



**IRFU Return To Rugby Guidelines For Clubs:**

**Guidelines For Players**

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### **Before YOU Train**

- You must stay home if you answered yes to any of the questions on the IRFU Pre-Return to Rugby Personal Assessment Declaration.

#### **A. COVID-19 Club Safety Officer**

- The club will appoint a COVID-19 Club Safety Officer who will ensure all Guidelines are being followed during this time, and to manage queries or issues arising.

#### **B. Travel to / from Club**

- Anyone attending the club should, where possible, travel alone, or with a member of the same household.
- Only one Parent/Guardian should travel with younger players where possible – no Parents/Guardians not directly involved in the training session are permitted to attend or observe training.
- The driver must either stay in the vehicle or leave the grounds and return at the appointed collection time.
- Players to arrive no more than 5 minutes prior to session commencing.
- Players must not physically greet each other at any stage.
- Players should arrive ready to play as there will be no access to changing rooms.

#### **C. Check in (registration process)**

- Check in and confirm attendance with COVID-19 Compliance Officer.

- Pre-Return to Rugby Personal Assessment Declaration completed and given to COVID-19 Compliance Officer.
- Attendees must go immediately to training zone area post check in.

#### **D. Clubhouse and Facilities**

- All Clubhouses are to remain closed during this period, except for toilet facilities.
- Changing rooms, function rooms and the club bar will remain closed during these Phases/Steps of reopening.
- Attendees must bring their own water bottle and must NEVER share it.
- Attendees should, ideally, bring a small bottle of hand sanitizer and antiseptic wipes with them to train.
- Attendees must provide their own equipment (stretch bands, foam rollers, etc.) and this must NEVER be shared with anyone.

#### **E. Pitch (grounds)**

- Your coach will inform you of your training pod and you must remain in this training pod over the coming weeks/months as guidance directs.
- Each pod/group/team will be zoned on pitch.
- Zones will be identified by colour, number, section, etc. Movement between zones will be minimised and controlled at all times.
- Pods will stay the same throughout these phases, from exercise to exercise and training to training.

#### **F. Post Training**

- Post training players must leave immediately, dressing rooms will not be accessible for anyone.
- Hands should be washed and sanitised as soon as possible.
- Ensure personal equipment is cleaned thoroughly and sanitised after use.
- If a player becomes unwell after training, they should first contact their GP/HSE/NHS and then inform their club. The club will then follow advice provided to them by the HSE/NHS on the next steps.
- Members should be encouraged to remind other members of the guidelines, in a respectful manner, when they witness poor practices.
- Repeated poor practice should be reported to the club as soon as possible.



## **G. Social Distancing Behaviours**

- 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.