

Return to Rugby (Covid-19)



COVID-19 Safety will be a part of rugby for some time. For us to be able to continue to play games safely, there must be a culture of COVID-19 safety in clubs that drives good habits, safe behaviours and gets games played. *Encourage Train-Play-Leave*

COVID-19 Club Safety Plan:

Clubs must have an up-to-date COVID-19 Safety Plan. As things change, our plans should change with it so that clubs take the right measures every week to keep COVID out of their club. **Players and Coaches update Personal Health Declaration prior to every session or game.**

Personal Safety:

All club members should continue to submit a health declaration for every time they want to attend the club. If a club member feels unwell or has a symptom, they should simply stay at home. It's our best chance of keeping COVID out of our clubs

Spectators:

ROI: The numbers permitted at outdoor organised events is a maximum of 200 attendees for the majority of venues

NI: Based on the club's own risk assessment in terms of management of numbers on site

Congestion around common areas such as entrances and exits must be managed.

Transport and Facilities:

Individual transport minimises the risk of players contracting the virus in indoor environments and close contacts being identified within a squad. Indoor changing and shower facilities should remain closed in ROI as per public health guidelines. NI: Changing Rooms should be used sparingly (toilets etc) and use of club houses must follow guidance around indoor hospitality.

Matches/Festivals:

4 week training on return to rugby. We recommend 1 v 1 club fixtures prior to Christmas. 1 match per month. Coach keeps track of his/her team list with all players completed PHD.

Covid-19 Response Guide



N.I. Clubs

If a club member has COVID-19 symptoms	<ul style="list-style-type: none">-They should self-isolate and book a PCR test.-The club can continue as normal at this stage.-As a precautionary measure, any other symptomatic individuals and unvaccinated members of training group/pod should restrict their movements until there has been a negative test result OR until contact tracing has been completed by Public Health and the person has not been deemed a close contact who needs to self-isolate.-At this stage any other individuals who are exempt under local public health contact tracing guidance need not restrict their movements.
If a club member tests positive	<ul style="list-style-type: none">-They must inform PHA Contact Tracing and PHA will advise on what the club should do.-The training group/pod can continue as normal whilst awaiting advice from the PHA Contact Tracing.- -Contact tracing will determine the requirement for which players need to restrict their movements.
If a club member tests negative	The training group/pod can continue and the person can return once symptom free for 48 hours.

Clubs in ROI must follow latest guidelines from the IRFU - <https://www.irishrugby.ie/running-your-club/return-to-rugby-for-clubs/>