COVID-19
RETURNING TO SANCTIONED TRAINING
SMALL GROUPS
ALL of us  
Our families  
Our team mates & colleagues  
Our communities
PROCESS OF RETURN TO TRAIN – WHAT DO WE NEED?

• Registration & Education
• Online symptom checklist
• Get in, Get done, Get out guidance
• Facility – Pitch management
• First aid changes
• Process of attending training
# SMALL GROUP TRAINING

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REGISTRATION

• Opens Aug 1st
• Links to World Rugby COVID-19 Educational module
• Please complete as part of WRU Guidelines
THE ONLINE SYMPTOM CHECKLIST

- Used prior to every training session / rugby attendance
- Log into the game locker
- Open the Online Symptom check
- Fill in symptom questions
- If you are non symptomatic then proceed to training
- Any symptoms YOU MUST NOT ATTEND, follow government guidance
HYGIENE > Are you fit to train?

PRE TRAINING SYMPTOM CHECK:

Have you had any symptoms within the last 7 days?

YES > You must stay away from training and follow Public Health Wales guidelines

NO > Have you been in contact with anyone with symptoms of the Corona Virus in the last 14 days?

YES > You must stay away from training and follow Public Health Wales guidelines

NO > You are free to attend training

DO NOT COME TO TRAINING WITH:

A high temperature
A new, continuous cough
Loss of smell or taste (anosmia)
Description of activity permitted
• Gatherings of up to groups of 30.
• Suggested phased groups of 10 - 15.
• Conditioning / fitness / agility drills.
• Non-contact skills training.
• Ball skills.
• No wrestling, holding, tackling or binding.
• No sharing of equipment.
• NO MATCHES

Who can attend training?
• Individuals who are symptom free for the last 7 days and have not been in contact with anyone with symptoms of Coronavirus in the last 14 days.
• Must check in with the Club Operations Manager.
• No spectators (parents to maintain social distancing / watch live stream from car).
• No individuals who have been defined as vulnerable.

Hygiene measures required
Pre training:
• Symptom check in with the Club Operations Manager.
• Wash prior to training at home.
• Change and prepare kit at home.
• Prepare own nutrition at home for after training.

During training:
• No spitting.
• Use own water bottle / equipment.
• No sharing.
• Use hand sanitisers.
• Limit use of mobile phone.

Post Training: 
• Use hand sanitisers

Social distancing measures required
Pre training:
• Travel alone or in your household group.
• No car sharing.
• Parents to drop and pick only.

During training:
• Maintain at least 2m social distancing throughout training.
• Avoid hand shaking / physical greetings.

Post training:
• No idle chat

Facilities available
• Clubs must meet government cleaning / hygiene standards.
• Toilets, Medical area for emergency only.
• Strictly no use of any other club facilities.
DESCRIPTION OF ACTIVITY PERMITTED

• Suggested phased groups of 10 – 15

• **WHY?** Reduce contact / transmission

• Conditioning/fitness/agility drills

• Ball skills maintaining social distance

• Non-contact skills training

• No wrestling, holding, tackling or binding

• NO MATCHES
WHO CAN ATTEND TRAINING?

• Individuals who are symptom free for the last 7 days and have not been in contact with anyone with symptoms of the Coronavirus in the last 14 days.

• All must complete and pass the online Symptom check

• No spectators (parents to maintain social distancing)

• Advise that individuals who have been defined as **vulnerable** should not attend
HYGIENE MEASURES REQUIRED

Pre training

• Complete and pass the online symptom check
• Wash prior to training at home
• Change and prepare kit at home
• Prepare own nutrition at home
HYGIENE MEASURES REQUIRED

During training

• No spitting
• Use own water bottle/equipment
• No sharing – drinks / towels
• Playing balls should be cleaned pre / post
• Use hand sanitisers
• Limit use of mobile phone
HYGIENE MEASURES REQUIRED

Post training

• Use hand sanitisers
• Wash hands
• Clean / sanitise equipment
SOCIAL DISTANCING MEASURES REQUIRED

Pre training

• Travel alone or in your household group
• No car sharing
• Parents to drop and pick up only

During training

• Maintain at least 2m social distancing throughout training
• Avoid hand shaking/physical greetings

Post training

• No idle chat
PITCH MANAGEMENT

Designated Areas / Zones of the Pitch

• Movement between zones should be restricted
• When entering and exiting pitch use walkway provided.

Equipment allocated to zone 1 for example should not be transferred to another zone.

Sanitisation zone should be set-up outside pitch entry point.

Prior to entering or exiting the pitch area:

• Clean hands
• Clean equipment
PITCH PLANNING

ZONE 1  ZONE 2  ZONE 3  ZONE 4

ZONE 5  ZONE 6  ZONE 7  ZONE 8

WALK WAY
ZONE PARAMETER

GROUPS OF
10 - 15
IN EACH ZONE
FACILITIES

Changing rooms & social areas will remain closed

No showering facilities

Medical & toilets only

All facilities will have been deep cleaned, cleaning schedule

Hand sanitisation points

May be reconfigured for better flow or new venue
FIRST AID & PPE

• This is only needed when it is needed

• PPE for first Aiders consists of:

  o **Level 1 PPE** – Face mask – used when 2m distance can be maintained in injury management

  o **Level 2 PPE** – Face mask, apron, Gloves, Goggles – used when the 2m distance is needed to be broken to administer first aid

• This can be kept in first aid kit and put on when required
WHAT TO DO IF SOMEONE FEELS UNWELL?

• Recognise your symptoms

• Report immediately to your Clubs operation manager / lead

• Isolate from others

• Go home and contact your medical practitioner
HOW DOES IT LOOK?

CLICK HERE
RETURN TO SANCTIONED TRAINING
SMALL GROUPS

GET IN > GET DONE > GET OUT

BEFORE LEAVING HOME

LOG IN TO THE WRU GAME LOCKER AND COMPLETE THE COVID-19 SYMPTOM CHECKLIST
CONSUME ALL PRE-TRAINING NUTRITION AND HYDRATION

FEELING WELL?
WASH/SANITISE HANDS
TRAVEL ALONE unless you live with passengers
AVOID PUBLIC TRANSPORT if unavoidable wear a face-mask

FEELING UNWELL?
STAY HOME
INFORM CLUB OPERATIONS MANAGER/LEAD
FOLLOW WELSH GOVERNMENT AND PUBLIC HEALTH GUIDELINES

ARRIVAL AT TRAINING

TURN UP ON TIME
NO SPECTATORS PARENTS WHO DROP OFF/STOP MUST MAINTAIN SOCIAL DISTANCING.
THE PITCH WILL BE DIVIDED INTO ZONES, YOUR TEAM WILL BE ALLOCATED A ZONE, MOVEMENT BETWEEN ZONES SHOULD BE RESTRICTED.

BEHAVIOUR DURING TRAINING

KEEP 2M SOCIAL DISTANCE
WASH/SANITISE HANDS BEFORE, DURING AND AFTER TRAINING
CHANGING, SHOWERING AND CANTEENfacilities WILL BE CLOSED IN THE EARLY STAGES OF RETURN

GET IN > GET DONE > GET OUT

CONSUME ALL IN-EARLY STAGES OF RETURN NUTRITION AND HYDRATION

AVOID TOUCHING EYES, NOSE AND MOUTH
COUGH/SNEEZE INTO TISSUE OR BENT ELBOW
REPORT ANY NEW SYMPTOMS OF ILLNESS TO THE CLUB OPERATIONS MANAGER/LEAD

GET IN > GET DONE > GET OUT

WASH/SANITISE HANDS
AVOID PUBLIC TRANSPORT if unavoidable wear a face-mask
INFORM CLUB OPERATIONS MANAGER/LEAD
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