

# STAGHOLT TOUCH RUGBY

## COVID-19 Risk Assessment for participants of touch rugby at Stagholt playing field, Standish, Stonehouse.

Based on the RFU Ready4Rugby Return-to-Play guidelines.

Area of Risk	Risk identified	Actions to take to mitigate risk	Notes
<b>1) Attendees with possible infection</b>	If a player who is infectious with COVID-19 attends they may transmit the virus to other players	All players to be informed that no-one who displays Covid symptoms or who should be self-isolating according to government advice should attend (e.g. household member is symptomatic/advised to self-isolate by test and trace system) or who are self quarantining following travel abroad.	COVID-19 symptoms are a new continuous cough and/or a temperature >37.8OC and/or a loss of taste/smell.
<b>2) Cleanliness of equipment and possible cross contamination from handling thereof by many players</b>	Items likely to be handled by players may result in cross contamination.  These include: Rugby balls Team bibs Water bottles and pitch marker cones	All players to be required to confirm they have washed their hands before attending.  Hand sanitiser will be provided for everyone to use before playing.  Balls and cones to be washed in hot soapy water by whoever is looking after the kit.  Play stops every 15 minutes to sanitise the ball being used.  All players to bring their own water	Players to be informed to bring their own water bottles.  Kit bag to include tissues, hand sanitiser, disinfectant spray and a cloth to wipe down the ball every 15 minutes.  The person looking after the kit bag will be responsible for ensuring all Covid related items are provided. Costs incurred will be reimbursed from club funds.

		<p>bottles.</p> <p>Bibs to be placed into one bag by each player at the end of the session to avoid others having to collect them up. The bag can then be emptied into a washing machine without the need for anyone to handle them.</p> <p>Cones to be put out by one person – and if collected up by more than one person at the end they are to be washed before re-use.</p>	
<b>3) Contamination during play</b>	<p>The nature of “Touch” rugby means that 2m social distancing will not always be possible. This is mitigated by the fact that contamination from outdoor activities is less likely to occur.</p>	<p>RFU guidelines will be followed – the recommendation is that a “touch” be made with one hand on clothing on or below the waist. Using one hand at full stretch will help maintain a reasonable distance between players.</p> <p>Number of touches to be reduced to 5 before a turnover.</p>	<p>Players to be informed of change of rules regarding “touching”.</p> <p>Sessions will stop every 15 minutes to sanitise the ball, and the maximum time of any session will be 75 minutes.</p> <p>Maximum numbers limited to 10 a side. If more attend then additional pitches will be marked out and 4 or more smaller teams will be selected.</p>
<b>4) Respiratory hygiene</b>	<p>Aerosol droplet transmission to other members of group</p>	<p>Players to receive instructions on respiratory hygiene: if they need to cough/sneeze this should be done into</p>	<p>There is to be no spitting or nose blowing unless into a tissue.</p>

		a tissue that is disposed of immediately. Failing that they should cough into a bent elbow (better than a bare hand) and NEVER cough/sneeze without covering their mouth/nose. If someone coughs on their hand or uses a tissue they should use alcohol sanitizer immediately.	While tissues and hand sanitiser will be provided, attendees may wish to bring their own.
<b>5) Handshaking</b>	Contact via the traditional rugby handshake at the end of a session may transmit the virus.	Players to avoid handshaking and replace it with an extended arm "fist bump" – or elbow touch.	If good hand hygiene is maintained – together with regular hand sanitising - the risk of contamination from hand contact is deemed to be low.
<b>6) Someone who has taken part subsequently falls ill with COVID-19 symptoms</b>	A player who falls ill with Covid symptoms and who tests positive may have infected others.	Any player showing symptoms, or who falls ill and tests positive must immediately inform the Club secretary who will alert NHS Test and Trace. All players who attended the session must self isolate for 14 days.	A record will be kept of all players who attend every session so that Test and Trace can contact them in the event of an infection.