

Safety Plan COVID 19 New Ross RFC

Return to rugby-IRFU guidelines.

Introduction

The COVID-19 Safety Plan for Return to Rugby as advised by the IRFU details the policies and practices necessary for New Ross RFC to get back to rugby by following the roadmap detailed in this plan and following the guidelines on the IRFU website to meet the Public health covid-19 and the Rugby clubs health and safety requirements. See the link for details- [IRFU Return to Rugby to prevent the spread of COVID -19.](#)

The plan will give an overview of key areas that the club must assess to ensure compliance with the return to rugby protocol and to minimise the risk to members and others.

All rugby clubs, including those with visitor interaction or areas where there will be interactions with other clubs and events, are required to develop a plan and the use of this guidance and associated checklists will achieve compliance.

The plan needs strong commitment from officers, members, visitors and others and will be developed and put in place in consultation with all members. The Health and Safety Plan and Risk Assessment will be the basis for implementing the controls to prevent/reduce the risk to the COVID-19 virus.

Note: The plan is a live working document and will be reviewed on an ongoing basis and amended to take into account new guidance from the Government and updates on the IRFU Covid-19 Return to Rugby site.

The IRFU will be updating its website regularly in line with government protocols and should be checked to ensure the latest advice is implemented. The IRFU will also be sending notices of updates to safety officers in rugby clubs.



How to use this plan

The COVID-19 Response Plan details how New Ross Rugby Football Club will put in place control measures to prevent and reduce the risk from the spread of COVID-19. The following sections will cover key information and guidance, which will be backed up by checklists in the Health and Safety Plan and which will monitor compliance with the plan and keep it updated when necessary.

These are as follows:

- A COVID-19 Policy, which will outline officer's commitment to implementing the Safety Plan and checklists. The policy must be signed and dated by the President and Chairperson of New Ross RFC.
- A Covid-19 Safety Officer/s will be appointed.
- Covid -19 compliance Officers will be appointed.
- A Health and Safety Plan with Risk Assessment will be completed.
- Training and Awareness of the IRFU Return to Rugby to prevent COVID-19 will be completed for all members.
- Operating procedures and checklists will be used to monitor and ensure the effectiveness of the plan.
- The IRFU will be notified by letter when The Health and Safety Plan/ Risk Assessment and Safety Plan is complete and has been communicated to all members who will confirm they understand it.
- The Health and Safety plan and risk assessment will be updated in line with Government and IRFU guidelines.

COVID-19 Safety Plan

The Safety Plan will follow the IRFU Road Map for Return to Rugby as set out as a 5 step process. See (Fig.1) below:

N.B. It is important to keep the plan under review to ensure it is kept up to date with public advice and to follow up on all actions identified on each checklist to make sure that they are completed as soon as possible. The site specific risk assessment will be updated in line with the stages in the plan and actions completed.

Each stage of the plan must be completed before the next stage starts and this must be confirmed by the committee.

IRFU RETURN TO RUGBY GUIDELINES FOR CLUBS SUMMARY ROADMAP



PUBLISHED - May 29th 2020 / UPDATED - June 11th 2020

Figure 1 – COVID-19 Safety Plan 5 Step Process

COVID-19 Safety Plan



New Ross RFC COVID-19 Policy

This COVID-19 policy outlines our commitment as a Rugby Club to implement the plan and help prevent the spread of the Covid-19 virus. The policy will be signed and dated by the President and Chairperson and brought to the attention of our officers, members, visitors and others.

COVID 19 Policy Statement

New Ross Rugby Football Club is committed to providing a safe and healthy club for all our members and others. To ensure that, we have developed the following COVID-19 Return to Rugby Safety Plan as advised by the IRFU. All officers, members and others are responsible for the implementation of and compliance with this plan and a combined effort will help contain the spread of the Covid-19 virus.

We will:

- continue to monitor our COVID-19 response and amend this plan in consultation with our members and the IRFU Guidelines.
- provide up to date information to our members on the Public Health advice issued by the HSE, gov.ie and IRFU
- display information on the signs and awareness of symptoms of COVID-19 and correct hand-washing techniques to prevent spread
- provide an adequate number of trained compliance officers who are easily identifiable and put in place a reporting system for each team
- inform all members and others of essential hygiene and respiratory etiquette and physical distancing requirements
- adapt the club to facilitate physical distancing
- keep a contact log to help with contact tracing
- have all members undergo an induction / familiarisation briefing or online course
- develop a procedure to be followed in the event of someone showing symptoms of COVID-19 while at the club or involved in club activities
- provide instructions for members to follow if they develop signs and symptoms of COVID-19 during club activities
- intensify cleaning in line with IRFU and government advice
- Develop training plans in line with the response plan requirements.

All officers, committee and members will be consulted on an ongoing basis and feedback is encouraged on any concerns, issues or suggestions.

This can be done through the Compliance Officers and Covid 19 committee.

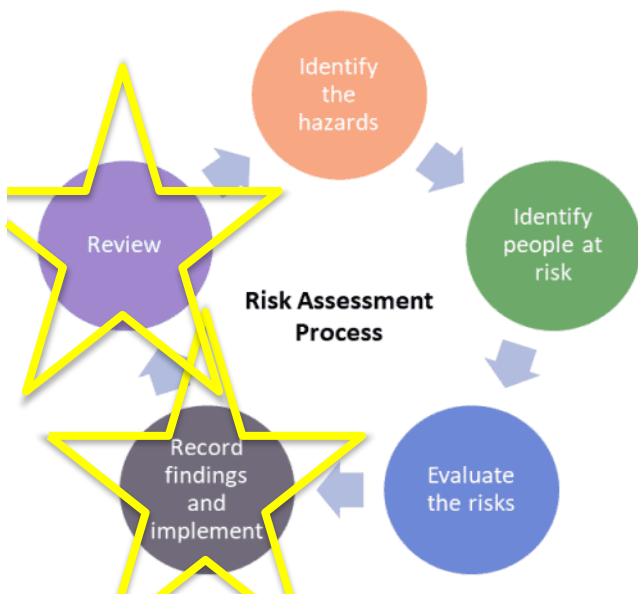
Signed. President-David Burke:

Signed. Chairperson- Peter O' Brien:

COVID-19 Safety Plan

Safety Plan:

- Communicate the findings of the Risk Assessment to stakeholders – COVID-19 Compliance officers
- Implement the control measures as part of the Health and Safety Plan
- Monitor for Compliance
- Review and update as new information becomes available or activities change



COVID-19 Safety Plan



Responsible Persons for Performing Tasks

Persons have been identified who have agreed to take responsibility for carrying out tasks such as:

- Safety Officer,
- Compliance Officers,
- Covid-19 Committee
- Members.

Tasks:

- use of checklists to identify any areas for improvement
- regular checks to ensure the plan is being implemented
- review of risk assessments and the safety statement
- Training plans in line with the guidelines from the IRFU Return to Rugby site.
- reviewing emergency procedures for a COVID 19 case and first aid

See the Health and Safety Plan which has a list of roles and responsibilities for key persons.



Checklists

Return to Rugby – Planning and Preparing

The planning and preparing phase is critical to ensure a safe return to rugby and covers such items as information and guidance, pre return to rugby personal assessment declaration form, identifying key roles, revising our induction briefing, identifying and putting in place control measures and updating our safety statements, risk assessments and emergency plans.

Members, visitors and others will be told to self-monitor for signs and symptoms of COVID-19, which have been explained to them, and the return-to-rugby form will be used to assess member's health before they return to rugby.

Personal responsibility is critical:

If you are experiencing worrying symptoms you should contact your GP or Call HSE Live 1850 24 1850. Do not attend the Club.

Further Information

- Checklist - Planning and Preparing
- Pre Return to Rugby Personal Assessment Declaration Form.

COVID-19 Safety Plan



Control Measures

This section deals with the measures we are implementing to prevent and minimise the risk from COVID-19 in the Club and in our communities.

Measures which must be complied with include:

- Hand hygiene / Hand sanitising
- Respiratory hygiene
- Physical distancing
- Minimising contact
- Awareness of Vulnerable persons/at risk persons and controls required
- Awareness of Visiting Contractors / Others and controls required.

Further Information

- Checklist - Control Measures



COVID-19 Induction / Familiarisation

Members need to be told about changes in the Club and updated on measures to prevent the spread of COVID-19 and new ways of bringing this to the attention of members. Inductions, Training plans and familiarisation with the information on the IRFU website and the New Ross RFC web site will be used to update members and other to include measures to help prevent the spread of the virus. All members will be brought through this induction before starting the Return to Rugby plan. The inductions will be carried out in a safe manner with physical distancing measures in place or the new “Rugby Connect” Game Management System from the IRFU.

The following range of items will be discussed and brought to the attention of members:

- Communication system
- Return-to rugby form
- Signs and symptoms of COVID-19 (at home and in the Club)
- Information on how the virus is spread
- Control measures to help prevent infection
- COVID-19 contact log
- Roles and responsibilities
- Changes to risk assessments and safety statement
- Changes to emergency plans and first aid procedures
- Minimising contact and updating training plans
- Reporting procedures

Attendance at a COVID-19 induction will be recorded and records kept.

Further Information

- Checklist – COVID-19 Induction

COVID-19 Safety Plan



Dealing with a Suspected Case of COVID-19

This details our procedure to be followed in the event of someone developing the signs and symptoms of COVID-19 while using the premises.

An operating procedure will be put in place and an isolation room will be available to manage this situation, and information on how to do this safely. The isolation room will be identified and marked to be used to isolate the affected person from the rest of users and procedures to be followed to enable them to safely leave the premises.

Further Information

- Checklist - Dealing with a Suspected Case of COVID-19



Cleaning and Disinfection in the Workplace

We have put in place an effective cleaning and disinfection system as regular cleaning and disinfection will help reduce the spread of the virus. We have arranged for frequently touched surfaces, such as door handles, light switches, kitchen appliances etc. to be cleaned regularly when the club is in use.

Welfare facilities and communal areas will also be cleaned routinely.

If disinfection of contaminated surfaces is needed, this will be done in addition to cleaning.

Members will be provided with cleaning materials to keep the premises hygienically clean and advised to regularly clean any personal items brought into the club.

Cleaning staff will be given information and instruction in relation to the new procedures.

Further Information

- Checklist – Cleaning and Disinfecting



Members Responsibilities in the Club.

Aside from the usual day to day responsibilities that members must comply with when the club is in use, the introduction of COVID-19 into society brings new challenges that members need to be aware of so that the Return to Rugby Health and Safety Plan can be implemented effectively.

Members must keep themselves updated on the latest advice from Government, HSE, IRFU AND New Ross RFC. They must also co-operate in maintaining the control measures put in place to help prevent the spread of the Covid-19 virus and report any issues or concerns they may have.

Further Information

- Checklist – Members.

The information contained in this guidance is for educational purposes only and is non-exhaustive. It is not intended to provide legal advice to you, and you should not rely upon the information to provide any such advice. We do not provide any warranty, express or implied, of its accuracy or completeness. New Ross Rugby Football Club shall not be liable in any manner or to any extent for any direct, indirect, special, incidental or consequential damages, losses or expenses arising out of the use of this document. 1/7/2020