



RETURN TO RUGBY GUIDELINES

VERSION 3
AUGUST 25, 2020



INTRODUCTION

Following Government approval for the return to competitive grassroots rugby, this document provides guidance for players, clubs, coaches, match officials, volunteers, first aiders and spectators taking part in both adult and age grade rugby.

The game can now move from Stage B to Stage C on the BRFU's Return to Rugby Roadmap, however Contact Rugby is NOT permitted at Stage C – full contact match play will only return when we reach Stage F on the Return to Community Rugby Roadmap.

The BRFU continues to take a phased approach to enable a safe return to grassroots rugby training and match play, initially through an adapted non-contact form of the game. Stage C will focus on non-contact training / touch rugby / Ready4Rugby, a non-contact game, enabling two teams of up to 10 players to engage in training and match activity in their own club environment.

Those with underlying health conditions, who may be at greater risk from Covid-19, should consider the transmission risk in group activity and decide whether to return to rugby. There is no pressure for anyone to come back to training, playing, coaching or match officiating. The Bermuda Government social distancing guidance should be adhered to where applicable.

All attendees must abide by social distancing measures, except during permitted training activity and matches, keeping a 2m distance between themselves and others where reasonably practical in and out of the sporting environment.

It is expected that clubs will draw up their own detailed protocols of behaviour in line with the BRFU's core values and guidance detailed below in order to maintain the integrity of our sport and ensure Covid-19 adaptations are adhered to.

This document refers to current Bermuda Government guidance for England only and is subject to change in line with current Phase Levels and any government lockdown restrictions that may be implemented and additional or updated Bermuda Government guidance.

WE ARE CURRENTLY AT STAGE C ON THE BRFU'S RETURN TO COMMUNITY RUGBY ROADMAP





PREPARATION

Keeping all players and club attendees safe and reducing the risk of transmission is essential to restart rugby in community clubs. The following checklist is an overview guide of what clubs and programmes should have in place to ensure they are operating within both the Government and RFU's Covid-19 guidance.

Clubs and programmes should:

-  Identify club specific operating procedures through completion of a full risk assessment for on and off the pitch activities and provision. This should include Covid-19 specific operations, first aid cover and determining the number of people allowed onsite at any one time.
-  Ensure all operations and activity is in line with the latest Government and BRFU guidance on social distancing, health and hygiene
-  Ensure that the facilities, including changing rooms, bars and pitches, are prepared and used in an appropriate manner
-  Have a system in place for safely and securely monitoring pre-attendance self-assessment symptom checks and recording personal details as part of the Bermuda Government's contact tracing programme
-  Ensure the first aid provision is appropriate for the type and level of activity, on safe first aid practice, including the use of equipment, PPE and performing specific treatment
-  Check that all players have appropriate insurance cover
-  Ensure all coaches, players and other relevant individuals are familiar with the Return to Rugby roadmap and have a clear understanding of what activity is and isn't permitted at the current stage
-  Ensure all coaches, players and other relevant individuals are fully briefed on best practice and suitable behaviours whilst on site and during training sessions
-  Provide regular communication with players, parents and other members to ensure they are given updates on guidelines and operating procedures within the club. This should include regular briefings before the commencement of any activity



PRE-ATTENDANCE SYMPTOM CHECK & GENERAL HYGIENE

Clubs and Programmes should ensure all participants (and parents/guardians) are aware of good personal hygiene before, during and after activity

No one should feel pressured to return to training, playing, coaching or match officiating until they feel comfortable to do so. It should be made clear to participants that it is their own (or where applicable their parents/guardians) decision to opt in to participate in rugby activity.

Before every training session and/or match, clubs should have a process in place to confirm and record that participants and parents have undertaken a self-assessment Ideally this should be completed prior to arrival at the venue to prevent participants with symptoms coming into contact with other participants, for example an online self-declaration form.

At the end of this document you will find an example self-declaration form that you can use.

Clubs should communicate changes to club and programme training with all participants

This is to make them of any increased risk associated with taking part in activity and/or additional changes to previous normal practice





NUMBERS ONSITE

Clubs and programmes must work diligently to create training environments to ensure that only a safe number of people allowed onsite at any one time. Clubs and programmes are encouraged to keep all on-field and off-field training outdoors in open air at this time, where possible.

On the field of play, there can be no more than 50 members in a training group on each half of a pitch full-sized pitch

Clubs and programmes may want to consider staggering training sessions to accommodate numbers onsite and reduce the risk of transmission

Clubs and programmes should encourage their members to consider social-distancing government guidelines and best practice wherever possible, including:

-  When arriving and leaving via bike or car
-  Access to toilet facilities
-  Availability of hand washing facilities and/or sanitising stations
-  Any restrictions to access points or throughways

As a guide, parents should be able to watch their children at practice provided that they

- a)** remain off the pitch
- b)** do not spectate in areas where players kit bags or water bottles are located
- c)** remain socially distanced following standard government guidelines at all times
- d)** wear a mask at all times





COVID-19 SELF ASSESSMENT

Prior to attending training and matches, all players, officials, volunteers and spectators should undergo a self-assessment for any Covid-19 symptoms.

No-one should leave home to participate in any type of rugby activity if they, or someone they live with, has any of the following Covid-19 symptoms:

-  A high temperature
-  A new, continuous cough
-  A loss of, or change to, their sense of smell or taste
-  Players must bring a completed **PRE-RUGBY PERSONAL ASSESSMENT DECLARATION** to **every** practice and game that they participate in
-  If a player has travelled overseas within the past 14 days, they will not be permitted to play until they have been back on-island for **9 days** and a **negative** day 8 COVID-19 test in line with current government testing
-  If a player lives with a household member who has travelled within the past 14 days, they will not be permitted to play until their household member has been back on-island for **4 days** and received a **negative** day 4 COVID-19 test in line with current government testing

Should an individual exhibit any such symptoms, they should follow Bermuda Government guidance on self-isolation with immediate effect.

If a player or official is a suspected case or tests positive for COVID-19, or if you or anyone in your household tests positive up to 14 days after your last game, self-isolate immediately and contact one of the following individuals **without delay** so that we can notify the Department of Health and those you have been in contact with:

Artie Darrell	Welfare Officer	519-1409
Jill Brydon	BRFU Physio	591-6347
Jamie Baum	Head Referee	505-9431
Gemma Godfrey	Vice-President	300-0515





SUMMARY

-  All activity should take place outdoors
-  Only non-contact training permitted
-  Maximum of 50 players per group
-  Minimum half standard size rugby pitch per 20 player group
-  Sessions should have regular breaks at a maximum of 15 minutes to ensure the ball and equipment can be cleaned and sanitised
-  Players and coaches should remain socially distanced during breaks
-  Total durations for training sessions must not exceed: 60 minutes for Under 7 & Under 8 and 75 minutes for Under 9 and above
-  Everyone should refrain from touching their faces



DURING BREAKS

-  Anyone involved in rugby activity should maintain social distancing during all breaks in activity and post activity
-  Players are advised to bring their own water bottles and towels that are clearly identified and stored away from others. Sharing of water bottles towels or clothing should always be avoided
-  When players are not warming up, playing, or cooling down, a face mask must be worn





USE OF EQUIPMENT

-  Equipment sharing should be minimised with only essential equipment shared at appropriate stages of return to play
-  Contact training and match play are not permitted at Stage C
-  Where possible, use temporary line markings to mark out pitches during this period to reduce the need for cones
-  Cones should be put out and collected by the same person on each pitch; preferably by the coach
-  Where possible, players should arrive in washed kit and take it home to wash
-  If players need to wear bibs / vests for the activity, they should be allocated to a player at the start of the activity
-  Bibs / vests must NOT be shared between players during the activity
-  If the bibs / vests require collecting at the end of the activity, the person collecting the bibs/ vests must wash and sanitise their hands after doing so
-  All bibs / vests must be cleaned after each use
-  Pitch checks should be carried out by the coaches before the activity takes place including any goal post protectors
-  Goal post protectors should be cleaned after each activity
-  Team water bottles should NOT be provided
-  Strapping or tape should NOT be shared
-  Any other equipment used should be cleaned after each individual use
-  Where possible, more than one ball should be available for the activity
-  Ensure the rugby ball is cleaned and sanitised before, during and after the activity





USE OF EQUIPMENT cont.

-  The following processes should be followed:
-  Minimum of one bucket with clean water and soap
-  Towels to dry the balls on both sides of the field
-  Hand sanitiser for the person washing the balls
-  If there is no natural stoppage after a maximum period of 15 minutes, the coach or match official should temporarily call time off whilst the ball is cleaned or changed for a clean one



WHEN RUNNING ACTIVITY

-  Ensure the pitch area is correctly marked out and safe to use prior to activity with a minimum of half pitch per 20 player group
-  Consider how to instruct, demonstrate, observe and feedback to players in a way that adheres to social distancing guidance
-  Manage activity time so no periods of activity last more than 15 minutes without the ball being cleaned or changed for a clean one, and players cleaning and sanitizing
-  Design sessions that follow the current guidance and regulations
-  Only use equipment relevant to the stage of the return to rugby roadmap for community activity
-  Remind participants to maintain social distancing in the transition between activities or during rest periods
-  Clean any equipment after each use
-  Refrain from shouting where possible



WHEN OFFICIATING

-  Carry out any coin toss themselves
-  Carry only essential kit checks such as studs
-  Maintain social distancing if sanctioning is required
-  Consider using hand signals more to reduce the need to clarify any decisions
-  Refrain from shouting where possible
-  Whistles should not be shared

PLAYERS & OFFICIALS TEAM SHEETS

-  Ahead of scheduled games, teams must submit rosters with contact details for each player the night before with any changes due 24 hours after play
-  Players must bring a completed **PRE-RUGBY PERSONAL ASSESSMENT DECLARATION** to **every** practice and game that they participate in
-  Coaches, team captains and officials are required to keep track of attendance sheets for practices and games for a minimum of 21 days, in line with government guidelines for contact tracing





INJURY TREATMENT

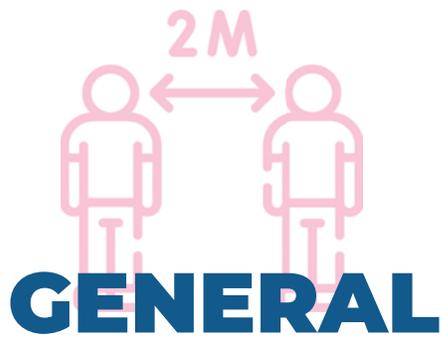
As with normal practice, first aiders should only carry out first aid treatment that they have been trained to do. Clubs should ensure first aid provision continues to be in place and ensure that all first aiders are made aware of the updated guidance on first aid treatment during the Covid-19 pandemic.

POSITIVE CASES

If a player or official is a suspected case or tests positive for COVID-19, or if you or anyone in your household tests positive up to 14 days after your last game, self-isolate immediately and contact one of the following individuals **without delay** so that we can notify the Department of Health and those you have been in contact with:

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- Parents/carers are permitted to observe a session at a distance from a safeguarding perspective but should observe social distancing guidelines
- Supporters, parents, and other spectators to remain socially distanced whilst attending events
- Numbers must comply with Government guidelines and the space available identified through the risk assessment

SESSION DESIGN - EXAMPLE

ADDITIONAL RESOURCES TO SUPPORT DURING RUGBY ACTIVITY

INJURY PREVENTION (SMALL GROUPS SOCIALLY DISTANCED) Use of the specific ACTIVATE injury prevention programme designed to comply with social distancing guidelines: Ages 7-13 & Ages 14+

PREPARATION (SMALL GROUPS SOCIALLY DISTANCED)

-  Players introduced to a pulse raising warm up before main activity starts that involves twisting, turning, starting and stopping. Dynamic stretching of muscles should also be integrated into this section
-  Passing of a clean sanitised ball between small groups of players who are socially distanced
-  This activity must be non-contact and should comply with social distancing

GAME ZONE/ SKILL ZONE (SUGGESTED MAXIMUM 20 PLAYERS)

-  Touch and Ready4Rugby are the only approved activities for training and match play
-  Maximum 15-minute continuous activity at any one time
-  All activity should be non-contact, comply with the risk exposure framework and RFU guidance referenced in the return to rugby roadmap
-  Equipment sharing should be kept to a minimum
-  Players should remain socially distanced during breaks and after a score
-  Team huddles should be avoided
-  Spitting and chewing gum should be avoided by all

CONCLUSION (SMALL GROUPS SOCIALLY DISTANCED)

Players should cool down by reducing their heart rate via a slow jog/walk with some static stretching. · All players, coaches and match officials should be socially distanced throughout this.





RETURN TO RUGBY

PRE-RUGBY PERSONAL ASSESSMENT DECLARATION

This form must be completed and submitted to your club/school before each and every rugby activity (e.g. training or match). Should you answer YES to any of questions 1-5, you should **NOT** attend your club. For question 6, the latest government travel advice applies. Before you resume, you should follow appropriate medical advice and guidelines.

Questions		YES	NO
1	Are you a close contact of a person who is a confirmed or suspected case of COVID-19 in the past 14 days (i.e. less than 2m for more than 15 minutes accumulative in 1 day)	<input type="checkbox"/>	<input type="checkbox"/>
2	Have you been diagnosed with confirmed or suspected COVID-19 infection in the last 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
3	Have you been advised by a doctor to self-isolate at this time?	<input type="checkbox"/>	<input type="checkbox"/>
4	Are you feeling unwell, have felt unwell or suffered any the following symptoms in the past 14 days? <i>Symptoms can include: Cough, Fever, High Temperature, Sore Throat, Runny Nose, Breathlessness, Loss of Smell/Taste, New Skin Rash, New Gastrointestinal Symptoms or Flu Like Symptoms</i>	<input type="checkbox"/>	<input type="checkbox"/>
5	Have you been tested for COVID-19 seven days prior to returning to play? <i>This includes all BRFU activity programmes, the domestic league, Club Rugby and Sunday Rugby.</i>	<input type="checkbox"/>	<input type="checkbox"/>
6a	Have you returned from another country within the last 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
If yes, where?			
6b	Has anyone within your household travelled within the past 14 days and is still awaiting an eight-day test?	<input type="checkbox"/>	<input type="checkbox"/>



KNOW
YOUR ROLE



SHOW
RESPECT



GO
TRAIN WELL

I confirm that the above declaration is true, to the best of my knowledge and in accordance with my club/school's code of conduct. I also confirm that I will abide by all government guidelines and make myself aware of any changes to same.

NAME:	_____
SIGNATURE:	_____
DATE:	_____

WHEN PLAYERS ARE NOT WARMING UP OR PLAYING THEY WILL BE REQUIRED TO WEAR A FACE MASK

If you or anyone in your household tests positive up to 14 days after your last game, please contact one of the following individuals immediately so that we can notify and contact the Department of Health and those you have been in contact with:

- Artie Darrell** 519-1409
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