



RETURN TO RUGBY GUIDELINES

VERSION 7
NOV 24, 2021



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.

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 guidance that is in line with current Bermuda Government guidance and is subject to change in line with the Department of Youth & Sport's current Phase Levels and any government lockdown restrictions that may be implemented and additional or updated Bermuda Government guidance.















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 BRFU'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 Protocol 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



PREPARING FACILITIES

Ahead of returning to the field, clubs must ensure the following steps have been taken to prepare their facilities adequately.

Clubs and programmes should prepare their club facilities prior to use, including:

-  Ensure there is an entry procedure in place which correctly limits numbers accessing the facility to ensure adherence with 6ft (2 metres) physical distancing requirements
-  Where possible, install markers for the 6ft distance throughout bathroom facilities (e.g. tape or stickers indicating the 6ft distance)
-  Ensure that the facility is equipped for one way traffic (exit and entrance in separate locations)
-  Install COVID-19 signage and communication tools throughout the facility that gives direction on proper hand washing techniques, how to wear face coverings, physical distancing etc.
-  Install or identify spaces for hand sanitation stations throughout the facility
-  Develop a bathroom and dressing room plan/policy (e.g. one person in bathroom at a time, or come dressed in uniform to avoid use of locker rooms.
-  Ensure that coaches, staff and volunteers have adequate COVID-19 awareness and procedure training to oversee the safe use of the facility
-  Each club must appoint a competent officer whose responsibility it is to oversee COVID-19 guidance and protocols

For further guidance, visit the Government of Bermuda's guidance for sporting bodies returning to play.



PRE-ATTENDANCE CHECKS, SYMPTOM CHECKS AND GENERAL HYGIENE

Clubs and Programmes must ensure that participants who are unvaccinated must perform either a lateral flow test or PCR test before playing

This guidance is in accordance with the Government of Bermuda's Ministry of Youth and Sport Guidance on Returning to Play and is required for unvaccinated participants. Participants must book and complete testing individually before returning to play. The participant may only return to play once a negative test has been received. Testing must be repeated every 3 days.

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 and programmes should have a process in place to confirm and record that participants and parents have undertaken a self-administered lateral flow test, which ideally this should be completed prior to arrival at the venue to prevent participants with symptoms coming into contact with other participants. Clubs and programmes must also have a process in place to record attendance for contact tracing purposes.

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

Clubs and programmes should communicate these requirements clearly to all their members and participant. A COVID-19 officer must also be identified and their name and contact information shared with the BRFU.

This is to minimise any increased risk associated with taking part in activity.







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, group numbers per half full-sized pitch must be no more than the maximum group size as guided by the Government of Bermuda

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 their **first** club training **and** competitive game that they participate in
-  If a vaccinated player has travelled overseas within the past 14 days, they will not be permitted to play until they have received a **negative PCR arrival/landing** test
-  Unvaccinated players will not be permitted to play until they have received a negative day 14 COVID-19 test, in line with current government guidance








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:

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
-  Maximum group size as guided by the Government of Bermuda
-  Minimum half standard size rugby pitch per 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
-  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 maximum permitted 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 their **first** club training **and** competitive 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

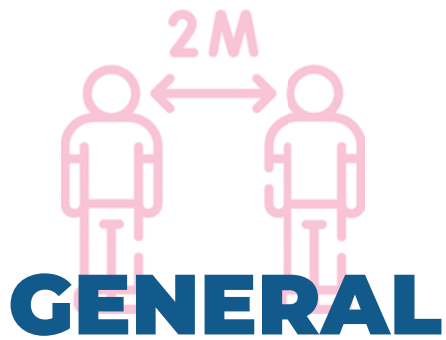
As with normal practice, first aiders should only carry out first aid treatment that they have been trained to do. Clubs should ensure first aid provision continues to be in place and ensure that all first aiders are made aware of the updated guidance on first aid treatment during the Covid-19 pandemic.




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:

Jill Brydon	BRFU Physio	591-6347
Jamie Baum	Head Referee	505-9431
Gemma Godfrey	Vice-President	300-0515








-  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.





Bermuda Rugby Football Club

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"/>
5a Have you returned from another country within the last 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
If yes to travel and <u>fully vaccinated</u> , have you been tested for COVID-19 and and still awaiting a negative PCR arrival/landing test?	<input type="checkbox"/>	<input type="checkbox"/>
<i>This includes all BRFU activity programmes, the domestic league, Club Rugby and Sunday Rugby.</i>		
5b If <u>not fully vaccinated</u> , have you been tested for COVID-19 following 14-day quarantine and still awaiting a 14-day negative test?	<input type="checkbox"/>	<input type="checkbox"/>
6 If <u>not fully vaccinated</u> , have you completed a COVID-19 test in the last 3 days? This can be either a lateral flow test or a PCR test.	<input type="checkbox"/>	<input type="checkbox"/>

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 and BRFU 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:

Jill Brydon 591-6347
Jamie Baum 505-9431
Gemma Godfrey 300-0515



KNOW
YOUR ROLE



SHOW
RESPECT



GO
TRAIN WELL

RETURN TO RUGBY GUIDELINES

