



EALING TRAILFINDERS 1871 RFC

originated in 1871

Coaching Risk Assessment Covid-19 Stage D1 & D2

The RFU Return to Community Rugby Roadmap¹ V1 revised 5 March 2021 defines a six stage roadmap for the return to rugby for community clubs. This Coaching Risk Assessment is for Stages D1 & D2 on the roadmap.

Stage D



FROM
29TH
MARCH



FROM
26TH
APRIL

The RFU definition for Stages D1 & D2 is²

The progression to stage D1 on the Return to Rugby Roadmap from the 29 March 2021 means that contact activity except scrum and maul can take place in training and inter-club Tag, Touch and Ready4Rugby fixtures can restart. The progression to stage D2 on the Return to Roadmap from the 26 April 2021 means contact fixtures under temporary law variations (no scrum or maul) can take place.

This is an extension of the overall guidance outlined in the Return to Community Rugby Guidance³. Clubs should continue to work within these guidelines to ensure that all facility, pre-activity and other general operational practices are safe and appropriate.

Clubs are now able to organise Tag, Touch and Ready4Rugby at stage D1 and contact fixtures under temporary law variations, which remove the scrum and maul at stage D2. Clubs should only do this once they have carried out an appropriate risk assessment to take into account additional considerations that may be required during the Covid-19 pandemic, for example total number of people on site and adhering to social distancing.

Clubs should ensure they are appropriately setup and prepared for safely welcoming other clubs and individuals to their facilities. More information is available in the Return to Community Rugby and Facility Reopening Guidance³. The 'progressive' reintroduction of contact activity is important to ensure players can continue to practice core skills and are able to start preparing and conditioning themselves appropriately as the game continues to progress back to normality with regular training and matches. Clubs found to be in breach of permitted activity may face disciplinary action and/or invalidate their liability insurance.

¹ <https://www.englandrugby.com/dxdam/a2/a2a83a00-2efd-4d2e-baa6-2cdc1ec8a54c/RUGBY%20ROAD%20MAP%202021%20TIMELINE%20MARCH-V1.pdf>

² <https://www.englandrugby.com/dxdam/76/76a7b5e3-4e2d-4d91-ae3f-973147a7e5de/STAGE%20D%20Guide%20To%20Activity.pdf>

³ <https://www.englandrugby.com/participation/running-your-club/coronavirus/return-to-rugby>

Coaching Risk Assessment Guide and Operational Checklist

We have used the RFU Covid-19: Practical Coaching Risk Assessment guide⁴ and COVID-19 Club Operational Checklist⁵ (see table below) as the basis for this risk assessment.

Clubs should:		Completed
1	Identify club specific operating procedures through completion of a full risk assessment for on and off the pitch activities and provision. This should include Covid-19 specific operations, first aid cover and determining the number of people allowed onsite at any one time.	✓
2	Ensure all operations and activity is in line with the latest Government and RFU guidance on social distancing, health and hygiene . Where local lockdowns are in place, local government advice takes priority.	✓
3	Follow the RFU Reopening facilities guidance to ensure that the facilities, including changing rooms, bars and pitches, are prepared and used in an appropriate manner.	✓
4	Adhere to RFU regulations including Regulation 15 (Age Grade Rugby) and Regulation 21 (Safeguarding). The only exception to the RFU regulations is that all training and playing activity must follow the latest Return to Community Rugby guidance (as detailed in the roadmap).	✓
5	Have a system in place for safely and securely monitoring pre-attendance self-assessment symptom checks and recording personal details as part of the NHS Test and Trace program.	✓
6	Ensure the first aid provision is appropriate for the type and level of activity, on safe first aid practice, including the use of equipment, PPE and performing specific treatment can be found here (link to be updated once approved).	✓
7	Check any additional insurance cover e.g. team or personal accident policies (other than that provided by the RFU) to confirm its validity and any changes in its compliance/terms during the pandemic.	✓
8	Ensure all coaches, players and other relevant individuals are familiar with the Return to Rugby roadmap and have a clear understanding of what activity is and isn't permitted at the current stage.	✓
9	Ensure all coaches, players and other relevant individuals are fully briefed on best practice and suitable behaviours whilst on site and during training sessions. This should be in line with Core Values and Restarting Competitive Grassroots Rugby guidance.	✓
10	Provide regular communication with players, parents and other members to ensure they are given updates on guidelines and operating procedures within the club. This should include regular briefings before the commencement of any activity.	✓

Covid-19 Symptoms Guide

The RFU has provided a list of Covid-19 symptom questions to be answered as a Covid-19 self-assessment⁶. If the answer to any of questions 1-8 is not an unequivocal **NO** then you must declare that your self-assessment has failed. If at any time you develop any of these symptoms you must immediately notify your Age Group manager or Youth Chair and **not** return to training until you can demonstrate that you have completed all NHS Track and Trace actions and/or quarantine actions¹⁰.

1. A high temperature
2. A new continuous cough
3. Short of breath
4. A sore throat
5. Loss of or change in normal sense of taste or smell
6. Feeling generally unwell
7. Persistent tiredness
8. Been in close contact with /travel from a high risk region / living with a suspected or confirmed case of COVID-19 in the previous 2 weeks.

⁴ <https://www.englandrugby.com/dxdam/e8/e81f449a-5e25-4957-b417-9c546f323c25/Covid-19%20coaching%20risk%20assessment.pdf?spMailingID=9618872&spUserID=MTY5NjUyMTU4MDAzS0&spJobID=1531362421&spReportId=MTUzMTM2MjQyMQS2>

⁵ <https://www.englandrugby.com/dxdam/08/08337d77-d5c4-4708-a5d2-b0afe67d39c5/Covid-19%20Club%20Checklist%20vF.docx>

⁶ <https://www.englandrugby.com/dxdam/7a/7a889543-55f2-4f36-9662-30e89d408ab8/Self%20Assessment%20and%20Test%20%20Trace%20Guidance.pdf>

Coaching Risk Assessment

1. **Everyone who attends training** (Players, Coaches, Club Officials, Match Officials, Volunteers, First Aiders, Parents and Spectators) must follow these Track and Trace and Covid-19 self-assessment procedures.
 - a. Have registered personal details on the Club's website www.ealingrugby.co.uk
 - b. Players must also have declared attendance at training session in advance using the individual age-groups training invitation. This is essential to allow the players to be organised into separate training groups before they arrive for training.
 - c. Have thoroughly reviewed the "ETYOUTH RFC Coaching Risk Assessment Covid-19 Stage D1 & D2" (this document) which is also found in the Information Section on www.ealingrugby.co.uk website. Pay special attention to the Covid-19 Symptoms Guide in this document.
 - d. Have thoroughly reviewed the RFU's document "Guidance on Restarting Competitive Grassroots Rugby"⁷.
 - e. If you arrive by car, please park in the car park allocated for your age group. This information will be sent to you by your Age group manager and will also be displayed on the board at the entrance. Error! Bookmark not defined. If you arrive on foot or by bicycle keep off the playing areas until you have registered and follow the road to the car park. There is a maximum of one player to one parent/guardian
 - f. You then need to go to your allocated training / playing area to register. The location of your area will be sent to you by the age group manager and will also be displayed at the front gate and on the doors of the club house. Apply sanitiser before approaching the registration desk.
 - g. You must confirm that you fully understand and have adhered to items 1a to 1d described above and that you will behave as defined in the guidelines defined in "Guidance on Restarting Competitive Grassroots Rugby"⁷ and declare that you are not displaying any of the symptoms defined in 1c.
Parents/carers must complete the COVID self-assessment form prior to arriving at training on behalf of the player and sign on their behalf. These will be sent out by the age-group manager a minimum of 24 hours before training is due to start.
 - h. ETYOUTH RFC will retain copies of the signed declarations, plus attendance at training and composition of training groups, for at least 21 days after each training session.
 - i. All in a particular group must go straight to their designated training area and remain socially distanced from the other training groups attending the session. Players need to be report to the age group manager who will register them before they enter the playing area.
 - j. Only players, coaches and essential support staff may enter the training areas.
2. Ensure that all actions in this assessment are applied
 - a. Each car park and training area will be monitored from a distance by a coach or manager who will ensure that all actions identified in this risk assessment are applied.
 - b. Any player not adhering to the risk assessment actions will be immediately excluded from the training session and will face further disciplinary action as defined in the Club's discipline procedure.
3. Hand washing facilities with soap and water in place

⁷ https://www.englandrugby.com/dxdam/c8/c8171ed0-24c5-487e-8f55-e1ea803361b6/Restarting-competitive-grassroots_VF1.pdf

- a. The toilet block is open which includes plentiful soap and water washing facilities.
4. Stringent hand washing taking place
 - a. Any person who enters a training area must apply sanitiser.
 - b. Any person who leaves a training area must reapply sanitiser.
 - c. At each break in training, sanitiser will be reapplied.
5. Gel sanitiser readily available and used regularly
 - a. Sanitiser will be provided for each training area.
6. Disposable towels available and used to wipe sweat off face
 - a. A disposable towel roll plus a bag for used towels will be available for each playing area.
7. Gel sanitiser in any area where washing facilities not available
 - a. Sanitiser will be provided for each training area.
8. Equipment cleaned and disinfected before and after use
 - a. Sanitiser will be applied to all equipment before and after the training sessions.
 - b. At each break in training, sanitiser will be reapplied to all equipment that comes into contact with the players.
9. Equipment stored securely
 - a. All equipment will be stored in a lockable area.
10. Minimise sharing of kit / equipment
 - a. All players arrive wearing the personal training kit.
 - b. Training patterns will be devised to minimise the use of equipment and to adhere to all detailed Stage D requirements.
 - c. We recommend that you do not use tackle shields/pads/bags, although this is permitted by the RFU, they must be sanitized after every individual use and therefore will be too time consuming for ETYOUTH RFC training sessions currently.
11. No sharing of water bottles
 - a. All players will bring their own water bottles.
12. No close physical contact
 - a. Social distancing rules will be strictly applied and monitored for adherence.
 - b. If a player is injured the first aider on duty should follow government guidance⁸ in place for first responders during the coronavirus outbreak.
 - c. Use of changing rooms and showers is not permitted.
 - d. Walking, cycling, and travelling in vehicles or on public transport to and from training sessions should follow government guidance⁹ in place during the coronavirus outbreak.
 - e. Tackling is permitted within skill zone sessions where the session is based on tackle technique only, and is permitted for two 10 minute blocks per training session.
 - f. Rucking will NOT be permitted for the first 4 week blocks of training. It can however commence from Sunday 2 May.
13. No hand shaking
 - a. Social distancing rules will be strictly applied and monitored for adherence.
14. No huddles
 - a. Social distancing rules will be strictly applied and monitored for adherence.
15. No touching face

⁸ <https://www.gov.uk/government/publications/novel-coronavirus-2019-ncov-interim-guidance-for-first-responders/interim-guidance-for-first-responders-and-others-in-close-contact-with-symptomatic-people-with-potential-2019-ncov>

⁹ <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>

- a. At each sanitisation station signage will clearly state the importance of no touching of faces.
16. If space allows, increase social distancing between players during heavy exertion
- a. We will observe the RFU guidance that no more than one group should be active on each training area of any pitch.
17. Is there an effective action plan in place to deal with someone with suspected symptoms, should it be necessary?
- a. We take a register of attendance and note which players are in which training groups to enable contact tracing information to be gathered.
 - b. Any person with suspected symptoms will be told to leave the training session and to immediately self-isolate according to NHS guidance¹⁰.
 - c. Any person who has attended a training session who also develops symptoms or is subject to a Track and Trace instruction from outside of ETYOUTH RFC must immediately notify the age-group manager and not return to training until they can demonstrate that they have completed all Track and Trace actions and/or quarantine actions¹⁰.
 - d. In the meantime ETYOUTH RFC will advise all who have shared a group session with such individuals that they should take extra care in practising social distancing and good hygiene, like washing their hands regularly. They should also watch out for their own symptoms.
 - e. In the event that a player has confirmed symptoms then we will share contact information with the NHS to enable appropriate Track and Trace actions to be applied, according to NHS guidance¹⁰. The guidance explains that “the information you give will be handled in strict confidence and will only be kept and used in line with data protection laws”.
18. Ensure guidance signage is clearly visible
- a. Guidance signage will be in place at each sanitisation station, and at the training registration desk.
19. Insurance provided by the RFU covers all rugby activity as well as a wide range of social, fundraising and commercial ventures, for affiliate clubs at level 3 and below and this includes ETYOUTH RFC¹¹. Anyone who has, or wishes to procure, additional insurance should its validity and any changes in its compliance/terms during the Covid-19 pandemic.

The following additional procedures apply to non-contact fixtures with other clubs using Ready4Rugby or other Touch formats, and Adapted Rules matches (from 29th April 2021) held away from Vallis Way.

- a. All personnel from Ealing Trailfinders Youth RFC and their guests and supporters will adhere to requirements 1 – 19 detailed in the Risk Assessment Document
- b. In advance of the fixture we will advise the hosting Club that we will be adhering to requirements 1 – 19 above and invite the hosting Club to provide any additional requirements. These requirements must include access, parking and registration guidance.

¹⁰ <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>

¹¹ http://www.englandrugbyinsurance.co.uk/uploads/documents/englandrugbyinsurance//RFU_Insurance_for_Affiliated_Clubs_June_2020.pdf

- c. All personnel from Ealing Trailfinders Youth RFC and their guests and supporters will adhere to any additional requirements put in place by the hosting Club.

The following additional procedures apply to non-contact fixtures with other clubs using Ready4Rugby or other Touch formats, and Adapted Rules matches (from 29th April 2021) held at Vallis Way.

- d. Details of any visitors / fixtures that are planned need to be communicated to the Youth Chair & Club Deputy Chair. This is to ensure that we have sufficient space & resources to host additional players
- e. In advance of the fixture we will advise the visiting Club of the Risk Assessment requirements defined in our Risk Assessment document and request that the visiting Club declares that their players, guests and supporters will adhere to requirements 1 – 19 detailed in this document, with the exception of the registration requirement 1a. (We have a standard document that needs to be used to provide this information to the visiting club)

The visiting Club must bring with them a complete list of names, phone numbers and emails for all of their players, guests and supporters. Ealing Trailfinders Youth RFC will retain this list for 21 days for Track and Trace purposes as per requirement 1h in the Risk Assessment Document.

World Rugby Player Welfare

The Club strongly encourages all coaches, managers and players to be very aware of the World Rugby Player Welfare resources. There are two Covid-19 courses¹² that are highly relevant to all Club coaches, players and managers. The Club requires its coaches and managers to complete these courses.

- COVID 19 – Return to Play Awareness for Coaches & Players
- COVID 19 – Return to Play Awareness for Administrators

Phil Regan



Youth Chairman

24 March 2021 updated 12 April 2021

¹² <https://playerwelfare.worldrugby.org/covid-19-courses>