



COMMUNITY GAME

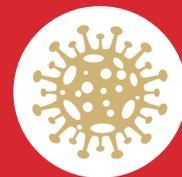
COVID-19 Return to Training and Competition Operating Guidelines

These operating procedures will, subject to the terms set out below, take effect as at the date indicated by the Welsh Rugby Union (WRU). However, they are likely to be subject to updates, sometimes at short notice. Please always check you are referring to the most up-to-date version of these operating procedures, and always ensure that your actions, and the information you disseminate, reflect up-to-date public health and/or government authority guidance.



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1 INTRODUCTION AND SUMMARY



Coronavirus disease 2019 (COVID-19) is an ongoing Worldwide pandemic caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). It will remain a potentially deadly virus until an effective vaccination programme (if it can be created) is implemented. This is unlikely to be available until sometime during 2021. Governments around the World have instigated travel restrictions, social distancing requirements and self-isolation directives to slow the spread of the disease to enable health care systems to cope with the increased demands associated with managing the disease.

In March 2020, the WRU 2019/20 domestic competitions were suspended as a result of the COVID-19 pandemic and the various government restrictions that had been, or were being, put in place to deal with it. All competitions remain suspended.

This document sets out the Welsh Rugby guidelines for players, Clubs and other stakeholders participating in Community Rugby in Wales, as to how the sport will function in the event that governments remove, relax or reduce their respective restrictions, allowing players and Clubs to train in groups and participate in matches to be held in certain circumstances. It will not be possible to eradicate the risk of viral transmission in a contact sport like rugby union, but risk-mitigation strategies should nevertheless be implemented. The guidelines contained within this document are intended to (among other things) mitigate the risks involved in such a return to training and competition.

This document provides guidance for those participants and non-playing staff as to how they should adapt their conduct when preparing to return to rugby. It should be read and interpreted alongside all other relevant guidance, advice and instruction from public health and/or government authorities.

When outside of the rugby environment all participants and non-playing staff should comply with the relevant advice and instruction from public health and/or government authorities regarding COVID-19.

It should be noted that whilst this is a guidance document every effort should be made to mitigate the risk related to preventing the spread of COVID-19.

All information collected from individuals relating to this document should be treated as confidential and should be protected in line with relevant data protection legislation. In particular, all information about the health of an individual, including confirmation that they are healthy, is special category data and should be processed appropriately.

Clubs will be permitted to make a phased return to training only after public health and/or government authorities confirm it appropriate to do so. This phased return to training should consider and accommodate a reconditioning period ahead of resuming matches [appendix 1](#).

It is inevitable that the fast-moving response to COVID-19 will change after these operating procedures have initially been adopted. The WRU will be able to issue further documents that supplement and/or amend the obligations and guidance in this document to reflect the position on COVID-19, and all clubs and individuals should comply with such amended obligations and guidance.

This document contains hyperlinks, which appear in blue and underlined (external documents) or in purple and underlined (appendices in this document). Where external documents are referred to, whether in the hyperlinks or otherwise, care should always be taken to review and where appropriate, comply with the very latest version of such documents.

Accurate information is essential for the WRU and clubs' efforts to manage the relevant risks. Information provided by individuals (whether Player, Club Coach, Club Support Staff or otherwise) should be complete and accurate.

2 GENERAL PRINCIPLES



Registration; prior to the commencement of any training activity, all players, coaches, referees and parents should;

- be registered with the WRU through the WRU Game locker <https://www.wrugamelocker.wales> ;
- log into the WRU COVID-19 symptom tracker which is accessed through your profile on the WRU Game Locker.

WRU online COVID-19 symptom check; The WRU will publish an online COVID-19 symptom check list to assist with the management of COVID-19 located in the WRU Game locker <https://www.wrugamelocker.wales>

[Those that are unable to access internet services should undertake the daily symptom checklist found below and confirm that;](#)

Prior to attending any form of rugby;

- they are, to the best of their knowledge, currently free from COVID-19;
- they have not had any symptoms, being a high temperature or fever, a new continuous cough, new unexplained shortness of breath or loss of smell or taste (anosmia) related to COVID-19 in the 7 days immediately prior;
- they have not been in contact with a COVID-19 confirmed or suspect case in the 14 days immediately prior; and
- where applicable, he/she has undergone relevant COVID-19 testing (whether antigen testing, antibody testing or otherwise) or immunisation (and if so he/she should give his/her Club's Operations Manager or nominated Operational Lead written evidence of any testing or immunisation, whether or not that has been validated and/or recommended by the relevant public health and/or government authorities).

If so, that individual should remain at home, inform a medical practitioner and his/her Club's Operation Manager, and follow instructions from the relevant public health and/or government authorities.

Education; prior to returning to the Club it is recommended that all individuals (whether Player, Club Coach, Club Support Staff or otherwise) should give their Clubs written evidence that:

- the World Rugby COVID-19 online education module has been completed <https://playerwelfare.worldrugby.org/covid-19-courses>; there will be a how to guide circulated in due course on the game locker <https://www.wrugamelocker.wales>
- where applicable, Clubs should support this module with additional educational mediums such as webinars;
- the contents of this document have been understood and will be complied with at all relevant times; and
- these declarations and certificates of successful completion of education should be retained by the individuals and the Club, there will be a how to guide circulated in due course on the game locker <https://www.wrugamelocker.wales>

Hand hygiene and respiratory etiquette; it is recommended that all individuals (whether Player, Club Coach, Club Support Staff or otherwise) should at all times protect against the potential spread of the virus by:

- washing hands regularly with anti-bacterial soap and water;
- regularly using alcohol based hand sanitiser;
- covering sneezes and coughs with a disposable tissue or when not available covering with a flexed elbow;
- where possible avoid touching eyes, nose and mouth; and
- practicing all of the above processes when leaving home, during travel, on entry/during occupation/on exit of all facilities (training ground, match day and administration facilities) and on returning home.

Personal Protective equipment (PPE); the use of PPE in the medical and non-medical setting should be guided by public health and/or government authorities and should be appropriate for the setting and context.

If utilised Clubs should deliver education regarding donning/doffing and disposal of the appropriate PPE, following public health and/or government guidelines.

Close contact and self-isolation; the definition of a close contact when informing self-isolation guidelines should be determined by public health and/or government authorities.

Contact tracing; under government guidance all individuals should support the Test, Trace, Protect strategy to undertake effective contact tracing informing those to self-isolate where required to do so by government guidelines. For further information, see documents on [this link \(Test, Trace, Protect\)](#).



Each Club should identify a Club Operations Manager who should have (a) operational knowledge of the Club, and (b) if not him/herself a medical practitioner, easy access to one or more medical practitioners who have clinical knowledge of COVID-19.

Each Club should also identify and appoint one or more Operational Leads, to be responsible for implementing the guidance in this document (and all other relevant guidance, advice and instruction regarding COVID-19) in respect of certain discrete elements, such as particular training facilities, Match day venues and team travel.

The Club Operations Manager will be responsible for:

- developing a network of Operational Leads within the Club who will be managing the guidelines and operating procedures for individual teams;
- disseminating all up to date and relevant information on COVID-19 and the return to play to the relevant individuals within the Club;
- implementing the guidance in this document and all other relevant guidance, advice and instruction regarding COVID-19, on behalf of the Club; and
- notifying other Clubs and that he/she is the Club Operations Manager and the identity of the relevant Operational Leads for the respective Club.

4 PHASING THE RETURN TO TRAINING & TO THE CLUB



Each Club should deliver a phased approach for returning to training, that observes all relevant advice and instruction from public health and/or government authorities regarding COVID-19. At all times the facility and individuals should observe government public gathering restrictions, social distancing & travel restrictions (PST guidelines). An example of these phases can be seen in figure 1.

An example phased return to work schedule for a single team can be found in [appendix 2](#). Figure 1 gives a representation of the potential phases of return to unrestricted competition. Please note this example is for illustration purposes only and the specifics concerning time frames and group sizes will be determined by public health and government authorities.



Figure 1. The potential phases for a return to unrestricted competition

5 BEFORE RETURNING TO THE CLUB



Each Club should comply with all relevant public health and/or government instructions, and undertake a risk assessment of their training, match and administration facilities, prior to players and staff returning. The World Health Organisation (WHO) mass gathering risk assessment and measurement tool are useful documents to familiarise with ahead of undertaking this process. For more information, see documents on [this link \(risk assessment\)](#) and [this link \(measurement tool\)](#).

The Club Operations Manager should establish which individuals (whether Player, Club Coach, Club Support Staff or otherwise) have had confirmed or suspected COVID-19. This will enable further infection prevention and control measures to be implemented or to guide individuals on their safe return to work.

Individual symptom checklist and declaration

Before returning to the Club (where requested) individuals should give written confirmation to the Club Operations Manager or nominated Operational Lead that:

- they have completed and passed the [COVID-19 symptom check \(Appendix 3\)](#);
- where applicable, Club medical personnel have taken all infection prevention measures with the addition of the appropriate Personal Protective Equipment (PPE) when reviewing patients with suspected or confirmed COVID-19 in the 14 days immediately prior; and
- where applicable, provide written evidence of any relevant COVID-19 testing or immunisation that has been validated and recommended by the public health and/or government authorities (whether swab testing, antigen testing, antibody testing, immunisation or otherwise).

6 VULNERABLE GROUPS & COVID-19



Those who suffer from underlying illness such as cardiovascular disease, respiratory disease, diabetes and some forms of cancer appear to be more severely affected by COVID- 19. So too are older patients (those over 70 years of age), those who are severely obese (BMI 40+) and those from certain ethnic back grounds. People without underlying conditions are not part of this vulnerable group.

If any individual (whether Player, Club Coach, Club Support Staff or otherwise) have concerns regarding COVID-19 they should discuss these with a medical practitioner and Club Operations Manager. Further details regarding vulnerable groups should be advised by public health and/or government authorities.

Guidance for those who are shielding or for those who are living with a family member who is shielding are available in [this link](#)

7 MENTAL HEALTH



It is acknowledged that these have been testing times for all, some more so than others. Should any individual request or appear to require mental health support, please advise and direct the individual to their General Practitioner or to the local Accident & Emergency department where Mental Health services will be able to offer timely support.

Where appropriate, it is advised that a family member, friend or appropriate adult should be contacted to provide additional support while the individual seeks professional support.

8 PREPARING TRAINING, MATCH & ADMINISTRATION FACILITIES



Before individuals return to the Club in any capacity and at any particular Club facility, including Match venues, the Club Operations Manager and Operational Leads should ensure:

- that the Club is complying with all of its legal obligations under relevant health and safety legislation in respect of the facility (which should continue whilst the facility is being used);
- that a detailed cleaning plan is in place for the facility (or, where the Club leases the facility, that lease agreements are amended to facilitate an appropriate cleaning plan);
- that the facility should be [‘thoroughly cleaned’](#) in accordance with the latest instruction from health and/or government authority, for further information, see document(s) on this link ([cleaning non-clinical setting](#));
- that where possible the facility has the following (all of which should be maintained at all times whilst the facility is being used):
 - o where reasonably practical, separate and clearly-marked entrances and exits;
 - o dedicated and clearly identified hand-sanitisation and/or hand-washing/drying points (with suitable products/equipment) at each entrance and exit and at multiple other locations in the facility;
 - o an appropriate stock of suitable products/equipment, for example hand-sanitiser, water, anti-bacterial soap and cleaning products;
 - o an adequate stock of appropriate PPE (if deemed it is required) for the working practices of the facility, and a suitable method of safely disposing of that PPE;
 - o appropriate controls over who enters and leaves the facility;
 - o an appropriate system for recording who enters and leaves the facility to assist the relevant public health and/or government authorities in contact tracing, for more information on contact tracing, see document(s) on [this link](#); and
 - o appropriate signage warning of the dangers of COVID-19 and the need to observe relevant guidance, for further information, see document(s) on [this link \(example resources\)](#).
- where possible a dedicated isolation areas for use by any individuals who exhibit symptoms of COVID-19 while at work. Where Clubs are unable to provide isolation areas individuals should be given clear instructions on how to leave the facility without making contact with other individuals, surfaces or objects.

Where the Club are unable to achieve any element of this guidance, consideration should be given to keeping those affected facilities closed, such as dressing rooms and other communal areas.

9 ON RETURNING TO THE CLUB



On returning to the Club in any capacity, and at all relevant times thereafter, until informed otherwise by the Club, all individuals, whether Player, Club Coach, Club Support Staff or otherwise should:

- ensure that all hand and respiratory hygiene is being undertaken prior to leaving home, during travel, on entry/ during occupation/on exit of facilities and returning home;
- complete and pass the daily COVID-19 symptom check;
- prior to leaving home, assess whether he/she, or anyone in his/her household, exhibits any new symptoms of illness, such as a sore throat, any 'gastro' symptoms, diarrhoea, vomiting or stomach cramps, and if so that individual should inform a medical practitioner and his/her Club's Operation Manager to determine the most appropriate course of action;
- where applicable, provide written evidence of any relevant COVID-19 testing or immunisation that has been validated and recommended by the Country's Public Health Authority (whether swab testing, antigen testing, antibody testing, immunisation or otherwise);
- comply with all instructions of the Club and its Operations Manager in respect of further testing and attendance at particular facilities;
- travel to and from work in his/her own vehicle without passengers, unless any passengers are living in the same household;
- refrain from all personal greetings where close contact is required, such as shaking hands and hugging; and
- where reasonably practical, restrict his/her mobile telephone/tablet use to what is essential and, in any event, frequently clean his/her mobile telephones/tablets.



10 OPERATING TRAINING, MATCH & ADMINISTRATION FACILITIES



Once one or more individuals have returned to any particular Club facility, the Club (generally) and its Operations Manager and Operational Leads should;

- ensure that the facility is ‘thoroughly cleaned’ at least once every 24 hours;
- ensure that specific areas and equipment that come into frequent direct contact with individuals (for example, doorknobs, door bars, door keypads, chairs, armrests, table tops, light switches, handrails, toilet flush mechanisms, water taps, elevator buttons, medical treatment beds and surfaces, gym equipment, all rugby equipment, scrummaging machines, rugby balls, keyboards, mice, touch screen monitors, tablets and trackpads) are thoroughly cleaned even more frequently, where reasonably practical after each contact;
- ensure that where practical (and where the same does not contradict health and safety requirements, for example in respect of fire doors) all doors are left wedged open to limit the use of door handles, door bars, and door keypads;
- ensure that all such cleaning is carried out where reasonably practical with single-use disposable cleaning equipment such as disposable wipes, or alternatively where the cleaning material (for example the cloth or sponge) is either placed in a disinfectant solution that is effective against COVID-19 or is discarded and not reused;
- at the appropriate times permit only essential visitors, as determined by the Club, to enter the facility;
- operate, where reasonably practical a phased approach to the available amenities at facilities by prohibiting the use of changing rooms, canteens and communal areas in the initial phases of return to work;
- when utilising changing rooms, canteens and communal areas in the latter phases of the return to rugby, ensure that all instructions from relevant public health and/or government authorities on social distancing are complied with;
- where regular laundry services are provided (i.e. for items that have not been used in a clinical setting), ensure that all relevant items are washed in accordance with the relevant manufacturer’s instructions, and dried according to routine procedures (for more information on laundry services, see the document(s) [this link](#));
- where laundry services are provided for items that have been used in a clinical setting, ensure that all relevant items are washed according to the instruction from relevant public health and/or government authorities, and dried according to routine procedures (for more information on laundry services, see the document(s) [this link](#)); and
- provide suitable anti-doping facilities, in accordance with any instructions from the WRU and/or UKAD, allowing for a staggered approach to testing and the application of social distancing when sample collection is taking place.

It is recommended that all operational processes utilised to procure products/consumables and facilities maintenance should observe COVID-19 protocols, where applicable these should be included in service agreements and contracts.

Where a Club allows any of its facilities to be used by another Club (for example, where the home Club hosts a ‘captain’s run’ for the away Club the day before a Match or the facility is shared by numerous stakeholders), the home Club should:

- ensure that the facility is thoroughly cleaned immediately before and immediately after the other Club’s use of the facility; and
- where reasonably practical, restrict the other Club to the use of just one site or facility.

11 MEETING CONSIDERATIONS



Meetings at all facilities should:

- be limited in frequency and duration;
- be held in such a way that all instruction from relevant public health and/or government authorities on social distancing is complied with;
- make use of video conferencing;
- if actual meetings are necessary, be held outdoors; and
- if indoor meetings are necessary, be limited to one-to-one sessions, not in large groups, in a well-ventilated room with opened windows and doors.

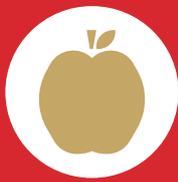
12 GYMNASIUM AND OUTDOOR TRAINING CONSIDERATIONS



During gymnasium and outdoor training sessions Clubs should where practical;

- ensure that all relevant individuals arrive at the facility already wearing his/her own training kit;
- prohibit the sharing of training kit;
- ensure all equipment used for gymnasium and training sessions are sanitised appropriately between use or if not practicable between sessions;
- keep the length of gymnasium and field based training sessions to a minimum and where feasible limit field based training sessions to once a day;
- stagger gymnasium and field based training sessions to allow for the appropriate cleaning to take place between groups;
- configure gymnasium programmes to limit the movement of players, coaches and support staff within sessions;
- promote ventilation by opening doors and windows;
- utilise outdoor training for field based sessions;
- use personalised pre-activation, mobility and recovery equipment (determined by the Club);
- where personalised equipment is not available, sanitise before and after each use;
- prohibit spitting or emptying nostrils during training;
- insist that coaches either retain their own personalised whistles or utilise a hooter and sanitise before and after each use;
- prohibit the use of ice baths or similar on site and encourage the use of ice baths at home to facilitate recovery;
- ensure that once training has concluded all individuals vacate the training facilities in a timely manner without congregating or socialising; and
- require that all instruction from relevant public health and/or government authorities on social distancing is complied with.

13 NUTRITION



Nutritional considerations should include;

- advising all individuals, whether Player, Club Coach, Club Support Staff or otherwise, to consume meals at home when not supplied at the Club;
- using personalised fluid containers and if applicable protein shakers for hydration, ensuring they are regularly cleaned before and after use;
- utilising personalised nutritional supplementation and prohibiting the use of communal supplementation; and
- when supplying food post training, should be pre-packaged and left at a designated collection point upon exiting the training facility and should be consumed away from the facility.



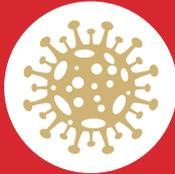
14 MEDICAL ROOM CONSIDERATIONS



Medical departments should:

- only be utilised for essential medical care to be determined by the Club's Head of Medical services;
- provide an appointment based service and that medical treatment beds are positioned as far apart as reasonably possible;
- ensure that towelling couch covers are not utilised;
- replace towels after each treatment and ensure they are laundered appropriately;
- avoid the use of pillows unless the covering is changed after each treatment;
- clean all equipment and beds before and after each treatment;
- utilise the appropriate PPE recommended by their public health and/or government authorities; and
- promote ventilation of the medical room by opening doors and windows.

15 MANAGEMENT OF ILLNESS OR SUSPECTED COVID-19 CASES



Recognise

Each Club should, at each of its facilities, implement a suitable system such that all individuals, whether Players, Club Coaches, Club Support Staff or otherwise, visiting the facility who subsequently exhibit symptoms of COVID-19 should notify the Club's Operations Manager and/or relevant Operational Leads, and appropriate steps are then taken to assist the relevant public health and/or government authorities in contact tracing and COVID-19 testing where available.

Report

Each relevant individual, whether Player, Club Coach, Club Support Staff or otherwise, should, if symptoms of COVID-19 (high temperature or fever, a new continuous cough, a new unexplained shortness of breath, and a loss of smell or taste) present while at work, inform a medical practitioner and/or the Club Operations Manager.

Isolate

Where an [individual exhibits symptoms](#) of COVID-19 while at work, the Club should direct the individual to a suitable isolation area or to leave the facility, in either case without making contact with other individuals, surfaces or objects.

Each Club should ensure that all isolation rooms, when vacated, are thoroughly cleaned in accordance with all instruction from relevant public health and/or government authorities.

16 RETURNING TO TRAINING & THE CLUB FOLLOWING COVID-19 INFECTION

Where testing is not practical or available, all relevant individuals should follow the relevant guidance, advice and instruction from relevant public health and/or government authorities regarding their return to work. For more information, see document on [this link \(return to work\)](#).

All relevant individuals who have been confirmed as having, or who are suspected to have had, COVID-19, and who have recovered, should seek the advice of a medical practitioner prior to returning to strenuous exercise. Particular attention should be given to the respiratory and cardiac systems during assessments.

Where applicable, re-conditioning training periods related to an individual's role should be considered prior to returning to competition.



APPENDIX 1

RE-CONDITIONING TRAINING PERIOD

It is expected that following a sustained period without group rugby training (contact and non-contact), there would be significant injury risk if a re-conditioning period is not observed prior to competition.

It is recommended that each Club establishes a sufficient period of time to re-condition players to minimise injury risk. It is expected that players would have been given personalised programmes to complete prior to engaging in group rugby training and the content of the re-conditioning training period is defined by multi-stakeholder consultation.

APPENDIX 2

Example of a staged approach to returning to rugby. Time frames and group sizes will be determined by public health and/or government authorities.

Please note this is for illustration purposes only.

Stages of the return to training

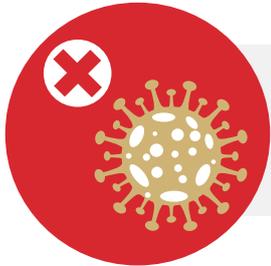
STAGE	WEEK	DATE W/C	GROUP SIZE	RUGBY STAFF SIZE	ADMIN STAFF SIZE	FACILITIES
1	1	3RD AUG				
	2	10TH AUG	10-15	75% CAPACITY	TBC	Pitch Medical Toilets
	3	17TH AUG				
2	4	24TH AUG				
	5	31ST AUG	20 (UNITS)	100% CAPACITY	TBC	as above + Changing rooms Showers TBC
3	6	TBC	30 (TEAM)	100% CAPACITY	TBC	as above + Meeting space Canteen TBC

APPENDIX 3

THE DAILY COVID-19 SYMPTOM CHECK

This is in addition to the WRU online symptom tracker.

Prior to attending any form of rugby individuals should always conduct a self symptom check and confirm that:



They are, to the best of their knowledge, currently free from COVID-19;



They have not had any symptoms (high temperature or fever, a new continuous cough, new unexplained shortness of breath or loss of smell or taste (anosmia)) related to COVID-19 in the 7 days immediately prior;



They have not been in contact with a COVID-19 confirmed or suspect case in the 14 days immediately prior; and



Where applicable, he/she has undergone relevant COVID-19 testing (whether antigen testing, antibody testing or otherwise) or immunisation (and if so he/she should give his/her Club's Operations Manager or nominated Operational Lead written evidence of any testing or immunisation, whether or not that has been validated and/or recommended by the relevant public health and/or government authorities).

If so, that individual should remain at home, inform a medical practitioner and his/her Club's Operation Manager, and follow instructions from the relevant public health and/or government authorities;

APPENDIX 4

HYPERLINKS THROUGHOUT THE DOCUMENT

1. WRU Game Locker

<https://www.wrugamelocker.wales>

2. World Rugby COVID-19 online education module

<https://playerwelfare.worldrugby.org/covid-19-courses>

3. Welsh Government Test, Trace, Protect

<https://gov.wales/test-trace-protect>

4. World Health Organisation (WHO) mass gathering risk assessment

https://apps.who.int/iris/bitstream/handle/10665/331764/WHO-2019-nCoV-Mass_Gatherings_Sports-2020.1-eng.pdf

5. Measurement tool

https://www.who.int/docs/default-source/coronaviruse/who-covid-ra-sports-addendum.xlsx?sfvrsn=75c5cde4_2

6. Welsh Government Guidance on shielding and protecting people

<https://gov.wales/guidance-on-shielding-and-protecting-people-defined-on-medical-grounds-as-extremely-vulnerable-from-coronavirus-covid-19-html#section-38744>

7. Cleaning non-clinical settings

<https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings>

8. Contact tracing

<https://www.ecdc.europa.eu/sites/default/files/documents/Public-health-management-persons-contact-novel-coronavirus-cases-2020-03-31.pdf>

9. Appropriate signage

<https://gov.wales/safety-and-physical-distancing-signs-employers-coronavirus>

10. Laundry services

<https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings>

11. Return to work

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection#ending-isolation>