

# COVID-19 Symptom/Case Response Plan For Rugby Clubs



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

**COVID-19 Suspected/Confirmed Case Response Guidelines**

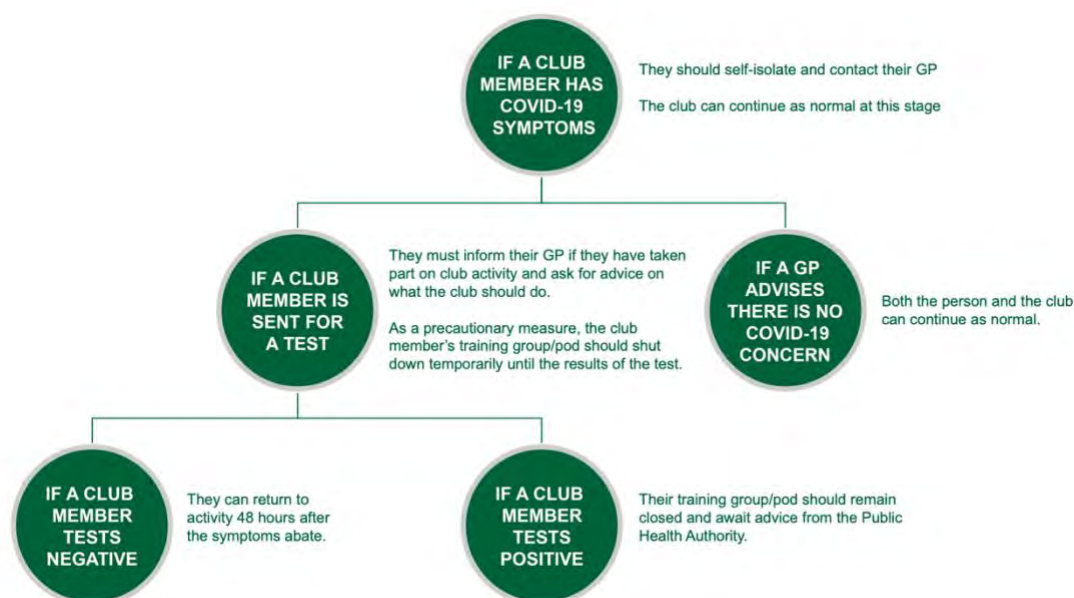
**Published: August 26<sup>th</sup> 2020**

## COVID-19 Symptom/Case Response Plan For Rugby Clubs

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# COVID-19 Symptom/Case Response Plan For Rugby Clubs

## 1.0 KEY POINTS



**If a club member has COVID-19 symptoms,** they should self-isolate and contact their GP.

The club can continue as normal at this stage.

**If a GP advises there is no COVID-19 concern,** both the person and the club can continue as normal. A club member should only be considered a suspected case once they are referred for testing.

**If a club member is sent for a test,** they must inform their GP if they have taken part in club activity and ask for advice on what the club should do.

As a precautionary measure, the club member's training group/pod should shut down temporarily until the results of the test.

**If a club member tests negative,** they can return to activity 48 hours after the symptoms abate.

**If a club member tests positive,** their training group/pod should remain closed and await advice from the Public Health Authority.

This document will outline in greater details some of the steps advised above. It also contains a checklist to help clubs document a correct course of action.

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## 2.0 SCOPE

IRFU Return To Rugby Guidelines will be superseded at all times by:

- Public Health Authority Guidelines
- Government of Ireland's Roadmap To Reopen Society & Business
- Northern Ireland Executive's Coronavirus Recovery Plan
- Government of Ireland's Return To Sport Expert Group & Sport Northern Ireland Framework for Return to Sport

The purpose of this document is to help clubs apply these guidelines to their rugby operations. It will deal specifically with courses of action for rugby clubs where a club member:

- Displays COVID-19 symptoms at any time
- If a club member is referred for testing
- If a club member tests negative for COVID-19 or is not referred for testing
- If a club member tests positive for COVID-19

Clubs members are reminded of their responsibility in employing preventative measures and the responsible communication of their personal health status.

Clubs are expected to continue to implement their COVID-19 Health & Safety Plans and revise them where necessary in line with the latest government guidelines.

They should consult their prepared Health & Safety Plans for direction in the event of a suspected or confirmed case of COVID-19.

## 3.0 PREVENTATIVE MEASURES

Preventative measures remain the priority for clubs managing their operations throughout the COVID-19 pandemic.

Safe behaviour and adherence to guidelines can determine the impact of a suspected or confirmed case of COVID-19 in a rugby club.

Measures include:

No person (child, parent, coach or spectator) should attend or take part in a sporting event if unwell or any members of their household are unwell with symptoms consistent with COVID-19;

Social (Physical) distancing, hand hygiene and good respiratory etiquette remain key practices in lessening the risk of COVID-19 transmission and should be observed by all (children, parents, coaches and spectators);

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Players should only travel alone to rugby or with members of the same household;

Ongoing completion of the [Pre-Rugby Personal Assessment Declaration](#) is mandatory for all club members;

Clubs should limit the size of training groups/pod to minimise the impact of the symptom/case response plan and contact tracing;

Use the COVID-19 Tracker App or StopCOVID NI Proximity App;

Wear face coverings where appropriate;

Observe any travel restrictions in place.



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## 4.0 COVID-19 SYMPTOMS

If a club member develops symptoms, they should adhere to the advice of their health authority at all times. While much of the following is taken directly from HSC and HSE advice, it remains subject to change and is only accurate at the time of publication.

You may need to be assessed for a coronavirus test if you suddenly experience one of these symptoms and there is no other obvious cause:

- Cough
- Fever
- High Temperature
- Sore Throat
- Runny Nose
- Breathlessness
- Loss of Smell/Taste
- New Skin Rash
- New Gastrointestinal Symptoms
- Flu Like Symptoms

<sup>2</sup>The HSC offer a coronavirus symptom checker in Northern Ireland.

## 5.0 ADVICE FOR CLUBS

### 5.1 IF A CLUB MEMBER DISPLAYS SYMPTOMS AT ANY TIME

#### 5.1.1 Advice For Club Member With COVID-19 Symptoms (and/or their Guardian):

- Self-Isolate
- Phone their GP (or GP out-of-hours service) to discuss symptoms and whether a test for coronavirus is required
- Seek advice from GP on contact tracing (to include rugby club members)
- Their COVID-19 Club Compliance Officer should be informed

Club members in Northern Ireland can also:

- [Book a test online at a drive through test site or a mobile testing unit](#)
- Call the free phone number 119

<sup>1</sup> [IRFU Pre-Rugby Personal Assessment Declaration](#)

<sup>2</sup> [HSC coronavirus Symptom Checker](#)

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## 5.1.2 Advice For COVID-19 Club Compliance Officer

Inform the COVID-19 Club Safety Officer that a club member has developed COVID-19 Symptoms and pass on any advice from the GP.

## 5.1.3 Advice For Club & COVID-19 Safety Officer:

Clubs that are adhering to IRFU Guidelines and their own COVID-19 Health & Safety Plan should not need to shut down all club activity as a precautionary measure.

The club should inform their COVID-19 Provincial Lead.

## 5.2 IF A CLUB MEMBER DISPLAYS SYMPTOMS AT A RUGBY CLUB OR EVENT

In addition to guidance in 5.1, the club should activate the <sup>3</sup>Suspected Case Response Plan of their [COVID-19 Health & Safety Plan](#).

The attending COVID-19 Club Compliance Officer and/or COVID-19 Club Safety Officer should take charge of the management of any persons with COVID-19 Symptoms.<sup>4</sup>

The club should follow the [Guiding Principles In Assessing Contact Risk of Rugby during the COVID-19 Pandemic](#).

## 5.3 IF A CLUB MEMBER TESTS NEGATIVE FOR COVID-19 OR IS NOT REFERRED FOR TESTING

5.3.1 If advised by a GP or Public Health Authority not to proceed to testing, the person can return to activity once symptom free for 48 hours.

If a test is returned as negative, the training group/pod can resume activity and the person can return once symptom free for 48 hours.

If they have not been referred for testing by a GP, their access to the club will be informed by their Pre-Rugby Personal Assessment Declaration.

Their training group/pod may return to activity at the rugby club.

<sup>3</sup> [Section 14](#)

<sup>4</sup> [Guiding Principles in Assessing Contact Risk of Rugby during The COVID-19 Pandemic](#)

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## 5.4 IF A CLUB MEMBER IS REFERRED FOR TESTING

If referred for PCR testing, a club member should inform their GP if they have taken part in club activity and ask for advice on what the club should do.

As a precautionary measure whilst awaiting the outcome of a test, <sup>5</sup>a club should stop all members of the same training group/pod from attending the club until a case is confirmed as positive or negative.

If a club member has elected to undergo PCR testing without medical advice, the club should only take action based on the outcome of the test.

## 5.5 IF A CLUB MEMBER TESTS POSITIVE FOR COVID-19

### 5.5.1 The Public Health Authority (HSE or HSC) will:

- Will be informed by your GP that you have tested positive for COVID-19
- Take all appropriate treatment measures
- Use contact tracing to determine which club members are deemed to be close contacts

### 5.5.2 Advice for club members who test positive for COVID-19 (and/or their guardian):

- Continue to self-isolate
- Follow medical advice
- Their COVID-19 Club Compliance Officer should be informed
- They should advise anyone in their household that they have tested positive for COVID-19. Household members (which may include teammates) will need to <sup>6</sup>restrict their movements

### 5.5.3. Advice for the COVID-19 Club Compliance Officer:

Inform the COVID-19 Club Safety Officer that a club member has tested positive for COVID-19 Symptoms.

### 5.5.4 Advice for the Club/COVID-19 Safety Officer:

As a precautionary measure whilst awaiting the result of contact tracing, <sup>7</sup>a club should stop all members of the same training group/pod from attending the club until close contacts are confirmed.

<sup>5</sup> [Guiding Principles in Assessing Contact Risk of Rugby during The COVID-19 Pandemic](#)

<sup>6</sup> [HSE – Restricted Movements](#)

<sup>7</sup> [Guiding Principles in Assessing Contact Risk of Rugby during The COVID-19 Pandemic](#)



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The club should inform their COVID-19 Provincial Lead.

If an upcoming game against another club may be affected, they should complete and submit a COVID-19 Fixture Impact Form as soon as possible.

Please note, it is the role of the Public Health Authority, not the role of the club, to determine who is a close contact.

Clubs should be mindful not to undermine the work of the public health authority or their own capacity to remain operational by taking it upon themselves to designate close contacts or allow contact with the HSC or HSE in an unofficial capacity.

### 5.5.5 Club Members Who Are Designated Close Contacts:

- Will be contacted directly by the public health authority
- [Restrict movements for 14 days](#)
- [Get tested for coronavirus](#)
- Advise their COVID-19 Club Compliance Officer

## 6.0 COVID-19 FIXTURE IMPACT FORM

The COVID-19 Fixture Impact Form should be used when any of the following affects the ability of a club to field a team in a competitive fixture:

- A confirmed case of COVID-19
- A suspected case of COVID-19 (where a player has been referred for testing by a GP/Public Health)
- Contact tracing has determined the need for players to restrict their movements

The form should be emailed to the competition's designated administrator/manager immediately after any of the above situations are confirmed.

Please note, a club does not have the authority to cancel a match.

Matches are only cancelled on the basis of medical advice or instructions from public health.

In the event that a match is called off, the competition's administrator/manager will notify all parties.

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## 7.0 COMMUNICATIONS

In the event of a suspected/confirmed case of COVID-19, clubs should focus their communications strategy on the responsible sharing of information with appropriate stakeholders in their club such as affected club members, players and parents/guardians.

Clubs are under no obligation to issue statements to mass media about ongoing matters within their club.

If a fixture is affected by a suspected/confirmed case of COVID-19 among their membership, clubs may wish to issue a press release to mass media through their usual channels.

## 8.0 REFERENCES

For further information, please consult these resources in full:

- [www.nidirect.gov.uk/campaigns/coronavirus-covid-19](http://www.nidirect.gov.uk/campaigns/coronavirus-covid-19)
- [www2.hse.ie/coronavirus/](http://www2.hse.ie/coronavirus/)
- IRFU Return To Rugby Guidelines For Clubs
- Health & Safety Plan Template (inc. Risk Assessment)
- IRFU COVID-19 Health & Safety Operating Procedures
- Guiding Principles in Assessing Contact Risk of Rugby during the COVID-19 Pandemic
- Pre-Rugby Personal Assessment Declaration
- COVID-19 Fixture Impact Form

**All IRFU Guidelines and Documentation are available at:**  
<https://www.irishrugby.ie/running-your-club/return-to-rugby-for-clubs/>

## 9.0 COVID-19 PROVINCIAL LEADS

Province	Contact	Email
Connacht	Fraser Gow	fraser.gow@connachtrugby.ie
Leinster	Carol Maybury	carol.maybury@leinsterrugby.ie
Munster	Aidan Cleary	aidancleary@munsterrugby.ie
Ulster	Club Support	clubsupport@ulsterrugby.com

## COVID-19 Symptom/Case Response Plan For Rugby Clubs

10.0	CHECKLIST - COVID-19 SUSPECTED CASE RESPONSE	
<b>SECTION 1: Player Displays/Communicates Presence Of A COVID-19 Symptom</b>	<b>YES</b>	<b>NO</b>
Player Is Self-Isolating		
Player Has contacted GP Or Public Health Authority		
COVID-19 Club Compliance Officer Has Been Informed		
Advice From GP/Public Health Authority Available & Implemented Re: Rugby Club		
COVID-19 Club Compliance Officer Has Informed COVID-19 Club Safety Officer and/or Club		
Player Is Referred For PCR Testing		
Player's Training Group/Pod Has Been Shut Down As Precautionary Measure		
COVID-19 Provincial Lead Is Informed		
COVID-19 Fixture Impact Form Is Submitted		
<b>SECTION 2: Player Is Not Referred For PCR Testing</b>	<b>YES</b>	<b>NO</b>
Player Is Symptom Free For 48 hours		
Player Completes Pre-Rugby Personal Assessment Declaration		
Player Returns To Training		
Player's Training Group/Pod Returns To Training		
<b>SECTION 3: Player tests negative For PCR testing</b>	<b>YES</b>	<b>NO</b>
Player's Training Group/Pod Returns To Training		
Player Is Symptom Free For 48 hours		
Player Completes Pre-Rugby Personal Assessment Declaration		
Player Returns To Training		
<b>SECTION 4: Player tests positive for COVID-19</b>	<b>YES</b>	<b>NO</b>
Player Continues To Self-Isolate		
COVID-19 Club Compliance Officer Has Been Informed		
Club Members Who Share A Household Restrict Movement		
COVID-19 Club Compliance Officer Has Informed COVID-19 Club Safety Officer/Club		
Player's Training Group/Pod Continues To Shut Down As Precautionary Measure		
COVID-19 Provincial Lead Is Informed		
COVID-19 Fixture Impact Form Is Submitted		
Club Members Contacted To Assess Who Has Been Designated As Close Contact		
Close Contacts Restricting Movement		
Close Contacts Referred For PCR Testing		
Section 4 Repeated For All Close Contacts		