

Return to Training Protocol

Following a meeting of the clubs Rugby Management Committee (RMC) on Thursday 9th July 2020, it was decided that training could resume **with conditions** at the club with effect from Sunday 19th July 2020.

In the first instance, the various sections within the club have been allocated fixed days when they can undertake training at the club.

These are as follows: -

Sunday Daytime (AGP) – Mini & Youth

Monday evening – Ladies – Grass Pitches

Tuesday evening (7-9pm) – 1st/2nd XV Squad AGP; Senior Men pitches 2 & 3 (7.30 – 8.30pm)

Wednesday evening – Juniors (AGP)

Thursday evening – Ladies (AGP) 7-8pm; Senior Men pitches 2 & 3 (7.30 – 8.30pm)

Essential that the teams training on Tuesday and Thursday evenings strictly co-ordinate their use and arrival/departure times to avoid unnecessary inter-action.

There is to be strictly **no use of the facilities by individuals or informal groups outside of these designated times.**

All coaches wishing to undertake sessions at the club must have received authorisation from their relative Section Head before planning any training session.

Managers of each section were identified as;

Mini/juniors – Hugh Duckworth

1st/2nd teams – Gareth Dyer

Senior men – Micky Mortimer

Ladies – Emma Pooley

All coaches must have positively confirmed that they are fully aware of the protocol listed below and that these will strictly observe these at all times.

Players and coaches who have not received permission to use the club will be turned away and asked to contact their relevant section head.

Training Protocol:

All training and movement within in the club must be done strictly within the social distancing guidelines.

All players are to be advised that any player who is showing any symptoms of Covid-19 must not come to the club under any circumstances.

They must then abide by the 14 day isolation rule and not return to the club until that time period has been strictly observed and the relevant dates communicated to their team contact.

This period of isolation should also be observed for any person who has been exposed to an individual who has tested positive for Covid-19.

All players to arrive within a 10-minute period before the start of training already changed into training kit.

Adult players should arrive independently and if in a car arrive into the rear car park only ten minutes before their allotted training session is to begin.

Those using the AGP can use the stand to store bags/footwear as the changing rooms will remain closed.

All players must bring a clearly labelled water bottle, hand sanitiser and their own towel. However please note that the showers will also not be available until further notice. Please note that the gym and physio room also remain strictly out of bounds until further notice.

Before entering any playing area players must sanitise their hands.

The club will supply sanitiser bottles in the decontamination area by the AGP along with wipes/spray to disinfect balls and other equipment

No tackle bags or shields will be used until further notice.

Training be must be conducted in groups of no more than six (including coaching personnel).

On completion of a session players and coaches are asked to vacate the playing area promptly whilst maintaining social distancing guidelines. This is to ensure that arrival and departure areas are free from bottle necks for other club users be they players attending other training sessions, outside of club users of the AGP or patrons wishing to access the clubs bar and food operation.

There will be zero tolerance of any players/coaches/support who do not adhere to the club protocol. Simply turning up late or having not properly observed the above guidelines will mean that those players are asked to leave without joining in that session.

Please respect the above and other club users. These are in place to ensure everyone's safety.

The managers will be responsible for ensuring compliance with the above protocol and for recording details of all people training/coaching to satisfy track and trace arrangements.