



**IRFU Return To Rugby Guidelines For Clubs:**

**Coronavirus: General Information**

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## 1. General Information on Coronavirus

Coronavirus disease (COVID-19) is an infectious disease caused by Severe Acute Respiratory Syndrome Coronavirus2 (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.

Symptoms include (but are not limited to):

- Cough
- Breathing Difficulty
- Fever/High Temperature
- Sore Throat
- Runny Nose
- Flu like symptoms
- Rash
- Loss of smell/taste

## 2. How does the virus spread?

The virus is spread from person to person 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 surfaces, and other people can 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. However, spread is more likely to occur through close contact with someone who is already infected with the virus.

## 3. How long does it live on different surfaces?

It is still not known how long the virus survives on surfaces in different conditions. The period of survival may vary under different conditions (e.g. type of surface, temperature or humidity of the environment). Studies indicate that it can persist on surfaces for hours and up to several days in the absence of effective cleaning. Simple household disinfectants can kill the virus. Surfaces should be cleaned first and then disinfected.

## 4. WHO, Government and HSE/NHS Guidance

These documents and the information contained within have been created to aid Rugby clubs across Ireland in safely returning to Rugby in a responsible manner from the COVID-19 pandemic. The Guidelines have been designed with reference to WHO,

Government (DE and NIE), and HSE/NHS guidelines and for further information from any of these sources please visit:

- WHO - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- Gov.ie - <https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/>
- NIE.co.uk - <https://www.health-ni.gov.uk/coronavirus>
- HSE.ie - <https://www2.hse.ie/coronavirus/>
- NHS.co.uk - <https://www.nhs.uk/conditions/coronavirus-covid-19/>

***Government guidelines in your jurisdiction supersede IRFU Guidelines***

**5. How can you reduce the risk of spreading coronavirus?**

Simple preventative steps can be a powerful tool in reducing the risk of catching or Spreading the coronavirus.

**DO**

- Wash your hands with Soap and Water regularly, for no less than 20 seconds.
- Wash your hands when arriving in a new location.
- Use hand sanitizer when available.
- When coughing, cover your mouth with a tissue or cough into your elbow.
- When sneezing, cover your mouth with a tissue or sneeze into your elbow.
- Put tissue straight into the bin and wash your hands afterwards.
- Avoid contact with people who have been exposed to coronavirus.
- Maintain social distancing where at all possible.

**DO NOT**

- Touch your nose, mouth or eyes with your hands.