



Guidelines For Coaches:

Published: June 5th 2020

Last Update: June 8th 2021

Summary Of Change		
Revision Number	Date	Updates To:
V2	October 15 th 2020	<ul style="list-style-type: none"> • <i>Post Training</i> • <i>Activities</i>
V3	June 8 th 2021	<ul style="list-style-type: none"> • <i>Travel to /From Club</i>





A. COVID-19 Club Safety and Compliance

- In advance of the training session, Coaches are to submit a sample session plan online to the COVID-19 Club Compliance officer to demonstrate adherence to Guidelines.
- If applicable, Coaches are to provide feedback to COVID-19 Club Compliance officer post session.
- Coaches/Compliance officer are to ensure COVID-19 Club Safety officer has access to the training registration list.

B. Travel to / from Club

- Coaches/Compliance Officer are to ensure Players have been briefed on Guidelines regarding Travel to and from club.

C. Check in (registration) Process/Pre-Training

- Ensure all players have checked in and sanitised their hands prior to commencing training.
- Have detailed training plan, communicate this with players to allow them reduce mingling between activities.
- Ensure the minimum amount of equipment possible is used in sessions.
- Communicate pods to players and ensure they remain in those over the coming weeks/months as guidance directs.

D. Clubhouse and Facilities

- Coaches to ensure only approved facilities are utilised in planning and activation of session, in agreement with COVID-19 Club Safety Officer.
- All meetings must take place on pitch, adhering to social distancing, and must take no longer than 5 minutes.

E. Pitch (grounds)

- Ensure that training zones are clearly marked out.
- Ensure all areas needed for the session are marked out prior to beginning to reduce lag time between activities.
- Coaching should only take place where social distancing can be guaranteed.

F. Post Training

- After training ensure all players leave grounds immediately without using the facilities or mingling.
- Ensure, with the COVID-19 Club Compliance Officer, that equipment used in session is sanitised post session and stored for use by that team only over coming levels/steps.

G. Activities (training etc.)

- Coaches to ensure all activities are carried out in strict adherence to IRFU guidelines in individual levels/steps. See Updates as per IRFU guidance.

H. Social Distancing Behaviours

- Players must refrain from handshakes and high fives.
- Practice good cough/sneeze etiquette and dispose of any used tissue in a responsible manner.
- Avoid touching your face.
- Remain apart from other players when taking a break.
- If a ball from another zone comes across, send it back with a kick on the ground. Refrain from picking up the ball.
- Social distancing is advised when travelling in vehicles to/from training.
- No spitting or clearing of nostrils on pitch or grounds.