

RETURN TO PLAY INFORMATION - MARCH 2021





A SAFE AND FUN RETURN



We will be following the age appropriate coaching cards - produced by the RFL - as a guide for training as we build up towards playing activity.

Week 1 commences from w.c 29th March and will involve minimal contact. Week 2 will see the introduction of limited contact which will progress gradually up to week 5.

Phased Return to Contact Activity	Socially Distanced Skills Pods of 10	Touch Game 5 v 5	X-League Game 5 v 5	1 v 1 Tackle Below Waist	Stop the Pass or Offload Pods of 10	Full Contact Game 5 v 5
w/c 29th Mar	30 mins	20 mins	10 mins	X	X	X
w/c 5th Apr	10 mins	20 mins	20 mins	10 mins	X	X
w/c 12th Apr	Optional	20 mins	20 mins	10 mins	10 mins	X
w/c 19th Apr	Optional	20 mins	10 mins	10 mins	10 mins	10 mins
w/c 26th April	Optional	Optional	20 mins	10 mins	10 mins	20 mins

Any increased level of contact will still be controlled and in pods to minimise the numbers of players who may need to isolate in the event of positive cases being reported. We will make sure we have session plans so that we can more easily identify any players who may need to self-isolate.

Social Distancing guidelines must always be adhered to on and off the pitch except during those narrow windows during sessions where medium risk activity is permitted. Similarly, please ensure hygiene standards are maintained and rules around ensuring a Covid-19 secure venue are being observed.

As previously, there is a maximum of 30 people (inclusive of any coaching staff) on one field at a time, so sessions will need to be carefully managed across the whole field.

Until further notice (this is the same for all sports) only one parent should attend any training session. It is essential that all the protocols are adhered to, to avoid a misconduct charge against the Club.

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BEFORE A SESSION



Each week, in advance of the session, we will invite parents to book a place for their child. This will be emailed out to our database and put on our Facebook page. Where demand outstrips places, we will use the first-come-first-served method to allocate places. Where a player is not allocated a space, they will be prioritised in the following session. We hope to be able to meet all demands each week, however.

All players **must** be registered with the RFL for the 2021 season and are not eligible for selection until this is complete.

All players **must** complete the 'Health Declaration' before attending a session. Parents agree to conduct this with their child as a condition of booking a place on a session. Players who cannot answer 'no' to all the health questions **must not** attend training.

Drivers must use the one-way system in operation in the car park.

Please note that the direction has been reversed for the coming season and therefore entry is now via Crossways.

Players should not arrive earlier than 10 minutes before the session is due to start and should remain in their cars until called over. Players should arrive dressed and ready to train.

When asked to do so, players will be required to sanitise their hands. Then, each player will be allocated a training pod on arrival and will be asked to sit/wait at a designated spot until the session begins.

Training pods will need to remain the same group of players for the duration of the week (ie both Wednesday and Saturday for training).

Players and parents who have been asked to self-isolate in other circumstances (ie school, work etc) **must not** attend the session.

Players in Y7 and Y8 who have access to lateral flow tests and have been asked to test themselves on Wednesday evenings are encouraged to do so before attending the session.



DURING A SESSION



Players and coaches **must** ensure that social distancing continues at all times, other than when the session involves medium or high risk activity, which will be moderated by coaches.

Players **must** use their own water bottles and avoid sharing equipment unless told to do so as part of the activity.

Sessions have been carefully designed to ensure that medium and high risk activity is moderated and that players are kept active and busy in a range of ways.

Below is a typical session plan which illustrates this approach;

RETURN TO CONTACT: SPRING
WEEK 11 UNDER 7 - UNDER 9
FALLING, PTB & DH PASS

WARM UP (5 MINS)
Using the cones as a guide and starting each player off on the same coloured cone, do the following movements:
• Hopping (single and two feet)
• Skipping
• Jumping (how high can we get?)
• Forward roll
• Side stepping
• Swerving
• Lateral movement
• Diagonal movements

MOVE TO PLAY (5-10 MINS)
FIND & SELECT SHAPES
FOLLOW THE LEADER
DISTANCE OBJECTS IN DIFFERENT BODY POSITIONS

NON-CONTACT SKILL GAME (MAX: 15 MINS)

SKILL FOCUS (5 - 10 MINS)
FALLING, PTB & DH PASS (5 - 10 MINS)
PLAYER FALLING TO THE GROUND
PLAYER GETTING UP FROM THE GROUND
DUMMY HALF PASS
CATCHING A BALL WITH TWO HANDS

SKILL TO PLAY (5 - 10 MINS)
PLAYER FALLING TO THE GROUND
PLAYER GETTING UP FROM THE GROUND
DUMMY HALF PASS
CATCHING A BALL WITH TWO HANDS

NON-CONTACT SKILL GAME (MAX: 15 MINS)

STAYING SAFE | RETURN TO ACTIVITY

RUGBY FOOTBALL LEAGUE VIRTUAL CLUBS

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AFTER A SESSION



One of the most important parts of belonging to a sports club is the opportunity to socialise. We are sure that in the near future we will be able to return to a far more normal club environment, but until then, players and parents are requested to leave the facility as soon as possible after the session.

Coaches will clean and put away the equipment in readiness for the next session.

If any player develops symptoms within 48 hours of the last session, They must report this to Phil Abbott (Covid Officer) **immediately**, by calling 07957 790750 .

Those symptoms are:

- A new, continuous cough
- A high temperature
- A loss of the sense of smell and/or taste



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