



vectis rugby club

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## **VECTIS RUGBY FOOTBALL CLUB (COVID-19) COACHING/TRAINING/MATCH POLICY 2020**

**Prior to attending training and matches, all players, officials, volunteers and spectators should undergo a self-assessment for any Covid-19 symptoms. No one should leave home to participate in any type of rugby activity if they, or someone they live with, has any of the following Covid-19 symptoms: ■ A high temperature ■ A new, continuous cough ■ A loss of, or change to, their sense of smell or taste.**

**Should an individual exhibit any such symptoms, they should follow NHS and PHE guidance on self-isolation with immediate effect.**

### **VECTIS RFC will-**

- Ask players to register their interest in attending training 2 days prior to the session.
- Document the names and contact numbers of all players, coaches and support staff that attends the session.
- Contact training and match play are not permitted
- Ask Players to arrive in kit, ready to train.
- Ensure that there are no more than 20 people in a group and allow 2 groups on a full size pitch, all socially distanced, in marked out halves, according to the RFU roadmap and Government guidelines.
- Ensure that ALL players have their own personal water bottle and **NO** sharing is carried out.

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## **VECTIS RUGBY FOOTBALL CLUB (COVID-19) COACHING/TRAINING/MATCH POLICY 2020 cont.**

- Provide a Minimum of one bucket with clean water and soap. Players to bring own towel to dry hands
- Provide hand sanitizer, to be used at regular intervals during training
- The Club house toilets will be open, but there must be a one in one out policy, spending as little time as possible in there. Changing rooms will not be available.
- Total durations for training sessions must not exceed: 60 minutes for Under 7 & Under 8 and 75 minutes for Under 9 and above.
- Sessions should have regular breaks, at least every 15 minutes, to ensure the ball and equipment can be cleaned and sanitised. Where possible, more than one ball should be available for the activity. Ensure the rugby ball is cleaned and sanitised before, during and after the activity.
- Equipment sharing should be minimised with only essential equipment shared at appropriate stages of return to play.
- Cones should be put out and collected by the same person on each pitch; preferably by the coach.
- If players need to wear bibs / vests for the activity, they should be allocated to a player at the start of the activity. Bibs / vests must NOT be shared between players during the activity.
- If the bibs / vests require collecting at the end of the activity, the person collecting the bibs/ vests must wash and sanitise their hands after doing so.
- All bibs / vests must be cleaned after each use.

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## **VECTIS RUGBY FOOTBALL CLUB (COVID-19) COACHING/TRAINING/MATCH POLICY 2020 cont.**

- Pitch checks should be carried out by the coaches before any activity takes place including any goal post protectors.
- Goal post protectors should be cleaned after each activity.
- All coaches, players and support staff should socially distance during breaks.
- Parents/carers are permitted to observe a session at a distance from a safeguarding perspective but should observe social distancing guidelines

For further details please go to

[https://www.englandrugby.com/dxdam/04/047966b8-78b5-42a6-b106-81c5899443f0/Restarting-competitive-grassroots\\_VF.pdf](https://www.englandrugby.com/dxdam/04/047966b8-78b5-42a6-b106-81c5899443f0/Restarting-competitive-grassroots_VF.pdf)

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