



ALERT LEVEL 0 GUIDANCE
FOR COMMUNITY RUGBY PARTICIPANTS
AND VOLUNTEERS

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All clubs must complete an internal risk assessment before amending the current protocols in place at their grounds and indoor facilities.

The below guidance details the measures that should be considered by each club when undertaking a risk assessment for all training and match days. Once complete, all teams using club facilities must be aware of the protocols in place and adhere to them.

Welsh Government has confirmed that face masks will continue to be a legal requirement in indoor settings apart from hospitality and therefore, face coverings will continue to be required in leisure facilities in Wales.

Whilst there will be no legal requirement for facilities to maintain 2 metre physical distancing, it is recommended that 2m physical distancing markers remain and are adhered to, where possible.

It is critical that all facilities risk assess the areas available detailing the measures that have been implemented to prevent the spread of coronavirus.

Activity/Area	Measures
Travel	<p>Recommend face covering if not able to travel alone or in extended household If traveling to/from venue by coach please follow coach operators' guidance</p>
Changing Rooms and Showers	<p>Changing facilities may re-open providing risk assessment is carried out and adhered to. Prior to first re-opening of changing areas and showers, ensure a legionella risk assessment has been undertaken (a report) along with results from a UKAS accredited lab to show the absence of Legionella spp Ensure players and visiting teams are aware of restrictions, procedures and responsibilities before entering the changing facilities Only essential personnel access changing rooms (players, medical staff and coaches/team managers) Ensure face coverings are worn in accordance with Welsh Government guidelines Encourage players to turn up changed and ready to play</p> <p>Regulate and minimise access to changing rooms and the number of people that can access the facilities complying with social distancing requirements Apply floor markings and mark spaces on benches and showers to maintain social distancing Allow more time for players to change and stagger changing times Players should change quickly and spend the least possible amount of time in the changing rooms Avoid congestion in physio and medical rooms pre/post match and training – where possible arrive earlier to allow more time for strapping and medical treatment - PPE to be used in these areas Existing player welfare and safety policies should not be compromised Changing rooms and showers to remain closed to players and officials during game including half time</p>

Activity/Area	Measures
Changing Rooms and Showers (Continued)	<p>Access to be provided to medical room and toilet facilities only during match</p> <p>Maximise ventilation available in the rooms</p> <p>Utilise other rooms or temporary space to minimise the amount of players in one space</p> <p>Consider closing space where social distancing may be difficult</p> <p>Ensure washing facilities are available to wash hands with soap and water for 20 seconds or use a hand sanitiser</p> <p>Highlight areas to place additional hand sanitiser stations, ensuring stock levels are maintained</p> <p>Implement an enhanced cleaning regime pre and post-all usage, focussing on high touch points including door handles, push plates, bins and sanitary facilities</p> <p>Use signage to increase awareness of hygiene practices including:</p> <ol style="list-style-type: none"> 1. Good hand washing 2. Increased frequency of hand washing 3. The use of hand plus surface sanitisation products 4. Avoid touching face 5. Sneeze/cough into arm
Match	<p>Players and officials to use own personal water bottle to keep hydrated</p> <p>Referee to brief players and carry out boot check outside</p> <p>Hold team talks on the field</p> <p>Modified laws to be followed</p> <p>No huddles</p> <p>Clean and sanitise equipment frequently</p> <p>Teams to remain on the field at half-time for feedback rather than using the changing room</p> <p>Debrief teams outside and on the field</p> <p>Avoid post game huddles and maintain social distancing</p> <p>All players must continue to complete the COVID symptom checker before attending any training session or match.</p>
Spectators	<p>Maintain social distancing where possible</p> <p>Recommend wearing of face coverings when indoors or in crowded areas</p> <p>Provide signage to increase awareness of hygiene practices</p> <p>Encourage all spectators to follow Track and Trace protocols</p>
Hospitality	<p>Refer to and follow Hospitality guidance for Alert Level 0</p>

Further information on completing a risk assessment can be obtained by visiting <https://gov.wales/public-premises-and-workplace-covid-19-risk-assessment>

PLAYERS MUST CONTINUE TO COMPLETE COVID SYMPTOM CHECKER ON WRU GAMELOCKER ON ALL TRAINING AND MATCHDAYS
Further information is available by visiting bit.ly/WRUclubDev