**Newbridge Rugby Football Club**

**Travel Policy During Covid – 19**

**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 or Matches & 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.
  1. Single occupancy of vehicles is preferable.
  2. If single occupancy is not an option Sit as far apart as the vehicle allows.
  3. 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 togged 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.