



COVID-19

RETURNING TO SANCTIONED TRAINING
SMALL GROUPS



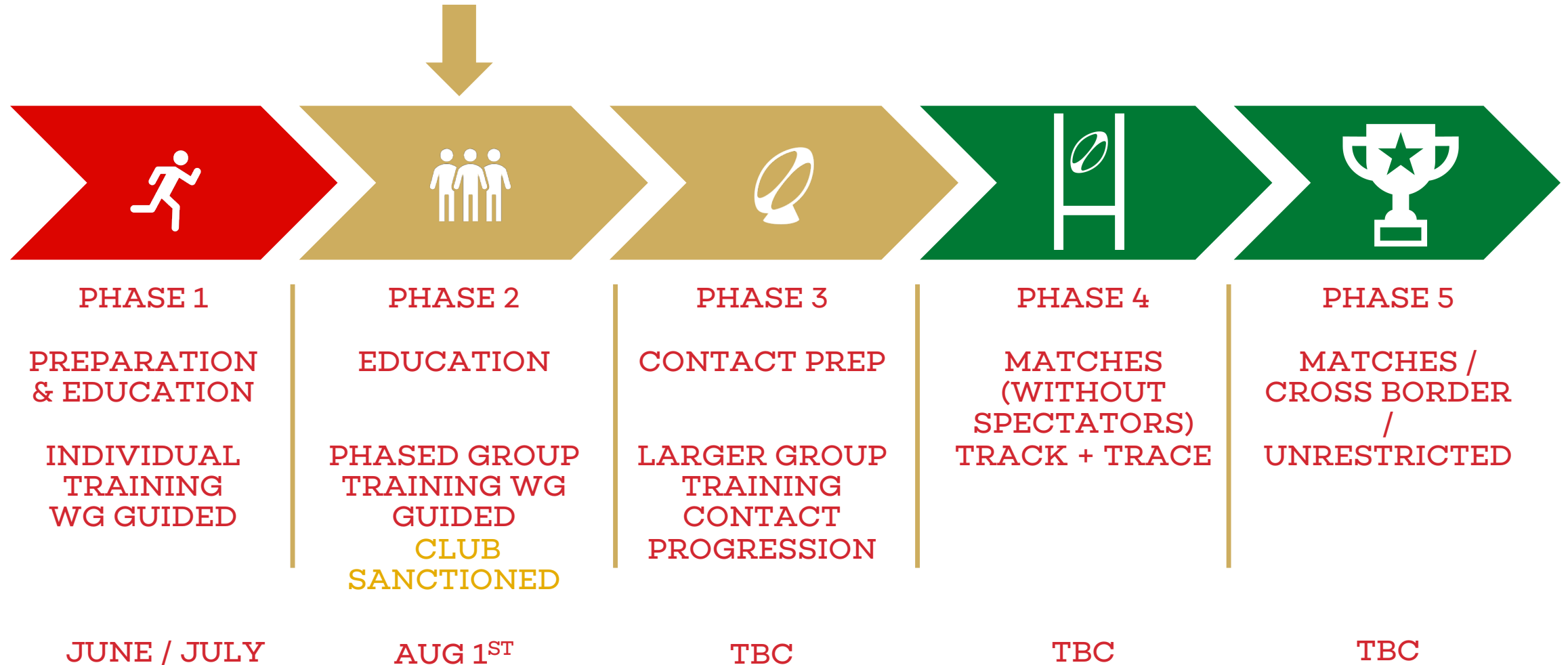
ALL of us
Our families
Our team mates & colleagues
Our communities

PROCESS OF RETURN TO TRAIN – WHAT DO WE NEED?



- Registration & Education
- Online symptom checklist
- Get in, Get done, Get out guidance
- Facility – Pitch management
- First aid changes
- Process of attending training

SMALL GROUP TRAINING





REGISTRATION

- Opens Aug 1st
- Links to World Rugby COVID-19 Educational module
- Please complete as part of WRU Guidelines

A screenshot of the Player Welfare website. At the top left is the World Rugby logo with the text 'WORLD RUGBY'. To its right is the 'Player Welfare' logo with the tagline 'Putting players first'. Below this is a search bar with the text 'Search Player Welfare' and a yellow 'Go' button. The main content area features the heading 'COVID-19 COURSES' above a large image of a coronavirus particle. At the bottom of the screenshot is a dark blue banner with the text 'COVID 19 – Return to Play Awareness for Coaches & Players'.

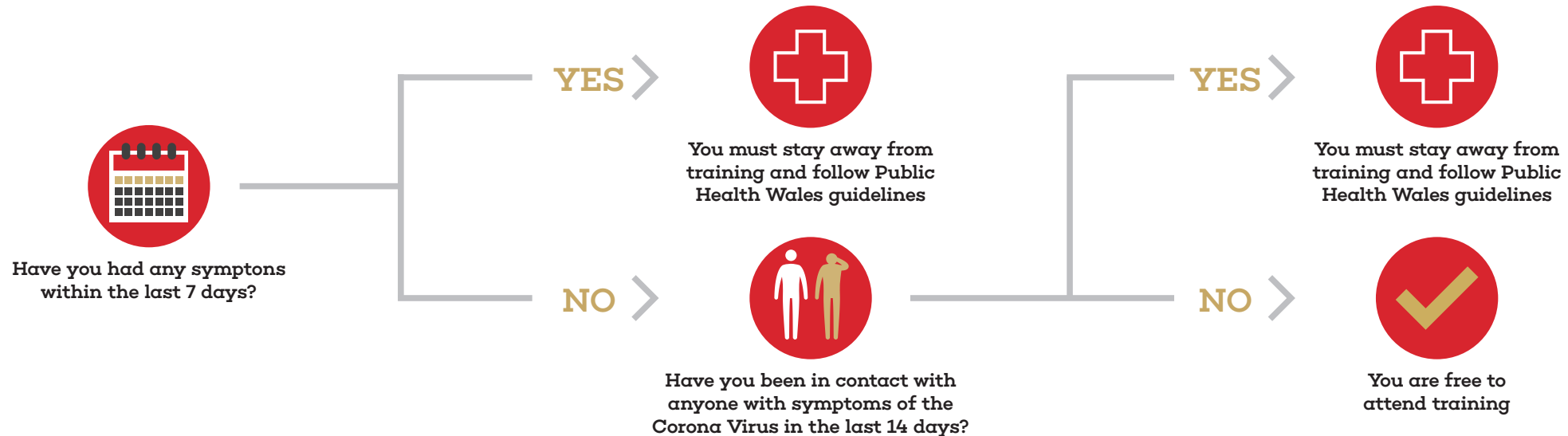


THE ONLINE SYMPTOM CHECKLIST

- Used prior to every training session / rugby attendance
- Log into the game locker
- Open the Online Symptom check
- Fill in symptom questions
- If you are non symptomatic then proceed to training
- Any symptoms **YOU MUST NOT ATTEND**, follow government guidance

HYGIENE > Are you fit to train?

PRE TRAINING SYMPTOM CHECK:



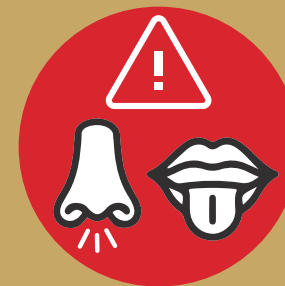
DO NOT COME TO TRAINING WITH:



A high temperature



A new, continuous cough



Loss of smell or taste (anosmia)

RETURN TO SANCTIONED TRAINING

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GET IN > GET DONE > GET OUT



Description of activity permitted

- Gatherings of up to groups of 30.
- Suggested phased groups of 10 - 15.
- Conditioning / fitness / agility drills.
- Non-contact skills training.
- Ball skills.
- No wrestling, holding, tackling or binding.
- No sharing of equipment.
- **NO MATCHES**



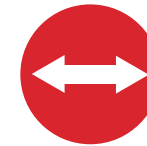
Who can attend training?

- Individuals who are symptom free for the last 7 days and have not been in contact with anyone with symptoms of the Coronavirus in the last 14 days. Must check in with the Club Operations Manager.
- No spectators (parents to maintain social distancing / watch live stream from car)
- No individuals who have been defined as vulnerable.



Hygiene measures required

- Pre training:**
- Symptom check in with the Club Operations Manager.
 - Wash prior to training at home.
 - Change and prepare kit at home.
 - Prepare own nutrition at home for after training.
- During training:**
- No spitting.
 - Use own water bottle / equipment.
 - No sharing.
 - Use hand sanitisers.
 - Limit use of mobile phone.
- Post Training:**
- Use hand sanitisers



Social distancing measures required

- Pre training:**
- Travel alone or in your household group.
 - No car sharing.
 - Parents to drop and pick only.
- During training:**
- Maintain at least 2m social distancing throughout training.
 - Avoid hand shaking/physical greetings.
- Post training:**
- No idle chat

Facilities available

- Clubs must meet government cleaning / hygiene standards.
- Toilets, Medical area for emergency only.
- Strictly no use of any other club facilities.

DESCRIPTION OF ACTIVITY PERMITTED

- Suggested phased groups of 10 – 15
- **WHY?** Reduce contact / transmission
- Conditioning/fitness/agility drills
- Ball skills maintaining social distance
- Non-contact skills training
- No wrestling, holding, tackling or binding
- **NO MATCHES**



WHO CAN ATTEND TRAINING?

- Individuals who are symptom free for the last 7 days and have not been in contact with anyone with symptoms of the the Coronavirus in the last 14 days.
- All must complete and pass the online Symptom check
- No spectators (parents to maintain social distancing)
- Advise that individuals who have been defined as **vulnerable** should not attend



HYGIENE MEASURES REQUIRED

Pre training

- Complete and pass the online symptom check
- Wash prior to training at home
- Change and prepare kit at home
- Prepare own nutrition at home



HYGIENE MEASURES REQUIRED

During training

- No spitting
- Use own water bottle/equipment
- No sharing – drinks / towels
- Playing balls should be cleaned pre / post
- Use hand sanitisers
- Limit use of mobile phone



HYGIENE MEASURES REQUIRED

Post training

- Use hand sanitisers
- Wash hands
- Clean / sanitise equipment





SOCIAL DISTANCING MEASURES REQUIRED

Pre training

- Travel alone or in your household group
- No car sharing
- Parents to drop and pick up only



During training

- Maintain at least 2m social distancing throughout training
- Avoid hand shaking/physical greetings

Post training

- No idle chat

PITCH MANAGEMENT

Designated Areas / Zones of the Pitch

- Movement between zones should be restricted
- When entering and exiting pitch use walkway provided.

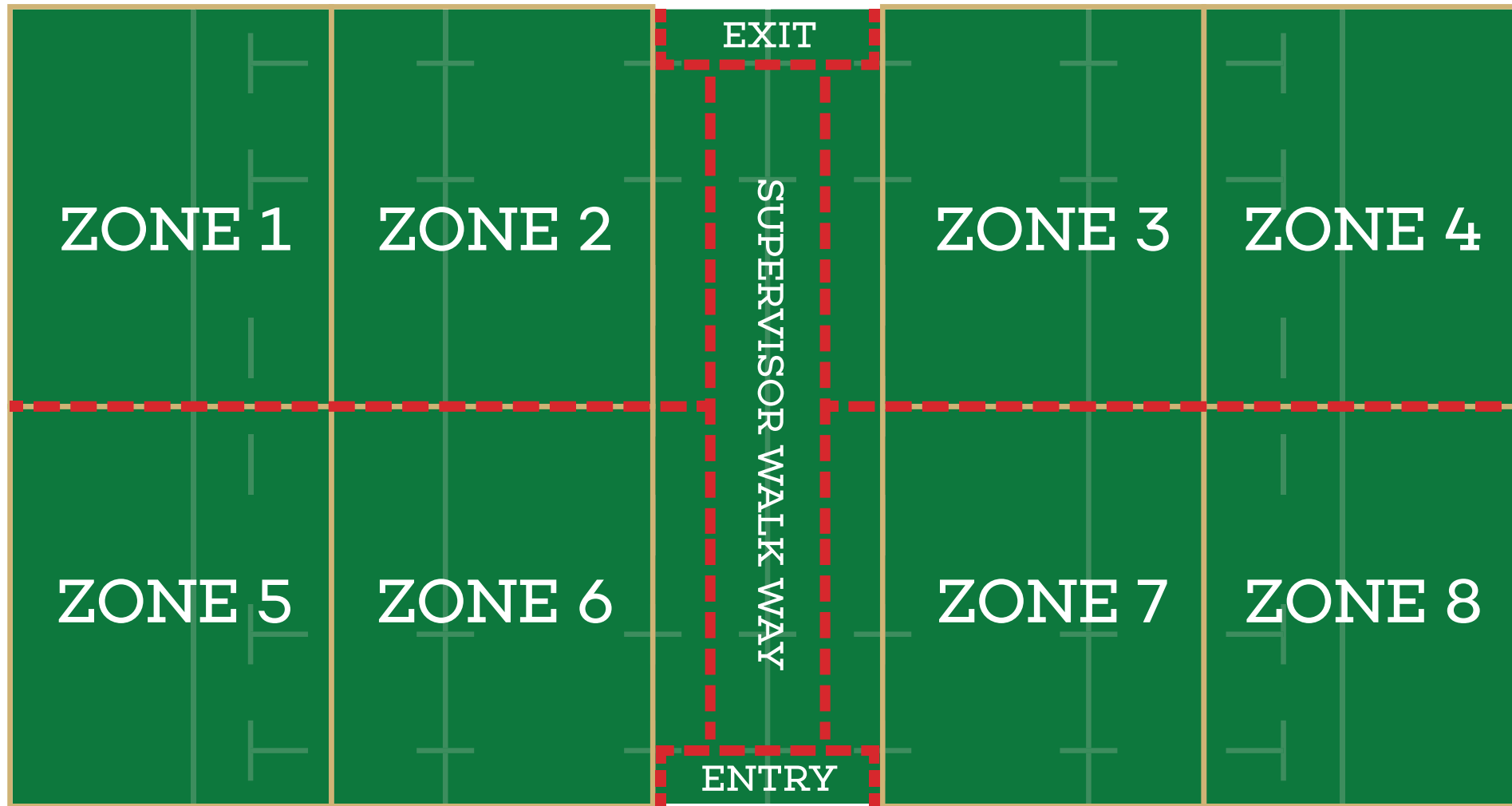
Equipment allocated to zone 1 for example should not be transferred to another zone.

Sanitisation zone should be set-up outside pitch entry point.

Prior to entering or exiting the pitch area:

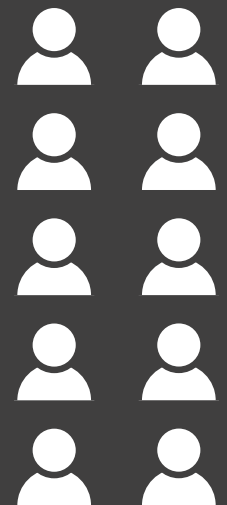
- Clean hands
- Clean equipment

PITCH PLANNING



WALK WAY
- - - - -
ZONE
PARAMETER
—————

GROUPS OF
10 - 15
IN EACH ZONE



FACILITIES

Changing rooms & social areas will remain closed

No showering facilities

Medical & toilets only



All facilities will have been deep cleaned, cleaning schedule

Hand sanitisation points

May be reconfigured for better flow or new venue



FIRST AID & PPE

- This is only needed when it is needed
- PPE for first Aiders consists of:
 - **Level 1 PPE** – Face mask – used when 2m distance can be maintained in injury management
 - **Level 2 PPE** – Face mask, apron, Gloves, Goggles – used when the 2m distance is needed to be broken to administer first aid
- This can be kept in first aid kit and put on when required

WHAT TO DO IF SOMEONE FEELS UNWELL?



- Recognise your symptoms
- Report immediately to your Clubs operation manager / lead
- Isolate from others
- Go home and contact your medical practitioner

HOW DOES IT LOOK?



CLICK HERE



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GET IN > GET DONE > GET OUT

BEFORE LEAVING HOME



LOG IN TO THE WRU GAME LOCKER AND COMPLETE THE COVID-19 SYMPTOM CHECKLIST



CONSUME ALL PRE-TRAINING NUTRITION AND HYDRATION

FEELING WELL?



WASH/SANITISE HANDS



TRAVEL ALONE unless you live with passengers



AVOID PUBLIC TRANSPORT if unavoidable wear a face-mask

FEELING UNWELL?



STAY HOME



INFORM CLUB OPERATIONS MANAGER/LEAD



FOLLOW WELSH GOVERNMENT AND PUBLIC HEALTH GUIDELINES

ARRIVAL AT TRAINING



TURN UP ON TIME.

NO SPECTATORS. PARENTS WHO DROP OFF/PICK UP MUST MAINTAIN SOCIAL DISTANCING.



THE PITCH WILL BE DIVIDED INTO ZONES, YOUR TEAM WILL BE ALLOCATED A ZONE. MOVEMENT BETWEEN ZONES SHOULD BE RESTRICTED.

BEHAVIOUR DURING TRAINING



KEEP 2M SOCIAL DISTANCE



AVOID TOUCHING EYES, NOSE AND MOUTH



WASH/SANITISE HANDS BEFORE, DURING AND AFTER TRAINING



COUGH/SNEEZE INTO TISSUE OR BENT ELBOW



CHANGING, SHOWERING AND CANTEEN FACILITIES WILL BE CLOSED IN THE EARLY STAGES OF RETURN



REPORT ANY NEW SYMPTOMS OF ILLNESS TO THE CLUB OPERATIONS MANAGER/LEAD

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