



Awareness briefing: Club members  
Monday 10th August 2020  
Subject : COVID 19 (update)  
**Location:** Dundalk Rugby Club



# IRFU Return To Rugby Guidelines For Clubs:



# IRFU Return To Rugby Guidelines For Clubs:

- The purpose of the COVID-19 Health & Safety Operating Procedures is to assist in the completion/ implementation of the clubs' own COVID-19 Health & Safety Plan
- **COVID-19 HEALTH & SAFETY RETURN TO RUGBY GUIDELINES FOR CLUBS IRFU (issued 17<sup>th</sup> July)**
- Clubs are asked to consider the following areas in completion of their COVID-19 Health & Safety Plan

Good News:

- **COVID 19 Health & Safety Plan is developed for Dundalk Rugby Club inc Apps which are user friendly. Updated 07/08 20.**



# COVID 19 – AGENDA

- Introduction (SKIP)
- Brief Overview (25<sup>th</sup> June 2020)
- COVID-19 Health and Safety Operating Procedure for Clubs. IRFU Document “Return to Rugby” updated 17<sup>th</sup> July.
- The Role of the COVID 19 Compliance Officer (Brief Re-cap).
- The Role of the COVID 19 Club Safety Officer (Brief Re-cap).
- The importance of the Pre-Return To Rugby Personal Assessment Form.
- Guiding Principles in Assessing Contact Risk of Rugby during The COVID-19 Pandemic. 23<sup>rd</sup> July 2020.
- Step by Step approach to safe play.
- Do's and Don'ts.
- Points to remember.
- Supporting Documentation updated the Risk Assessment incl Gym use.
- Checklists (in the Safety and Health Plan Rev 3)
- Q and A



# COVID 19 – Awareness Training for clubs

COVID-19 Health and Safety Operating Procedure for Clubs. IRFU Document “Return to Rugby”.

Published 5<sup>th</sup> June 2020 ([see below](#))

The purpose of the COVID-19 Health & Safety Operating Procedures is to assist in the completion of the clubs’ own COVID-19 Health & Safety Plan.

- Clubs are asked to consider the following areas in completion of their COVID-19 Health & Safety Plan.

- **16 sections in total:**

1. Personnel Hygiene Etiquette
2. Cleaning to prevent contamination
3. Training plans
4. Use of PPE
5. Training and communications inc C19 Officers
6. Preparation for training inc travelling to and from training
7. Physical Distancing
8. Use of Facilities
9. Catering & Refreshment Facilities
10. Conflict Resolution
11. Breaches in Compliance
12. Contact Log
13. Action List
14. Suspected Case Response Plan
15. Health & Safety
16. First Aid



# IRFU Contact Stage Guidelines



- Issued Contact Stage Guidelines issued on 17<sup>th</sup> July 2020. Available on IRFU website.

1. Summary Road Map (see attachment)

# The C19 Club Safety Officer: **See club website for full overview of role.**

- Presentation(25<sup>th</sup> June) and role of the C 19 Safety on club website.
- Has the club appointed one?
- Do you know who he/she is?





# The C19 Club Compliance Officer: **See club website for full overview of role.**

- Presentation and role of the C 19 S Club Compliance officer on club website.
- Has the club appointed a number of these?
- Do you know who he/she are?



# Pre-Rugby Personnel Assessment Declaration Form



**PRE-RUGBY PERSONAL ASSESSMENT DECLARATION**

**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.**

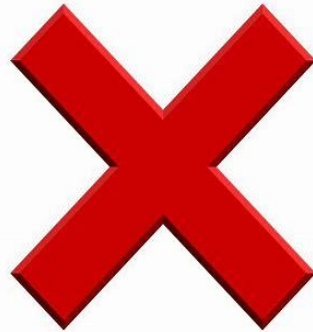
Questions			YES	NO
1	Are you a close contact of a case of COVID-19 in the last 14 days?	Are you suspected or more than	<input type="checkbox"/>	<input type="checkbox"/>
2	Have you been diagnosed with COVID-19 in the last 14 days?	COVID-19	<input type="checkbox"/>	<input type="checkbox"/>
3	Have you been advised to self-isolate?	Are you self-isolating?	<input type="checkbox"/>	<input type="checkbox"/>
4	Have you been advised to wear a face mask?	Are you wearing a face mask?	<input type="checkbox"/>	<input type="checkbox"/>
5	Are you feeling unwell, with any of the following symptoms in the past 14 days?	Are you experiencing any of the following symptoms?	<input type="checkbox"/>	<input type="checkbox"/>
		• New Gastrointestinal Symptoms	<input type="checkbox"/>	<input type="checkbox"/>
		• Flu Like Symptoms	<input type="checkbox"/>	<input type="checkbox"/>
6	Have you returned from another country within the last 14 days?		<input type="checkbox"/>	<input type="checkbox"/>
	If yes, where?			

I confirm that the above declaration is true, to the best of my knowledge and in accordance with my club/school's code of conduct. I also confirm that I will abide by all government guidelines and make myself aware of any changes to same.

NAME: \_\_\_\_\_  
SIGNATURE: \_\_\_\_\_  
DATE: \_\_\_\_\_

**KNOW YOUR ROLE** >> **SHOW RESPECT** >> **GO TRAIN WELL**

Pre-Return To Rugby Personal Assessment



# Now: Pre- Rugby personal assessment form.

## IMPORTANT



- Available <https://bit.ly/IRFU-PADF>
- [Note: Changes](#) include:
  1. Change of form name to "Pre-Rugby Personal Assessment Form"
  2. Reformatting of questions.
  3. Addition of symptoms to Question 5.
  4. Overseas travel no longer precludes all participation.
  5. Update to declaration (see slide 9)
- The form can also be recreated using paperless form tools (e.g. Google Forms, Microsoft Forms) once GDPR guidelines are adhered to. For anyone using Microsoft Forms, a template is available at <https://bit.ly/IRFU-MS-PADF>.
- This form will also be available **via Rugby Connect**.

# Guiding Principles in Assessing Contact Risk of Rugby during The COVID-19 Pandemic

- IRFU's Guiding Principles (16) in Assessing Contact Risk of Rugby during The COVID-19 Pandemic (Author Dr Rod Mc Loughlin) This is a comprehensive document which outlines a number of key areas around rugby, contact and managing a suspected/confirmed COVID-19 case.

[It has been posted to the IRFU website and sent to club Hon. Secretaries also.](#)



# Guiding Principles in Assessing Contact Risk of Rugby during The COVID-19 Pandemic Cont.

## Point 1:

Managing a suspected or confirmed COVID-19 Case.

## Point 2:

Following a rugby event (training or game):

Note: Guidance note has been posted to Hon Secretary and available on IRFU website.

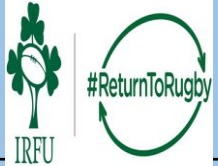




# The principle of Return to Rugby Buy In :







# Step by Step approach to safe play



<p><b>Step 1:</b></p> 	<p>Have you read and understood the clubs safety procedures IRFU docs in respect to COVID 19.</p>
<p><b>Step 2:</b></p> 	<p>Has the club appointed the respective number of Covid 19 compliance Officers and Safety Officer.</p>
<p><b>Step 3:</b></p> 	<p>Prior to going to the club are you symptom free.</p>
<p><b>Step 4:</b></p> <p><b>Pre return to Rugby Assessment Form</b> <a href="https://bit.ly/IRFU-PADF">https://bit.ly/IRFU-PADF.</a></p>	<p>Have you completed the Pre-Rugby Personnel Assessment form this now replaces the original declaration form</p>

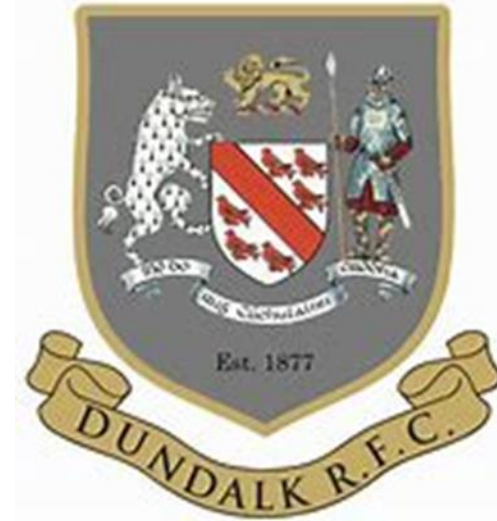
# Step by Step approach to safe play



<b>Step 5:</b> 	Have the necessary checklists etc being completed or will be managed on the night.
<b>Step 6:</b> 	Do you know your training times/ slots?
<b>Step 7:</b> 	You must come to the club ready to train/ play.
<b>Step 8:</b> 	Teams have designated equipment to use.



# Step by Step approach to safe play



## Step 10



Once training/ play is finished head home don't hang around. Shower etc at home.

## Step 11 and beyond.



We can all make a difference if we all take the simple precautions.

Always refer to both , HSE, Gov.ie, IRFU and Club Health and Safety Documentation for advise and guidance.

IF in doubt please ask.

# *Do's and Don'ts for Safety and Play*



## **Do's:**

- **Pitch Training:**
  - **Only come to the club if you are symptom free.**
  - **Compliance Officer does a run through (2mins approx.) key points to adhere to.**
  - Assessment Forms, issued pre training (slide 11)
  - Arrive Pitch ready (No exceptions)
  - Contact Tracing and Roll call taken by Compliance Officer.
- C.O present for all sessions.

# ***Do's and Don'ts for Safety and Play***

- Everyone needs to step up and take ownership.
- Groups have designated specific equipment for that Groups use only. **No sharing of equipment.**
- All equipment ( balls, tackle bags etc) is washed with warm soapy water , wiped down with sterile spray or wipes , cleaned and ready to use.
- Dispose of all wipes safely in their bins.
- Leave the same way don't hang around – leave the premises quickly and safely.
- Return home and have a shower straight away.





# Do's and Don'ts for Safety and Play

## Don'ts

- Sharing of any equipment.
- If you feel unwell or have any symptoms – **YOU SHOULD NOT BE HERE !**
- No Horseplay or ignoring COVID 19 protocols.
- Do not ignore HSE Hygiene etiquette. **REFRAIN FROM SPITTING** etc.
- Don't share water bottles or towels.
- Don't share sanitiser. Have you your own hand sanitiser (**Ovalle to supply100ml bottles** ).
- No shaking of hands, high fives, fist pumps etc.



# Gym use protocol

- Max Group of 6 persons one of which is a COVID 19 Compliance officer.
- Gym sessions are pre booked with GYM Co Ordinator.
- Paperwork with names and contact tracing are complete and issued.
- All Equipment is cleaned down pre and post use, no exceptions.
- Face masks are worn correctly. Disposed off.
- COVID 19 Protocols as per Club COVID Plans must be followed.
- The GYM usage will be monitored. **Failure to comply with PROTOCOLS will incur a GYM Ban and potentially close the GYM fully to all persons.**



# Points to Remember

- Social distancing compliance is the responsibility of everyone within the club and not only the Compliance Officers & staff.
- If you become aware of any issues relating to COVID-19 that may not have been initially envisaged, you are to report this to the COVID-19 Compliance Safety Officer/Deputy or in their absence to a member of the club COVID-19 Safety Committee for review.
- Please adhere to the club safety rules and COVID 19 protocols that are in place – **REMEMBER SAFETY STANDARDS CANNOT SLIP WITH A MAJOR INCREASE IN THE FOCUS ON HEALTH PROTECTION.**
- If you are unsure of anything please ask the Covid-19 Compliance Officer or a member of the COVID-19 Safety Committee. Only use recognised source i.e. HSE, Government, IRFU and Club notices.
- Guiding Principles in Assessing Contact Risk of Rugby during The COVID-19 Pandemic. To be accessible on club website, along with all plans, forms, SOPS etc.



# *Clarification on Travel and Quarantine.*

*“A negative Covid test does NOT supersede anyone who has travelled and has been told to isolate for 14 days as per both government guidelines.*

*Therefore, if you return from a country where you have been told to isolate for 14 days on return, and then get a test and it is negative, you still must complete the isolation period”.*

Kind Regards

Carol Maybury

- Leinster Rugby



# Supporting Documentation



- IRFU “Return to Rugby”- Return to Rugby Guidelines for Clubs Published 5<sup>th</sup> June 2020 **Updated 17<sup>th</sup> July 2020.**
- IRFU “Return to Rugby” The Role of the COVID-19 Safety Officer
- IRFU “Return to Rugby” The Role of the COVID-19 Club Compliance Officer
- IRFU “Return to Rugby” Guidelines for Clubs/Guidelines for Club Operations
- IRFU “Keep Your Club Mates Safe” Poster
- Covid-19 Workplace Protection and Improvement Guide published by the NSAI
- Guiding Principles in Assessing Contact Risk of Rugby during The COVID-19 Pandemic. Published 23<sup>rd</sup> July 2020. **NEW**
- Pre-Rugby Personnel Assessment form updated **5<sup>th</sup> Aug 2020.**

## ❖ COVID-19 HEALTH AND SAFETY PLAN DUNDALK RUGBY CLUB

Prepared by: Dundalk Rugby Club in conjunction with Eamon O’Boyle & Associates



# Appendices

Appendices from Club COVID 19 Safety and Health Plan for Dundalk Rugby Football Club **Updated 07/08/20**





**THANK YOU**

Any Questions?