



# Old Ruts seniors

## RISK ASSESSMENT: Covid 19 – Senior training plan

Assessment by James Morris Oakes and Paul Cecil

Location of Training: Old Ruts rugby The Clubhouse, Poplar Rd,  
Merton Park, London SW19 3JS

PC mobile:07597410993

JMO mobile:07850655553

Date of assessment valid from:09/06/2020

<b>Training session 1 and 2</b>	Mixed ability seniors limited to pre booked numbers only
<b>Coaches</b>	Paul Cecil, James Morris Oakes and Tom Raper
<b>Training Site Address</b>	318 Martin Way, London, SW20 9BX
<b>Training date</b>	10/06/2020
<b>Expected Duration</b>	Two separate, 1-hour sessions. 19.00 and 20.00 stat times
<b>Numbers in each session</b>	20 players split into four separate zones, to allow the sixth person (doing the coaching) to observe and instruct from safe distance

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	Name	Title	Approval	Y/N	Date	email	tel
<b>Document Author</b>	James Morris Oakes	Fixture sec	author	Y	05/06/2020	james@starlightdesign.co.uk	07850655553
<b>Authorised by Trustees</b>	Mike Stallard	Role: Rugby Chairman	Agree and approve risk assessment	Y	05/06/2020	rstallard@btinternet.com	0798987078
<b>Authorised by Trustees</b>	Steve White	Role: Club health and safety trustee	Agree and approve risk assessment		05/06/2020	sawassociates@yahoo.com	?
<b>Cced</b>	Stacia Long	Director of rugby	Agree and approve risk assessment		05/06/2020	Baggy81@hotmail.com	07961427661
<b>Cced</b>	Paul Cecil	Senior rugby chair	Agree and approve risk assessment	Y	05/06/2020	paulcecil@blueyonder.co.uk	07597410993

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Hazard / Consequences	Control Procedures	Likelihood (a)	Severity (b)	Risk Ranking (a x b)	Risk Ranking after control measures
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<p><b>Too many players to oversee safety</b></p>	<ul style="list-style-type: none"> <li>• The senior management (furthermore referred to as SM) have considered how many is sensible to limit training to, we have debated and decided on 20 per session, four less than current RFU guidelines. In pitch size 107m x 62.6m.</li> <li>• The SM have chosen this number as 4 sessions running at the same time in separated 31m. x 53.5m. spaces.</li> <li>• The numbers of players in each of these spaces are currently 1 less than the RFU return to train during covid 19 current guidelines</li> <li>• We will now be introducing a ball to each training zone. These balls will be cleaned with anti-bacterial cleaning products before each session and after each session.</li> </ul> <p>The sessions will always be dependent upon on CURRENT government and RFU guidelines advice and ruling.</p>	4	5	20	4

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<b>Social Distancing</b>	<ul style="list-style-type: none"> <li>• All players and coaches must maintain social distancing at the training sessions at all times</li> <li>• All of the training drills will not be carried out face to face</li> <li>• All training is going to be held outdoors</li> </ul>	4	5	20	5

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<p><b>Arriving and Leaving training, leading to possible transmission</b></p>	<ul style="list-style-type: none"> <li>The SM will stagger arrival and departure times at training to reduce crowding into and out of the training. Slot 1 training 10.00am start time, slot two training 11.00am</li> <li>We have chosen Joseph hood recreation ground as this has a large carpark.</li> </ul> <p>Also, some players will walk or cycle. The SM will strongly advise against travelling to and from training by public transport.</p> <ul style="list-style-type: none"> <li>Only players and coaches that are already in a “shared household” will share vehicles to and from training.</li> <li>Hand sanitiser will be provided on arrival and leaving training</li> </ul>	4	5	20	5

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Training layout to keep players in small groups	<ul style="list-style-type: none"> <li>Each of the zones will be marked out with pre tied white rope, affixed to the ground with pegs. 50m. x 25m. (As per the current regulations from the rfu.). These rope rectangles to be deployed and collected by single person or single household. These cones to be dipped and scrubbed in suitable anti-bacterial cleaning product after and prior the session. The rectangles to be spaced apart by 3mt to allow the coaches to move adjacent to the players, but not risk contaminating the player zones.</li> <li>Player rotation will be reduced to zero, so the players are only training in the same “pod” per session.</li> </ul>	4	5	20	5

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<b>Personal property being stored too close together and allowing possible transmission</b>	<ul style="list-style-type: none"> <li>• Players and coaches asked to limit the items to water bottle, phone and keys.</li> </ul> Each player to place their personal effects either A. in their cars or B. next to their training pod space, but not all heaped together	3	5	15	4
<b>Water sharing allowing possible transmission</b>	<ul style="list-style-type: none"> <li>• Each player and coach to provided and clearly label their own water bottles</li> </ul>	5	5	25	1

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Hygiene	<ul style="list-style-type: none"> <li>• Hand sanitising dispensing facilities will be available at the start of each session and at the end. This will be via a large dispenser; all will be instructed to dispense to clean hands</li> <li>• Players and coaches will be reminded to wash hands before attending training sessions.</li> <li>• Player bibs will not be used, to avoid any transmission.</li> <li>• Players and coaches have been made aware that no toilets will be available at these sessions, one of the reasons for keeping them short, this has also been decided that, now we are back at the club we will still NOT open the toilets to players or coaches.</li> </ul>	4	4	16	4

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First aid	<ul style="list-style-type: none"> <li>No First Aid will be provided but this is a non-contact sessions and ice packs for muscular injuries will be provided for players to self-administer</li> </ul>	na	na	na	na
PPE and Face Coverings	<ul style="list-style-type: none"> <li>Where coaches just assisting with overseeing the social distancing, they will wear suitable gloves.</li> <li>Should coaches choose to wear face coverings they should ensure to anti-bacterial, sanitize hands before and after wearing one. Avoid touching your face or face covering, as you could contaminate them with germs from your hands. Change face coverings should they become damp or be touched Continue to wash hands regularly Change and wash the face per session</li> </ul>	4	4	16	4

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Training group sizes	<ul style="list-style-type: none"> <li>Players will be split into small training pods of no more than 5 per group</li> </ul>	4	4	16	4

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<p><b>Communications channels</b></p>	<ul style="list-style-type: none"> <li>• Booking system to control numbers in attendance. Max number per session 20 split into four pods of five.</li> </ul> <p>The record of the player pods will be kept, after the sessions, in case these are required for track and trace reasons.</p> <ul style="list-style-type: none"> <li>• We will engage with players and coaches through existing whats app group chats to explain and agree any training safety measures in advance.</li> <li>• Head Coach / Senior Chair /Team Captains will make collective decision at the start of any session that there is enough space for the session to continue in the public park if there happen to me many public members using the park ie go or no go decision and this will be based on us having a space the size of at least 1 full size pitch with unfettered access</li> </ul> <p>No players or coaches to attend training if they have symptoms or are unwell.</p> <p>They will also not be allowed to attend if they are cohabiting with an at-risk individual.</p>	<p>4</p>	<p>5</p>	<p>20</p>	<p>4</p>
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### PPE Required

									
Hand Protection / Safety Gloves	Overalls / Protective Clothing	Boots / Protective Footwear	Safety Glasses	Face Shield / Mask	Respirator	Hearing Protection	Hi-Vis	Hard Hat	Harness
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Persons at Risk

Coaches, Players members of public				
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<input checked="" type="checkbox"/>				
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	Likelihood		Severity		Risk Ranking = L x S
1	Highly Unlikely	1	Trivial		No Action Required (1)
2	Unlikely	2	Minor Injury		Low Priority (2 to 6)
3	Possible	3	Over 3 day Injury		Medium Priority (7 to 9)
4	Probable	4	Major Injury		High Priority (10 to 14)
5	Certain	5	Incapacity or Death		Urgent action ( $\geq 15$ )

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## Sign off Sheet

We will not be carrying out a sign off sheet on site as this would have transmission issues.

Current RFU guidelines:

“When considering the roadmap for a return to community rugby, we were aware that some clubs wanted to get back quicker than others as a major concern of clubs is to retain their players and preserve their revenue streams. We also recognise that other sports may return quicker in England and that rugby may return quicker in other countries. However, we will stay focused on what is right for rugby in England.

“Whilst we are keen to have rugby being played and members returning to their clubs, we need to be cautious and will therefore only move from one stage to another when guidance and advice says that it is safe to do so.

“There are many implications of a staged return to play, including the impact on the competitive programme, rugby activity in clubs, schools, colleges and universities and also the use of club houses and indoor facilities. We remain committed to addressing these challenges in the run up to the 20/21 season.”

The roadmap focuses on a return to community rugby activity and not the reopening of clubhouses. As these are indoor spaces, they will be subject to separate government advice and guidance. In parallel, the RFU will continue to develop advice and guidance on when and how clubhouses may reopen.

The current position is that clubs are able to open indoor facilities only to allow access through the building to pitches, access to toilets and a facility (should appropriate licenses be held) for the serving of takeaway food and drinks.

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**INTRODUCTION** The Rugby Football Union’s decision to suspend Rugby Union activity on March 16th and subsequently the decision to end the 2019/20 season activity on March 20th followed government and medical advice and was taken swiftly with the prime objective being to protect players, volunteers and clubs. Our sport has reacted brilliantly, not only closing down clubs quickly and efficiently but in the amazing community work that many have undertaken to support those in greatest need. While a great deal of uncertainty still exists, the RFU is now in a position to set out a national roadmap of how we begin to think about returning to rugby activity. What still remains impossible is to set out specific timescales as to when this might happen. We will continue to be led on this by both government and medical advice. In doing this we will stay focused on what is right for rugby in England. We recognise that other sports may return quicker in England and that rugby may return earlier in other countries. We will continue to be informed by a) expert medical advice on the specific risk levels in our sport, primarily around the risks of Covid-19 transmission as a result of 1) close and face-to-face contact between individuals and 2) direct contact with other individuals, the ball and other equipment and b) government advice as to the risk levels in our country and particularly measures around social distancing, group activity and social gatherings. The roadmap deals with return to rugby activity and not the reopening of clubhouses. As these are indoor spaces, they will be subject to separate government advice and guidance. In parallel, we will continue to develop advice and guidance on when and how clubhouses may reopen. The current position is that clubs are able to open indoor facilities only to allow access through the building to pitches, access to toilets and a facility (should appropriate licenses be held) for the serving of takeaway food and drinks. Progress along the roadmap is totally dependent on how the Covid-19 pandemic develops and government advice. We will only move from one stage to another when guidance and advice says that it is safe to do so. As we move from stage to stage, detailed guidance will be issued. In recognising the major concern of clubs – retaining their players and preserving their revenue streams – we will also produce supporting advice and guidance

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as to how to focus on both of these, should we have to remain in a certain stage longer than maybe most would like to. It is also possible, should social distancing measures be strengthened at any time, that we reassess the situation and regress (for example, from Stage C to B).

**ROAD MAP** The roadmap consists of six stages. It may be necessary to remain in any one stage for a sustained period of time, with or without minor amendments. It may also be possible to jump a stage: A. Individual training with one other person B. Individual training in small groups C. Larger group training with limited face-to-face or close contact D. Whole team training with increased face-to-face or close contact E. Whole team training in preparation to play matches F. Return to matches against other teams We moved to stage A on May 13th when it became permissible for rugby club pitches to be opened and for two individuals to meet together, while remaining at least two metres apart, and engage in individual fitness-based training. The opening of pitches is at the discretion of rugby clubs (or other pitch operators) and indoor space in clubhouses may only be opened to provide through access to pitches, for access to toilets and to provide takeaway food/drinks. -3 - The most recent government.

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## RETURN TO RUGBY ROAD MAP: COMMUNITY GAME

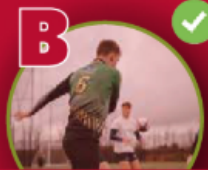
ADHERENCE TO ALL RFU REGULATIONS  
MUST BE ADHERED TO AT ALL STAGES  
UNLESS RELAXATIONS HAVE BEEN GRANTED

PHASED RETURN



### INDIVIDUAL TRAINING WITH ONE OTHER PERSON

Exercise with one other person: fitness training or physical development  
Maintain social distance  
No equipment sharing



### SMALL GROUP TRAINING

Exercise within a small group (Up to 6) & maintain social distance  
No face to face (F2F) /close contact  
Equipment sharing kept to a minimum



### LARGER GROUP TRAINING: LIMITED F2F / CLOSE CONTACT

Exercise with a larger group  
Social distancing potentially not required at all times  
Limited F2F & close contact exposure could now be permitted



### WHOLE TEAM TRAINING: INCREASED F2F / CLOSE CONTACT

Exercise with a larger group  
Social distancing potentially not required at all times  
Increase in level of F2F & close contact exposure could be permitted



### WHOLE TEAM TRAINING: IN PREPARATION FOR MATCHES

Social distancing could no longer be required  
Unrestricted F2F & close contact exposure could be permitted  
Rugby contact could be permitted



### RETURN TO MATCH PLAY

Competitive rugby can recommence.  
Could include some form of adapted activity dependent on COVID-19 mitigation

WHAT IT COULD LOOK LIKE

**STRONG HAND HYGIENE TO BE ADHERED TO AT ALL STAGES**

MOVE TO THIS STAGE

Individuals allowed to exercise with someone from another household

Expansion in numbers allowed to meet together  
Equipment sharing allowed if supported by hand hygiene

Further expansion of group size rules & relaxation of social distancing  
Risk of rugby training F2F & close contact exposure deemed low enough to allow limited introduction to some traditional training activities

Further easing of group size rules & social distancing  
Risk of rugby training F2F & close contact exposure deemed low enough to allow increased participation in more traditional training activities

Removal of social distancing  
Risk of F2F & close contact exposure low enough to allow progression to unrestricted F2F & close contact training activities

Social distancing removed completely  
Risk of F2F & close contact exposure low enough to allow unrestricted F2F & close contact match activities



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