

Parents & Players Information for a Safe Return to Play

Newbridge Rugby Football Club



NEWBRIDGE
RUGBY FOOTBALL CLUB



Maria Cox, Covid Safety Officer

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RUGBY FOOTBALL CLUB



A safe return to play for all our members
is our No.1 objective



Update

- The club Covid Committee have been working to ensure a safe return to play within HSE & IRFU guidelines
 - ✓ The club Health & Safety Plan is available on the club website
 - ✓ Parents have volunteered to be Covid Compliance Officers
 - ✓ All coaches & officers have been trained
 - ✓ PPE equipment have been sourced
 - ✓ Isolation rooms are setup
 - ✓ Club grounds have been setup
- The next step involves players & parents
- Club requirements for players & parents are outlined in the following slides
- It is vital that everyone adhere to the policies set out to ensure a safe return to play for all players, parents & club members



Requirements before you & your child attend the club

a) Complete the **Sports Ireland Induction** & send the certificates of completion to your Covid Compliance Officer by email



b) Complete the **Health Declaration** for your child between 24hrs & 12hrs before the 1st session, and resubmit before every other session

Further information on:

IRFU website – Return to Rugby Guidelines

Club website - Health & Safety Plan

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 have had COVID-19 virus in the last 14	<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"/>
B Breathing difficulties		<input type="checkbox"/>
C Fever/ High temperature		<input type="checkbox"/>
D Sore Throat		<input type="checkbox"/>
E Runny Nose		<input type="checkbox"/>
F Flu Like Symptoms		<input type="checkbox"/>
G Rash		<input type="checkbox"/>
H Loss Of Smell/Taste		<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? <input type="text"/>		
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).		



Sports Ireland Webinar

newbridgerugby.com/covid-health-and-safety-measure/

NEWBRIDGE RUGBY FOOTBALL CLUB

HOME NEWS CLUB ▾ TEAMS ▾ MEMBERSHIP ▾ POLICIES ▾ CONTACT

Club Policies
Covid Health & Safety Measure

COVID HEALTH & SAFETY MEASURE

Home / Covid Health & Safety Measure

COVID HEALTH & SAFETY MEASURE

WEBINARS →

Our webinars are as follows:

- IRIS
- Sports Ireland Webinar**
- Webinar Training Webinar

HEALTH DECLARATIONS ↓

POLICIES ↓

OTHER FORMS ↓

https://www.newbridgerugby.com/covid-health-and-safety-measure/#

Health Declaration

newbridgerugby.com/covid-health-and-safety-measure/#15532764789...461701e

Apps

NEWBRIDGE RUGBY FOOTBALL CLUB

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Club Policies
Covid Health & Safety Measure

COVID HEALTH & SAFETY MEASURE

WEBSITES

HEALTH DECLARATIONS

Seniors Health Declarations:

URLS
Senior 1 – Team Health Declaration
Senior 2 – Team Health Declaration
Senior 3 – Team Health Declaration

Youths Health Declarations:

URLS
U13's – Team Health Declaration
U14's – Team Health Declaration
U15's – Team Health Declaration
U16's – Team Health Declaration

https://www.newbridgerugby.com/covid-health-and-safety-measure/#...eclaration

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Health Declaration

MINI U8 PRE-RETURN TO RUGBY PERSONAL ASSESSMENT DECLARATION - NRFC

This form must be completed and submitted to your club/school before each and every rugby activity (e.g. training or match). Should you answer YES to any of questions 1-5, you should NOT attend your club. For question 6, the latest government travel advice applies. Before you resume, you should follow appropriate medical advice and guidelines.

*Required

Data

We are collecting this data as part of our IRFU Covid Compliance responsibilities. This data will only be used for contact tracing purposes. This data will be stored for a period of no longer than 28 days.

**Submitting this declaration informs the officers
of your intention to attend the session**

Next

Paused



You cannot attend if:

- You have not completed the Sport Ireland online module & sent the certificates to compliance officer
- You have not sent in the declaration for the 1st session
- You have not resubmit the declaration for all other sessions
- You answers YES on the declaration to any of the first 5 questions
- You answer YES to question 6 & the country travelled from is on the quarantine list
(Negative Covid Test still need to quarantine)

**Officers will review health
declaration submitted before
every session**



GDPR

- We have considered GDPR guidelines
- The data we collect is for logging attendance at the club for Contact & Trace purposes only
- Should the HSE contact us to Contact & Trace, we will be asked to share the list of people who shared a pod with a suspected/confirmed case.
- The data is held for 4 weeks then deleted
- There is a declaration included on the Health Declaration form



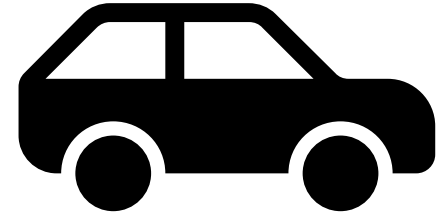
How will sessions be structured?

- Players will be kept in pods of 15 – as per government guidelines
 - Pod is 2 coaches/compliance officers & 13 players
 - Must remain in same pod for all sessions
- Training plans & use of equipment will be as per IRFU Guidelines
- Only cleaned & sanitised equipment will be used
- Pitch location will be communicated to you prior to session & stay the same for all sessions
- Toilets will be open, but rest of club closed



Travel to & from club

- Arrive 5 mins, no earlier
- Players should only travel alone to rugby or with members of the same household.
- Where a vehicle must be shared, you should open the windows to create ventilation.
- Do not use the ventilation recirculation setting.
- Keep seating as far apart as possible to maintain social distancing of 2 metres.
- All attendees (players/coaches etc.) must arrive in kit
- All attendees must sanitise their hands prior to going on pitch at the club.
- No spectators
- **One parent** of U7, U8 & U9 can attend in a safeguarding/supervisory capacity but only if absolutely necessary – **no siblings**
- Those parents allowed to attend must have complete the Sports Ireland Webinar & submitted the completion certificate and submitted the Health Declaration before every session



On arrival at the club

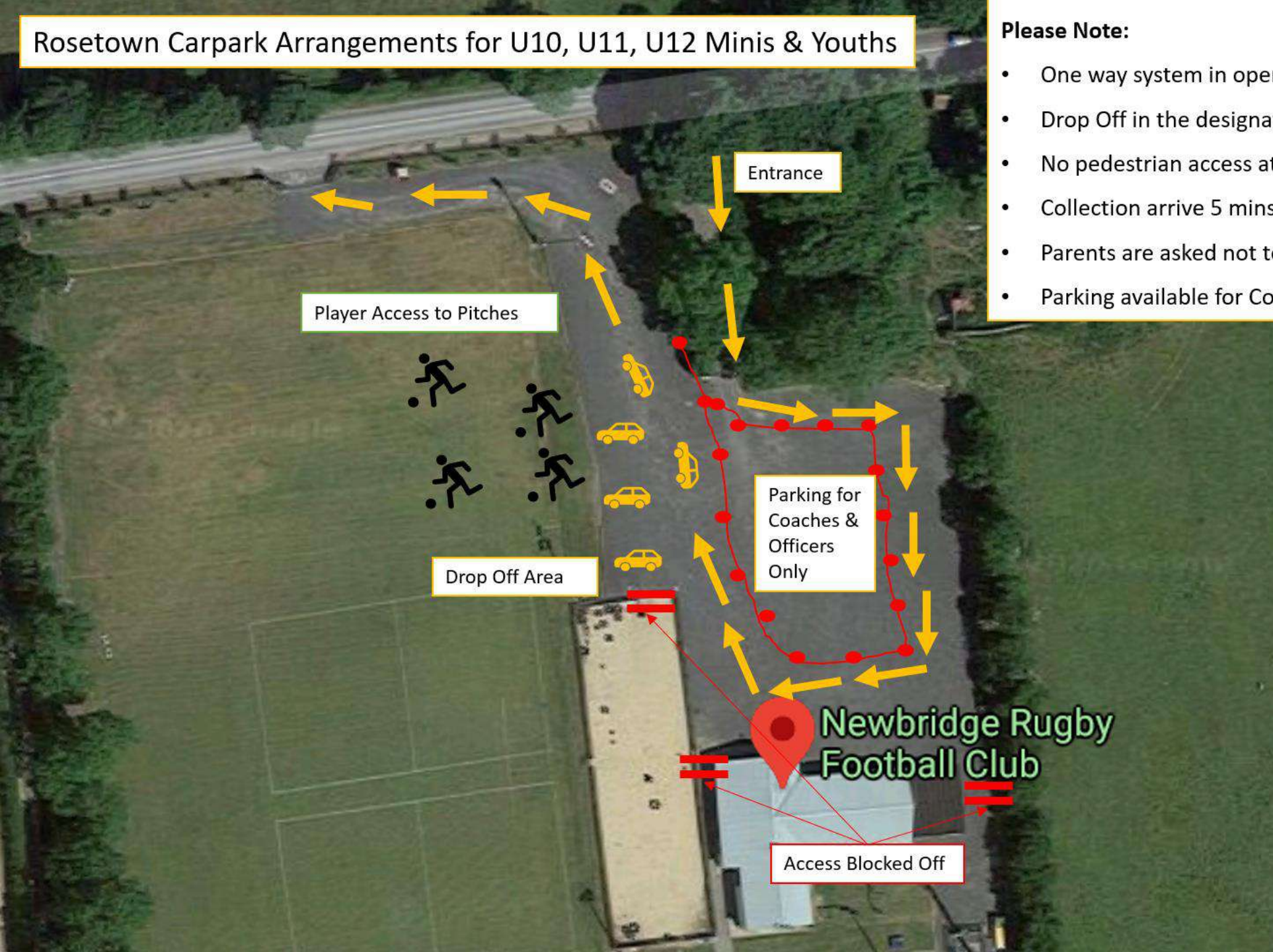
- Carpark set up has changed
 - Drop & Collect in Rosetown
 - Drop & Collect and Car park in Curragh
 - See diagrams
- Parents are asked not to get out of car when they arrive
- Players to arrive ready to play – no changing rooms
- Bring own labelled water bottle – no sharing
- Go straight to your pitch & pod
- No loitering
- Check in at pitch side, sanitise hands, maintain social distance



Rosetown Carpark Arrangements for U10, U11, U12 Minis & Youths

Please Note:

- One way system in operation
- Drop Off in the designated area only
- No pedestrian access at sides of club house or through arena
- Collection arrive 5 mins before end of session
- Parents are asked not to stay – no spectators
- Parking available for Coaches & Officers only





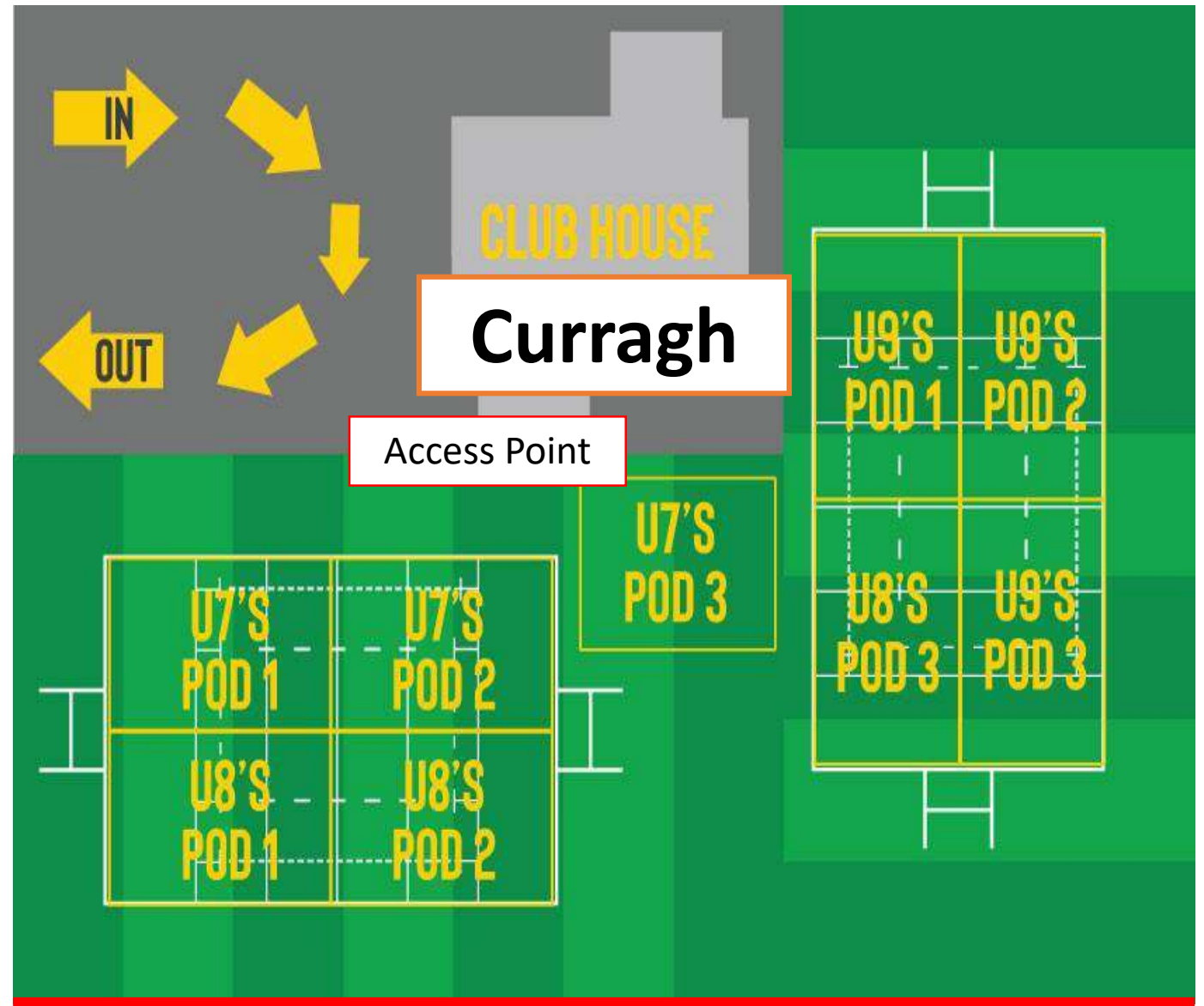
Curragh Carpark Arrangements for U7, U8, & U9 Minis

Please Note:

- Parents can enter the club grounds only to drop off players
- Players not to enter by climbing over fence
- No parking for parents in club grounds, parking required for coaches & compliance officers
- Parents are asked to park in the alternative carpark further up the lane
- When collecting players parents are asked to park in the alternative carpark & walk to the club grounds once play has finished
- Parents are permitted to stay for the U7, U8 & U9 ages group for safeguarding/supervisory capacity, if absolutely necessary
- Parents attending must submit health declaration prior to session & adhere to 2m social distancing requirement



New Training Session
Schedule for all ages
Saturday Morning
10am to 11am
Minis – U7, U8 & U9
Curragh Layout



No Access from Curragh over fence

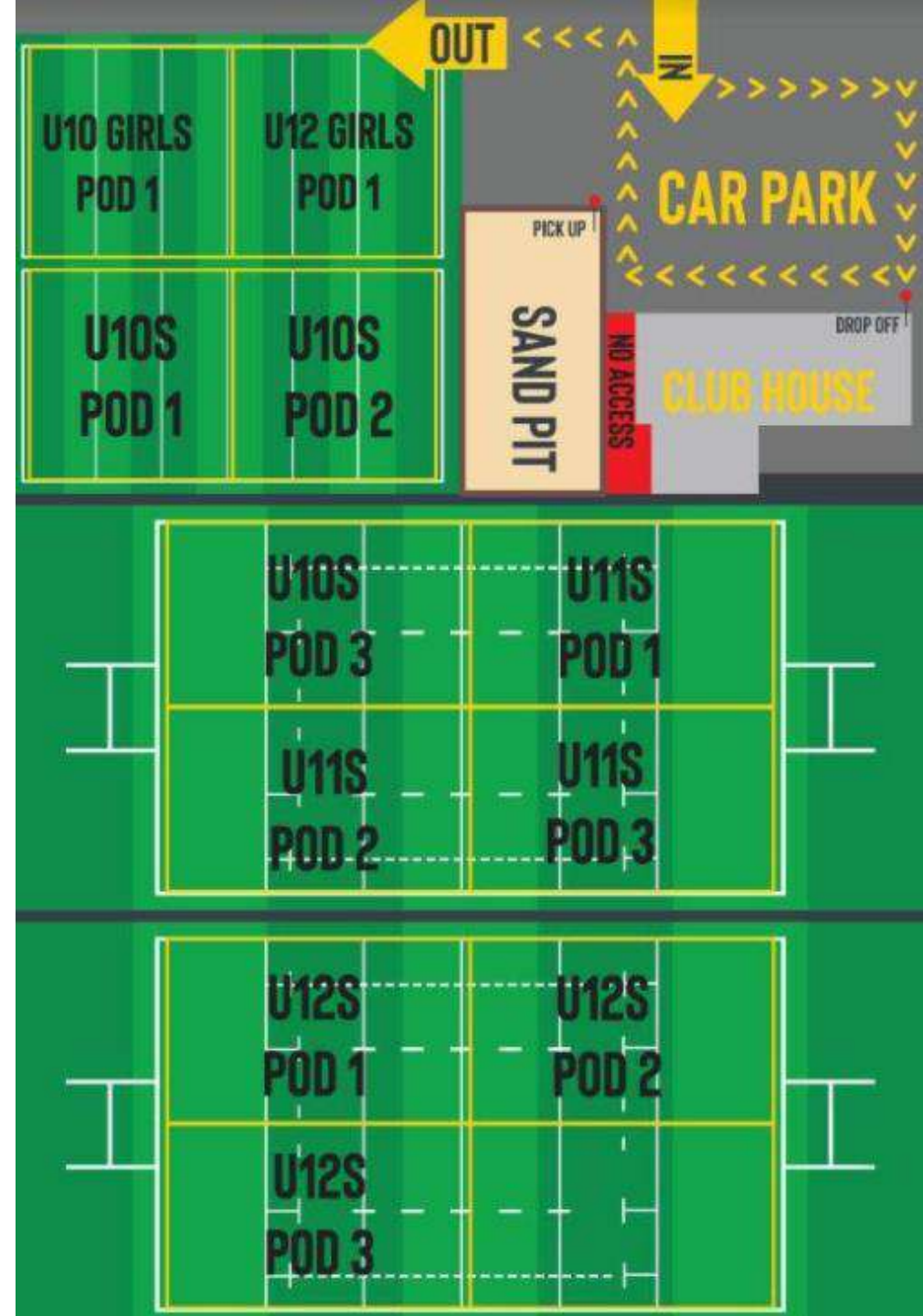


New Training Session
Schedule for all ages
Saturday Morning
10am to 11am
Minis
Curragh Layout

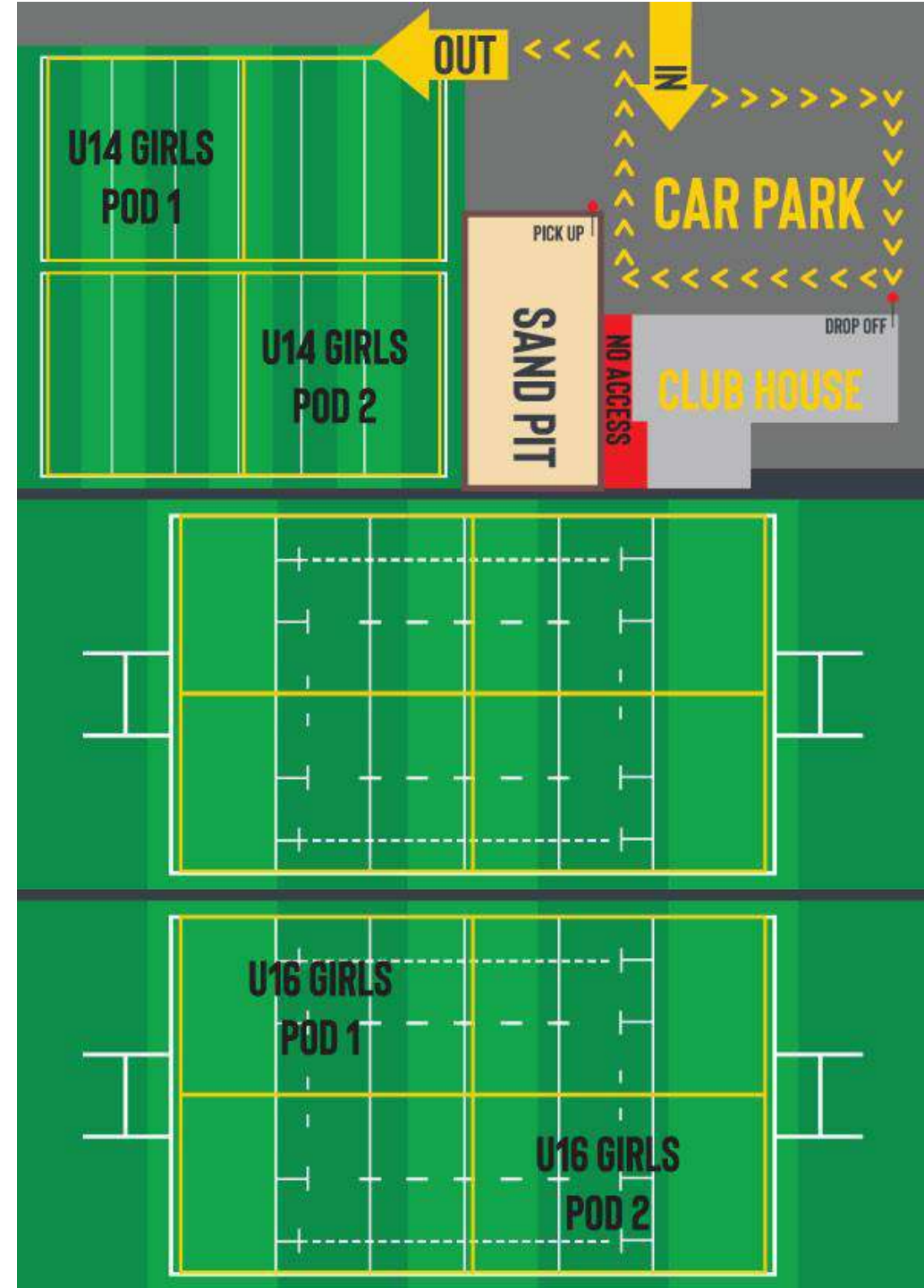
- 1 Parent of U7, U8 & U9 are allowed to stay in a safeguarding /supervisory capacity, only if feel appropriate to do so
- One parent/ child and no siblings
- **Must complete Sports Ireland Webinar**
- **Submit a health declaration before every session**
- Must maintain social distancing
- Park in the club grounds
- **Access the pitch beside the club house only**
- Do not access the pitch via the rails from the Curragh – touch points



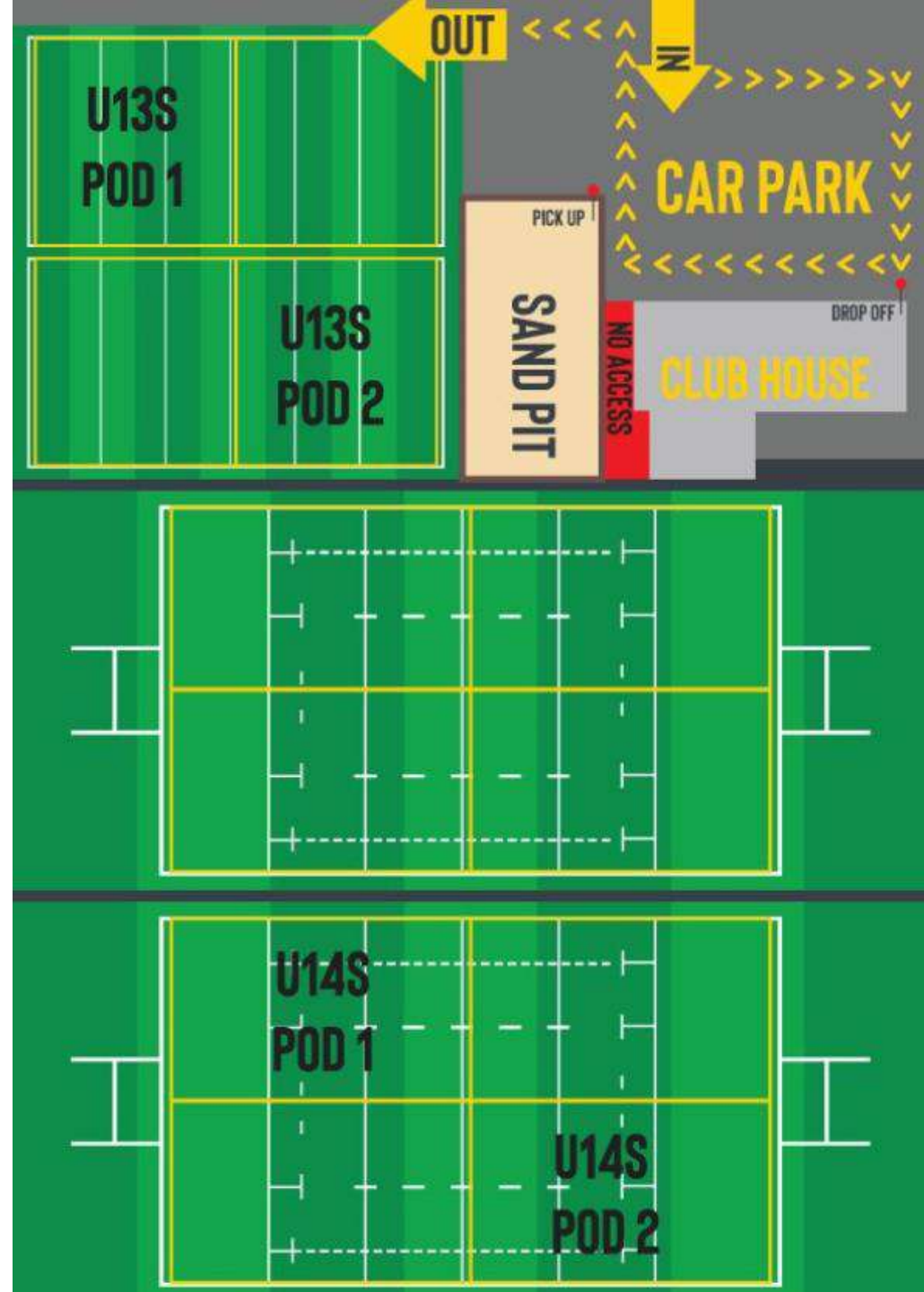
Saturday Morning
10am to 11am
Minis – U10, U11 & U12
Rosetown Layout



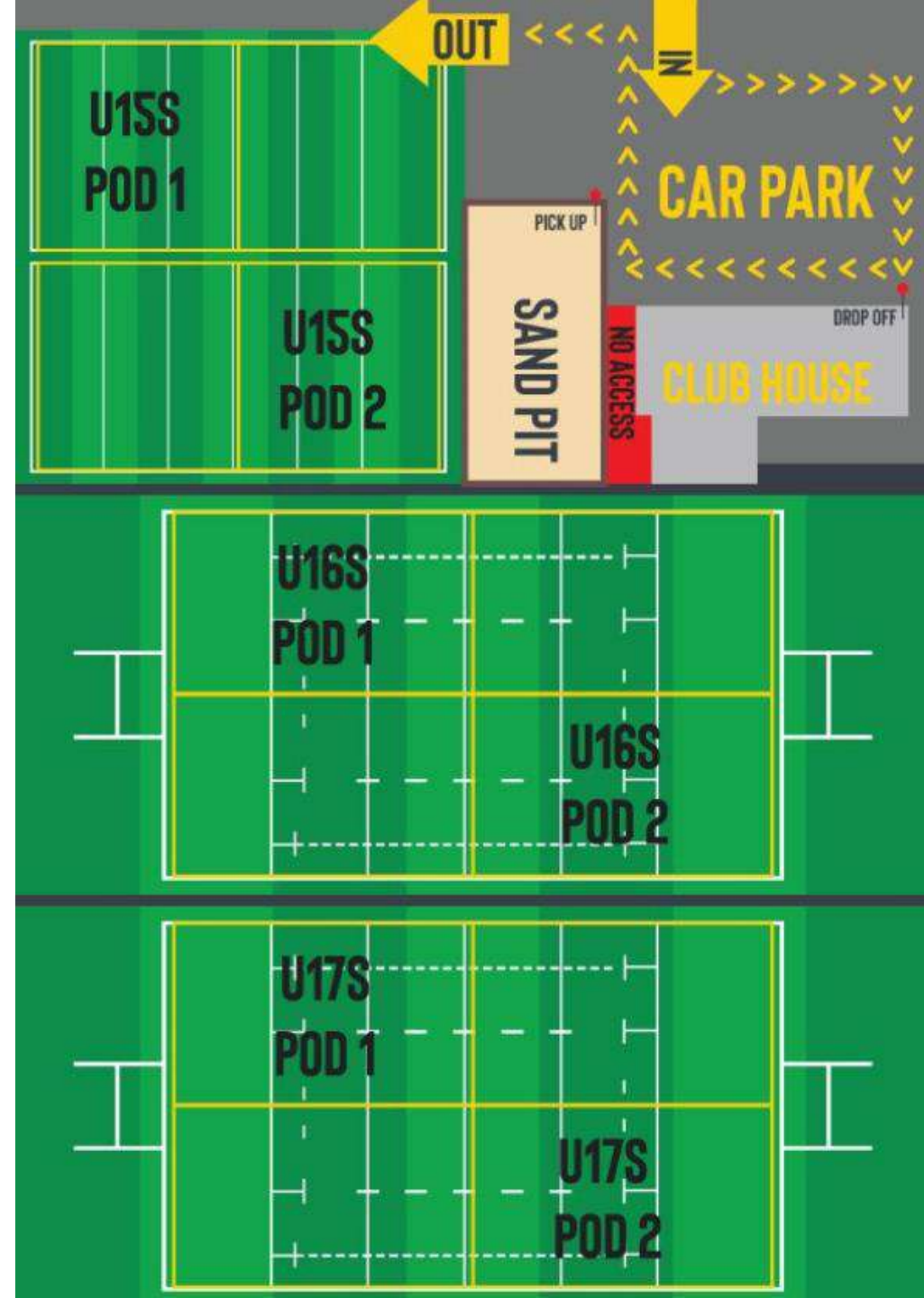
Mondays
7.30pm to 8.30pm
Youth Girls 14's & 16's
Rosetown



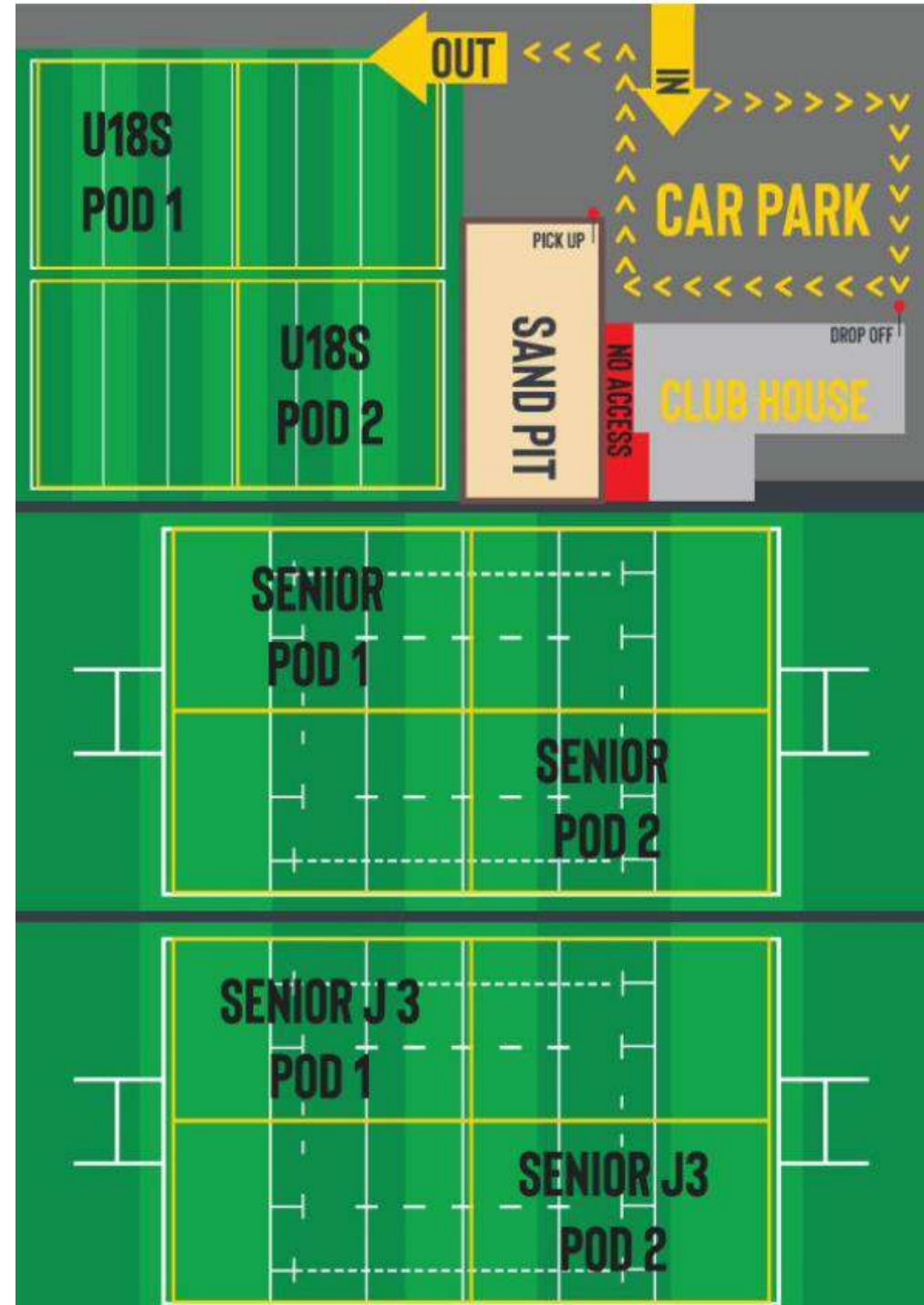
Tuesday & Thursday
6.30pm to 7.30pm
Youths 13's & 14's
Rosetown



Tuesday & Thursday
8pm to 9pm
Youths 15's, 16's & 17's
Rosetown



Wednesday & Friday
Seniors, J3's & 18's
7.30pm to 8.30pm
Rosetown



Wednesday Evening
6.15pm to 7.15pm
Mini's
Rosetown Layout



Player on Pitch Training Guidelines

- **Stay at home if you feel unwell**
- You cannot attend without having sent in your health declarations
- You must stay home if you answered yes to any of the questions on the Health Declaration
- Don't Share water bottles, bring your own & label it
- Make your way to pitch don't gather in car park
- Check in - Let the officer know you are here
- Sanitise your hands before & after training
- You have to remain in your pod at all times
- Make your way to this pitch /pod for all sessions
- Don't bring any equipment to the grounds
- No spitting or clearing of nostrils on pitch or grounds.
- No horseplay
- Avoid touching your face
- Adhere to social distancing measures
- Do not shake hands, fist bump or high five
- Practice good cough/sneeze etiquette and dispose of any used tissue in a responsible manner
- 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. Do not pick up the ball.
- If you feel unwell, notify your coach immediately
- When training is over leave immediately
- Remind your team mates of the guidelines as required
- Repeated disregard of guidelines will be reported to the Club Safety Officer



At end of session

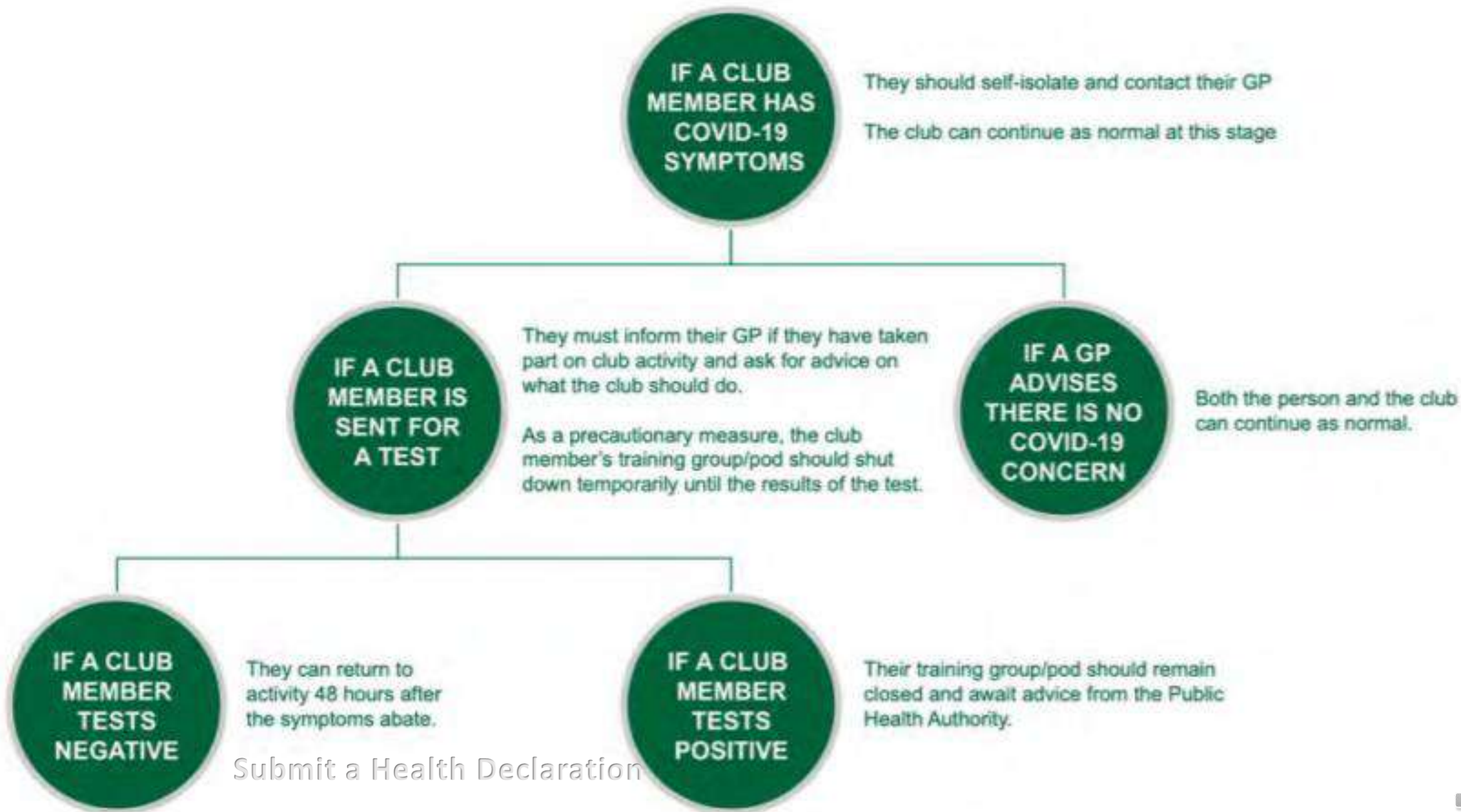
- Player will be asked to sanitise their hands
- Players to make their way to car park
- Maintain social distance
- Leave the club immediately



Rugby Balls and Other Shared Equipment

- Ball work and equipment is now allowed by IRFU
- Balls & any shared equipment will be sanitised
- Use of bibs or swapping of jerseys etc. - not allowed.
- No team water bottles allowed –players brings their own & label





Isolation Rooms

2 in Curragh & 2 in Rosetown

The following will be available in the isolation area(s)

- ventilation, e.g. fresh air ventilation / ability to open a window,
- Non Contact thermometer
- Tissues
- Hand sanitiser
- Cleaning Products & Disinfectant
- Disposable Disinfectant Wipes
- Disposable Gloves
- Disposable Masks
- Waste bags
- Pedal-operated closed bin



Matches

- No schedule for mini/youth matches yet
- Matches can continue behind closed doors.
- Limit on 15 outdoor participant does not apply to competition, events, or tournaments – but other rules do apply
- No spectators should attend these events.



Matches

Travel To & Arrival

- Travel alone to rugby / members of the same household
 - Where a vehicle must be shared - open the windows
 - Do not use the ventilation recirculation setting.
 - Keep seating as far apart as possible to maintain social distancing of 2 metres.
- Arrive no more than 5 minutes before warm up.
- Arrive in kit
- Sanitise station to be setup to sanitise hands prior to going on pitch

Match protocols

- No Handshakes, High Fives, Spitting or clearing of nostrils on pitch or grounds, or Post-match 'tunnel'
- As per current government guidelines, no spectators should attend these events, except Parents/Guardians attending in a safeguarding /supervisory capacity - strict social distancing and public health guidelines
- 1 parent/guardian per child is permitted should they consider it necessary, no siblings.
- All Parents/Guardians attending must complete the IRFU health declaration prior to arriving on site.



To Conclude

- A safe return to playing rugby in the club requires you to:
 - Not to attend if you feels unwell
 - Work with your coaches & compliance officers
 - Submit the Health Declarations on time before every session
 - Complete the Sports Ireland Webinar & send the cert of completion
 - Adhere to the rules in the club grounds – drop off, collection, no spectators, etc.
 - Adhere to the guidelines on the pitch – stay in your pod, no spitting, handshakes, etc.
 - Maintain social distance
 - Please talk to younger players about the importance of the club & pitch do's & don'ts
 - Any queries please let someone know
 - Take the opportunity to enjoy playing rugby with your friends



A safe return to play for all NRFC
members
is our No.1 objective

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