



New Ross RFC.



**COVID-19 HEALTH AND SAFETY PLAN**  
**and risk assessment.**



This document should be treated as a live document and updated in line with best practice and as new Government advice is released. Updates will be published on IRFU websites and correspondence will be sent from the IRFU to the Safety Officer to update the plan.

See links below for details.

[Government Advice COVID-19](#)

[IRFU Return to Rugby](#)

Site specific risk assessments will be updated in line with the Return to Rugby.

Once inductions (Sporting Ireland Course) and pre return to rugby personal assessment forms (Appendix 2) have been completed and the President and Chairperson are satisfied that the Health and Safety Plan and risk assessment and Return to Rugby Safety Plan have been implemented successfully a letter will be sent to Leinster Rugby confirming New Ross RFC are ready to return to rugby.

New Ross RFC will then follow the safety plan for return to rugby and the IRFU guidelines for rugby training and competition phase in line with the IRFU **Return to Rugby Guidelines –On Pitch** which is available on the link above “IRFU Return to Rugby” under the Appendix Documents. Coaches must follow the guidelines and incorporate them into their training sessions and compliance officers will be there to support the implementation of the plan.

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## 1.0 BACKGROUND

### 1.1 COVID-19

Coronavirus disease (COVID-19) is an infectious disease caused by Severe Acute Respiratory Syndrome Coronavirus2 (SARS-CoV-2). Most people (8/10) infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

#### 1.1.1 HOW IT SPREADS

The virus is spread from people in fluid and droplets scattered from the nose or mouth of an infected person when that person coughs, sneezes, or speaks. The droplets can land on surfaces, and other people contaminate their hands by touching these objects or surfaces and then bring the virus into contact with their eyes, nose or mouth by touching them with their contaminated hands. Although spread is more likely to occur through close contact with someone who is already infected with the virus.

It is still not known how long the virus survives on surfaces in different conditions. The period of survival may vary under different conditions (e.g. type of surface, temperature or humidity of the environment). Studies indicate that it can persist on surfaces for hours and up to several days in the absence of effective cleaning. Simple household disinfectants can kill the virus. Surfaces should be cleaned first and then disinfected.

#### 1.1.2 SYMPTOMS

The following symptoms may develop in the 14 days after exposure to someone who has COVID-19.

- Cough
- Difficulty in Breathing
- Fever/High Temperature
- Sore Throat
- Runny Nose
- Flu like symptoms
- Rash
- Loss Of Smell/Taste

It is important to note that some people infected with the virus, so called asymptomatic cases, can demonstrate no symptoms at all, yet can infect others. People who are showing these symptoms must not show up to training, self-isolate and report to their doctor for future information on COVID-19 testing.

## 1.2 HSE GUIDELINES

To prevent infection and to slow transmission of COVID-19, do the following:

- Wash your hands regularly with soap and water or clean them with alcohol-based hand rub.
- Maintain at least 2 metre distance between you and another person.
- Avoid touching your face.
- Cover your mouth and nose when coughing or sneezing.
- Stay home if you feel unwell.

## 2.0 INTRODUCTION

### 2.1 SCOPE

The Return to Rugby policies and Guidelines outlined in the below document are created to be implemented in response to COVID-19. The main objective is the safe return to rugby for all members and prevent the spread of COVID 19 in our communities.

These recommendations have been based on the advice of the Government, National Public Health Emergency Team (NPHE), The Health Services Executive (HSE), The National Health Service (NHS), the World Health Organisation (WHO), Northern Ireland the Public Health Agency (PHA) and the European Centre for Disease Control (ECDC). IRFU have also gained advice from other World Rugby organisations and sporting groups who are at varying stages of reopening their societies. It should be noted that this is a living document and may be revised following updated advice from the above organisations.

### 2.2 REFERENCE DOCUMENTS

In undertaking the assessment reference has been made to the following guidance documents:

- DBEI Return to Work Safely Protocol
- NSAI COVID-19 Workplace Protection and Improvement Guide
- CIF Construction Sector C-19 Pandemic Standard Operating Procedures
- WHO Getting your workplace ready for COVID-19
- Infection Diseases (Amendment) Regulations 2000
- ECDC Technical Report – Disinfection of environments in healthcare and non-healthcare settings potentially contaminated with SARS-Cov-2
- COVID-19 Public Health Protocol.
- IRFU Return to Rugby on which this document is based.
- HSA Return to Work

**Note:**

The recommendations outlined in this document are in line with above guidance documents as well as Government guidelines in place at the time of writing. This document is a live document and will be updated as new information and guidelines are issued.

## 2.3 INTRODUCTION TO THE CLUB

### **Name of the Club: New Ross Rugby Football Club.**

Address: FBD Insurance Park,  
Southknock,  
New Ross,  
Co. Wexford.

Premises: Clubhouse and bar with separate dressing room. Two playing pitches not flood lit. One entrance.

Officials: President, Chairperson, Secretary, Treasurer, Director of Rugby, Coaches, Welfare Officer, GDPR Officer. COVID 19 Safety Officer and COVID 19 Compliance officers.

### **Introduction to the Club.**

New Ross Rugby Football Club was established in 1970 to promote the playing of rugby and Development of players for all ages. The Club has now grown to over 300 members including men's and women's senior teams, youths, minis and more recently inclusive adaptive tag rugby and also non playing members. Player's catchment area mainly includes South West Wexford, South Kilkenny and South Carlow. Training takes place weekly for minis and twice weekly for others. Matches take place weekly from September to April. Over the years New Ross has developed a fine clubhouse and separate changing rooms with two top class level pitches. Players have received recognition at all levels and currently have a former player Tadhg Furlong representing the senior Irish international rugby team.

New Ross Rugby Club engages with the local community and the clubhouse is used for a variety of events. The Club runs a major charity event most years and raises funds for worthy cause in the locality. Plans for expansion of the club to cater for the growing numbers of players and members are also being considered in the current year. The club also plans to install floodlights which will allow for matches to be played in the evening. New Ross Rugby Football Club continues to engage with our community and to utilise the club's resources to enrich local people's lives.

The current year will be a particularly challenging one with the risk from the COVID 19 virus in all our lives whatever we do. New Ross Rugby RFC will be putting measures in place to reduce/eliminate the risk to members and the community at large. We encourage everyone to observe the rules and take personal responsibility to prevent the spread of the virus and make it a successful year. Unfortunately the Club was not able to celebrate its 50<sup>th</sup> Anniversary properly this year but hopefully this will happen sometime next year with some exciting events planned.

### 3.0 ROLES AND RESPONSIBILITIES

#### Key Management personnel for COVID 19:

- Safety Officer-See appendix 11 in IRFU “Return to Rugby” on IRFU website for COVID-19.
- Compliance Officers for teams –See appendix 12 for responsibility on IRFU website.
- Compliance officers for facilities and grounds-See appendix 12 on IRFU website.
- Covid 19 committee to be appointed.
- President
- Chairperson
- Main Committee
- Members and visitors.
- Director of Rugby
- Safety Officer.

### 3.1 CLUBS AND VENUES

- Appoint COVID-19 Safety Committee members (COVID-19 CLUB Safety Officer, COVID-19 Compliance officers and committee members.)
- COVID-19 Risk Assessment completed by Safety Officer.
- COVID-19 Health and Safety Plan prepared by Safety Officer.
- See risk assessment for controls in place and Return to Rugby Safety Plan.
- Risk assessment controls will be update in line with Government, Health Authorities and IRFU guidelines and updated on action list.
- Action list and check sheets to ensure controls are in place and operating correctly.

### 3.2 COVID-19 CLUB SAFETY OFFICER

The **COVID-19 CLUB Safety Officer** shall undertake the following duties, or delegate them to a named and competent member of the Club Committee:

- Lead the Safety Committee which may be comprised of the COVID-19 CLUB Compliance officers, Coaches, Referees, Committee Members, First Aid Responders, and any other relevant persons.
- Nominating participants to act as the COVID-19 CLUB compliance officers. The number of COVID-19 CLUB Compliance officers will be proportional to the size of the club, the number of teams and number of players. It is likely these individuals will be coaches or team managers.
- A COVID-19 CLUB Compliance Officer must be present at all club activities.
- Receive updates from COVID-19 CLUB Compliance officers on activities.
- Assessing risks (carry out Risk Assessments), developing Club Covid-19 SafetyPlan.
- Putting Procedures in place for club members to return to rugby in line with forthcoming guidance from the IRFU and Government.
- Keep updated with ongoing Government, Health Authority and IRFU advice and update the procedures accordingly



- Communicate with members on latest updates and changes to training and club activities
- Develop an emergency response in line with Government, Health Authority and IRFU advice Guidance for a suspected COVID-19 case
- Ensuring that all management and club members are provided with and participate in necessary induction, training, and adhoc briefings
- Co-ordinate adhoc briefings when required to communicate messages about good hygiene, respiratory etiquette and physical distancing
- Ensure all management & Members have returned their Pre-Return to Rugby Personal Assessment Declaration. These are available on the IRFU site.
- Providing safe equipment including personal protective equipment, where necessary
- Ensuring Signage and Information relating to COVID-19 symptoms and hygiene requirements are in place
- Ensuring Signage and Information relating to IRFU and Club rules and requirements with respect to COVID-19 are in place.
- Ensure action checklists for the COVID-19 CLUB Compliance officers are completed.
- Address any club member concerns
- Report to club president regularly

### 3.3 COVID-19 CLUB COMPLIANCE OFFICER

**COVID-19 CLUB Compliance Officer** will carry out the day to day monitoring of compliance with protocols as set out in the Return to Rugby Guidance Document. The number of COVID-19 CLUB Compliance officers will be proportional to the size of the club, the number of teams and number players. It is likely these individuals will be coaches or team managers. A COVID-19 CLUB compliance officer must be present at all club activities.

The COVID-19 CLUB Compliance Officers shall:

- Monitor activity to ensure social distancing and hygiene rules are followed.
- Complete the action checklist (weekly, and monthly) and update the COVID-19 Club Safety Officer.
- Ensure players and club members are aware of COVID-19 and the clubs' procedures
- Facilitate training of players and club members, where required.
- Keep updated with all new Government, HSE and IRFU guidelines
- Report to the COVID-19 CLUB Safety Officer with any updates
- Review IRFU Pre-Return to Rugby Personal Assessment Declaration provided by members
- Maintain confidentiality of suspected cases
- Provide safe equipment including personal protective equipment, where necessary
- Follow protocols for persons showing symptoms of COVID-19.

- Assist in contact tracing should there be a confirmed case of COVID-19.
- Keep in contact with any member with a suspected case and attain confirmation from them to allow their return to play
- Advice in instances where non-compliance with social distancing, respiratory etiquette and hygiene rules are observed.
- Implement temperature testing in line with Public Health advice, or if requested from a member.

### 3.4 COACHES/ REFEREES

Coaches/Referees have a responsibility to ensure that training activities and club operations do not cause unnecessary risks to players and the wider community. They shall achieve this through:

- Liaising with the nominated COVID-19 CLUB Compliance Officers, if not acting in this position
- Participating in COVID-19 training as required
- Planning training activities to align with those permitted at any given time
- Educating teams and reinforce good personal hygiene and etiquette, physical or social distancing and handwashing

### 3.5 PLAYERS/ PARTICIPANTS

Players/ Participants of the clubs have a responsibility to act in a safe and respectable manner while at the grounds. Failure to do so could result in the formation of clusters at the club endangering the wider community. All Players/Participants should be advised to:

- Make themselves aware of the symptoms of COVID-19 and monitor their own wellbeing.
- Complete IRFU Pre-Return to Rugby Personal Assessment Declaration and give to COVID-19 CLUB Compliance Officer a minimum of **3 days** before returning.
- Participate in the induction, and any training provided by the COVID-19 CLUB Safety Officer and COVID-19 CLUB Compliance Officers
- Read and Follow the club's procedures
- Practice a high level of personal hygiene by washing their hand frequently
- Keep a contact log of direct contact with other people
- Make themselves aware of the symptoms of COVID-19 and monitor their own wellbeing.
- Be open and honest if they have been in contact with a COVID-19 case or suspected case
- Self-Isolate at home and contact their GP if they display any symptoms.
- Report to the COVID-19 CLUB Compliance Officer immediately if they develop symptoms while at the training
- Complete any temperature testing as implemented by the COVID-19 Response Management Team in line with Public Health advice
- Read the club's procedures and confirm they understand them
- Practice a high level of hygiene

- Ensure their next of kin is on file
- Listen to ongoing HSE & Government advice
- Following suspicion of COVID-19, or recovery from the illness, provide a return to rugby letter from the Doctor or personal declaration

### **3.6 PARENTS AND GUARDIANS**

Parents and Guardians are required to adhere to requirements as set out in Section 3.5. They are also responsible for ensuring children under their care act in accordance with section 3.5.

## 4.0 RISK ASSESSMENT

### 4.1 RISK ASSESSMENT METHODOLOGY

#### 4.1.1 IDENTIFICATION OF RISK ITEMS

The first step in the process is to identify those hazards which present a risk of a spread of infection between persons.

In keeping with typical Risk Assessment methodology, hazards in this document are referenced as Risk Items. The Risk Items will typically be either management issues (e.g. poor sanitation practices), physical features which act as shared touchpoints which will allow the spread of the virus, or physical features which do not allow adequate physical distancing between persons.

The risk assessments are separated into two categories, as follows:

- *Universal risks* which could be applied to any club and organisation.
- *Site Specific risk assessments* must be carried out by Clubs to identify risks which are unique to their own facilities and organisation based on defined aspects, ie. Club house facilities, access and egress to playing areas, communal spaces, communication methods etc.

The identification of Risk Items is based on assessment against the recommendations in the relevant guidance documents as applied to an organisation having regard to the application of professional judgement and common sense to the particular circumstances.

#### 4.1.2 INSPECTION METHODOLOGY:

The inspection of the premises was a visual inspection of club facilities. The inspection included any observations of physical limitations or installations, cleaning methods, specific work practices, administrative processes and so forth.

#### 4.1.3 EVALUATION OF RISK ITEMS

Each risk item was rated each Risk Item. This involves three sub-steps as follows:

- Assign an Occurrence Rating to the Risk Item (Likelihood)
- Assign an Impact Rating to the Risk Item (Anticipated Severity)
- Assign an overall score to the Risk which is product of the Likelihood and Impact rating to give an overall Risk Rating

The likelihood rating is judged by reference to the likelihood of the Risk Item occurring in accordance with the following scoring criteria:

**Rare/Remote                      Unlikely                      Possible                      Probable                      Almost Certain**

Impact Scoring is based on the anticipated severity of the outcome. In scoring impact, the Risk Item is graded from 1 to 5, with 5 indicating the most serious outcome and 1 the least severe outcome. The scoring criteria are as follows:

- Negligible harm (Escape Unharmd)
- Minor harm (Minor Injury)
- Moderate harm (Injury)
- Major harm (Major Injury/Death)
- Extreme harm (Multiple Deaths)

The product of the two scoring outcomes provides an overall Risk Rating based on the following table:

		SEVERITY				
		EXTREME HARM 5	MAJOR HARM 4	MODERATE HARM 3	MINOR HARM 2	NEGLIGIBLE HARM 1
LIKELIHOOD	ALMOST CERTAIN 5	25	20	15	10	5
	PROBABLE 4	20	16	12	8	4
	POSSIBLE 3	15	12	9	6	3
	UNLIKELY 2	10	8	6	4	2
	RARE 1	5	4	3	2	1

The numerical scale used is to allow comparisons of the risk levels only. No literal meaning is implied by the scoring level.

KEY TOSHADING		
15 - 25	Level of risk is unacceptable.	HIGH
8 - 12	Level of risk may be tolerable. Seek to reduce level of risk.	MEDIUM
1 - 6	Level of risk is acceptable	LOW

**4.1.4 WHO IS AFFECTED BY THE RISK**

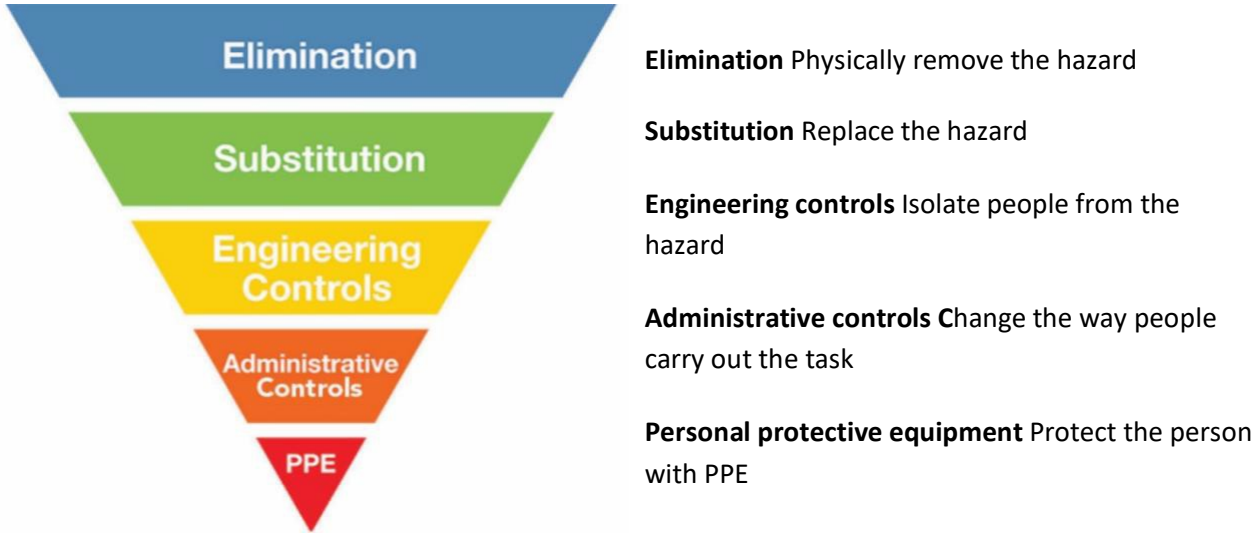
Abbreviations used in the ‘To Whom’ column of the assessment relate to:

- P = Public
- S = Sports Players/ Participants/Members
- V = Visitors

**4.1.5 CONTROL MEASURES**

The control measures, indicated within the fifth column of the assessment, and further detailed in Section 5.0, named ‘Proposed Criteria for Resumption’ below, are considered to be reasonably practicable measures, to mitigate or eliminate the Risk Items. The objective is to reduce; either immediately or within a reasonable timeframe; the level of risk completely or to a tolerable or acceptable level.

Below is the Hierarchy of controls which should be considered when carrying out a Risk Assessment at your club.



**4.1.6 RESIDUAL RISK**

The residual risk is the level of the remaining risk produced when proposed control measures have been applied. It is necessary to ensure that the risk control measures are fully implemented to **achieve these levels.**

## **4.2 RISK ASSESSMENT RESULTS**

Results of club risk assessment of the day to day activities for running the clubs are recorded in tables in Appendix B.

## 5.0 PROPOSED CRITERIA FOR RESUMPTION

The IRFU road map will be used to plan the return to rugby in line with the safety plan. Each stage of the plan will be implemented before the next phase of the plan is started and should there be any updates in relation to changes of the road map by the public health and IRFU the plan will be updated to take these into account whether it is to accelerate the plan or reverse the plan. The following sections give details of the action to be **implement for resumption of rugby**.

### 5.1 PERSONAL HYGIENE & ETIQUETTE

The COVID-19 Club Safety Officer and COVID-19 Club Compliance Officers, herein referred to as COVID-19 response team should ensure that:

- Appropriate hygiene facilities are in place
- Hand sanitisers/hand wipes and/or hand washing facilities are readily available
- Bins/bags for disposal of tissues are available
- Bins to be emptied at regular intervals
- Disinfectant is readily available to allow members to clean areas and equipment.
- A No-Hand Shaking / Physical Greeting Policy is put in place

#### Personal Hygiene and Etiquette

- Taps and washing facilities.
- Toilet flush and seats.
- Door handles and push plates.
- Handrails on staircases and ramps.
- Light Switches
- Communications equipment.
- Keyboards, photocopiers and other office equipment.
- Rubbish collection and storage points.
- Welfare facility areas and first aid kits
- Balls and training equipment

#### 5.1.1 Prevention of Spread

In order to reduce the likelihood of spreading the virus Members are advised to:

- Avoid close contact with anyone who has a fever and cough
- Refrain from shaking hands or offering other forms of physical greeting
- Not touch their eyes, nose or mouth if their hands are not clean
- Not share objects that touch their mouth, for example, bottles, cups foodstuffs, mouth guards etc.
- Maintain hand hygiene and respiratory etiquette as outlined below



### **5.1.2 Hand Hygiene**

Hand Hygiene involves hand washing correctly with soap and water, or an Alcohol based hand sanitiser, for at least 20 seconds;

- Before and after training
- after coughing or sneezing
- If they've had contact with a person who is displaying any COVID-19 symptoms
- before and after being on public transport
- before and after being in a crowd
- when arriving and leaving areas
- when hands are dirty
- after toilet use

### **5.1.3 Respiratory Etiquette**

In addition to hand hygiene, good respiratory hygiene and etiquette is also necessary:

- Cover your mouth when coughing and sneezing with a tissue and then dispose of the tissue in a bin.
- If you don't have a tissue, use the sleeve of your arm and not your hand
- Wash hands after
- Wear a mask when appropriate or in line with guidance.

### **5.1.4 Physical Distancing Etiquette**

Members are expected to:

- Avoid physical greetings while remaining courteous to others
- Respect the personal space of others by keeping a 2m distance from them where practicable
- When passing within 2m of another person, do so briskly
- Walk in single file in walkways if there are others travelling in the opposite direction
- Avoid stopping for conversations in walkways
- When in a passageway wide enough for one person only, stand back and allow the other person to pass if they were on the route before you.
- Respect other people's possessions keep your own water bottle, hand sanitiser etc
- When using common toilet facilities, persons should, where possible, avoid using the sink or urinal directly beside one which is in use by another person

## **5.2 CLEANING TO PREVENT CONTAMINATION**

Cleaning Guidelines for clubs and facilities will be enhanced to prevent cross contamination, particularly in common areas and at touch points including: see below.

### **5.2.1 General Cleaning Guidelines**

Cleaning Guidelines for clubs and facilities will be enhanced to prevent cross contamination, particularly in common areas and at touch points including:

- Taps and washing facilities.
- Toilet flush and seats.
- Door handles and push plates.
- Handrails on staircases and ramps.
- Light Switches
- Communications equipment.
- Keyboards, photocopiers and other office equipment if present.
- Rubbish collection and storage points.
- Welfare facility areas and first aid kits
- Balls and training equipment

Consideration will be made to the ECDC TECHNICAL REPORT: Disinfection of environments in healthcare and non-healthcare settings potentially contaminated with SARS-CoV-2

### **5.2.2 Cleaning after a suspected case**

For cleaning of areas where a suspected case has come in contact, refer Section 14.5 of Appendix 14 on The IRFU website Return to Rugby.

### **5.2.3 Workstations**

Consideration will be made to club houses that have workstations and offices. All work areas will be cleaned regularly. Workstations must be left clean and tidy at the end of every day by all users. Should a confirmed case be found on the premises it is important that the users can fully sanitise the workstations so limiting loose material on the desk is necessary. Each desk should be provided with a bottle of hand sanitiser and tissues. However, members are encouraged to wash their hands with warm water and soap.

### **5.2.4 Sanitary Facilities**

The cleaning of toilets, sinks and other sanitary facilities used by several people will be carefully performed. Consider the use of a disinfectant effective against viruses, such as 0.1% sodium hypochlorite, or other licensed veridical products following the instructions for use provided by the manufacturer.

Member's engaged in environmental cleaning should wear PPE when performing cleaning activities. The use of the usual set of PPE (e.g. uniform – which is removed and frequently washed in warm water and gloves) is enough for the protection when cleaning general premises. The cleaning material should be properly cleaned at the end of every cleaning section. Hand hygiene should be performed each time PPE such as gloves are removed. Waste material produced during the cleaning should be placed in the general waste receptacles.

### **5.2.5 Cleaning between training sessions**

Cleaning of high touch items is advised between Training Sessions to reduce the risk of spread between pods and training groups

### **5.2.6 Balls and Equipment**

Once ball work and equipment use are permitted a robust cleaning system will be implemented to reduce the risk of spread of the virus. This would include:

- Cleaning balls before and after each training session.
- Cleaning equipment before and after each training session

Studies have shown that coronavirus can live on plastics up to 72 hours. Clubs may wish to rotate some equipment (tackle bags, hit shields etc) to allow 72 hours between use to reduce the risk of spread of infection. This would not negate the requirement for sanitation before and after each use.

Details on use of equipment is outlined in section 8 on the IRFU website Appendix 14.

## **5.3 TRAINING NUMBERS AND PERMITTED ACTIVITIES**

### **5.3.1 Training Plans**

Suitable training plans should be prepared, electronically sent to the COVID-19 Compliance Officer for approval and such plans should be in line with local government advice in each Step/Phase. The training plans should be implemented by the coaches.

### **5.3.2 Minimising numbers in the Clubs**

The number of players/coaching staffs in the club should be limited depending on the Governmental advice at any one time. Training session(s) should be appropriately arranged so that players are absolutely clear as to the date and time of their training. Once arranged, players must stay in their allocated day/time slot and cannot observe, participate or otherwise be involved on other sessions. Multiple additional training sessions may be required to ensure that all players can access training safely. The Club should also consider and implement all activities that can be completed from home, such as Strength and Conditioning programmes.

## **5.4 Use of PPE**

The wearing of PPE (gloves, masks, goggles) should not take the place of hygiene and leaning measures to prevent spread of COVID-19, as outlined above. PPE should be selected and worn based on the hazard of the specific task / person. Wearing of PPE in line with existing occupational health and safety risk assessments should be maintained.

Guidance on the use of PPE in COVID-19 prevention should be updated when necessary in accordance with Public Health Advice. People who are expected to wear PPE will be trained in their proper use, cleaning, storage and disposal.

### **5.4.1 Disposable Gloves**

Do not wear disposable gloves in place of washing hands. The virus can get on gloves in the same way it gets on hands. Also, hands can become contaminated when gloves are taken off.

Disposable gloves should be worn in medical settings or in instances where close contact between members is unavoidable.

Be aware that wearing disposable gloves can give a false sense of security. A person might potentially:

- sneeze or cough into the gloves - this creates a new surface for the virus to live on
- contaminate themselves when taking off the gloves or touching surfaces
- not wash their hands as often as they need to and touch their face with contaminated gloves.

#### **5.4.2 Face Masks**

Using masks is unlikely to be of any benefit if the wearer is not sick. Sick people will be advised by their doctor when to use a mask. Players/coaches may request masks and other personal protective equipment to protect them from infection during their training.

Current guidelines from the HSE/NHS do not recommend the wearing of face masks and/or the undertaking of temperature testing at training; the preferred approach is to ensure social distancing and good hygiene measures. Do not attend training if you have COVID 19 symptoms.

### **5.5 Training and Communication**

#### **5.5.1 COVID-19 Club Officers**

The COVID-19 Club Safety Officer and Compliance officer will be provided with ongoing Training on how to communicate with members about COVID-19 as well as deal with any suspected cases. They will be kept updated with IRFU, Government and Health Authority guidelines to update documents, management, and members.

#### **5.5.2 Inductions**

Induction Training will be provided for all Members and participants prior to returning to Rugby and during transitioning from phase to phase. This training will include the latest up-to-date advice and guidance on Public health, IRFU guidance, induction module including:

- Hygiene techniques, respiratory and physical distancing etiquette.
- Tips for travelling to and from Training
- Changes to Training from the normal.
- What a member should do if they or a member of their family develops symptoms of COVID-19
- Details of how the Club is organised to address the risk from COVID-19.
- An outline of the COVID-19 response plan
- Identification of key personnel in the COVID-19 Response Management Team
- Any other relevant advice.

#### **5.5.3 Updated online IRFU resources/guidelines**

COVID-19 Club Compliance Officer will undertake regular Training and education to remind members/teams of rules and Guidelines and to update them of any changes to Public Health or Government guidelines. Health and Safety information will be available on the New Ross Rugby Club web site and Sporting Ireland course will be available through a link. This must be completed.

#### **5.5.4 Signage**

Appropriate signage will be installed in key locations (entrances, circulation spaces, Pitch Side Check-in Areas, toilets, etc) to remind all Members and visitors of Health Authority key guidelines.

Signage will also be required to communicate changes to the environment and also to reinforce social distancing, personal hygiene and etiquette. The IRFU will provide all clubs with access to PDF's of current Step/Phase signage however clubs may require additional signage depending on the outcome of their own risk assessments to assist with finding, directional flow etc.

#### **5.5.5 Meetings**

Face-to-face meetings will be discouraged, and technological options made available (e.g., telephone or video conferencing). When face-to-face meetings are unavoidable the length of the meeting and the numbers attending should be kept to a minimum and participants must always maintain physical distancing.

#### **5.5.6 Health Self-Declaration**

Before returning to Rugby each member or members parent/guardian must complete a Pre-Playing Health declaration in the form of the Pre-Return to Rugby Personal Assessment Declaration

This form seeks confirmation that the member, to the best of their knowledge, has no symptoms of COVID-19 and that the member, or someone they have been in close contact with, is not self-isolating or awaiting the results of a COVID-19 test. If the person answers yes to any questions on the form, they are advised to seek medical advice before returning to Rugby.

The COVID-19 Club Compliance Officer will determine from this declaration if a person is fit to return to rugby.

Members may also be asked if they are a vulnerable person, if they live with a vulnerable person or if a person at home is a frontline worker.

All declarations are private and confidential documents and will be treated in the highest regards.

Members who may not have the appropriate equipment at home may request a temperature check to confirm or rule out a slight fever. A no-contact thermometer should be kept in the isolation area, to allow the COVID-19 Club Compliance Officer, or first aid personnel to perform temperature checks if requested to do so. However, it should be noted, and explained clearly, that some cases of Covid-19 are asymptomatic, and lack of fever does not indicate that a person is virus free.

Pre-Return to Rugby Personal Assessment Declaration is included in Appendix A of this document.

#### **5.5.7 Notification of Training Times**

In order to return to rugby safely there is a requirement to limit the number of players on the pitch at any one time. This process will need to be managed carefully by coaches and team managers/Covid-19 Compliance Officer. Players should be advised in advance of their allocated day and time for training. Players should be advised to arrive 5 minutes before training is due to commence and leave directly after training.

Further details on Physical Distancing measure for training are included in section 7 on the IRFU website Return to Rugby Appendix 14.

As all club facilities other than toilets will be closed until permitted to open, players are advised to travel to and from training toggled out and ready to train. Note: it is unsafe to wear rugby boots or just socks when driving and the player/coach should wear suitable footwear to/from training and change at their vehicle.

### **5.5.8 GETTING TO TRAINING**

Travel to training

Where a Member exhibits any signs of COVID-19 or has been exposed to a confirmed case they should not attend training.

Players and Coaches are expected to conform to any travel distance related restrictions in place at the time.

Wherever possible, members should travel to training alone or with persons from their own household using their own means of transport. Members should not car share with other households. Additional parking spaces, or bicycle parking may be required. However, this may be lessened by the reduction of members at training sessions.

Where public transport is the only option, members should take care to maintain social distancing, sit down if possible, and minimize contact with frequently touched surfaces. Members should use hand sanitisers before and after using public transport. Mask may have to be worn.

Note - Persons travelling to or returning to the island of Ireland should refer to national advice issued by the HSE / NHS

### **5.5.9 Drop off/ Collection areas**

Members who drive to the club will be advised to park in designated parking areas only. Ideally these should be spaced to allow the recommended social distance between occupants once they have exited their car. If this is not possible members will be advised to wait in their cars until there is room to exit in accordance with social distancing guidelines. Those dropping/collecting to/from training should be discouraged from lingering in the car park and advised to remain in their cars or leave the car park.

## **5.6 GETTING TO TRAINING**

### **5.6.1 Check-In**

Where possible touch free check-in should be practiced. Clubs should also consider the following controls:

- Disposable Gloves, hand sanitisers and disinfectants should be provided behind the desk for the Check-in controllers
- Check-in area should be sanitised regularly
- Hand sanitisers will be provided next to check-in to allow people to sanitise before and after

Recommended social distance should be maintained between the Check-in controllers and a person approaching, Clubs should provide markings on the ground back from the check-in controllers position. Clubs should provide signage asking persons to stay behind the line and keep distance from others

### **5.6.2 Member entrances/ pitch access**

To assist in social distancing some clubs may be required to implement one-way systems, Implement stop/go systems, widening of walkways or add extra access points throughout the grounds. This will be determined by the onsite risk assessment. Hand sanitisers and disinfectants will be provided at pedestrian entrances in prominent areas to encourage use. Players should be reminded regularly to use these facilities.

The handles and push plates on manual doors/gates will be cleaned before and after each training session. Hand sanitisers should be provided immediately inside the entrance for those having used the manual door. Consideration should be given to fitting an automatic opening device to the door or locking the door/gate in an open position. Ensure that no new risks are introduced in the process (Fire hazard, Slip/trips).

### **5.6.3 Leaving the Club**

Members will be advised to use hand washing facilities prior to entering their cars. If possible, outer layer clothing should be removed and placed in sealed bags to be washed at home.

All clothing worn at training should be removed and washed immediately. Members should be advised to wash as soon as possible after training and to limit touching surfaces in their home.

Members should be advised not to accept lifts home of other club members and should travel with members of their own household

## **5.7 PHYSICAL DISTANCING**

### **5.7.1 General Rules**

Social distancing, or physical distancing, is a set of interventions or measures taken to prevent the spread of COVID-19 by maintaining a physical distance between people and reducing the number of times people come into contact with each other.

In order to slow the transmission rate of COVID-19 social distancing is recommended by the Health Authority.

In order to assist in physical distancing, the COVID-19 Response Management Team should ensure

- A no hand shaking policy is in place
- A reduction of members presents at the club at any one time and at training. Guidance on numbers permitted at training sessions are outlined in section 3.
- Pitches and clubs should be laid out in such a way to maintain a 2m physical distance.
- Organise players into teams/groups/pods who consistently train together.
- Reduce on-site meetings as far as practicable.
- Provide one-way systems for access/egress where practicable

### **5.7.2 Spectators**

No visitors, parents/guardians, partners or other persons not directly involved in the training session are permitted to attend or observe training. In circumstances where a player/coach gets a lift to/from training, the driver must either stay in the vehicle or leave the grounds and return at the appointed collection time.

Participants and spectators must adhere to public health measures and social distancing guidelines once spectators are permitted

### **5.7.3 Visitors**

Visitors should be restricted to essential visits only. Meetings, where practicable be should be carried out remotely. Any required visitors have controlled access to the clubhouse. All visitors are by appointment only and should arrive at an agreed time. Visitors to the clubs must be accompanied at all times. They should be given a brief induction on COVID-19 Guidelines at the entrance gate desk.

#### **5.7.4 Linger**

Players and coaches are required to leave the training grounds promptly upon completion of the session.

#### **5.7.5 Ground Markings**

Clubs may wish to install ground markings to assist with social distancing. These can include distance markers, directional arrows and standing boxes.

### **5.8 USE OF FACILITIES**

#### **5.8.1 Toilets**

Depending on the size of the toilet facilities consideration should be made to reduce the number of people permitted in the toilets at any one time.

An appropriate COVID-19 hygiene regime should be implemented. This will include:

- All toilets should have the appropriate signage with instructions for washing hands.
- Disposable paper towels should be provided along with warm water and soap.
- It is advised to turn off hand dryers and remove towels.
- All contact surfaces, particularly flush handles and tap controls should be sanitised regularly.
- Toilet facilities are to be sanitised before and after every training session.
- Depending on the Sink controls within the clubs, participants should be encouraged to operate the tap controls with the back of their hand or a closed fist.
- When using common toilet facilities, persons should, where possible, avoid using the sink or urinal directly beside one which is in use by another person.
- Where numbers on site are reduced, consideration should be given to closing off every second sink/urinal to ensure persons don't stand next to each other.
- Suitable and sufficient rubbish bins to be provided for hand towels and these will be removed regularly and disposed of safely.
- Soaps, toilet paper etc are to be checked regularly and replenished in good time.

#### **5.8.2 Changing Facilities and Rest areas**

Changing rooms will not be accessible until permitted to do so. Until such time, players and coaches are required to travel to training in their training gear, other than training footwear. Towels etc that are brought to training must not be shared or waved around and should be put in the boot of the vehicle immediately upon completion of use.

Once changing facilities are opened for use social distancing and COVID-19 hygiene regime should be implemented in accordance with current Health Authority Guidelines.



### **5.8.3 Gyms**

Physio facilities, gym facilities, showers and other associated areas of the Club should be locked and not accessible in any circumstances until permitted to do so.

Once Gymnasium facilities are opened for use social distancing and COVID-19 hygiene regime should be implemented in accordance with current Health Authority Guidelines. Consideration should be made to –

- Moving equipment to allow for social distancing
- Limiting the number of persons using the facilities
- Cleaning and sanitation of equipment
- Ventilation of spaces after each session

### **5.8.4 Balls and Equipment**

Balls and Equipment should only be used within the limitations of phases.

- Balls should be numbered/otherwise identifiable to minimise contact to pods and training groups and aid contact tracing if necessary.
- Where kicking or line out practice is undertaken, the player(s) involved must use the same balls and should use no more than 2 balls for each drill.
- Equipment should be cleaned after each training session and not shared amongst group.

## **5.9 Catering and Refreshment Facilities**

### **5.9.1 General Rules**

Club house catering and bars shall remain closed until permitted to do so. Prior to opening Clubhouses must ensure all facilities adhere to current IRFU, Government and Health Authority guidance with respect to restaurants and pubs. Documentation for same shall be provided in due course.

### **5.9.2 Water Coolers/ Drinking Points**

Where there are Water Coolers/ drinking water points that have been left unused during the Stay-at-Home phase, contractors should be contacted to ensure reinstatement of the water source is carried out correctly. Water testing may be required.

Members should wash their hands before and after filling their water bottles. They should be advised not to allow the rim of their bottle to touch the faucet to prevent contamination. Water coolers/taps should be cleaned before and after each training session.

## **5.10 CONFLICT RESOLUTION**

Clubs are responsible through the ordinary club committees via the Safety and Compliance Officers to resolve conflicts and should they fail to do so the Provincial Branch/IRFU reserve the right to intervene.

## **5.11 DISCIPLINARY ACTIONS**

Clubs: Any club found to be acting outside of the Guidelines could be subject to disciplinary measures as decided by Provincial branch/IRFU. Clubs who operate outside of the IRFU guidelines may not be covered under Insurance.

Individuals: Any club members found to be in breach of the guidelines could be subject to disciplinary measures from removal from venue/session (Monitored by clubs) to suspension (guided by branch/IRFU).

### **5.12 CONTACT LOG**

All members will be asked to keep a log of all persons they have had close contact with while they are at training. If a confirmed case is found at the club, persons who were in close contact with that person may be asked to stay at home for 14 days, pending a risk assessment.

Close contact is defined as anyone who has spent more than 15 minutes, face-to-face, within two meters of a person with COVID-19 in any setting, or someone who has shared a closed space with a confirmed case for more than two hours.

The contact log may be provided to the HSE to aid in contact tracing if a confirmed case is found at the club. The COVID-19 Club Compliance Officer will also keep a contact log of members who attend training.

### **5.13 Action List/Contact List**

COVID-19 Club Compliance Officers will be required to carry out routine checks before and after training either on a daily, weekly and monthly basis. These should be completed and signed by the COVID-19 Club Compliance Officers for each training session and provided to the COVID-19 Club Safety Officer

Checklist will be provided as part of the COVID-19 Health and Safety Plan.

## **6.0 SUSPECTED CASE RESPONSE PLAN**

### **Initial Response**

The COVID-19 Club Compliance Officer will be responsible to implementing the response plan to a suspected case once a Member identifies themselves to them. The response must be quickly dealt with in a private and confidential manner.

If any person on site, suspects themselves, or is suspected of having symptoms, they must report/be reported to the COVID-19 Club Compliance Officer.

The COVID-19 Club Compliance Officer must:

- Provide the person with a mask if one is available
- If a mask is not immediately available, they should be provided with a disposable tissue and advised to cover their mouth and nose with the tissue when they cough or sneeze and put the tissue in the waste bag provided.
- Accompany the person to the isolation room keeping a two-metre distance from the person and themselves and other individuals. The route to the isolation room needs to be quick and easily accessible with little human interaction as possible.
- Assess whether the unwell individual can immediately be directed to go home.
- If underage call their parent/ guardian.
- Call their doctor.
- Carry out a questionnaire as outlined in below.

**\*\*Note:** the COVID-19 Club Compliance Officer cannot diagnose a member of COVID-19 this can only be done by being tested by a qualified medical person.

- Arrange transport home or to a hospital for medical assessment. Public transport should not be used. Transport should not be provided by another club member.
- Log the incident.
- Arrange for cleaning of the isolation room, equipment that may have been touched by the person, and pending a risk assessment, any other areas that the person may have had contact.

Note – Safeguarding policies and procedures will need to be considered when developing and implementing the response plan.

### **6.1 Isolation Room**

An isolation room will be provided to be used to quarantine a member who is feeling unwell with the COVID-19 symptoms, to facilitate the person remaining in isolation if they cannot immediately go home, and to allow them to call next of kin and/or their doctor.

The Isolation room should have the following:

- A closed door
- Ventilation
- Tissues
- Hand sanitiser
- PPE: Gloves and Masks
- Clinical Waste bags
- A no-contact Thermometer

The PPE gear should be kept in the isolation room, and/or an agreed secure area to be used for Emergency cases only. The PPE should be locked away so it cannot be taken for daily use. The Compliance Officers should have a key or immediate access to a key for the locked PPE.

### **6.2 Initial Assessment**

COVID-19 Club Compliance Officer cannot diagnose a member with COVID-19. This can only be done by getting a COVID-19 test with a qualified medical person. The purpose of this questionnaire is to establish the next steps in the response plan.

The unwell person must answer the following questionnaire in order to establish if they have a suspected case of COVID-19.

1. Has the member been in contact with any suspected cases, to the best of their awareness?
2. Has the member travelled to any countries outside of Ireland?

If NO:                   • Ask the unwell person to contact their doctor

If YES:

- The unwell person is to be brought to the Isolating room if not already there.
- The unwell person will need to contact their next of kin and/or doctor or the HSE for advice.
- Compliance officer to notify the COVID-19 Club Safety Officer.
- The unwell person's contact log to be given to the Compliance officer as well as names and details of persons who were training with the unwell person.
- The unwell person must stay in the isolation room until they can get in contact with next of kin and/or their doctor, they will be asked to not touch any surfaces and to

dispose of their tissues in the bin provided.

### **6.3 Transport of Suspected Case**

The member should be advised not to use public transport or a taxi to get home or to go to the doctors. They should use their own personal transport if fit to do so alternatively, arrangements can be made that a household member they live with will collect them from training.

The member with the suspected case should stay in the isolation room and not touch any surfaces or interact with anybody until they are ready to depart in their own vehicle or be collected.

### **6.4 Cleaning spaces after the present of a suspected or Confirmed Case**

The isolation room will need to be deep cleaned as well as the areas where the person came into contact with surfaces.

The following should also be completed:

- Where possible close and secure area for 72 hours, if this is not possible then –  
The area should be well ventilated with fresh air for a minimum of 1 hour
- The spaces should be carefully cleaned with a neutral detergent, followed by decontamination of surfaces using a disinfectant effective against viruses, as follows:  
Virucidal Products, or 0.05% sodium hypochlorite (NaClO) (dilution 1:100, if household bleach is used, which is usually at an initial concentration of 5%)  
For surfaces that can be damaged by sodium hypochlorite, products based on ethanol (at least 70%) can be used for decontamination after cleaning with a neutral detergent.
- Cleaning of toilets, bathroom sinks and sanitary facilities need to be carefully performed, avoiding splashes. Disinfection should follow normal cleaning using a disinfectant effective against viruses, or 0.1% sodium hypochlorite.
- All textiles (e.g. towels, curtains, etc.) should be washed using a hot-water cycle (90°C) with regular laundry detergent. If a hot-water cycle cannot be used due to the characteristics of the material, bleach or other laundry products for decontamination of textiles need to be added to the wash cycle.
- Follow manufacturer's instructions for use of cleaning products and disinfectants
- Use Disposable, single-use cleaning equipment if practicable, e.g. disposable cloths or paper roll
- Staff should wear the following PPE while cleaning after a suspected case:  
surgical mask and uniform and single-use plastic apron and gloves.
- Hand hygiene should be performed each time after removing gloves or mask.
- Waste material produced during the cleaning should be placed in a separate bag, which can be disposed in the unsorted garbage.

## **6.5 Waste Management**

Waste from possible cases and cleaning of areas where possible cases have been (including disposable cloths and tissues):

1. Should be put in a plastic rubbish bag and tied when full.
2. The plastic bag should then be placed in a second bin bag and tied.
3. It should be put in a suitable and secure place and marked for storage until the individual's test results are known or for 72 hours, whichever occurs first.
4. Waste should be stored safely and kept away from children

## **6.6 Return to Play after Illness**

When a member has been absent due to COVID-19 virus, they may only return to rugby if deemed fit to do so and meet the following criteria:

- 14 days since their last "close contact" with a confirmed / suspected case and have not developed symptoms in that time, or
- 14 days since the onset of their symptoms and 5 days since their last fever (high temperature), or
- They have been advised by their GP that they may return to play.

It is advised that a return to rugby doctors note is provided to the COVID-19 Club Compliance Officer. If this is not available the Individual must self-declare their fitness for training in the absence of having a fitness for training certificate from their GP/healthcare provider.

## **7.0 OCCUPATIONAL HEALTH AND SAFETY**

### **7.1 General.**

All existing Occupational Health and Safety provisions shall continue to apply to all activities within the club during the phased return to rugby. Occupational health and safety risk assessments should be updated, where relevant, to address potential exposure to COVID-19. Any updated documents should be shared with the relevant members.

### **7.2 First Aid**

#### **Infection Spread**

COVID-19 infects people through contact with the mucous membranes. First Aid Responders must think of these as being the mouth, nose and eyes. It does not infect through the skin. The greatest element of risk for a First Aid Responder is transfer of the virus to the mucous membranes by contact of contaminated hands (including contaminated gloved hands) with the eyes, nose or mouth.

The key interventions to manage this risk are to minimise hand contamination, avoid touching your face and clean your hands frequently with soap and water or alcohol-based hand gel.

There is also a significant risk of direct transfer of the virus on to mucous membranes by droplet transmission, that is, by direct impact of larger infectious virus droplets generated from the person's respiratory tract landing directly in your eyes, nose or mouth. This risk is managed by use of appropriate PPE (mask and eye protection) and by providing the ill person with a mask to cover their nose and mouth when coughing or sneezing (respiratory hygiene and cough etiquette)

### **Administering First Aid**

If, as a First Aid Responder, close contact with a person who may require some level of first aid can be avoided, do so. This, of course, will not be possible in the event of having to provide emergency lifesaving measures such as an incident of cardiac arrest, heart attack, choking, stroke. First Aid Responders should be familiar with the symptoms of COVID-19. They will need to perform a “dynamic risk assessment” based on the scenario they are presented with. Standard infection control precautions to be applied when responding to any first aid incident in the club. Hand washing with warm water and soap or an alcohol-based hand gel must be performed before and after providing any first aid treatment.

Enclosed eye protection and FFP3 mask should be worn by First Aid Responders when responding to all first aid incidents where close contact cannot be avoided.

Any person presenting with symptoms consistent with COVID-19 should be treated as a suspected case and actions as set out in Section 14 of Appendix 14 on the IRFU website Return to Rugby should be followed. A mask should be made available to give to person if they are displaying symptoms consistent with COVID-19 to limit droplet dispersion.

If you suspect a person has experienced a cardiac arrest, do not listen or feel for breathing by placing your ear and cheek close to the person’s mouth. If you are in any doubt about confirming cardiac arrest, the default position is to start chest compressions only until help arrives. To iterate the point, a person in cardiac arrest should have compression only CPR applied.

Persons with minor injuries (cuts, abrasions, minor burns) - where practical, a First Aid Responder should avoid close contact and advise the injured party what steps to take in treating their injury. No reusable equipment should be returned to service without being cleaned/disinfected appropriately.

### **First Aid PPE Requirements**

The following PPE must be available for responding to first aid incidents:

1. Disposable gloves (nitrile/latex)
2. FFP3 or FFP2 Face masks
3. Disposable plastic aprons
4. Enclosed eye protection

First Aid Responder must ensure that the mask covers both the mouth and nose and is fitted correctly to create an adequate seal to the face. Following first aid treatment, disposable PPE and any waste should be disposed of appropriately and reusable PPE cleaned/disinfected thoroughly.

- Wash hands thoroughly with warm water and soap before putting on and after taking off PPE
- Replenish PPE stock as appropriate.
- Liaise with your Club Safety Officer to ensure any issues with first aid PPE are resolved in as timely a manner as possible.

### **7.3 Mental Health and Wellbeing**

Clubs should put in place support for members who may be suffering from anxiety or stress due to COVID-19. Information about prevention and control measures at the club should be delivered

to all members to help ease concerns about risk of infection.

All existing Occupational Health and Safety provisions shall continue to apply to all activities within the club during the phased return to rugby. Occupational health and safety risk assessments should be updated, where relevant, to address potential exposure to COVID-19. Any updated documents should be shared with the relevant members.

## **Appendix A**

### **Pre-Return to Rugby Personal Assessment Declaration Form**

## PRE-RETURN TO RUGBY PERSONAL ASSESSMENT DECLARATION

Should you answer **YES** to any of the below questions you should **NOT** attend your club and before you return you should follow appropriate medical advice and guidelines.

	QUESTION	YES	NO
1	Have you been in close contact (<2m for 15minutes or more) with anyone who is confirmed to COVID-19 virus in the last 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
2	Have you been in close contact (<2m for 15minutes or more) with anyone who is suspected of having COVID-19 virus in the last 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
3A	Do you live in the same household with someone who has symptoms of COVID-19 who has been in isolation within the last 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
3B	Have you been advised by a doctor to self-isolate at this time?	<input type="checkbox"/>	<input type="checkbox"/>
4	Are you suffering now, or have you suffered any the following symptoms in the past 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
	<b>A</b> Cough	<input type="checkbox"/>	<input type="checkbox"/>
	<b>B</b> Breathing difficulties	<input type="checkbox"/>	<input type="checkbox"/>
	<b>C</b> Fever/ High temperature	<input type="checkbox"/>	<input type="checkbox"/>
	<b>D</b> Sore Throat	<input type="checkbox"/>	<input type="checkbox"/>
	<b>E</b> Runny Nose	<input type="checkbox"/>	<input type="checkbox"/>
	<b>F</b> Flu Like Symptoms	<input type="checkbox"/>	<input type="checkbox"/>
	<b>G</b> Rash	<input type="checkbox"/>	<input type="checkbox"/>
	<b>H</b> Loss Of Smell/Taste	<input type="checkbox"/>	<input type="checkbox"/>
6	Have you been advised by a doctor to cocoon?	<input type="checkbox"/>	<input type="checkbox"/>
7	Have you returned to Ireland from another country within the last 14 days?	<input type="checkbox"/>	<input type="checkbox"/>

If "YES", where?

I confirm that I have not travelled from another country in the past 14 days, that I have not been in close contact with anyone who has been outside of the country in the past 14 days, that I have not been in close contact with anyone who is in self-isolation in relation to COVID-19 in the past 14 days, that I am not suffering from any COVID-19 symptoms nor do I believe for any reason that I have contracted the virus. I commit to advising management and excluding myself if this situation changes, (i.e. if at a point in the future, I would answer "yes" to any of the above questions).

**NAME:**

**SIGNATURE:**

**DATE:**



# Appendix B

## Universal Risk Assessment

Subject area in bold text have not been added to the site specific risk assessment yet.

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
<b>UNIVERSAL RISKS</b>										
Lack of Information	Serious Illness Spread of Virus	P, S, V	4	3	<b>12</b>	<ul style="list-style-type: none"> <li>Provide COVID-19 Induction training to all members before they return to the training</li> <li>Update all relevant documents and communicate the updated information</li> <li>Provide Signage in key locations</li> <li>COVID-19 Compliance officers to check daily updates from the Government</li> </ul>	4	1	<b>4</b>	<p>Encourage all members to follow news and guidelines provided by HSE <a href="http://www2.hse.ie/coronavirus/">www2.hse.ie/coronavirus/</a></p> <p>Perform regular toolbox talks and circulars to remind members of current protocols, and new updates</p>
Shaking Hands / Physical Greeting	Serious Illness & Spread of Virus	P,S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>Provide COVID-19 Induction training to all members before they return to training</li> <li>Signage to be displayed of the spread of the virus</li> <li>COVID-19 Compliance Officers to monitor and discourage.</li> </ul>	4	3	<b>12</b>	<p>A culture change is needed to discourage hand shaking and other forms of physical greeting. COVID-19 Compliance Officers to be vigilant in monitoring and reminding members</p>

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
Washing / Cleansing Hands	Serious Illness Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> <li>• Provide COVID-19 Induction training to all persons before they return to training</li> <li>• Signage on hygiene to be displayed at the entrances, and other appropriate locations</li> <li>• Signage to be displayed at sinks indicating correct method on how to wash hands effectively</li> <li>• Hand sanitiser stations to be positioned at entrances and near common touch points</li> </ul>	4	2	8	Regular Toolbox Talks to remind members of good hygiene practices
Document sharing	Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> <li>• No paper documents to be handed out or shared with members where practicable</li> <li>• All information to be stored on a share drive. Security protocols to be put in place as required.</li> <li>• All documents to be sent via email or link</li> </ul>	4	2	8	
Travelling to and From Training	Serious Illness & Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> <li>• Discourage car sharing</li> <li>• Encourage players to travel in their own vehicle or with members of their own household</li> <li>• Encourage players to regularly sanitise their car</li> <li>• Arrive at the club ready to play</li> <li>• Drivers must Drop off and go or wait in their cars</li> </ul>	4	2	8	
Physical Distance	Serious Illness Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> <li>• Pitches to be laid out to allow 2m social distancing</li> <li>• Rooms to be laid out to allow 2m social distancing, or, where seats are 1m&lt;2m, screens/solid guarding to be provided between members</li> <li>• Limit the number of players at training sessions</li> <li>• Training rota to be created to reduce number of persons at any one time</li> </ul>	4	2	8	A culture change is needed to discourage people from stopping in passageways to converse or lean in to hear conversations. COVID-19 Compliance Officers to be vigilant in monitoring and reminding members

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
						<ul style="list-style-type: none"> <li>Limit number of chairs in a meeting room, or where seats can't be removed, blank off seats less than 2m from each other.</li> <li>Signage to remind members to stay physically distance</li> <li>Provide COVID-19 Induction training to all members before they return to the club</li> <li>All members to complete health declaration</li> <li>Spectators are not permitted to watch training.</li> </ul>				
Unavoidable Close Contact – First Aid	Serious Illness Spread of Virus	P, S, V	4	5	<b>20</b>	<ul style="list-style-type: none"> <li>Persons must wear appropriate PPE and follow strict hygiene protocols</li> <li>Create an exclusion zone around their activity</li> <li>Direct contact log for each person must be kept</li> </ul>	5	3	<b>15</b>	
Shared Touchpoints: Gates, Toilets, Light switches, Door handles, etc.	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>All hard surfaces, light switches and door handles are to be disinfected on a regular basis, at least twice per day when club facilities are in use.</li> <li>Hand sanitizer to be available at entrances and key locations of shared touchpoints (e.g. pitches, toilets, gates, sign-in areas, etc.)</li> <li>Loose material/items to be tidied away on desks</li> <li>Mechanism for leaving doors/gate open to reduce requirement to touch surface should be considered.</li> <li>High touch items to be cleaned after each training session</li> </ul>	4	2	<b>8</b>	Disinfectant to be made readily available to all members to allow them clean down surfaces
Handrails	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>Clubs to ensure handrails are cleaned regularly</li> <li>Hand sanitizer made available to allow persons to sanitise their hands after using handrails</li> </ul>	4	2	<b>8</b>	

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
<b>Workstations</b>	Spread of Virus	P, S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>All desks to be disinfected by the user at the end of each use.</li> <li>Desks to be kept clean and tidy</li> <li>Workstations to be arranged to allow a 2m distance between users</li> </ul>	4	2	<b>8</b>	Hot desking should not be permitted.
Meetings	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>To be done remotely if possible</li> <li>Meeting room to be set up to allow social distancing</li> <li>No physical greeting</li> </ul>	4	2	<b>8</b>	
<b>Shared Appliances – Kettle, Coffee-Machines; Water Coolers, Printers</b>	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>All appliances to be disinfected regularly</li> <li>Users to sanitise hands before and after use</li> <li>Disinfectant to be made available</li> <li>Signage to be displayed in relevant areas</li> </ul>	4	2	<b>8</b>	
Water bottles and refill station	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>Members shall not share water bottles or other drinking vessels</li> <li>Water bottles should not be allowed to touch the taps or spouts to avoid contamination.</li> <li>Members advised to clean water bottles regularly</li> </ul>	4	2	<b>8</b>	
<b>Cutlery, cups and glass ware</b>	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>Club house and refreshment facilities to remain closed until permitted.</li> <li>Once open, Government and Health Authority advice should be followed.</li> </ul>	4	2	<b>8</b>	
Toilets	Serious Illness	P, S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>Flush handles and sink taps to be cleaned regularly</li> <li>Hot water and soap to be provided</li> </ul>	4	2	<b>8</b>	Persons should avoid taking the sink/urinal beside

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
	Spread of Virus					<ul style="list-style-type: none"> <li>No towels or hand dryers, disposable tissue only</li> <li>Social distancing should be observed at all times.</li> <li>Limit the number of people permitted in the bathroom at any one time.</li> </ul>				another person if another is available
Emergency evacuation	Serious Illness Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> <li>In case of an Emergency Evacuation normal procedures must be followed</li> <li>Installation of new screens or barriers should not impede the evacuation routes</li> </ul>	4	4	16	In an emergency, the immediate risk to life will override physical distancing protocols.
<b>Travelling by Public Transport</b>	Serious Illness Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> <li>Members advised against using public transport to training.</li> <li>Where public transport is the only option for members, then regular talks reminding them of protocols.</li> <li>Persons should be briefed of correct hygiene and protocols when using Public Transport</li> <li>All persons using public transport should wash their hands as soon as they arrive at the club</li> </ul>	4	2	8	Additional car and bicycle parking may be required to facilitate those who can no longer travel by public transport.
Waste Bins	Serious Illness Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> <li>All rubbish to be disposed of accordingly</li> <li>All bins to be disposed of after every day that the club is in use</li> <li>Appropriate PPE gloves to be used when bringing out the bins</li> </ul>	4	2	8	
<b>Deliveries</b>	Serious Illness Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> <li>Deliveries to be scheduled at a specific time</li> <li>Physical distance to be implemented</li> <li>Do not sign for the deliveries but advise them of your name</li> <li>Request invoices and receipts to be sent via email.</li> <li>Paperless to be encouraged</li> </ul>	4	2	8	COVID-19 Compliance officer to keep a log of all deliveries

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
Car park	Serious Illness Spread of Virus	P, S, V	3	2	6	<ul style="list-style-type: none"> <li>• If Controlled Access present consideration should be made to leaving gates open.</li> <li>• Clubs may wish to designate parking spaces to encourage social distancing.</li> <li>• Members should be discouraged from lingering in carparks before and after training</li> <li>• Members should arrive 5 mins before training</li> </ul>	4	1	4	
Entrances	Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> <li>• If present, swipe cards to be disinfected regularly, pin pads to be disinfected regularly – consider deactivating locking mechanism while in use.</li> <li>• Hand Sanitizer to be available at every entrance to clubhouse and pitches and use of same promoted. Covid-19 officer to ensure these are adequately stocked</li> <li>• Signage to be present at entrances advising on physical distancing</li> <li>• Installation of guarding or queue management systems where appropriate.</li> <li>• Implementation of one way systems</li> </ul>	4	2	8	
Visitors	Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> <li>• Controlled Access of visitors is in place</li> <li>• Visitors are allowed access by invitation only and are escorted at all times.</li> <li>• Non-Essential visitors to be restricted</li> <li>• All visitors must complete a health declaration prior to arriving on site. See Appendix A</li> <li>• If feeling unwell, visitors must not come to the club</li> <li>• No hand shaking</li> <li>• Pre arrival time to be given, visitors cannot show up unannounced</li> </ul>	4	2	8	

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
						<ul style="list-style-type: none"> <li>• Visitors time to be kept as short as possible</li> </ul>				
<b>Changing rooms / lockers / showers</b>	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>• Club houses and changing rooms are to remain closed until permitted to do so.</li> <li>• Once in use social distancing guidelines must be followed.</li> <li>• Must be disinfected throughout the day</li> <li>• Must be kept clean and tidy. Personal belongings to be store correctly.</li> <li>• Signage to encourage social distancing</li> <li>• numbers at anyone time to be limited</li> </ul>	4	2	<b>8</b>	
<b>Refreshment Facilities</b>	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>• Clubhouse and refreshment facilities to remain closed until permitted to do so.</li> <li>• Once permitted to open current Government and Health Authority guidelines must be followed – this may include requirement for -</li> <li>• queue management systems</li> <li>• disposable utensils and cups</li> <li>• individual condiment packets</li> <li>• Table and chairs to cleaned after use</li> <li>• Tables and chairs spaced to allow 2m distancing</li> <li>• Gloves for staff handling cash</li> <li>• Screen between server/till and customer</li> <li>• Appliances disinfected regularly</li> </ul>	4	2	<b>8</b>	This include BBQs and other outdoor catering.
<b>Kitchens</b>	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>• Clubhouse and kitchen facilities to remain closed until permitted to do so.</li> <li>• Once permitted to open current Government and Health Authority guidelines must be followed.</li> <li>• Follow normal HAACP guidelines</li> </ul>	4	2	<b>8</b>	Consider Separate utensils and condiments for each prep station.

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
						<ul style="list-style-type: none"> <li>Clean surfaces and utensils regularly</li> </ul>				
<b>Bar</b>	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>Clubhouse and bar facilities to remain closed until permitted to do so.</li> <li>Once permitted to open current Government and Health Authority guidelines must be followed. This may include - <ul style="list-style-type: none"> <li>Removing seating from bar counter</li> <li>Glassware to be carefully washed and collected using gloves</li> <li>All utensils to be regularly cleaned</li> <li>Seating &amp; tables to be spaced to allow 2m separation</li> </ul> </li> </ul>	4	2	<b>8</b>	
Balls and Equipment	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>Balls and equipment shall only be used when permitted to do so.</li> <li>Limit the number of persons using the same equipment</li> <li>Clean balls before and after each training session</li> <li>Clean equipment before and after each use</li> <li>Label balls and equipment to assist in identifying same</li> </ul>	4	2	<b>8</b>	



**Note: New Ross site specific risk assessment. Live plan and hazards to be added as plan updated.**

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
<b>New Ross RFC Site Specific Risk Assessment.</b>										
<b>Lack of Information</b>	Serious Illness Spread of Virus	P, S, V	4	3	<b>12</b>	<ul style="list-style-type: none"> <li>• Covid 19 declaration form required prior to return.</li> <li>• Sporting Ireland course completed before return.</li> <li>• Information available on newross.com</li> <li>• Emails, what's app used for communication to compliance officers and groups.</li> <li>• Signage provided in key locations</li> <li>• H&amp;S plan with RA and Return to Rugby Safety plan in place.</li> <li>• COVID committee for FAQ's and updates.</li> </ul>	4	1	<b>4</b>	<p>Encourage all members to follow news and guidelines provided by HSE <a href="http://www2.hse.ie/coronavirus/">www2.hse.ie/coronavirus/</a></p> <p>Perform regular toolbox talks and circulars to remind members of current protocols, and new updates</p>
<b>Car park</b>	Serious Illness Spread of Virus	P, S, V	3	2	<b>6</b>	<ul style="list-style-type: none"> <li>• One gate entrance to facility which will be controlled as required.</li> <li>• Car spaces along club entrance. Training times to be staggered if required to avoid overcrowding. Car spaces limited. Overflow in use if required.</li> <li>• Tool box talks reminding re: social distancing, hand washing, respiratory etiquette and no lingering before or after training.</li> <li>• Members should arrive 5 mins before training</li> </ul>	4	1	<b>4</b>	Tool box talks for 5 minutes when training starts to remind members the rules.
<b>Shaking Hands / Physical Greeting</b>	Serious Illness & Spread of Virus	P,S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>• Provide COVID-19 Induction training to all members before they return to training</li> <li>• Signage to be displayed of the spread of the virus</li> <li>• COVID-19 Compliance Officers to monitor and discourage.</li> </ul>	4	3	<b>12</b>	A culture change is promoted to discourage hand shaking and other forms of physical greeting. COVID-19 Compliance Officers to be vigilant in monitoring and reminding members

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
<b>Entrances</b>	Spread of Virus	P, S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>Keep gates open.</li> <li>Hand Sanitizer with hygiene station signs available at entrance to clubhouse and pitches and use of same promoted. Covid-19 officer to ensure these are adequately stocked. Check sheet in place.</li> <li>Signage in place at entrances advising on physical distancing.</li> <li>If queues develop they will be managed where appropriate.</li> <li>Distance markers in place and directional arrows.</li> </ul>	4	2	<b>8</b>	Tool box talks at the beginning of training sessions as long as required.
<b>Document sharing</b>	Spread of Virus	P, S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>No paper documents to be handed out or shared with members where practicable.</li> <li>All information to be stored electronically where possible. Security protocols to be put in place as required where possible.</li> <li>All documents to be sent via email or link or website.</li> </ul>	4	2	<b>8</b>	
<b>Travelling to and From Training</b>	Serious Illness & Spread of Virus	P, S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>Car sharing not encouraged.</li> <li>Players are encouraged to travel in their own vehicle or with members of their own household</li> <li>Encourage players to regularly sanitise their car</li> <li>Arrive at the club ready to play</li> <li>Drivers must Drop off and go or wait in their cars</li> </ul>	4	2	<b>8</b>	

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
<b>Physical Distance</b>	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>• Pitches to be laid out to allow 2m social distancing</li> <li>• Rooms to be laid out to allow 2m social distancing, or, where seats are 1m&lt;2m, screens/solid guarding to be provided between members</li> <li>• Limit the number of players at training sessions</li> <li>• Training rota to be created to reduce number of persons at any one time</li> <li>• Limit number of chairs in a meeting room, or where seats can't be removed, blank off seats less than 2m from each other.</li> <li>• Signage to remind members to stay physically distance</li> <li>• Provide COVID-19 Induction training to all members before they return to the club</li> <li>• All members to complete health declaration</li> <li>• Spectators are not permitted to watch training.</li> </ul>	4	2	<b>8</b>	A culture change is needed to discourage people from stopping in passageways to converse or lean in to hear conversations. COVID-19 vigilant in monitoring and reminding members
<b>Unavoidable Close Contact – First Aid</b>	Serious Illness Spread of Virus	P, S, V	4	5	<b>20</b>	<ul style="list-style-type: none"> <li>• Persons must wear appropriate PPE and follow strict hygiene protocols when required.</li> <li>• Create an exclusion zone around their activity</li> <li>• Direct contact log for each person must be kept.</li> </ul>	5	3	<b>15</b>	Update for persons involved in close contact and review competencies.

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
<b>Shared Touchpoints: Gates, Toilets, Light switches, Door handles, etc.</b>	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>All hard surfaces, light switches and door handles are to be disinfected on a regular basis before, during and after use.</li> <li>Hand sanitizer to be available at entrances and key locations of shared touchpoints (e.g. pitches, toilets, gates, sign-in areas, etc.)</li> <li>Loose material/items to be tidied away on desks</li> <li>Mechanism for leaving doors/gate open to reduce requirement to touch surface where possible.</li> <li>High touch items to be cleaned after each training session</li> </ul>	4	2	<b>8</b>	Disinfectant to be made readily available to all members to allow them clean down surfaces. Review as facility opens up.
<b>Water bottles and refill station</b>	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>Members shall not share water bottles or other drinking vessels</li> <li>Water bottles should not be allowed to touch the taps or spouts to avoid contamination.</li> <li>Members advised to clean water bottles regularly</li> </ul>	4	2	<b>8</b>	Tool box talks.
<b>Washing/Cleansing hands</b>	Spread of virus	P, S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>Provide COVID-19 Induction training to all persons before they return to training</li> <li>Signage on hygiene to be displayed at the entrances, and other appropriate locations</li> <li>Signage to be displayed at sinks indicating correct method on how to wash hands effectively</li> <li>Hand sanitiser stations to be positioned at entrances and near common touch points</li> </ul>	4	2	<b>8</b>	Regular Toolbox Talks to remind members of good Hygiene practices.

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
<b>Handrails</b>	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>Clubs to ensure handrails are cleaned regularly</li> <li>Hand sanitizer made available to allow persons to sanitise their hands after using handrails</li> </ul>	4	2	<b>8</b>	
<b>Meetings</b>	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>To be remot if possible</li> <li>Meeting room to be set up to allow social distancing</li> <li>No physical greeting</li> </ul>	4	2	<b>8</b>	
<b>Toilets</b>	Serious Illness Spread of the virus.	P, S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>Flush handles and sink taps to be cleaned regularly</li> <li>Hot water and soap to be provided</li> <li>No towels or hand dryers, disposable tissue only</li> <li>Social distancing should be observed at all times.</li> <li>Limit the number of people permitted in the bathroom at any one time.</li> </ul>				Persons should avoid taking the sink/urinal beside another person if another is available
<b>Waste Bins</b>	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	<ul style="list-style-type: none"> <li>All rubbish to be disposed of accordingly</li> <li>All bins to be disposed of after every day that the club is in use</li> <li>Appropriate PPE gloves to be used when bringing out the bins</li> </ul>	4	2	<b>8</b>	

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
<b>Visitors</b>	Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> <li>Controlled Access of visitors is in place</li> <li>Visitors are allowed access by invitation only and are escorted at all times.</li> <li>Non-Essential visitors to be restricted</li> <li>All visitors must complete a health declaration prior to arriving on site. See Appendix D attached.</li> <li>If feeling unwell, visitors must not come to the club</li> <li>No hand shaking</li> <li>Pre arrival time to be given, visitors cannot show up unannounced</li> <li>Visitors time to be kept as short as possible</li> </ul>	4	2	8	
<b>Balls and Equipment</b>	Serious Illness Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> <li>Balls and equipment shall only be used when permitted to do so.</li> <li>Limit the number of persons using the same equipment</li> <li>Clean balls before and after each training session</li> <li>Clean equipment before and after each use</li> <li>Label balls and equipment to assist in identifying same</li> </ul>	4	2	8	
<b>Emergency evacuation</b>	Serious Illness Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> <li>In case of an Emergency Evacuation normal procedures must be followed</li> <li>Installation of new screens or barriers should not impede the evacuation routes</li> </ul>	4	4	16	In an emergency, the immediate risk to life will override physical distancing protocols.

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
Travelling by Public Transport	Serious Illness Spread of Virus	P, S, V	4	4	16	<ul style="list-style-type: none"> <li>Members advised against using public transport to training.</li> <li>Where public transport is the only option for members, then regular talks reminding them of protocols.</li> <li>Persons should be briefed of correct hygiene and protocols when using Public Transport</li> <li>All persons using public transport should wash their hands as soon as they arrive at the club</li> </ul>	4	2	8	Additional car and bicycle parking may be required to facilitate those who can no longer travel by public transport.

## Key Personnel and Information. Appendix C

Position	Name	Team	Coach	Covid Compliance Officer	Reserve
President	David Burke	n/a	n/a	n/a	n/a
Chairperson	Peter O' Brien	n/a	n/a	n/a	n/a
Secretary	Michael Seale	n/a	n/a	n/a	n/a
Safety Officer	Martin Butler	n/a	n/a	n/a	n/a
Facility Manager.	Noel Bennett	Clubhouse and grounds.	n/a	Noel Bennett	tbd
Director of Rugby	Nicky Haberlin	All			
Compliance Officer.	tdc	tbc	tbc	tbc	tbc
All teams.					



## Appendix D. Visitors Declaration.

<b>Visitor Health Declaration.</b>				
No.	Question	Yes	No	Comment
1	Have you been in close contact (<2m for 15minutes or more) with anyone who is confirmed to COVID-19 virus in the last 14 days?			
2	Have you been in close contact (<2m for 15minutes or more) with anyone who is suspected of having COVID-19 virus in the last 14 days?			
3	Do you live in the same household with someone who has symptoms of COVID-19 who has been in isolation within the last 14 days?			
4	Have you been advised by a doctor to self-isolate at this time?			
5	Are you suffering now, or have you suffered any the following symptoms in the past 14 days?			
	A	Cough?		
	B	Breathing difficulties?		
	C	Fever/ High temperature?		
	D	Sore Throat?		
	E	Runny Nose?		
	F	Flu Like Symptoms?		
	G	Rash?		
	H	Loss Of Smell/Taste?		
6	Have you been advised by a doctor to cocoon at this time?			
7	Have you returned to Ireland from another country within the last 14 days?			
	If "Yes"-, Where			

I confirm that I have responded to the questions above truthfully based on my current condition and I commit to advising the person I am meeting and excluding myself if this situation changes, (i.e. if a point in the future, I would answer " **YES**" to any of the above questions).

<b>Name:</b>	
<b>Signature:</b>	
<b>Date:</b>	
<b>Visiting:</b>	

## Appendix E Weekly Check Sheet.

<b>Date of Training:</b>																					
Is Signage is in place, visible, and up-to-date?																					
Have players received induction training?																					
Have toolbox talks been carried out?																					
Queuing system in place and being observed																					
Sanitiser available for players as required.																					
Signage in place at check-in																					
Players briefed on training activities																					
Training Activities in line with Government Guidelines																					
Equipment sanitised before training session																					
Equipment sanitised after training session																					
Has the rubbish been disposed of appropriately?																					
Have all surfaces & touchpoints cleaned thoroughly:																					
Have all toilets and sinks been disinfected																					
Hand washing facilities include soap hot water, disposable towels in place																					
Is Signage is in place, visible, and up-to-date?																					
<b>Tool box talk:</b>																					
• Start/finish on time.																					
• Don't Share water bottles																					
• Wash hands before and After training																					
• Don't spit or clear nasal passages on the pitch																					
• Adhere to social distancing measures																					
• No horseplay																					
• Do not shake hands, fist bump or high five																					
• If you feel unwell, notify your coach immediately																					
• Follow training rules																					
• Follow compliance officer instructions																					
<b>Compliance officer initials.</b>																					
<b>Team</b>		Signed by Compliance Officer.																			

## Monthly Check Sheet. New Ross RFC. Appendix: F

Year: 2020

Facility Manager.									
Month	Date	Adequate hygiene supplies Y/N	Appropriate PPE available Y/N	Adequate cleaning in place Y/N	Hygiene rules observed. Y/N	H & S plan in place and current Y/N	Tool box updates talks Y/N	Actions required.	Signed.
July									
August									
September									
October									
November									
December.									
Spot check.									
Spot check.									
Spot check.									
Spot check.									
Comment.									