing for example if there is a match underway and substitutes are waiting on the sidelines as they should maintain social distance. They can be encouraged to practice drills or exercises while waiting on the sidelines or if too young to maintain social distancing alone, they should be accompanied by an adult.
- The ability of children to socially distance will depend on their age. For young children, it may be necessary to ask coaches to monitor their children to ensure that they maintain social distancing.
- Identify adult coaches or volunteers to help maintain social distancing among children, coaches, referees and spectators.
- Limit the number of children sitting in confined player seating areas (e.g., dugouts) by allowing players to spread out into spectator areas and along the sideline.

Cleaning and disinfection Measures

- Compliance Officer to be designated in charge of cleaning and disinfecting of any shared equipment before, during and after all sessions/activities.
- Minimize equipment sharing, and clean & disinfect shared equipment between use by different people.
- Jerseys or bibs should not be swapped during a training session or game and should be washed at the highest temperature after every use.
- Develop a schedule for increased, routine cleaning and disinfection of all frequently touched area.
- Ensure safe and correct use and storage of disinfectants, including storing products securely away from children. GUIDANCE Return to sport for children and adolescents 5
- In addition to cleaning and disinfecting equipment, provide and encourage children to use handsanitizer to disinfect their hands after playing contact sports or activities or using any shared equipment.

- Use gloves when removing rubbish bags or handling and disposing of any rubbish and wash hands with soap and water for at least 20 seconds afterward.

Additional measures

- Designate a COVID-19 Compliance Officer who is the point of contact that all parents and children are aware of.
- Ensure adequate supplies of shared items (e.g., balls). Alternatively, limit use of supplies or equipment to one group of players at a time and clean and disinfect between use.
- For Items that may be difficult to decontaminate members must provide their own.
- Ensure that each members belongings are separated and in individually labeled containers or bags to avoid confusion between belongings and sharing of items.
- For sports involving large teams, consider decreasing the sizes of teams for matches.
- Spectators at rugby events or activities not allowed
- Teams should avoid travel where possible and limit it to within their own area .
- Display awareness posters with messaging related to hand hygiene and cough etiquette at entrances and exits and in toilets.

Contact Tracing Measures

- A log of all players and spectators attending every session, with contact information for contact tracing purposes must be recorded to enable contact tracing, should it be required.
- This log should be electronic and should be completed in advance where possible.
- The designated COVID-19 Compliance Officer should ensure that the information recorded in advance on the log is accurate each day.
- There should be a system in place where this log is updated in real time for any necessary changes, for example if a child's parent is unable to accompany them at short notice and they are accompanied by a different person, this should be updated on the online log in real time.
- This log should be readily and quickly accessible for contact tracing purposes.

Communication with parents and children

- Communicate all new measures and rules which will need to be implemented related to COVID-19 with parents in advance of resumption of any activities. Ensure that parents and children understand what measures are obligatory.
- Ensure that parents and children are fully aware of all symptoms of COVID-19. The most common signs and symptoms of COVID-19 are available on the HSE website
- Ensure all parents understand the need to immediately self-isolate for 14 days and to phone their doctor in the event of onset of any COVID-19 signs or symptoms or to restrict their movement if they have had recent close contact with a suspect or confirmed COVID-19 case. Further information on when and how to self-isolate and restrict movement are also available on the HSE website.

How to manage a child, parent, player or spectator with COVID-19 symptoms

- Ideally the designated COVID-19 Compliance Officer should take charge of the management of any persons with COVID-19 symptoms.
- Immediately separate any child or other person displaying or complaining of COVID-19 related symptoms from other children, parents and spectators.
- Ask this person to wear a face covering if possible or if available provide them with a facemask.
- The designated person managing the situation should try to maintain at least 2 metres from the person with symptoms and should wear a face covering and wash their hands regularly.

- Provide the ill person with tissues and hand sanitizer and ensure that all tissues are disposed of in a waste bag that can be tied and marked as separate from other waste.
- If they are well enough to go home, arrange for them to be transported home by a family member, as soon as possible and advise them to inform their general practitioner by phone of their symptoms.
- If they are too unwell to go home or advice is required, contact 999 or 112 and inform them that the sick person is a COVID-19 suspect.
- All persons who have been in close contact with the suspect case will need to be informed to restrict their movement for 14 days or until further information is available (i.e. a negative test result of the suspect case).

5.2 CLEANING TO PREVENT CONTAMINATION

The club will include measures and procedures which will be implemented for enhanced cleaning in line Government and Health Authority advice. This may include –

General Cleaning Protocols

- Start with the cleanest areas & move to the dirtiest
- Use an all-purpose, anti-microbial cleaning solution. The cleaning of sanitary facilities can be enhanced by using a disinfectant. Household bleach products may also be sufficient cleaning products
- Objects that are frequently touched by more than one person are to be cleaned and disinfected regularly e.g. door handles, toilet facilities, etc.
- The sharing of equipment is to be avoided, and if required to be shared they are to be disinfected before other person gets the equipment. Focusing on the places where you touch the equipment.
- Wash hands regularly with soap and water for 20 seconds, and after removing gloves, disposable aprons and other protection used whilst cleaning.

Cleaning of Space following Suspected/Confirmed Cases

- Where possible close and secure areas where member has been for 72 hours, if this is not possible then the area should be well ventilated with fresh air for a minimum of 1 hour and the then cleaned & disinfected.
- Areas where a symptomatic individual has passed through and spent minimal time, such as corridors, but which are not visibly contaminated with body fluids can be cleaned thoroughly as normal.
- All surfaces that the symptomatic person has come in contact with to be cleaned and disinfected, including:
 - objects which are visibly contaminated with body fluids
 - all potentially contaminated high-contact areas such as bathrooms, door handles, telephones, grab-rails in corridors, stairwells and balls/equipment.
- Use disposable cloths or paper roll and disposable mop heads, to clean all hard surfaces, floors, chairs, door handles and sanitary fittings, following one of the options below:
 - 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 & 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. • Avoid creating splashes and spray when cleaning.
- 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
- Any cloths and mop heads used must be disposed of and should be put into waste bags as outlined below.
- When items cannot be cleaned using detergents or laundered, for example, upholstered furniture and mattresses, steam cleaning should be used.
- Any items that are heavily contaminated with body fluids and cannot be cleaned by washing should be disposed of.

Laundry

- Wash items in accordance with the manufacturer's instructions. Use the warmest water setting and dry items completely. Dirty laundry that has been in contact with an unwell person can be washed with other people's items.
- Do not shake dirty laundry, this minimises the possibility of dispersing virus through the air.

- Clean and disinfect anything used for transporting laundry with your usual products, in line with the cleaning guidance above.

Waste

- Waste from possible cases and cleaning of areas where possible cases have been (including disposable cloths and tissues).
- Should be put in a plastic rubbish bag and tied when full.
- The plastic bag should then be placed in a second bin bag and tied.
- It should be put in a suitable and secure place and marked for storage until the individual's test results are known.
- Waste should be stored safely and kept away from children. You should not put your waste in communal waste areas until negative test results are known or the waste has been stored for at least 72 hours.
- if the individual tests negative, this can be put in with the normal waste
- if the individual tests positive, then store it for at least 72 hours and put in with the normal waste
- If storage for at least 72 hours is not appropriate, arrange for collection as a Category B infectious waste either by your local waste collection authority if they currently collect your waste or otherwise by a specialist clinical waste contractor. They will supply you with orange clinical waste bags for you to place your bags into so the waste can be sent for appropriate treatment.

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.

List of Potential HighTouch Points (not exhaustive)

- 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

Safe Operating Procedure for Cleaning Sanitary Facilities, Changing Rooms, Touch Points

- Wear disposable or washing-up gloves and disposable aprons for cleaning. These should be double-bagged, then stored securely for 72 hours then thrown away in the regular rubbish after cleaning is finished
- Using a disposable cloth, first clean hard surfaces with an all-purpose, anti-microbial cleaning solution.
- Then disinfect these surfaces with a household surface disinfectant
- Pay particular attention to frequently touched areas and surfaces, such as bathrooms, grab-rails in corridors door handles, balls.
- Carefully clean the sports equipment used at the end of each session & disinfect with household surface disinfectant. Wash reusable cleaning cloths at a temperature of at least 90°C or in disinfectant.
- Clean down the cleaning equipment and the contact surfaces of the cleaner containers with the disinfecting multipurpose cleaner/wipes
- If an area has been heavily contaminated, such as with visible bodily fluids, from a person with coronavirus (COVID-19), consider using protection for the eyes, mouth and nose, as well as wearing gloves and a disposable apron
- Wash hands regularly with soap and water for 20 seconds, and after removing gloves, disposable aprons and other protection used while cleaning

- PPE and cleaning materials to double-bagged, stored securely for 72 hours, then dispose in the regular rubbish
- Responsibility – Covid Compliance Officer

Balls and Equipment

- The use of bibs etc. will not be allowed.
- No team water bottles allowed – everyone brings their own
- 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.
 - The club will rotate as much as possible equipment (tackle bags, hit shields etc) to allow 72hours between use to reduce the risk of spread of infection. But this does not negate the requirement for sanitation before and after each use
- Once use of balls & equipment permitted
 - Balls and Equipment 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 will be cleaned after each training session and not shared amongst group.

Cleaning of Balls & Equipment

- Use disposable cloths/paper to clean all hard surfaces. Balls can be submerged in a bucket of cleaning solution.
- Cleaning to be completed using household antibacterial cleaning products.
- Disinfection should follow normal cleaning using a disinfectant effective against viruses, or 0.1% sodium hypochlorite
- 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 need to be carefully performed, to avoid splashes.
- All textiles (e.g. bibs, clothes.) should be washed using a hot-water cycle (90°C) with regular laundry detergent.

5.3 TRAINING NUMBERS AND PERMITTED ACTIVITIES

Return to Rugby

- Minis to return Saturday September 5th
- Youths to return mid to late August (TBD)
- Seniors to return Wednesday July 22nd

Reduced training numbers

- Minis – 2 coaches with 16 players per Pod
- Youths – 2 coaches with 20 players per Pod
- Senior – 2 coaches with 15 players per Pod

1st weeks (20th of July to 1st of August) consist of non-contact:

- Skills based activities (handling, decision making, positioning/support play)
- Unopposed set piece and team
- Fitness –Building the foundation

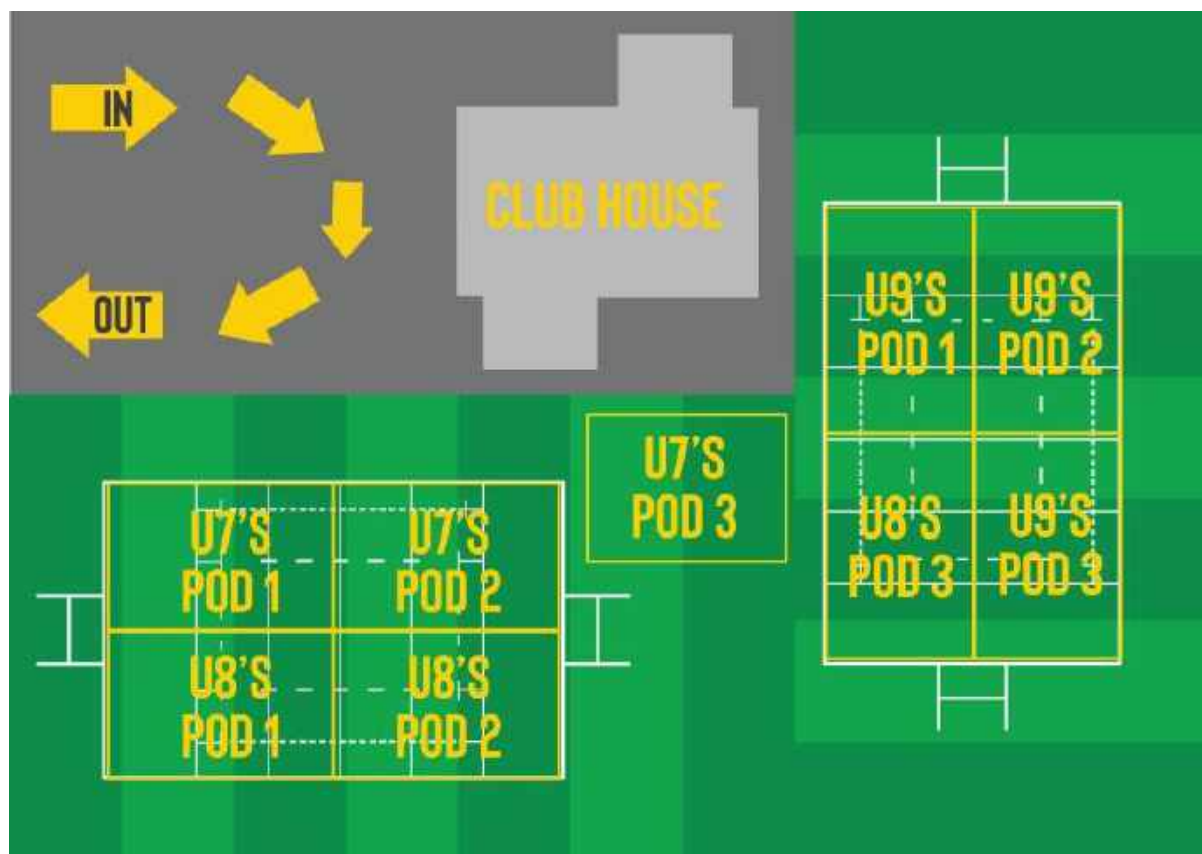
AUGUST BUILD UP TO CONTACT 4 WEEK BLOCK WITH CONTACT PREP BEGINNING:

No Scrummage or mauling in the first week, gradual return.

- Controlled contact development (using pads and shields). Working in grids or drills of 2 to 3 participants progressing from walking, jogging to running.
- Control contact development. Working in small numbers on 1 to 1 contact scenarios with controlled gradual progression ;
 - Open play: 1v1tackle, 2v1 ruck, 3v2 defence etc.
 - Scrum: 1v1, 2v2, 3v machine, 3v3, 5v machine, 5v5 8v machine, 8v8, etc.
 - Lineout: unopposed working from 3 players progress to 7 and then add opposition, etc (limit the amount of time mauling).
- Impact with bump, targeting contact entry points only (limited to 2, then 3 participants...)
- Contact limited numbers and time.
 - Unit Forward (8 players)
 - Unit backs (7 players)
 - Phase play (varied eg 6v4, 7v5, 10v5, 10v8, 7v7, 15v5 etc.)
- Contact full, gradual progression to reflect the reality if the game time limited per session building to a 10 to 15min hit out for the session.
- Possibly friendly–warm-up 29th, 30th
- Initial fixtures September 5th-6th (In cooperation with National and Provincial competition committees)

New Training Session Schedule for all ages

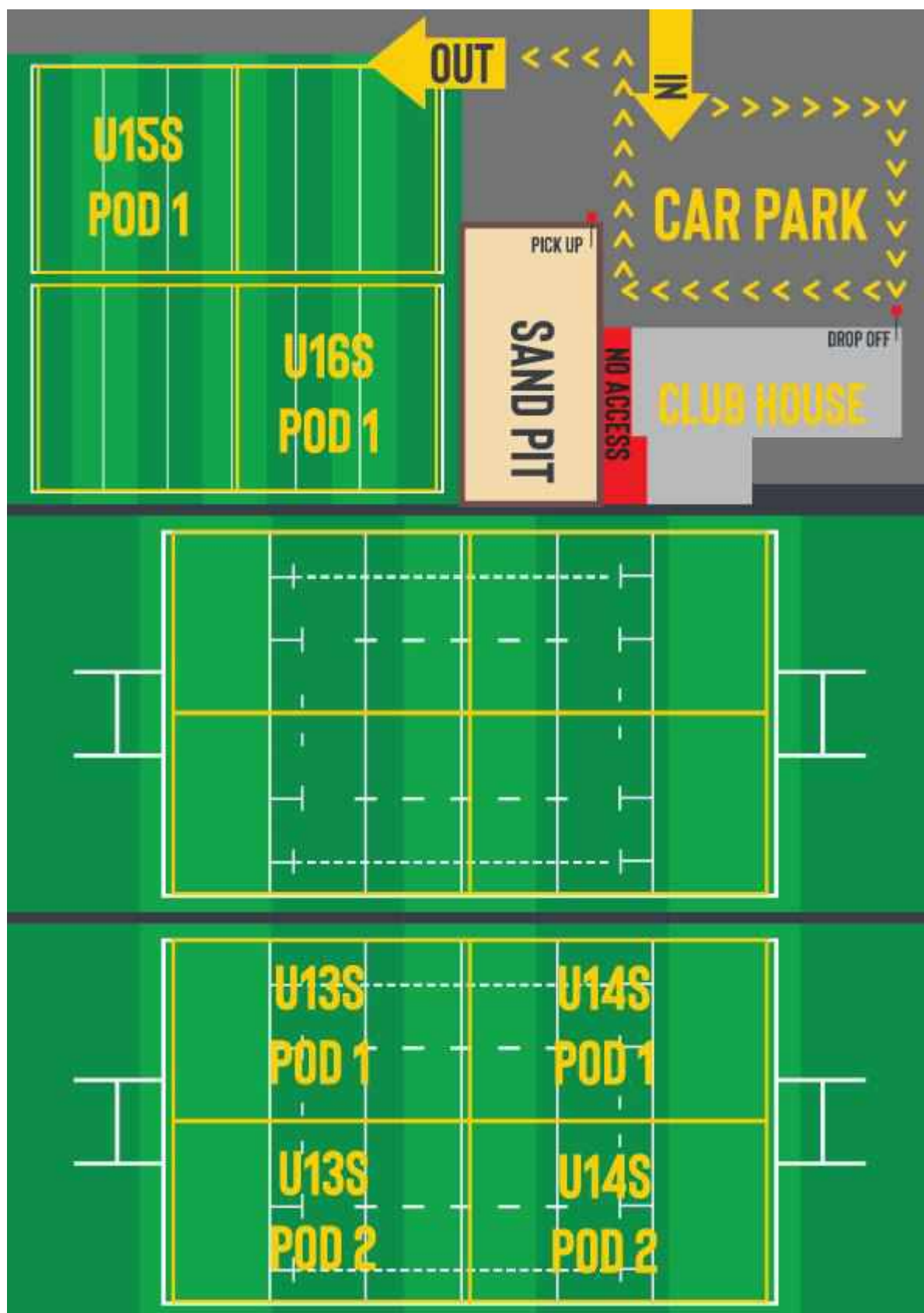
Saturday Morning - 10am to 11am - Minis - Curragh Layout



Saturday Morning – 10am to 11am – Minis - Rosetown Layout



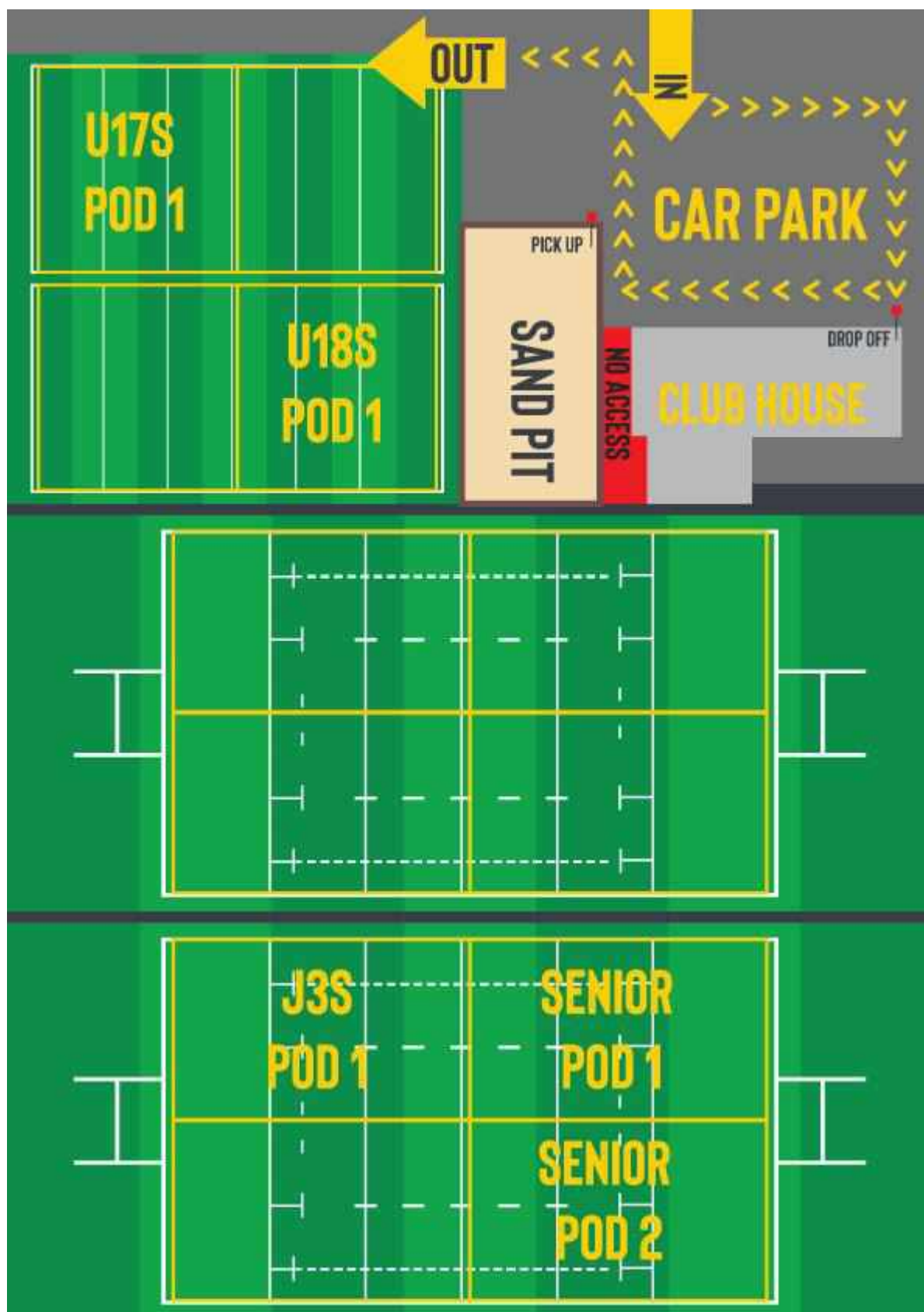
Tuesday Evening – 7:30pm to 8:30pm – Youths – Rosetown Layout



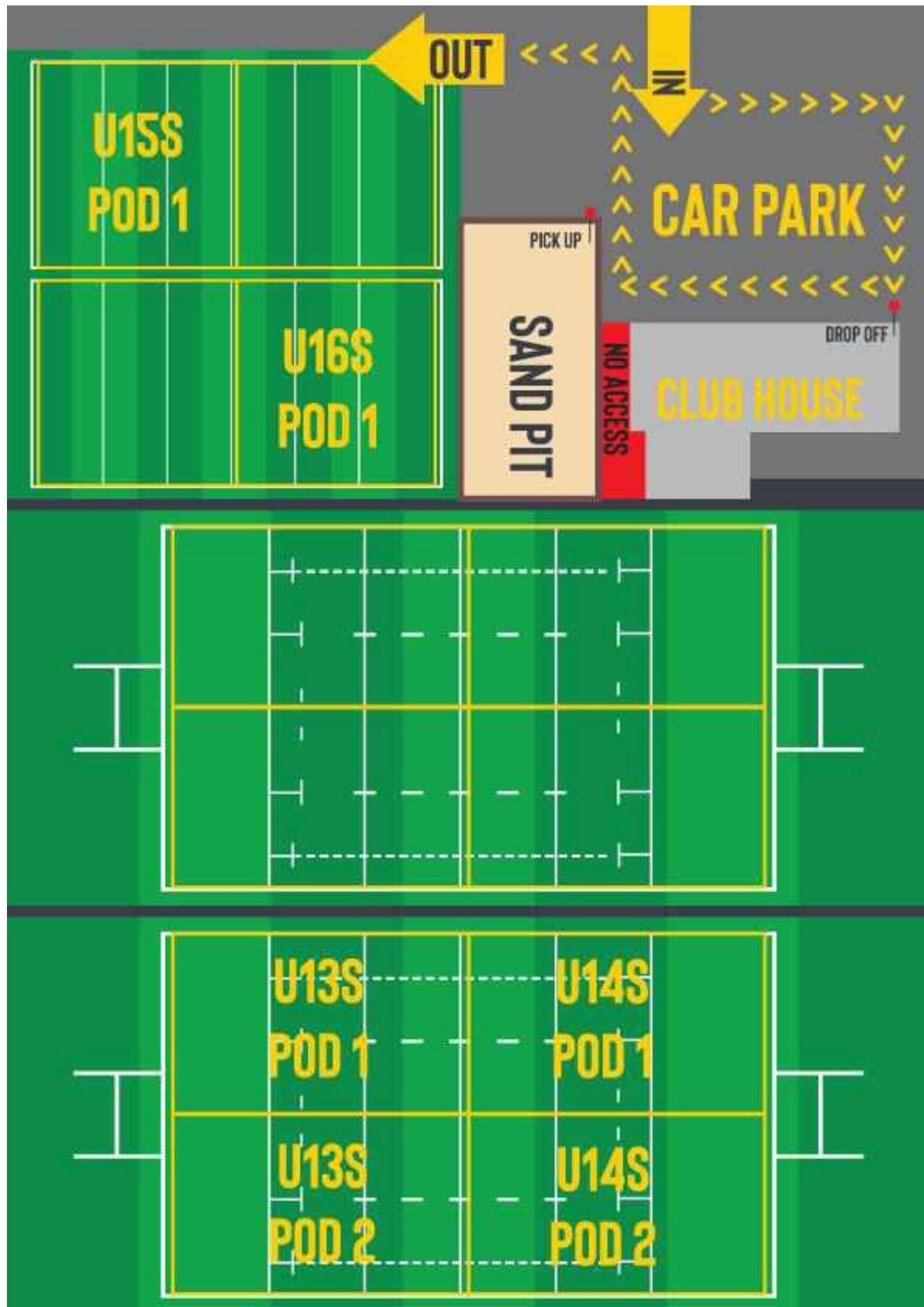
Wednesday Evening – 6pm to 7pm – Youths – Rosetown Layout



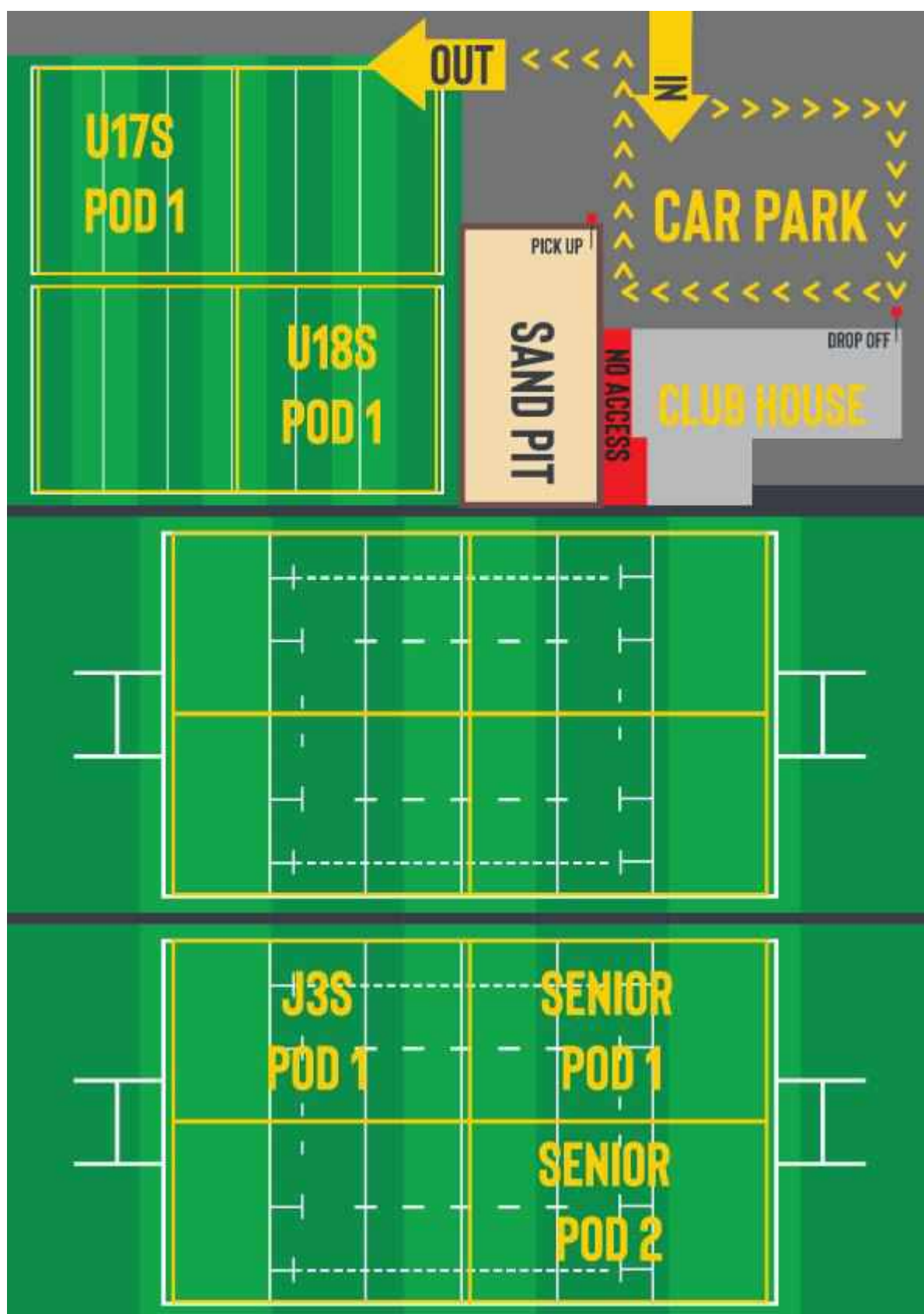
Wednesday evening – 7:30pm to 8:30pm – Youths & Senior – Rosetown Layout



Thursday evening – 7:30pm to 8:30pm – Youths – Rosetown Layout



Friday evening – 7:30pm to 8:30pm – Senior & Youths – Rosetown Layout



5.4 USE OF PPE

The use of Personal Protective Equipment (PPE) i.e. gloves, masks, eye goggles should not replace personal hygiene and cleaning practices to stop the spread of COVID-19.

The use of PPE and training in its use will be provided to coaches & first aiders for cases where close contact is required e.g. injury, where person gets ill during training.

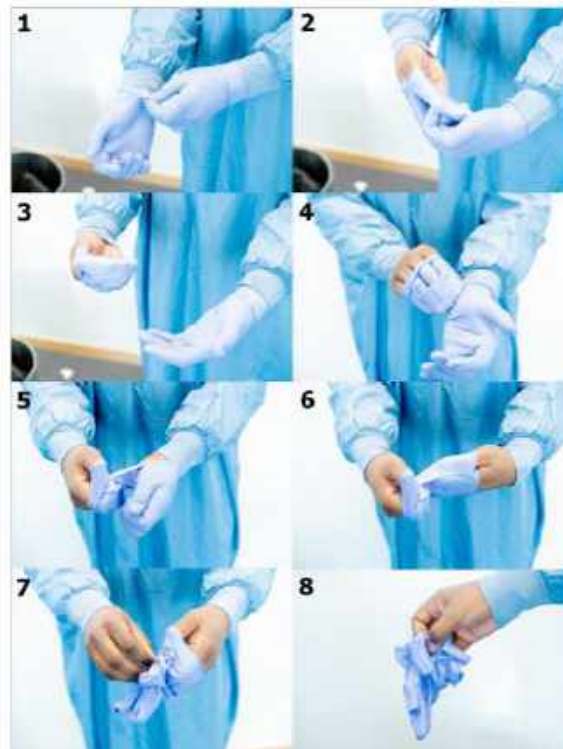
The PPE gear will be kept in the isolation room, and/or an agreed secure area to be used for Emergency cases only. The PPE should be locked away so it cannot be taken for daily use. The Compliance Officers should have a key for the locked PPE

Use of disposal 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.

- Disposable gloves will be provided to all coaches & first aiders.
- Disposable gloves to be worn where there is a requirement for close contact with another person e.g. in the case of an injury or where a person becomes ill during training - suspected case of COVID
- Before wearing the gloves clean or sanitise hands.
- For individuals allergic to latex gloves, an alternative option, for example nitrile gloves, will be available.
- When removing the gloves
 - Use alcohol-based hand disinfectant before removing the gloves.
 - The gloves should be removed following eight steps:
 1. Start by pinching and holding the glove (with the other gloved hand) between the palm and wrist area,
 2. Peel the glove away from the wrist until it turns inside out covering the fingers.
 3. With the now half-gloved hand, pinch and hold the fully gloved hand between the palm and wrist,
 4. peel the glove away from the wrist until it turns inside out and covers the fingers.
 5. Now that both hands are half-gloved, remove the glove from one hand completely by grabbing the inside part of the glove and peeling it away from the hand,
 6. do the same for the remaining half-gloved hand using the non-gloved hand, while always grabbing the inside part of the glove.
 7. Dispose of the gloves in a plastic bag.
 8. Biohazard material to bagged, sealed, double bagged and removed for disposal.
 9. After removing the gloves hands should be cleaned and sanitised, and new gloves worn to remove other PPE.



Use of Face Masks

- Face masks that protect from the **inhalation** of droplets and particles, to be used. ECDC suggest that FFP2 or FFP3 respirators be used when managing a suspected or a confirmed COVID-19 case.
- The metal nose clip needs to be adjusted and the straps have to be tightened to have a firm and comfortable fit.
- Gloves to be put on after respirator
- Clean gloves must be worn to remove the respirator
- To remove the respirator a finger or thumb should be placed under the straps in the back and the respirator taken off
- The respirator should be disposed of after removal as detailed for the gloves above.
- It is important to avoid touching the respirator with the gloves (except for the elastic straps) during its removal

Use of Eye Protection - Goggles

- Put on the goggles for eye protection, after respirator.
- Place the goggles over the mask's straps and ensure that the textile elastic strap fits snugly
- If goggles with temples are used, make sure that they are properly positioned and fit well
- Put on gloves after eye protection.
- Goggles should be removed and either disposed if they are single-use, or placed in a bag or container for disinfection
- In order to remove the goggles, a finger should be placed under the textile elastic strap in the back of the head and the goggles taken off. Touching the front part of the goggles, which can be contaminated, should be avoided.

5.5 TRAINING & COMMUNICATIONS

Covid-19 Safety Officer

The club Covid-19 Safety Officer holds a master's degree in Occupational Health and Safety. She attended the initial IRFU Covid-19 webinar and has also completed the training course on Covid-19 Sports Ireland website. She has made great use of the IRFU Return to Rugby for Clubs programme. She will continue to further her knowledge on Covid-19 developments by regularly logging on to the IRFU and other relevant websites.

She will ensure that updates on the responses to Covid-19 are communicated to the club's Compliance Officers by dedicated WhatsApp group messaging and emails

Covid-19 Compliance Officers

Each club Compliance Officer will be provided with a description of the Role and Purpose of the position and will be required to complete the Covid-19 training courses on the World Rugby & Sport Ireland websites and to print off the completion certificates for both courses. Compliance Officer will be directed to read and become familiar with the material on the IRFU website "IRFU Return To Rugby Guidelines For Clubs". The Compliance Officers will also be given club specific direction for their role.

Coaches

Every club coach will be provided with a copy of the IRFU Guidelines For Coaches and will be required to complete the Covid-19 training course on the World Rugby & Sport Ireland websites and to print off the completion certificates for both courses. The coach will be expected to comply with the requirements of Guidelines for Coaches. The Coaches will also be given club specific direction for their role.

Adult Players

All adult club players will be required to complete the Covid-19 training courses on the World Rugby & Sport Ireland websites. They will then be required to save the course certificates and email them to their Compliance Officer. Adult players will receive the IRFU Guidelines for a Player document. The player will be required to complete and return the Personal Declaration Form to the Compliance Officer on the first occasion of attending training and to advise the Compliance Officer if there has been any change in the players symptoms when arriving for training thereafter.

Parents/Guardians

The parent/guardian of each age grade player will be requested to complete the Covid-19 training course on the Sport Ireland website with their child/children. Parents/guardians will be provided with the IRFU Guidelines for a Player and will be expected to comply with its requirements and to tutor their child/children on its key requirements. Parents/guardians will be advised by the club of the name of each player's Compliance Officer and will be required to follow the officer's instructions. A parent/guardian will be required to complete and return the Personal Declaration Form to the Compliance Officer on the first occasion each child attends training and to advise the Compliance Officer if there has been any change in the child's symptoms when arriving for training thereafter.

Referees

All the club's club referees will be required to complete the Covid-19 training courses on the World Rugby & Sport Ireland websites. They will then be required to save the course certificates and email them to club's Covid 19 Safety Officer. Each of the referees will be provided with a Personal Declaration Form and if on any occasion a referee has any of the symptoms listed, that he advises the Area Referee Coordinator of his condition as early as possible.

The club will keep members, players, parents and visitors updated on the club's ongoing arrangements to control the virus with announcements on its WhatsApp groups, website, Facebook and twitter platforms and as well as notices at the entrance to the grounds, in the clubhouse and at its pitches.

5.6 GETTING TO 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.
- All declarations are private and confidential documents and will be treated in the highest regards.

Notification of Training Times

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

Where a player/coach exhibits any signs of COVID-19 or has been exposed to a confirmed case, they should not travel to training.

Travelling to / from Training / Check-in

- Wherever possible, players/coaches should travel to training alone using their own means of transport.
- Social distancing is advised when travelling in vehicles to/from training.
 - a. Single occupancy of vehicles is preferable.
 - b. If single occupancy is not an option Sit as far apart as the vehicle allows.
 - c. It is advisable to limit the “churn” of people travelling together (i.e. try to ensure the same people travel to/from training together day after day).
- On exiting the car, players and coaches are requested to enter the pitch by the approved check-in area immediately .. ie no lingering in groups in the car park
- Check-in areas will be set u beside your pods pitch

- Hand sanitisers will be provided next to Check-in area to allow people to sanitise before entering the pitch. At the check-in area signage asking persons to stay behind the line and keep distance from others will be provided
- As all club facilities other than toilets will be closed, players are advised to travel to and from training toggled 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.

Leaving training

- When training finishes, members should be advised to leave the pitch promptly and sanitise their hands before they get back in their cars. Members should be advised to shower as **soon as possible after training and to limit touching surfaces in their home until they have showered.**

5.7 PHYSICAL DISTANCING

In order to assist in physical distancing, we will implement the following measures

- A one-way system on access routes from the car park to and from the training area will be established.
- Where possible, marked up walkways will be used to help give an indication of what a 2-metre spacing looks like.
- Training areas will be divided into zones with players/coaches allocated to training within each zone. With movement between zones will be minimised and controlled at all times.
- Avoid physical greetings while remaining courteous to others
- A no hand shaking policy will be in place
- Respect the personal space of others by keeping a 2m distance from them where practicable
- Avoid stopping for conversations in walkways
- 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.

Spectators / Visitors / Meetings

- 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.
- Meetings, where practicable should be carried out remotely / virtually.
- Any required visitors should be accompanied at all times and have restricted / controlled access to the clubhouse. All visits are by appointment only.

Players

- Players must refrain from handshakes and high fives.
- Practice good cough/sneeze etiquette and dispose of any used tissue in a responsible manner.
- Avoid touching your face.
- Remain apart from other players when taking a break.
- If a ball from another zone comes across, send it back with a kick on the ground. Refrain from picking up the ball.
- Social distancing is advised when travelling in vehicles to/from training.
- No spitting or clearing of nostrils on pitch or grounds.

5.8 USE OF FACILITIES – CLUBHOUSE & OTHER FACILITIES

- Bar, function room, changing rooms and gym will remain closed.
- Outside (back door) to clubhouse will be open during training/matches for access to toilet.
- Changing rooms, gym and door to bar and function room will be locked.
- Toilets to be open during training and matches and use of these facilities will be supervised by a designated person throughout.
- Toilet facilities are to be sanitised before and after every training session.
- Person supervising toilets will adhere to recommended cleaning and sanitising guidelines following each use, please see section 5.2.
- Disposable paper towel in toilets not hand dryers, along with warm water & soap
- 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.
- Person supervising toilets and kitchen will wear a mask and gloves and will change gloves after each cleaning/sanitising activity.
- Outside tap will not be in use.
- Kitchen will be only be accessible in cases of urgent need for water.
- In an emergency water can be obtained from the kitchen with the help of supervisor who will enter the kitchen alone and who will wear gloves and adhere to recommended cleaning and sanitising guidelines.
- Players to arrive in full kit.
- Players must bring own water bottles and must never share.
- Player can bring own equipment such as stretch bands, foam rollers but must not share.
- All shared equipment such as balls, cones, hit shields, tackle tubes etc. should be thoroughly sanitised following every session.
- Players should bring their own small bottle of sanitiser or sanitising wipes.

Actions and Resources Needed to Fulfil Above Recommendations

- Check that keys are available to lock gym, changing rooms, bar, function room and clubhouse.
- Initial deep cleaning and sanitising of toilets and kitchen.
- Draw up rota of persons to supervise toilets and kitchen.
- Close off outside tap.
- Ensure adequate supply of gloves, sanitiser and cleaning products for kitchen and toilet areas.

5.9 CATERING & REFRESHMENT FACILITIES

The club house catering and bars shall remain closed until permitted to do so. Prior to opening clubhouses the club will 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

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 Leinster Branch/IRFU reserve the right to intervene.

5.11 DISCIPLINARY ACTIONS

Breaches in Compliance

Clubs: Any club found to be acting outside of the Guidelines could be subject to disciplinary measures as decided by Leinster 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 could be subject to disciplinary measures from removal from venue/session (Monitored by clubs) to suspension (guided by branch/IRFU).

5.12 CONTACT LOG

Newbridge RFC will be using Google sheets to collate and maintain logs:

- Each age group will be divided into pods
- Each pod will have a Covid Compliance Officer
- A spreadsheet in Google sheets will be set up for each pod and shared with the Covid Compliance Officer assigned to that pod.
- Only the Covid Compliance officer will have access to their pods information.
- The spreadsheet will contain all the players names and training dates for that pod
- Within the spreadsheet, there will be the option of marking the players attendance with an "x" if they attend or to leave it blank if they do not
- Each Covid Compliance officer will mark the attendance of each player for each training night before training takes place
- The spreadsheet will be stored in a central folder in the cloud that will be monitored by the Covid Safety Officer and the Director of Rugby

5.13 COVID-19 ACTION LIST/CHECK LIST

The checklists & audit forms required to help in the implementation of the procedures in this health and safety plan are contained in Appendix E.

6.0 SUSPECTED CASE RESPONSE PLAN

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 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,
- Unwell person will be asked to not touch any surfaces and to dispose of their tissues in the bin provided.

Response Procedure

- Isolate the person from others and provide a disposable surgical mask to the ill person, & those attending to the person to wear mask & gloves.
- Move the person to one of the 2 isolation rooms located near the players' entrance to the dressing rooms. Maintaining social distance of 2m if possible.
- Contact next of kin to arrange for person to be transported home, or arrange for member to depart in their own vehicle if well enough to do so.
- 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
- Should the person be seriously ill contact 999 and alert the emergency services if the person is exhibiting symptoms of Covid-19
- Clean the area where the person was and all places they have been. This may mean evacuating those areas. Use PPE when cleaning. See cleaning procedures in this document section 5.2.
- Clean the area where the close contact people were working and all common areas they have been. This may mean evacuating those areas. Use PPE when cleaning.

- Review risk management controls relating to COVID-19 and review whether work may need to change. Keep employees up to date on what is happening.
- Waste to be disposed of in the manner described in section 5.2 Cleaning to Prevent Contamination.
- Covid Safety Officer to contact relevant Covid Compliance Officer(s) for the group the ill person was in contact with in the past 14 days.
- Relevant Covid Compliance Officer(s) to identify who has had close contact with the infected person while on the NRFC premises over the past 14 days, including before the infected person started showing symptoms. Inform all close contacts identified, or their parents/guardians in the case of under 18's, to isolate for 14 days.
- 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

Where there is a suspected/confirmed case of COVID-19 but player not in NRFC when became ill -

- Covid Safety Officer to contact relevant Covid Compliance Officer(s) for the group the person was with in the past 14 days.
- Covid Compliance Officer(s) to consult log of attendance & inform others who were in contact with the suspected/confirmed case to isolate for 14 days.
- Clean the area where the infected person and their close contacts were in attendance and all common areas they have been. Use PPE when cleaning.
- Review risk management controls relating to COVID-19 and review whether activities may need to change. Keep members up to date on what is happening

The following will be available in the isolation area(s) - ventilation, e.g. fresh air ventilation / ability to open a window, tissues, hand sanitiser, disinfectant and/or wipes, gloves, masks, waste bags, pedal-operated, closed bin.

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

1. 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).

2. 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 will be made 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 6 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.

3. First Aid PPE Requirements

The following PPE must be available for responding to first aid incidents: Disposable gloves (nitrile/latex), FFP3 or FFP2 Face masks, Disposable plastic aprons and 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

Clubs 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 will be delivered to all members to help ease concerns about risk of infection

Appendix A – Health Declaration
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?	<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"/>
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?	<input type="checkbox"/>	<input type="checkbox"/>
3B 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"/>
A Cough	<input type="checkbox"/>	<input type="checkbox"/>
B Breathing difficulties	<input type="checkbox"/>	<input type="checkbox"/>
C Fever/ High temperature	<input type="checkbox"/>	<input type="checkbox"/>
D Sore Throat	<input type="checkbox"/>	<input type="checkbox"/>
E Runny Nose	<input type="checkbox"/>	<input type="checkbox"/>
F Flu Like Symptoms	<input type="checkbox"/>	<input type="checkbox"/>
G Rash	<input type="checkbox"/>	<input type="checkbox"/>
H Loss Of Smell/Taste	<input type="checkbox"/>	<input type="checkbox"/>
6 Have you been advised by a doctor to cocoon?	<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 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 1. - Universal Risk Assessment

Universal Risk Assessment – Applicable to Both the Rosetown and Curragh Grounds

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										
1. Lack of Information	Serious Illness Spread of Virus	P, S, V	4	3	12	a. Provide COVID-19 Induction training to all members before they return to the training b. Update all relevant documents and communicate the updated information c. Provide Signage in key locations d. COVID-19 Compliance officers to check daily updates from the Government	4	1	4	Encourage all members to follow news and guidelines provided by HSE www2.hse.ie/coronavirus/ Perform regular toolbox talks and circulars to remind members of current protocols, and new updates
2. Shaking Hands / Physical Greeting	Serious Illness & Spread of Virus	P, S, V	4	4	16	e. Provide COVID-19 Induction training to all members before they return to training f. Signage to be displayed of the spread of the virus g. COVID-19 Compliance Officers to monitor and discourage.	4	3	12	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

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	
3. Washing / Cleansing Hands	Serious Illness Spread of Virus	P, S, V	4	4	16	h. Provide COVID-19 Induction training to all persons before they return to training i. Signage on hygiene to be displayed at the entrances, and other appropriate locations j. Signage to be displayed at sinks indicating correct method on how to wash hands effectively k. 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
4. Document sharing	Spread of Virus	P, S, V	4	4	16	l. No paper documents to be handed out or shared with members where practicable m. All information to be stored on a share drive. Security protocols to be put in place as required. n. All documents to be sent via email or link	4	2	8	
5. Travelling to and From Training	Serious Illness & Spread of Virus	P, S, V	4	4	16	o. Discourage car sharing p. Encourage players to travel in their own vehicle or with members of their own household q. Encourage players to regularly sanitise their car r. Arrive at the club ready to play s. Drivers must Drop off and go or wait in their cars	4	2	8	
6. Physical Distance	Serious Illness Spread of Virus	P, S, V	4	4	16	t. Pitches to be laid out to allow 2m social distancing u. Rooms to be laid out to allow 2m social distancing, or, where seats are 1m<2m, screens/solid guarding to be provided between members v. Limit the number of players at training sessions w. Training rota to be created to reduce number of persons at any one time	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

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	
						x. Limit number of chairs in a meeting room, or where seats can't be removed, blank off seats less than 2m from each other. y. Signage to remind members to stay physically distance z. Provide COVID-19 Induction training to all members before they return to the club aa. All members to complete health declaration bb. Spectators are not permitted to watch training.				
7. Unavoidable Close Contact – First Aid	Serious Illness Spread of Virus	P, S, V	4	5	20	cc. Persons must wear appropriate PPE and follow strict hygiene protocols dd. Create an exclusion zone around their activity ee. Direct contact log for each person must be kept	5	3	15	
8. Shared Touchpoints: Gates, Toilets, Light switches, Door handles, etc.	Serious Illness Spread of Virus	P, S, V	4	4	16	ff. 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. gg. Hand sanitizer to be available at entrances and key locations of shared touchpoints (e.g. pitches, toilets, gates, sign-in areas, etc.) hh. Loose material/items to be tidied away on desks ii. Mechanism for leaving doors/gate open to reduce requirement to touch surface should be considered. jj. 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
9. Handrails	Serious Illness	P, S, V	4	4	16	kk. Clubs to ensure handrails are cleaned regularly ll. Hand sanitizer made available to allow persons to sanitise their hands after using handrails	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	
	Spread of Virus									
10. Workstations	Spread of Virus	P, S, V	4	4	16	mm. All desks to be disinfected by the user at the end of each use. nn. Desks to be kept clean and tidy oo. Workstations to be arranged to allow a 2m distance between users	4	2	8	Hot desking should not be permitted.
11. Meetings	Serious Illness Spread of Virus	P, S, V	4	4	16	pp. To be done remotely if possible qq. Meeting room to be set up to allow social distancing rr. No physical greeting	4	2	8	
12. Shared Appliances – Kettle, Coffee-Machines; Water Coolers, Printers	Serious Illness Spread of Virus	P, S, V	4	4	16	ss. All appliances to be disinfected regularly tt. Users to sanitise hands before and after use uu. Disinfectant to be made available vv. Signage to be displayed in relevant areas	4	2	8	
13. Water bottles and refill station	Serious Illness Spread of Virus	P, S, V	4	4	16	ww. Members shall not share water bottles or other drinking vessels xx. Water bottles should not be allowed to touch the taps or spouts to avoid contamination. yy. Members advised to clean water bottles regularly	4	2	8	
14. Cutlery, cups and glass ware	Serious Illness Spread of Virus	P, S, V	4	4	16	zz. Club house and refreshment facilities to remain closed until permitted. aaa. Once open, Government and Health Authority advise should be followed.	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	
15. Toilets	Serious Illness Spread of Virus	P, S, V	4	4	16	bbb. Flush handles and sink taps to be cleaned regularly ccc. Hot water and soap to be provided ddd. No towels or hand dryers, disposable tissue only eee. Social distancing should be observed at all times. fff. Limit the number of people permitted in the bathroom at any one time.	4	2	8	Persons should avoid taking the sink/urinal beside another person if another is available
16. Emergency evacuation	Serious Illness Spread of Virus	P, S, V	4	4	16	ggg. In case of an Emergency Evacuation normal procedures must be followed hhh. 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.
17. Waste Bins	Serious Illness Spread of Virus	P, S, V	4	4	16	iii. All rubbish to be disposed of accordingly jjj. All bins to be disposed of after every day that the club is in use kkk. Appropriate PPE gloves to be used when bringing out the bins	4	2	8	
18. Deliveries	Serious Illness Spread of Virus	P, S, V	4	4	16	lll. Deliveries to be scheduled at a specific time mmm. Physical distance to be implemented nnn. Do not sign for the deliveries but advise them of your name ooo. Request invoices and receipts to be sent via email. ppp. Paperless to be encouraged	4	2	8	COVID-19 Compliance officer to keep a log of all deliveries
19. Car park	Serious Illness	P, S, V	3	2	6	qqq. If Controlled Access present consideration should be made to leaving gates open.	4	1	4	

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	
	Spread of Virus					rrr. Clubs may wish to designate parking spaces to encourage social distancing. sss. Members should be discouraged from lingering in carparks before and after training ttt. Members should arrive 5 mins before training				
20. Entrances	Spread of Virus	P, S, V	4	4	16	uu. If present, swipe cards to be disinfected regularly, pin pads to be disinfected regularly – consider deactivating locking mechanism while in use. vv. 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 ww. Signage to be present at entrances advising on physical distancing xx. Installation of guarding or queue management systems where appropriate. yy. Implementation of one way systems	4	2	8	
21. Visitors	Spread of Virus	P, S, V	4	4	16	zz. Controlled Access of visitors is in place aaa. Visitors are allowed access by invitation only and are escorted at all times. bbb. Non-Essential visitors to be restricted ccc. All visitors must complete a health declaration prior to arriving on site. See Appendix A ddd. If feeling unwell, visitors must not come to the club eee. No hand shaking	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	
						ffff. Pre arrival time to be given, visitors cannot show up unannounced gggg. Visitors time to be kept as short as possible				
22. Changing rooms / lockers / showers	Serious Illness Spread of Virus	P, S, V	4	4	16	hhhh. Club houses and changing rooms are to remain closed until permitted to do so. iiii. Once in use social distancing guidelines must be followed. jjjj. Must be disinfected throughout the day kkkk. Must be kept clean and tidy. Personal belongings to be store correctly. llll. Signage to encourage social distancing mmmm. numbers at anyone time to be limited	4	2	8	
23. Refreshment Facilities	Serious Illness Spread of Virus	P, S, V	4	4	16	nnnn. Clubhouse and refreshment facilities to remain closed until permitted to do so. oooo. Once permitted to open current Government and Health Authority guidelines must be followed – this may include requirement for - pppp. queue management systems qqqq. disposable utensils and cups rrrr. individual condiment packets ssss. Table and chairs to cleaned after use tttt. Tables and chairs spaced to allow 2m distancing uuuu. Gloves for staff handling cash vvvv. Screen between servery/till and customer wwww. Appliances disinfected regularly	4	2	8	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	
24. Kitchens	Serious Illness Spread of Virus	P, S, V	4	4	16	<p>xxxx. Clubhouse and kitchen facilities to remain closed until permitted to do so.</p> <p>yyyy. Once permitted to open current Government and Health Authority guidelines must be followed.</p> <p>zzzz. Follow normal HAACP guidelines</p> <p>aaaa. Clean surfaces and utensils regularly</p>	4	2	8	Consider Separate utensils and condiments for each prep station.
25. Bar	Serious Illness Spread of Virus	P, S, V	4	4	16	<p>bbbbb. Clubhouse and bar facilities to remain closed until permitted to do so.</p> <p>cccc. Once permitted to open current Government and Health Authority guidelines must be followed. This may include -</p> <p>ddddd. Removing seating from bar counter</p> <p>eeee. Glassware to be carefully washed and collected using gloves</p> <p>ffff. All utensils to be regularly cleaned</p> <p>ggggg. Seating & tables to be spaced to allow 2m separation</p>	4	2	8	
26. Balls and Equipment	Serious Illness Spread of Virus	P, S, V	4	4	16	<p>hhhhh. Balls and equipment shall only be used when permitted to do so.</p> <p>iiii. Limit the number of persons using the same equipment</p> <p>jjjj. Clean balls before and after each training session</p> <p>kkkk. Clean equipment before and after each use</p> <p>llll. Label balls and equipment to assist in identifying same</p>	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	
						mmmmm.				

Appendix B 2. - Club Specific Risk Assessment

Club Specific Risk Assessment – Applicable to Both the Rosetown and Curragh Grounds

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	
1. Access to Pitches – Narrow access point in front of both clubhouses	Serious Illness Spread of Virus	P, S, V	4	4	16	nnnnn. One way system in & out to be implemented ooooo. Touch points along access routes to be cleaned & sanitised ppppp. Route to be signed & monitored qqqqq. Arrival times to be staggered rrrrr. Arrival & exit times of teams not to overlap				
2. Pitch Selection	Serious Illness Spread of Virus	P, S, V	4	4	16	sssss. Pitch to be selected & marked out to allow social distancing to maintained among pod & not in close proximity to other training pods. ttttt. Route to selected pitch to be signed for users & users informed before training uuuuu. Under age players to be supervised to ensure they maintain the one-way system to their selected pitches vvvvv. Pitches for underage players to be used near the front				
3. Access for cars to drop off	Serious Illness Spread of Virus	P, S, V	4	4	16	wwwww. Information to be shared with parents/players that are requested to drop & leave xxxxx. Drop off points to be set up to allow safe access to pitches				

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	
	Collosion between pedestrians /cars					yyyyy. Parking to be in place for drivers collecting, near the collection points, to allow safe egress				
4. Grounds maintenance equipment including mower & pitch marking machine	P, S, V	P, S, V	4	4	16	zzzzz. All equipment to be stored away from public access to avoifd touching/contamination aaaaaa. All equipment touch points to be cleaned and sanitised after & before use				
5. Match Day Equipment flags/post protectors	P, S, V	P, S, V	4	4	16	bbbbbb. All equipment to be stored away from public access to avoifd touching/contamination cccccc. All equipment touch points to be cleaned and sanitised after & before use ddddd. Match day equipment to be erected/removed by one nominated member of coaching team only. eeeeee. Match day equipment to be in place before any other people arrive at pitch				
6. Cleaning of Curragh Grounds		P, S, V	4	4	16	ffffff. All training to be focused on the Rosetown Grounds where possible gggggg. When using Curragh grounds all of the above universal & club specific risk assessments and procedures to be implemented. hhhhh. Use of Curragh grounds only to procced with club management permission				

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	
7. Prior to Attending NRC		P, S, V	4	4	16	<p>iiiiii. Attendees to complete COVID-19 Induction training before they return to the training</p> <p>jjjjjj. Any one planning on attending the grounds should they feel sick or unwell asked to remain at home</p> <p>kkkkkk. At check in confirm with players that nothing has changed since pre-reg completed</p> <p>llllll. Should symptoms develop at club, procedure for dealing with suspected case implemented.</p> <p>mmmmmm. Any player showing symptoms of Covid 19 must not attend and isolate from others for 14 days.</p> <p>nnnnnn. Players living with someone who is isolating/awaiting results from testing for Covid 19, the employee must not attend for 14 days.</p> <p>oooooo. Any employee deemed to be part of the "at risk groups" or living with anyone who is a member of the "at risk groups" should bring this to the attention of management before returning.</p>				
8. Attendance by Parents/Guardians (youth & mini's training)		P, S, V	4	4	16	<p>pppppp. Only one parent/guardian to travel with younger players</p> <p>qqqqqq. Parents and guardians not directly involved in the training session are not permitted to attend or observe training</p> <p>rrrrrr. driver to stay in vehicle or leave the grounds and return at collection time</p> <p>ssssss. Players arrive no more than 5 minutes prior to session.</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	
						<p>ttttt. Players must not physically greet each other at any stage.</p> <p>uuuuuu. Players to arrive togged out, no access to clubhouse</p> <p>vvvvvv. Parents/Guardians of players with specific medical conditions can remain in Car Park in case of emergency, providing they adhere to all Guidelines in place in that phase</p> <p>wwwwww. Parents/Guardians should complete the IRFU Pre-Return to Rugby Personal Assessment Declaration prior to attending.</p> <p>xxxxxx. Parents not to approach check in areas where possible and must adhere to social distancing Guidelines at all time</p> <p>yyyyyy. Children should have their own equipment and must NEVER share e.g. water bottles, balls, clothing, sun cream etc.</p>				
9. Greater than 15 in attendance – 2 coaches & 13 others		P, S, V	4	4	16	<p>zzzzzz. Overall plan of attendance to be put in place e.g. each day of weeks how many teams</p> <p>aaaaaaa. Compliance officers to ensure no greater than 2 coaches & 13 others in each training pod at any time.</p> <p>bbbbbbb. Max number of training pods allowed on pitch at any time to be put in place.</p>				
10. Selection of Training Activities		P, S, V	4	4	16	<p>cccccc. Training activities to be selected that best ensure social distancing is implemented & minimises common touch points</p> <p>ddddddd. Training equipment to be kept to a minimum & sanitised</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	
11. Inadequate cleaning		P, S, V	4	4	16	<p>eeeeeee. Cleaning procedures to be put in place for all touch points</p> <p>ffffff. Compliance officers to carry out pre-use cleaning & sanitising & auditing.</p> <p>ggggggg. Club cleaner to be trained to implement the club cleaning procedure.</p>				

Appendix C - Key Personnel & Information

Contact Details	<p>Chairman - Mick McCoy 086 811 7877, mick_mccoy@hotmail.com</p> <p>Club Secretary - Noel Liston 0871155456, pnliston@gmail.com.</p> <p>Adult Player Contact - Barry McCann, Tel: 087 2789901,</p> <p>Under Age Player Contact – Hazel Galvin Mini's 086 3889001, Tony Kavanagh Youths 0873429099</p> <p>Covid Safety Officer: Maria Cox 086 8317124</p>
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KEY PERSONNEL

[illegible]

PARTICULARS OF THE PREMISES

AVERAGE NUMBER OF PEOPLE IN THE PREMISES BY DAY:	0
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AVERAGE NUMBER OF PEOPLE IN THE PREMISES BY NIGHT:	200 on night per week
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LOCATION OF ISOLATION ROOM

ISOLATION ROOM 1:	Small Changing Room 1
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ISOLATION ROOM 2:	Small Changing Room 2
--------------------------	-----------------------

CLEANING COMPANY

NAME:	n/a
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TELEPHONE	
------------------	--

EMAIL	
--------------	--

CONTACT NAME:	
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CONTACT DETAILS:	
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IN HOUSE CLEANING

CONTACT NAME:	Tommie Burke 0876323968
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EMERGENCY CONTACTS

AMBULANCE SERVICES	999 / 112
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HSE MEDICAL OFFICER OF HEALTH	
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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/Checklists

Action/Check Lists for COVID-19 CLUB

Compliance Officer

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														
2	Soap is available at all hand washing facilities														
3	Waste Bins in place														
4	High Touch Facilities disinfected before and after training														
5	Disinfectant available for all players to clean down surfaces as required.														
DOCUMENTATION		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														
7	Are all players cleared to play?														
8	Has the club received any return from illness forms?														
DELIVERIES		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
9	Were there any schedule deliveries?														
10	Were they wearing appropriate PPE?														
11	Was social distance practiced on arrival?														

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
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			
CLUB NAME		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			
<p>Informal education may include –</p> <ul style="list-style-type: none"> 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 -Occupant Capacities for Rooms

Building	Zone	Room Name	Capacity with Physical Distancing
Clubhouse		Catering	6
		Bar & Lounge	40 +
		Kitchen	6
		Office	N/A
		Meeting Room	40
		Equipment Room	4
		Changing Rooms	Large 30 Small 23
		Toilets	Male 6 Female 8
		ETC	ETC
		ETC	ETC
		ETC	ETC
		ETC	ETC
		ETC	ETC
		ETC	ETC
		ETC	ETC

