

KILKENNY RFC

**RETURN TO RUGBY
INDUCTION FOR COVID-19
CLUB COMPLIANCE OFFICERS**

OBJECTIVE

- Introduction to IRFU Roadmap to Return to Rugby
- Covid-19 Club Safety Officer (CSO) / Covid-19 Club Compliance Officers (CCO)
- Summary of Covid-19 – What it is, Spread, Symptoms, prevention
- IRFU Pre-Return to Rugby Personal Assessment Declaration
- KNOW / SHOW / GO
- CCO responsibilities
- Training Groups
- Personal hygiene
- Suspected Case of Covid-19 Response Plan
- Administering First Aid to an Injured Player
- Extra training activities
- CSO Contact Details

INTRODUCTION TO IRFU ROADMAP TO RETURN TO RUGBY

- Issued in June
- Requires all clubs to put in place a Covid-19 Health & Safety Plan
- Covid-19 Club Safety Officer to be appointed
- Covid-19 Club Compliance Officers to be appointed for each training group/age grade etc
- NO PLAN – NO PLAY
- **Senior squads (above U18):** – Minimum 2 coaches per squad
- **Above U12 - U18:** – Minimum 2 coaches per squad
- **Under U12:** 16 players and two coaches

COVID-19 CLUB SAFETY OFFICER

The role of the Covid-19 Club Safety Officer is to oversee public health measures across the Club:

- Receive and review updates from COVID-19 Club Compliance Officers on all team activities.
- Carry out COVID-19 Club Risk Assessment and develop a COVID-19 Club Safety Plan
- Develop and deliver procedures for club members to return to rugby in line with guidance from the IRFU and government protocol.
- Ensure the club facility, at all times, complies with COVID-19 requirements in terms of signage, equipment, hand sanitising stations, PPE etc
- Keep updated with ongoing government, health authority and IRFU advice, update procedures accordingly and communicate with members as necessary
- Develop an emergency response in line with government, health authority and IRFU advice/guidance to a suspected COVID-19 case

COVID-19 COMPLIANCE OFFICERS

The role of the Covid-19 Club Compliance Officer is to oversee public health measures across the Club:

- Ensure all appropriate COVID-19 forms (*Pre-Return to Rugby Personal Assessment Declaration* and *Contact Tracing Log*) are completed and reviewed by team members both before returning to training and after training and provided to the COVID-19 Club Safety Officer for record keeping.
- Ensure team players are aware and adhere to COVID-19 guidance and protocols while at training
- Manage suspected cases of COVID-19 as per guidelines
- Provide safe equipment including personal protective equipment, where necessary in accordance with government, health authority and IRFU guidelines
- Advise where instances of non-compliance with social distancing, respiratory etiquette and hygiene rules are observed
- Report to COVID-19 Club Safety Officer as appropriate
- Keep updated with all new government, health authority and IRFU guidelines on COVID-19

SUMMARY OF COVID-19 –SPREAD, SYMPTOMS, PREVENTION ETC.....

What Is Coronavirus (Covid-19)?

Coronavirus disease (COVID-19) is an infectious disease caused by Severe Acute Respiratory Syndrome Coronavirus (SARS-CoV-2). Most people (8/10) infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

How it spreads..

The virus is spread from people in fluid and droplets scattered from the nose or mouth of an infected person when that person coughs, sneezes or speaks. The droplets can land on objects and surfaces, and other people contaminate their hands by touching these objects or surfaces and then bring the virus into contact with their eyes, nose, or mouth by touching them with their contaminated hands.

SUMMARY OF COVID-19 –SPREAD, SYMPTOMS, PREVENTION ETC.....

What are the symptoms of Coronavirus (Covid-19)?

- The following symptoms may develop in the 14 days after exposure to someone who has COVID-19.
- Cough
- Difficulty in Breathing
- Fever/High Temperature
- Sore Throat
- Runny Nose
- Flu like symptoms
- Rash
- Loss Of Smell/Taste

It is important to note that some people infected with the virus, so called asymptomatic cases, can demonstrate no symptoms at all, yet can infect others. People who are showing these symptoms must not show up to training, self-isolate and report to their doctor for further information on COVID-19 testing.

PRE-RETURN TO RUGBY PERSONAL ASSESSMENT DECLARATION

- CCO's must ensure that all their players submit the *Pre-Return to Rugby Personal Assessment Declaration* prior to attending any training session in the club grounds or club facilities.
- This must be provided to the Covid-19 Compliance Officer prior to every training session.
- If this is not completed and submitted prior to each training session, the player on his/her arrival at the training grounds will be refused access and asked to leave the grounds.
- For underage groups (U18 and below) parents/guardians are responsible for completing and submitting the *Pre-Return to Rugby Personal Assessment Declaration* on time, otherwise the player will not be allowed attend training.
- CCO's must ensure that the *KRFC Contact Tracing Log* is completed after every training session and submitted to the CSO for record keeping.

IRFU RETURN TO RUGBY GUIDELINES FOR CLUBS SUMMARY ROADMAP



COVID-19
SAFETY
PLANNING

REDUCED
ACTIVITIES
STAGE

NON-CONTACT
RUGBY
STAGE

CONTACT
RUGBY
STAGE

COMPETITION
RUGBY
STAGE



As Per Government
Guidelines



July 1st - 19th
(Currently ROI Only)



July 20th - August 31st
(Graduated Return)



September Onwards

RUGBY ACTIVITY

No Training Or Rugby
Activity Permitted

Guidelines issued
to COVID-19
Club Safety Officers

Skill Development
Tag Rugby Permitted
Touch Rugby Permitted

Graduated Return
To Contact

Rugby Matches
As Per Government Guidance

TRANSITION

NO PLAN > NO PLAY: Clubs must complete the COVID-19 Safety Planning Stage and confirm a COVID-19 Club Health & Safety Plan with their province to resume any rugby activity. The IRFU's graduated return to contact will be guided by the latest update in the easing of government restrictions. Details will be issued and revised accordingly.

COVID-19
HEALTH &
SAFETY

Completion of
COVID-19 Club Health
& Safety Plan inc.
Risk Assessment

IRFU Education &
Training

Appointment of
COVID-19 Club Safety
Officer

Appointment of
COVID-19 Club
Compliance Officer



KNOW
YOUR ROLE



SHOW
RESPECT



GO
TRAIN WELL



CLUBS MUST ALSO:

Implement COVID-19 Club Health & Safety Plan

Continue COVID-19 Training & Education

Adhere To All Public Health Measures In Place

ALWAYS:



STAY AT HOME
IF FEELING SICK



OBSERVE HAND HYGIENE
& COUGHING ETIQUETTE



KEEP SOCIAL
DISTANCING

PLAYER RESPONSIBILITIES

- Participate in the induction, and any training provided by the COVID-19 Club Safety Officer and COVID-19 Club Compliance Officers.
- Read and follow the club's procedures.
- Practice a high level of personal hygiene by washing their hands frequently.
- Keep a contact log of direct contact with other people.
- Make themselves aware of the symptoms of COVID-19 and monitor their own wellbeing.
- Be open and honest if they have been in contact with a COVID-19 case or suspected case.
- Self-isolate at home and contact their GP if they display any symptoms.
- Complete IRFU Pre-Return to Rugby Personal Assessment Declaration and give to COVID-19 CLUB Compliance Officer.

PLAYER RESPONSIBILITIES

- Participate in the induction, and any training provided by the COVID-19 Response Management Team.
- Report to the COVID-19 CLUB Compliance Officer immediately if they develop symptoms while at the training.
- Complete any temperature testing as implemented by the COVID-19 Response Management Team in line with Public Health advice (TBC).
- Read the club's procedures and confirm they understand them.
- Practice a high level of hygiene.
- Ensure their next of kin is on file.
- Listen and keep up to date with ongoing HSE & Government advice.
- Following suspicion of COVID-19, or recovery from the illness, provide a return to rugby letter from the Doctor or personal declaration.

TRAINING GROUPS

- Depending on numbers, divide players into Training Groups. Use colour-coding (or other) for each Group for easier identification.
- Know which Group each player belongs to. This is the group the player will be training with for the duration of the Phased Return. There will be no changing to other groups during this period.
- Parking/Drop-off arrangements according to Group colour will be organised prior to commencement of training
- NO CAR-POOLING – Players from different Groups should not travel together in the same car.
- CCO's should arrive in good time prior to training to set up Sanitising Stations for their Group, sanitise all equipment, and prepare the training area for player training.
- Players should arrive on time (5 minutes prior to training)
- Players must arrive ready for training – No Dressing Room/Shower Facilities during the Phased Return
- On their arrival, players must report to their CCO prior to entering their training area
- Players must sanitise their hands prior to entering the training area
- Do not allow players to mingle with any one from any other Group.
- When finished training, players must sanitise their hands and leave the grounds immediately (no mingling)
- The CCO must complete a Contact Tracing Log and submit to the CSO after every training session. The CSO will maintain a record of all Contact Tracing Logs and provide to the HSE on request.
- The CCO is the point of contact for all players/parents/guardians – any issues/queries reported to him must be notified to the CSO without delay.

PERSONAL HYGIENE - PREVENTING THE SPREAD

In order to reduce the likelihood of spreading the virus CCO's must ensure:

- All close contact with anyone is prevented, in particular if they are displaying any of the symptoms of the virus (fever, cough, sneezing, runny nose, flu-like symptoms etc..)
- Ensure that all players refrain from shaking hands or offering other forms of physical greeting.
- Ensure that players do not touch their eyes, nose or mouth if their hands are not clean.
- Ensure that players do not share objects that touch their mouth, for example, bottles, cups, foodstuffs, mouthguards etc.
- Ensure that hand hygiene and respiratory etiquette is maintained as outlined below.

PERSONAL HYGIENE – HAND HYGIENE ETIQUETTE

Hand Hygiene involves hand washing correctly with soap and water, or an alcohol-based hand sanitiser, for at least 20 seconds:

- Before and after training.
- after coughing or sneezing.
- If they've had contact with a person who is displaying any COVID-19 symptoms.
- before and after being on public transport.
- before and after being in a crowd.
- when arriving and leaving areas.
- when hands are dirty.
- after toilet use.

PERSONAL HYGIENE – RESPIRATORY ETIQUETTE

In addition to hand hygiene, good respiratory hygiene and etiquette is also necessary.

- Cover your mouth when coughing and sneezing with a tissue and then dispose of the tissue in a bin.
- If you don't have a tissue, use the sleeve of your arm and not your hand.
- Wash hands after.

PERSONAL HYGIENE – PHYSICAL DISTANCING ETIQUETTE

All members are expected to:

- Avoid physical greetings while remaining courteous to others.
- Respect the personal space of others by keeping a 2m distance from them where practicable.
- When passing within 2m of another person, do so briskly.
- Walk in single file in walkways if there are others travelling in the opposite direction.
- Avoid stopping for conversations in walkways.
- Respect other people's possessions keep your own water bottle, hand sanitiser etc.
- When using common toilet facilities, persons should, where possible, avoid using the sink or urinal directly beside one which is in use by another person.

SUSPECTED CASE OF COVID-19 RESPONSE PLAN

- **Please refer to Section 14 of the Covid-19 KRFC Safety Operating Procedures Manual (pp. 14-19) for further detailed information**
- **A copy of this document will be sent to all CCO's on their appointment.**



Covid-19 Safety Operating Procedures Manual

Kilkenny RFC
Foulkstown,
Waterford Road,
Kilkenny.

The purpose of the COVID-19 Safety Operating Procedures Manual is to assist in the completion of Kilkenny RFC's COVID-19 Health & Safety Plan and subsequent Return to Rugby.
This document serves to provide suitable reference and instruction for the appointed Covid-19 Club Safety Officer and Covid-19 Club Compliance Officers and all Club Officials, Members and Volunteers with regard to the implementation of the required control measures as set out in the Covid-19 Health and Safety Plan.

14. SUSPECTED CASE RESPONSE PLAN

14.1 Initial Response

The COVID-19 Club Compliance Officer will be responsible for implementing the response plan to a suspected case once a Member identifies themselves to them. The response must be quickly dealt with in a private and confidential manner.

If any person on site, suspects themselves, or is suspected of having symptoms, they must report/be reported to the COVID-19 Club Compliance Officer.

The COVID-19 Club Compliance Officer must:

- Provide the person with a mask if one is available.
- If a mask is not immediately available, they should be provided with a disposable tissue and advised to cover their mouth and nose with the tissue.
- when they cough or sneeze and put the tissue in the waste bag provided.



ADMINISTERING FIRST AID TO AN INJURED PLAYER

- ***Please refer to Section 16 of the Covid-19 KRFC Safety Operating Procedures Manual (pp. 18-19) for further detailed information***

16 - FIRST AID

16.1 Infection Spread

COVID-19 infects people through contact with the mucous membranes. First Aid Responders must think of these as being the mouth, nose and eyes. It does not infect through the skin.

The greatest element of risk for a First Aid Responder is transfer of the virus to the mucous membranes by contact of contaminated hands (including contaminated gloved hands) with the eyes, nose or mouth. The key interventions to manage this risk are to minimise hand contamination, avoid touching your face and clean your hands frequently with soap and water or alcohol-based hand gel.

There is also a significant risk of direct transfer of the virus on to mucous membranes by droplet transmission, that is, by direct impact of larger infectious virus droplets generated from the person's respiratory tract landing directly in your eyes, nose or mouth. This risk is managed by use of appropriate PPE (mask and eye protection) and by providing the ill person with a mask to cover their nose and mouth when coughing or sneezing (respiratory hygiene and cough etiquette).

16.2 Administering First Aid

If, as a First Aid Responder, close contact with a person who may require some level of first aid can

EXTRA TRAINING ACTIVITIES

In order to prevent the spread of the virus, use of the Club grounds/facilities is by prior permission only.

- Anyone wishing to use the grounds for individual solo training must first contact the Covid-19 Club Safety Officer and request permission to do so.
- NO GROUP training permitted until further notice.
- You will be allotted an agreed training space and time to do so.
- The Club Safety Officer will send you an electronic invitation (Google Calendar) with a time and training space to your email address
- You will either accept/decline this invitation. On acceptance, you can be assured that no one else will occupy this space or time slot. You are requested to leave the grounds at the agreed time.
- If, when you arrive, someone else is occupying your space and time slot contact the Club Safety Officer who will clarify further or ask them to leave. They have most likely not registered for a training spot and should not be there.

TERMS AND CONDITIONS

- Individuals undertaking solo training do so at their own risk.
- Kilkenny RFC will do everything so far as reasonably practicable to ensure your safety, however, we do not accept any responsibility for any injury to oneself or damage to/loss of property while undertaking individual solo training. It is advisable that all players seek their own insurance to cover injury, damage to property or loss of property etc..
- Acceptance of the Training Invitation will constitute acceptance of the Terms and Conditions.

CONTACT DETAILS –
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SAFETY OFFICER

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