



Bassetlaw Bulldogs RLFC

Return to Play – Stage 4 Participant Information

BEFORE TRAINING

Players should:

1. Complete and submit the Covid19 Player Declaration Form before their first session
2. Ensure they are registered with the RFL on LeagueNet
3. Self-assess their health. Players should not attend training if they have any of the following symptoms (however mild they might be): a new and continuous cough, a temperature, loss or change in sense of smell or taste
4. Ensure they wash their hands thoroughly with soapy water for at least 20 seconds before they set off
5. Travel to the venue with members of their household only
6. Arrive ready to train/play. There is no access to toilets or changing facilities.
7. Arrive no earlier than 15 minutes before the published start of the session
8. Use the one-way system on entry to the car park
9. Carry out the Covid Screening Health Check
10. Keep their distance from other participants on arrival and head straight for their designated pod

The club will:

1. Complete and publish a risk assessment to include operational arrangements and general activities under Stage 3 and 4 of the Return to Play guidance
2. Ensure all coaches, first aiders and other volunteers are briefed about their duties under the Covid19 guidelines
3. Ensure each participant is registered on LeagueNet and has completed/handed in the Covid19 Player Declaration Form before their first session
4. Publish weekly pod details including a list of participants before the session
5. Ensure signage is clear and easy to follow, particularly regarding social distancing and hygiene
6. Ensure coaching plans comply with Stage 3 and 4 guidance
7. Ensure all equipment has been cleaned and disinfected before use
8. Publish all relevant guidance and generic documentation on the club website on a specific Covid19 page

DURING TRAINING

Players should:

1. Apply hand sanitiser on arrival
2. **Be accompanied by only one adult per child to spectate at training or games (this does not include coaches/volunteers)**
3. **Send their accompanying adult (over 16 years old) to scan the NHS QR code on arrival, using the NHS Covid 19 app or sign-in manually**
4. Keenly listen to and follow instructions from coaches
5. Avoid spitting at any time, or shouting when close to other people (especially when face to face)
6. Avoid sharing kit and other equipment unless specifically told to do so. This equipment will have been appropriately cleaned before and during the session.
7. Maintain social distancing and use own bottles when taking water breaks

The club will:

1. Keep a record of all participants, including the pod they trained/played in, the activities they undertook and the Covid19 Screening Register
2. Ensure that Pods remain consistent for the whole week (ie both sessions)
3. Ensure that no more than 14 players and 1 coach form one Pod
4. Ensure that no more than 30 people use a pitch at one time
5. Ensure that sessions focuses on approved 'low and medium risk' activity and continues to maintain social distancing measures for low risk activity.
6. Ensure that 'medium risk' activity - such as opposed touch and tag rugby - form no more than 20 minutes of any session up to 24th August, from which point this can increase to a maximum of 40 minutes
7. Ensure that 'Return to Contact' activity is limited to 10 minutes per session from 7th September, in line with RFL stipulations
8. Ensure that shared equipment is cleaned immediately after any 'medium risk' activity (including part-way through a session)

AFTER TRAINING

Players should:

1. Leave the site as soon as possible after the event, but no later than 10 minutes after the session
2. Wash their hands thoroughly as soon as possible
3. Use the one-way system correctly
4. Inform Phil Abbott (Covid Officer - 07957 790750) immediately if they develop symptoms in the 48 hours after a training session and get a test straight away
5. Engage with the Track and Trace system in the event of a positive Covid19 test with a participant

The club will:

1. Clean and disinfect all equipment after use
2. Ensure records are up to date, modifying pod lists where expected participants did not attend
3. Release the online booking form for the next session as soon as possible
4. Communicate quickly with all participants and the RFL in the event of a positive Covid19 test coming to light, using section 4.2 of the RFL Return to Play Action Plan Summary