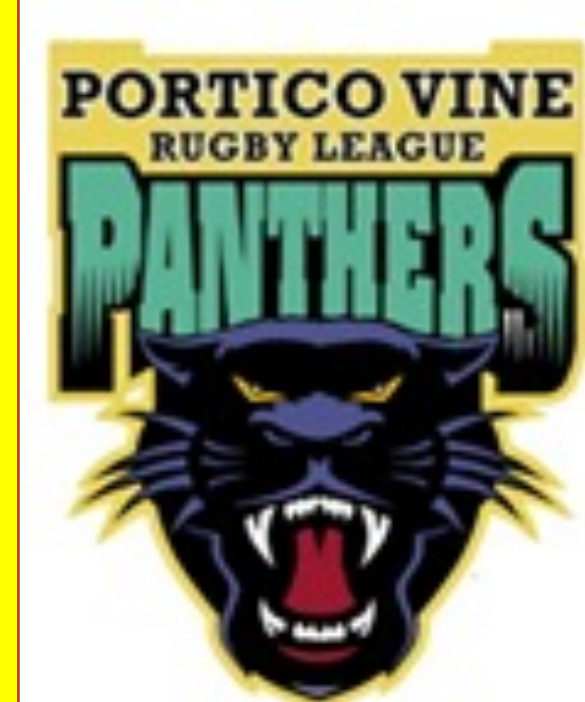




“WORKING WITH THE COMMUNITY, FOR THE COMMUNITY”



PORTICO VINE ARLFC: COVID-Secure Guide



| 4th March 2021 – Version 6

Return to Play Guidelines starting 29th March 2021



Clean hands often



Reduce the
Risk



Clean and disinfect
workstation/area

Avoid close contact



How to
Stop the
Spread
of the
Virus?



Practice social
distancing and wear
mask

Cover mouth and nose
when sneezing and
coughing, use a tissue
and proper disposal



If sick, stay home and
get the proper medical
care



Face masks / Face Coverings are to be worn at all times
in the Clubhouse - Mandatory

PORTICO VINE : Covid-Secure Overview



Your Duty of Care

- Comply with requirements of the Risk Assessment and instructions from the Coach / Leader.
- Good hygiene – wash hands regularly, don't touch face.
- Maintain 2m social distancing at all times.
- ONLY visit the Clubhouse if it is essential to do so, and with the permission of the Coach / Leader. **The Clubhouse is closed except for Maintenance / Upgrade work, access for Rugby equipment by the coach / leader and for use of toilets by players in exceptional circumstances**
- Portico Vine volunteers attending for maintenance / cleaning must ensure adequate PPE (Personal Protection Equipment) to carry out the tasks.
- Be aware of your health – and don't come to the clubhouse if you feel unwell or have any recognised symptoms of Covid-19, or if people who you have been in contact with in the previous 14 day period are feeling unwell.
- If you're a visitor or contractor, ensure you communicate with your Portico Vine host before you make a journey to the Clubhouse.
- If you feel unwell whilst at the clubhouse, inform your Coach / Leader immediately.

Our Duty of Care

- We have undertaken a Covid-Secure risk assessment for the Clubhouse, and we are keeping this under review. This is governed by UK Government law and RFL Guidelines.
- **Toilets will be available on training nights and future matches but the aim is to avoid usage where possible. If needed only one person (Male and Female) in the toilets at any one time**
- We have installed arrows to inform and guide people. Please respect this signage.
- We have installed sanitising stations at key positions in the building: toilets, kitchen areas, entrances, corridors. Please use the materials provided.
- Non-surgical face masks are available if you don't have one – it is mandatory to wear one for anyone entering the clubhouse
- We have purchased contactless thermometers to check anyone attending from the club and will be performed by the coach / leader. Anyone with a high temperature will be politely asked to leave.

Before Arriving at the Clubhouse



Everyone: If you feel unwell, have had any Covid-19 symptoms, or you have been in contact with someone with symptoms, or you are awaiting the outcome of a Covid-19 test, **you must not come to the Clubhouse**

Everyone: Bring with you the following :-

- **Face Covering or Mask.** .

It is mandatory that anyone entering the clubhouse for cleaning , Maintenance , upgrade work or any other reason must wear a Face mask / face covering



Face masks must always be worn in the clubhouse -these are now Mandatory.. No Exceptions.. and we will be asking people to leave if non compliant '

- **Gloves for your own personal use.**

These are recommended not mandatory.

- **Drinks and food** as required. No food or drinks will be available for sale or from the Kitchen.



Contractors: The clubhouse is not manned. You will need a contact (mobile) number for your Portico Vine host so you can be admitted to the building.

On the move – keeping your distance



On the Move in the Clubhouse

‘Arrow Signs’ in the form of floor markings are provided to give guidance on maintaining social distancing.

Be aware of others. In some areas (such as some door entrances) it's not possible to provide a 2 metre separation when passing. Be aware of people around you, and wait to pass.

A segregated marked route is in place for to assist Social Distancing especially through to toilet areas



CLUBHOUSE CLOSED except for
Maintenance / upgrade work , coaches / leaders
to obtain Rugby equipment for Training and Matches
Or for use of the toilets if absolutely necessary

Sanitisation and Kitchen Area



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Sanitising Stations are positioned within the Clubhouse

- At Entrances / Exit
- In kitchen
- Toilets
- Corridors

It is mandatory to use them

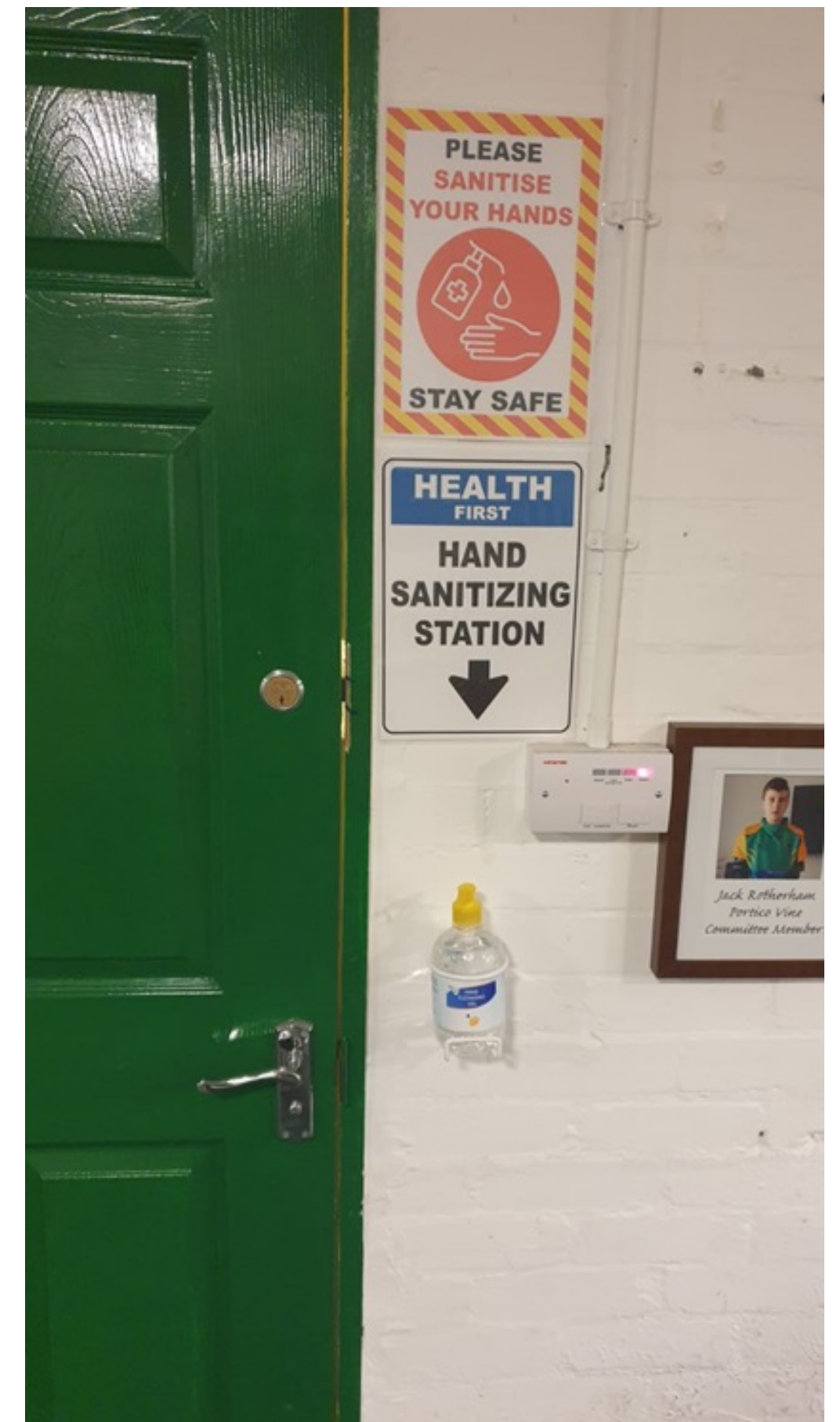


Food and Drinks:

For maintenance and upgrade activities drinks must be consumed by an individual and not shared (bottles of water as an example).

Food and drinks will not be served on training or matchdays at this stage.

Players should bring their own food and drinks bottle and must NOT be shared



Socially Distanced Toilets



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One in / One out. Toilets are an area where we can't guarantee 2 metre separation. So for now, you can do your business in total privacy.

Clean up – use the wipes on contact surfaces – you know what we mean! But respect the environment and our plumbing, and ensure toilets flushed.

Don't forget to wash your hands ... and sanitise.

This currently applies to maintenance / improvement work in the clubhouse or if anyone has to use the toilets but please avoid use where possible



The clubhouse will be open for

-maintenance tasks, upgrade work
,cleaning and / or First Aid emergencies .

- People numbers for these tasks should be minimised to reduce risk
- Social Distancing still applies
- Hygiene standards fully apply with hand sanitising
- Wear PPE (Personal Protection Equipment) where necessary
- Face masks / Face coverings are mandatory
- A Cleaning Log must be kept for the Clubhouse and Toilets



Contactless Thermometers



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We will also take a contactless temperature measurement of **ALL** attendees associated with the club – coaches, volunteers, contractors, maintenance workers

This is in line with current RFL guidelines

This will be carried out by the lead person on arrival maintaining social distancing with a contactless thermometer.

Anyone showing signs of a high temperature of **37.8 Deg C or above will be asked politely to leave and not take part. The individual(s) should be directed to obtain a Covid screen.**





- **29th March - Return to Training**
- **29th March - Non-contact Social RL [Touch RL, TTR, X-League]**
- **4 weeks of Training**
- **24th April - 2 weeks of friendlies**
- **24th April - Primary Rugby League returns**
- **8/9th May* - Competitions to Resume**

**NO PLAYERS CAN TAKE PART IN TRAINING
OR MATCHES / FRIENDLIES UNLESS REGISTERED
ON LEAGUE-NET INCLUDING NEW RECRUITS**

***Adult Leagues may decide to start later depending on Changing Rooms/Club Houses reopening and to factor in a longer preparation phase.**

Although training Sessions can take place more than once per week in the RFL Guidelines, Week 1 of training (w/c 29th March 2021) will be only **ONE** training session per team
This is a decision by the Club to ensure all controls are in place and understood to ensure 100% compliance.

If fully compliant then the club will move to options of twice per week

TRAINING SESSIONS:

- **Players must arrive already in kit as change rooms are closed**
- **They must have washed hands or sanitised before arrival**
- **No car sharing is allowed and public transport should be minimised**
- **All belongings to be left in the car , where possible**
- **Parents/Guardians/Carers should wait in their cars as no congregating is allowed. If needed due to injury to player, for example, the coach will find the relevant person**
- **Players must bring their own drinking bottles clearly labelled to identify who it belongs to and cannot be shared**
- **There shall be no sharing of kits , towels, clothing**
- **You should leave as soon as practicable after training has finished**

The club will strictly adhere to the latest Government and RFL guidelines issued for 'Return to Rugby'.

The full documents have been circulated within the club and this guide includes the key elements.

- **A register of attendees must be completed including the 'Health Questionnaire'**
- **All attendees must have a contactless temperature check and the temperature recorded**
- **The club must follow the RFL Track & Trace procedures should anyone have any issues or high temperature**
- **No spitting or Chewing gum is allowed**
- **There should be no shouting or raised voices when opposite each other**
- **Equipment / Balls must be cleaned Before and After use**
- **Mouthguards should not be continually removed and must NOT be left on any surfaces**
- **Kicking tees should be changed / cleaned if used by more than one person**
- **Tackle shields cannot be used**
- **Maximum number of attendees at a training session is 30 per team and if more than one team training they must not combine and must be suitably distanced**
- **Duration of training Session 60 mins**

Training sessions – What can you do



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Phased Return to Contact Activity	Socially Distanced Skills Pods of 10	Touch Game 5 v 5	X-League Game 5 v 5	1 v 1 Tackle Below Waist	Stop the Pass or Offload Pods of 10	Full Contact Game 5 v 5
w/c 29th Mar	30 mins	20 mins	10 mins	X	X	X
w/c 5th Apr	10 mins	20 mins	20 mins	10 mins	X	X
w/c 12th Apr	Optional	20 mins	20 mins	10 mins	10 mins	X
w/c 19th Apr	Optional	20 mins	10 mins	10 mins	10 mins	10 mins
w/c 26th April	Optional	Optional	20 mins	10 mins	10 mins	20 mins



Sunday Game						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No training	Low risk activity only	Increased risk activity allowed	Increased risk activity allowed	Medium risk activity	Low risk activity only	Game Day
Saturday Game						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Low risk activity only	Increased risk activity	Increased risk activity allowed	Medium Risk activity	Low risk activity only	Game Day	No training
*There must always be a 48-hour window between increased risk activity (contact) and gameday.						

MATCHES including Friendlies:

- **Players must arrive already in kit as change rooms are closed**
- **They must have washed hands or sanitised before arrival**
- **No car sharing is allowed and public transport should be minimised**
- **All belongings to be left in the car , where possible**
- **Parents/Guardians/Carers are allowed to Spectate but this is limited to one person per player**
- **Spectators must continue to socially distance with a maximum of 6 persons per group**
- **Players must bring their own drinking bottles clearly labelled to identify who it belongs to and cannot be shared**
- **There shall be no sharing of kits , towels, clothing**
- **You should leave as soon as practicable after the match has finished and at the latest 30 mins after game has finished.**
- **No congregating of parents / guardians / carers after the game**
- **There will be no post match refreshments (Hot Dogs / Chips etc)**

The club will strictly adhere to the latest Government and RFL guidelines issued for 'Return to Rugby'.

The full documents have been circulated within the club and this guide includes the key elements.

- **A register of all Portico attendees must be completed including the 'Health Questionnaire' – The opposition are responsible for completing their checks.**
- **Portico are responsible for collecting the names of any other supporters present not covered by the above**
- **All participants must have a contactless temperature check and the temperature recorded**
- **The club must follow the RFL Track & Trace procedures should anyone have any issues or high temperature**
- **No spitting or Chewing gum is allowed**
- **There should be no shouting or raised voices when opposite each other**
- **Equipment / Balls must be cleaned Before and After use**
- **Mouthguards should not be continually removed and must NOT be left on any surfaces**
- **Kicking tees should be changed / cleaned if used by more than one person**

MATCHES— Matchday Requirements



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The club will strictly adhere to the latest Government and RFL guidelines issued for 'Return to Rugby'.

- **A minimum of 4 balls must be available for the match and new ball introduced at every stoppage if possible. If there are no stoppages the ball will be replaced every 10 mins**
- **A bucket of water / soap for ball cleaning must be available on each touchline**
- **Equipment and balls must be cleaned before and after use**
- **Kicking tees must be cleaned or swapped if the kicker is changed**
- **The Home club is responsible for Testing the Match officials (Temperature / Questionnaire)**
- **Leave the premises after games no later than 30 mins after end of game**

Club Covid 19 Officer – April McBride



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The RFL have specified that all Community Rugby League clubs should appoint a Covid 19 Officer to ensure strong communications and support.

April McBride is an Advanced Nurse Practitioner and she is also a volunteer for Portico Vine ARLFC as the lead on Health and First Aid. She is qualified to Masters degree level in nursing and has a wealth of experience to offer our club. She fully understands the Covid 19 Pandemic and how to manage the expectations and requirements to help our club and minimise risk.

An example of some of her duties are

- Being aware of and understanding government guidelines, communicating these with relevant club volunteers and monitoring that these are strictly adhered to
- Communicating and distributing necessary safety information and protocols
- Ensuring relevant club volunteers are aware of the need to regularly clean and sanitise all relevant clubhouse facilities and equipment after each session (Balls, Cones, toilets etc)
- Making necessary representations to the Club Committee about any Covid-19 concerns
- Reporting any areas of non-compliance immediately to the Club Committee and ensuring that these are addressed
- April along with other Committee members can instruct people to leave the clubhouse if they are not compliant with these rules

April will massively benefit Portico Vine with her positive engagement, advice, guidance and overall professional approach.

COMPLIANCE – It is non - negotiable



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This document will be reviewed ongoing in line with Government ,Local Council & RFL Guidance and updated accordingly.

Compliance is critical to protect our players, club members, all their families and anyone associated with the club.

The guidance and rules are for a very important reason – people are still dying albeit lower numbers.

Covid-19 has not gone away but by following all the rules set out we significantly reduce the risk.

- **MATCH OFFICIALS ARE BEING ENCOURAGED TO REPORT NON COMPLIANCES**
- **DO NOT PUT AT RISK THE FANTASTIC WORK YOU HAVE ALL DONE TO PROTECT THE PLAYERS,VOLUNTEERS AND ALL ASSOCIATED WITHTE CLUB BY BEING COMPLACENT**



&



Questions?



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VISITORS and CONTRACTORS: If you have any questions please ask your Portico Vine host / contact, at any time.

Players ,Volunteers, Parents,Guardians, Supporters: Please consult with your Portico Coach / Portico contact or any available Committee Member if you have any concerns.

EVERYONE: We are in this together. If you have a suggestion to improve safety at **Portico Vine ARLFC**, please let us know about it. Contact your Coach or Portico Vine Contact



Safety first, last and always