

# COVID-19 HEALTH AND SAFETY PLAN

## DUNDALK RUGBY CLUB

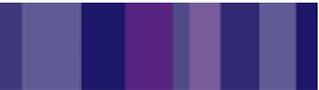


Project Particulars:	
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Client:	DR FC
Revision	<b>Rev 03</b>
Date:	07/08/2020

This document should be treated as a live document and updated in line with best practice and as new Government advice is released. Updates will be published on IRFU websites.

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## 1.0 BACKGROUND

### 1.1 COVID-19

Coronavirus disease (COVID-19) is an infectious disease caused by Severe Acute Respiratory Syndrome Coronavirus2 (SARS-CoV-2). Most people (8/10) infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

#### 1.1.1 HOW IT SPREADS

The virus is spread from people in fluid and droplets scattered from the nose or mouth of an infected person when that person coughs, sneezes, or speaks. The droplets can land on surfaces, and other people contaminate their hands by touching these objects or surfaces and then bring the virus into contact with their eyes, nose, or mouth by touching them with their contaminated hands. Although spread is more likely to occur through close contact with someone who is already infected with the virus.

It is still not known how long the virus survives on surfaces in different conditions. The period of survival may vary under different conditions (e.g. type of surface, temperature, or humidity of the environment). Studies indicate that it can persist on surfaces for hours and up to several days in the absence of effective cleaning. Simple household disinfectants can kill the virus. Surfaces should be cleaned first and then disinfected.

#### 1.1.2 SYMPTOMS

The following symptoms may develop in the 14 days after exposure to someone who has COVID-19.

- Cough
- Difficulty in Breathing
- Fever/High Temperature
- Sore Throat
- Runny Nose
- Flu like symptoms
- Rash
- Loss of Smell/Taste

It is important to note that some people infected with the virus, so called asymptomatic cases, can demonstrate no symptoms at all, yet can infect others. People who are showing these symptoms must not show up to training, self-isolate and report to their doctor for future information on COVID-19 testing.

## 1.2 HSE GUIDELINES

To prevent infection and to slow transmission of COVID-19, do the following:

- Wash your hands regularly with soap and water or clean them with alcohol-based hand rub.
- Maintain at least 2 metre distance between you and another person.
- Avoid touching your face.



- Cover your mouth and nose when coughing or sneezing.
- Stay home if you feel unwell.

## 2.0 INTRODUCTION

### 2.1 SCOPE

The Return to Rugby policies and Guidelines outlined in the below document are created to be implemented in response to COVID-19. The main objective is the safe returning to rugby for all members and communities.

These recommendations have been based on the advice of the Government, National Public Health Emergency Team (NPHE), The Health Services Executive (HSE), The National Health Service (NHS), the World Health Organisation (WHO), Northern Ireland the Public Health Agency (PHA) and the European Centre for Disease Control (ECDC). IRFU have also gained advice from other World Rugby organisations and sporting groups who are at varying stages of reopening their societies. It should be noted that this is a living document and may be revised following updated advice from the above organisations.

### 2.2 REFERENCE DOCUMENTS

#### Requirement

In undertaking the assessment reference has been made to the following guidance documents:

- DBEI Return to Work Safety Protocol
- NSAI COVID-19 Workplace Protection and Improvement Guide
- CIF Construction Sector C-19 Pandemic Standard Operating Procedures
- WHO Getting your workplace ready for COVID-19?
- Infection Diseases (Amendment) Regulations 2000
- ECDC Technical Report – Disinfection of environments in healthcare and non-healthcare settings potentially contaminated with SARS-Cov-2
- COVID-19 HEALTH & SAFETY OPERATING PROCEDURES FOR CLUBS June 2020.
- 16 principles of contact assessment IRFU document (Dr Rod Mc Loughlin) 23/07/20
- Pre return to Rugby assessment form updated 5<sup>th</sup> August.
- IRFU return to Rugby Guidelines for clubs updated 17<sup>th</sup> July 2020.

The recommendations outlined in this document are in line with above guidance documents as well as Government guidelines in place at the time of writing. This document is a live document and will be updated as new information and guidelines are issued.

## 2.3 INTRODUCTION TO THE CLUB

Dundalk Rugby Club was first formed in 1877.

We currently field 3 adult teams and have a vibrant youth and mini section for both Female and Male with teams at all age levels.

We have three full size adult pitch with flood lights, with one training pitch. We have a modern clubhouse with bar, function room, modern changing facilities and gym.

Address: Mill Road

Dundalk

Co. Louth.

Contact Details:

Club President – John McKeivitt – 087 249 9103.

Honorary Secretary – Kathy Cranny – 087 915 8847.

Club PRO, Media & Communications Director – Mary Murdock - 087 3833558

Covid 19 Safety Officer – Adrian Corcoran – 086 836 1796.



### 3.0 ROLES AND RESPONSIBILITIES

*The key management personnel including their roles and responsibilities with respect to COVID-19.*

- Club President Mr John Mc Kevitt
- COVID-19 CLUB Safety Officer – Adrian Corcoran
- COVID-19 CLUB Compliance Officers, see Appendix G
- Club Rugby Director Mr Adam Doyle
- Club House Manager Tommy Campbell
- Club Medical Officer ~; Dr John Whately

### 3.1 CLUBS AND VENUES COVID 19 PROTOCOL

The club has undertaken the following:

- Appointed COVID-19 Safety Committee members (COVID-19 CLUB Safety Officer, COVID-19 Compliance officers for every team have/will be appointed)
- A COVID-19 Risk Assessment is carried out by Competent HSE Advisor from Walls Construction
- A COVID-19 Health and Safety Plan has been prepared
- The club will ensure that adequate controls and procedures are in place at all times
- The club will revise/update the above when new information becomes available from Government, Health Authorities and the IRFU.

### 3.2 COVID-19 CLUB SAFETY OFFICER

The **COVID-19 CLUB Safety Officer Adrian Corcoran** shall undertake the following duties, or delegate them to a named and competent member of the Club Committee:

- Lead the Safety Committee which may be comprised of the COVID-19 CLUB Compliance officers, Coaches, Referees, Committee Members, First Aid Responders, and any other relevant persons.
- Nominating participants to act as the COVID-19 CLUB compliance officers. The number of COVID-19 CLUB Compliance officers will be proportional to the size of the club, the number of teams and number players. It is likely these individuals will be coaches or team managers. A COVID-19 CLUB Compliance Officer must be present at all club activities.
- Receive updates from COVID-19 CLUB Compliance officers on activities.
- Assessing risks (carry out Risk Assessments), developing Club Covid-19 Safety Plan.
- Putting Procedures in place for club members to return to rugby in line with forthcoming guidance from the IRFU and published guidance from member state Governments.
- Keep updated with ongoing Government, Health Authority and IRFU advice and update the procedures accordingly

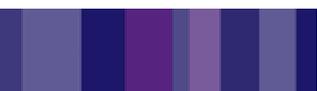
- Communicate with members on latest updates and changes to training and club activities
- Develop an emergency response in line with Government, Health Authority and IRFU advice Guidance for a suspected COVID-19 case
- Ensuring that all management and club members are provided with and participate in necessary induction, training, and adhoc briefings
- Co-ordinate adhoc briefings when required to communicate messages about good hygiene, respiratory etiquette, and physical distancing
- Ensure all management & Members have returned their Pre-Return to Rugby Personal Assessment Declaration. These shall be provided by the IRFU.
- Providing safe equipment including personal protective equipment, where necessary
- Ensuring Signage and Information relating to COVID-19 symptoms and hygiene requirements are in place
- Ensuring Signage and Information relating to IRFU and Club rules and requirements with respect to COVID-19 are in place.
- Ensure action checklists for the COVID-19 CLUB Compliance officers are completed.
- Address any club member concerns
- Report to club president regularly.

### 3.3 COVID-19 CLUB COMPLIANCE OFFICER

**The COVID-19 CLUB Compliance Officer** will carry out the day to day monitoring of compliance with protocols as set out in the Return to Rugby Guidance Document, please refer to Appendix C for the Compliance Officer Contact Details for each team. A COVID-19 CLUB Compliance officer will be in place for each training session for each team and each club activity, this may require a number of Compliance Officers to be trained to ensure cover for each training session, match or other club event or activity. Compliance Officers can be coaches or team managers. A COVID-19 CLUB compliance officer must be present at all club activities.

The COVID-19 CLUB Compliance Officer shall:

- Monitor activity to ensure social distancing and hygiene rules are followed.
- Complete the action checklist provided in Appendix E of this document (daily, weekly, monthly) and provide to the COVID-19 Club Safety Officer.
- Ensure players and club members are aware of COVID-19 and the clubs' procedures
- Facilitate training of players and club members, where required.
- Keep updated with all new Government, HSE and IRFU guidelines
- Report to the COVID-19 CLUB Safety Officer with any updates



- Review IRFU Pre-Return to Rugby Personal Assessment Declaration provided by members
- Maintain confidentiality of suspected cases
- Provide safe equipment including personal protective equipment, where necessary
- Follow protocols for persons showing symptoms of COVID-19.
- Assist in contact tracing should there be a confirmed case of COVID-19.
- Keep in contact with any member with a suspected case and attain confirmation from them to allow their return to play
- Advice in instances where non-compliance with social distancing, respiratory etiquette and hygiene rules are observed.
- Implement temperature testing in line with Public Health advice, or if requested from a member.

### 3.4 COACHES/ REFEREES

Coaches/Referees have a responsibility to ensure that training activities and club operations do not cause unnecessary risks to players and the wider community. They shall achieve this through:

- Liaising with the nominated COVID-19 CLUB Compliance Officers, if not acting in this position
- Participating in COVID-19 training as required
- Planning training activities to align with those permitted at any given time
- Educating teams and reinforce good personal hygiene and etiquette, physical or social distancing and handwashing.

The IRFU have developed a Training, Education and Engagement opportunity for coaches and managers who wish to take part. It includes focus on injury prevention and a phased return to Rugby. The link to this Training can be found in Appendix H at the end of this document.

The IRFU have also launched a new Admin Website with a variety of training modules included. The website also includes the option to complete the Return to Rugby Personal Assessment Declarations. See link to this website in Appendix H.

### 3.5 PLAYERS/ PARTICIPANTS

Players/ Participants of the clubs have a responsibility to act in a safe and respectable manner while at the grounds. Failure to do so could result in the formation of clusters at the club endangering the wider community. All Players/Participants should be advised to:

- Make themselves aware of the symptoms of COVID-19 and monitor their own wellbeing.



- Complete IRFU Pre-Return to Rugby Personal Assessment Declaration and give to COVID-19 CLUB Compliance Officer a minimum of 3 days before returning.
- Participate in the induction, and any training provided by the COVID-19 CLUB Safety Officer and COVID-19 CLUB Compliance Officers
- Read and Follow the club's procedures
- Practice a high level of personal hygiene by washing their hand frequently
- Keep a contact log of direct contact with other people
- Make themselves aware of the symptoms of COVID-19 and monitor their own wellbeing.
- Be open and honest if they have been in contact with a COVID-19 case or suspected case
- Self-Isolate at home and contact their GP if they display any symptoms.
- Complete IRFU Pre-Return to Rugby Personal Assessment Declaration and give to COVID-19 CLUB Compliance Officer a minimum of 3 days before returning.
- Participate in the induction, and any training provided by the COVID-19 Response Management Team
- Report to the COVID-19 CLUB Compliance Officer immediately if they develop symptoms while at the training
- Complete any temperature testing as implemented by the COVID-19 Response Management Team in line with Public Health advice
- Read the club's procedures and confirm they understand
- Practice a high level of hygiene
- Ensure their next of kin is on file
- Listen to ongoing HSE & Government advice
- Keep a contact log of direct contact with other people
- Following suspicion of COVID-19, or recovery from the illness, provide a return to rugby letter from the Doctor or personal declaration.

The IRFU have also launched a new Admin Website with a variety of training modules included. The website also includes the option to complete the Return to Rugby Personal Assessment Declarations. See link to this website in Appendix H.

### 3.6 PARENTS AND GUARDIANS

Parents and Guardians are required to adhere to requirements as set out in Section 3.5. They are also responsible for ensuring children under their care act in accordance with section 3.5.



## 4.0 RISK ASSESSMENT

Under the IRFU Protocol, the Club has Completed a Risk Assessment for COVID-19, the Site-Specific Risk Assessment is Provided in Appendix B. Note updated 07/08/20.

### 4.1 RISK ASSESSMENT METHODOLOGY

#### 4.1.1 IDENTIFICATION OF RISK ITEMS

The first step in the process is to identify those hazards which present a risk of a spread of infection between persons.

In keeping with typical Risk Assessment methodology, hazards in this document are referenced as Risk Items. The Risk Items will typically be either management issues (e.g. poor sanitation practices), physical features which act as shared touchpoints which will allow the spread of the virus, or physical features which do not allow adequate physical distancing between persons.

The risk assessments are separated into two categories, as follows:

IRFU shall provide Sample Risk Assessment for clubs which is outlined below. The Sample Risk Assessment shall include *Universal risks* which could be applied to any club and organisation. *Site Specific risk assessments* must be carried out by Clubs to identify risks which are unique to their own facilities and organisation based on defined aspects, i.e. Club house facilities, access, and egress to playing areas, communal spaces, communication methods etc.

The identification of Risk Items is based on assessment against the recommendations in the relevant guidance documents as applied to an organisation having regard to the application of professional judgement and common sense to the circumstances.

#### 4.1.2 INSPECTION METHODOLOGY:

The inspection of the premises should be a visual inspection of club facilities. The inspection should also include any observations of physical limitations or installations, cleaning methods, specific work practices, administrative processes and so forth.

#### 4.1.3 EVALUATION OF RISK ITEMS

The second step in the process is to rate each Risk Item. This involves three sub-steps as follows:

- Assign an Occurrence Rating to the Risk Item (Likelihood)
- Assign an Impact Rating to the Risk Item (Anticipated Severity)
- Assign an overall score to the Risk which is product of the Likelihood and Impact rating to give an overall Risk Rating

The likelihood rating is judged by reference to the likelihood of the Risk Item occurring in accordance with the following scoring criteria:

Rare/Remote                      Unlikely                      Possible                      Probable                      Almost Certain

Impact Scoring is based on the anticipated severity of the outcome. In scoring impact, the Risk Item is graded from 1 to 5, with 5 indicating the most serious outcome and 1 the least severe outcome. The scoring criteria are as follows:

- Negligible harm (Escape Unharmed)
- Minor harm (Minor Injury)
- Moderate harm (Injury)
- Major harm (Major Injury/Death)
- Extreme harm (Multiple Deaths)

The product of the two scoring outcomes provides an overall Risk Rating based on the following table:

		SEVERITY					
		EXTREME HARM 5	MAJOR HARM 4	MODERATE HARM 3	MINOR HARM 2	NEGLIGIBLE HARM 1	
LIKELIHOOD	ALMOST CERTAIN	5	25	20	15	10	5
	PROBABLE	4	20	16	12	8	4
	POSSIBLE	3	15	12	9	6	3
	UNLIKELY	2	10	8	6	4	2
	RARE	1	5	4	3	2	1

The numerical scale used is to allow comparisons of the risk levels only. No literal meaning is implied by the scoring level.



KEY TOSHADING		
15 - 25	Level of risk is unacceptable.	HIGH
8 - 12	Level of risk may be tolerable. Seek to reduce level of risk.	MEDIUM
1 - 6	Level of risk is acceptable	LOW

#### 4.1.4 WHO IS AFFECTED BY THE RISK?

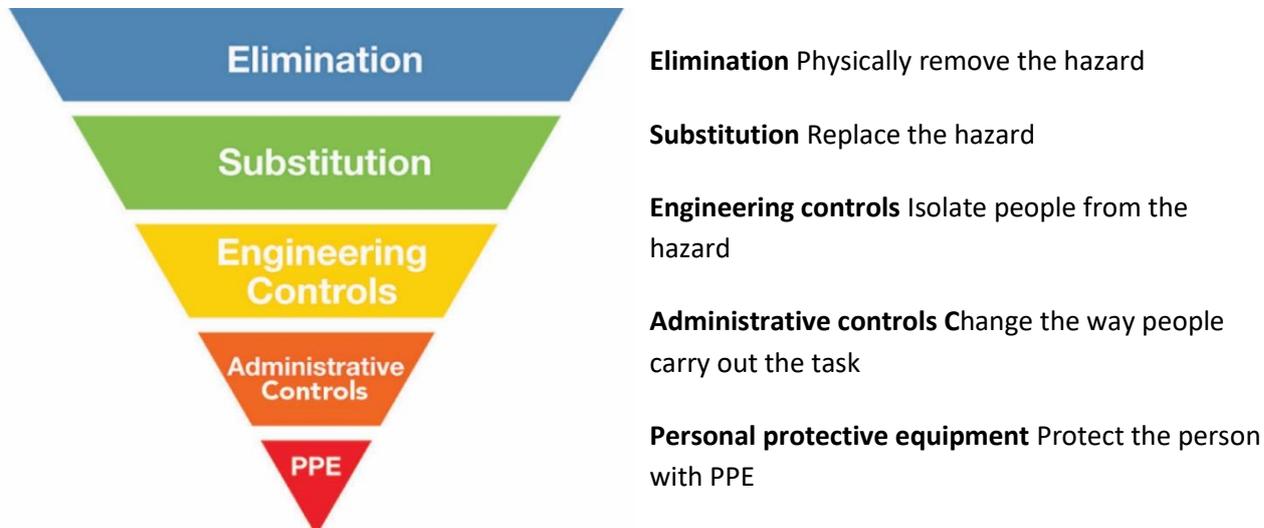
Abbreviations used in the 'To Whom' column of the assessment relate to:

- P = Public
- S = Sports Players/ Participants/Members
- V = Visitors

#### 4.1.5 CONTROL MEASURES

The control measures, indicated within the fifth column of the assessment, and further detailed in Section 5.0, named 'Proposed Criteria for Resumption' below, are considered to be reasonably practicable measures, to mitigate or eliminate the Risk Items. The objective is to reduce; either immediately or within a reasonable timeframe; the level of risk completely or to a tolerable or acceptable level.

Below is the Hierarchy of controls which should be considered when carrying out a Risk Assessment at your club.



#### 4.1.6 RESIDUAL RISK

The residual risk is the level of the remaining risk produced when proposed control measures have been applied. It is necessary to ensure that the risk control measures are fully implemented to achieve these levels.

## 4.2 RISK ASSESSMENT RESULTS

The club risk assessment of the day to day activities for running the club is recorded in tables in Appendix B.



## 5.0 PROPOSED CRITERIA FOR RESUMPTION

In drafting this Plan DRFC have considered all the relevant control measures from the IRFU Return to Rugby Health and Safety Operating Procedures document ... REF' Appendix G

### 5.1 PERSONAL HYGIENE & ETIQUETTE

Refer to Appendix G for our clubs' approach to the application of the IRFU SAFE OPERATIONS PROTOCOL

*Ref' Mary Murdoch for Rev G*

### 5.2 CLEANING TO PREVENT CONTAMINATION

In this section we include measures and procedures which will be implemented for enhanced cleaning in line Government and Health Authority advice. These measures include –

- General Cleaning Protocols
- Cleaning after a Suspected case
- Workstation cleaning
- Cleaning of Sanitary Facilities
- Cleaning of Changing Rooms Facilities
- Cleaning of high touch points between Training Sessions
- Cleaning procedures for Balls and Equipment

### 5.3 TRAINING NUMBERS AND PERMITTED ACTIVITIES

#### **Requirement**

*Clubs should include measures for limiting the number of players at training sessions. Clubs should also detail permitted activities. This may include –*

- *Measures for minimising numbers at the club*
  - *Scheduling training sessions*
  - *Reduced training numbers*
  - *Additional training session*
  - *Permitted training activities*

### 5.4 USE OF PPE

### **Requirement**

*Clubs should include details on proposed use of Personal Protective Equipment.*

- *Use of disposal gloves*
- *Use of face masks*

## **5.5 TRAINING & COMMUNICATIONS**

### **Requirement**

The club will provide Covid 19 Safety training for the Club Covid 19 Safety Officer, the COVID-19 CLUB Compliance Officers, Coaches and Referees in the form of a PowerPoint induction briefing. The requirements of this plan relevant for Players and Parents/Guardians with respect to COVID-19 will be communicated using the following methods:

- Pre-activity Briefings
- Completion Pre Rugby assessment declaration form
- Signage
- Meetings (E-meetings or socially distanced)

The club will utilize the following methods by which training will be provided and means through which key messages will be communicated – i.e.

- Signage
- email circulars
- webinars
- WhatsApp groups
- E-Meetings or Socially Distanced meetings
- Verbally

Records of training will be maintained.

## **5.6 GETTING TO TRAINING**



### **Requirement**

The process by which players can return to training safely will be in line with Government and HSE Requirements. These measures include:

- Pre-Return to Rugby Personal Assessment Declaration
- Notification of Training Times
- Arriving ready to train (in kit)
- Coach/CV 19 Officer to give short brief prior to training (social distance required)
- How to travel to training – Personal Hygiene, Car Sharing etc.
- Parking and Drop off/ Collection areas
- Check-in Systems
- Changes to pedestrian routes and walkways
- Planned and Permitted Training Activities
- Actions when leaving training.
- No sharing of water bottles, towels etc.

## **5.7 PHYSICAL DISTANCING**

### **Requirement**

The club will implement measures to ensure social distancing guidelines are adhered to.

These will include –

- Training and communications a number of training sessions have taken place with social distance maintained.
- Signage in place with clubhouse and entrance.
- Ground Markings including directional arrows in place with clubhouse
- Restrictions on spectators and visitors
- Changes to walkways or access points, one-way system in place in clubhouse (floor markings)
- Widening of gates or paths
- Etc.

## **5.8 USE OF FACILITIES**

### **Requirement**

The club will implement measures to ensure our activities are managed to adhere with Government and Health Authority Guidelines and reduce the risk of the spread of the virus. These will include –

- Use and cleaning of toilets and changing rooms. Changing rooms are presently not available.
- Use and cleaning of gymnasiums and equipment. Strict protocol for gym use. Equipment must be cleaned down thoroughly avoid sharing equipment with other groups.
- Use and cleaning of balls and training equipment as above follow guidelines in respect to cleaning and use.

## 5.9 CATERING & REFRESHMENT FACILITIES

### **Requirement**

*Clubs should outline details on how Catering and Refreshment Facilities will be managed in line with Government and Health Authority Guidelines and reduce the risk of the spread of the virus.*

*This may include –*

- *Use and cleaning of areas*
- *Social Distancing measures*
- *Use of water filters and taps*

***NOTE - Club house catering and bars shall remain closed until permitted to do so. Prior to opening clubhouses must ensure all facilities adhere to current IRFU, Government and Health Authority guidance with respect to restaurants and pubs. Documentation for same shall be provided in due course.***

## 5.10 CONFLICT RESOLUTION

### **Requirement**

*There may be instances of disagreement or differences in interpretation of guidelines between club members when implementing the new procedures for the club. As a result of this there may be a requirement for the club to facilitate and mediate conflict resolution.*

*Clubs should include details on how they will manage conflict resolution within the club if required.*

## 5.11 DISCIPLINARY ACTIONS

### **Requirement**

*Clubs should outline disciplinary actions with respect to non-compliance of COVID-19 procedures.*

## 5.12 CONTACT LOG

### **Requirement**

*Clubs should outline how contact logs shall be collated and maintained.*

*For more contact stage guidelines, see link in appendix H*

## 5.13 COVID-19 ACTION LIST/CHECK LIST

The club has made arrangements for carrying out and maintaining COVID-19 Action lists.

These are available in Appendix E of this document. The schedule for completing these checklists is as follows:

- The daily checklist is to be completed by the Compliance Officer who is on duty for each club activity that is taking place.
- The Training Log is to be completed by the Coach for each activity/training session that is taking place, or this can also be completed by the Compliance Officer.
- The Monthly Checklist will be completed by the Club CV19 Safety Officer, or a delegate working on their behalf.



## 6.0 SUSPECTED CASE RESPONSE PLAN



Our response to Suspected Cases is detailed in Section 14 in Appendix G: Operations Protocol

[16 Principles in assessing contact of risk of rugby during the COVID 19 Pandemic.  
\(PDF\)](#)



## 7.0 OCCUPATIONAL HEALTH AND SAFETY

*Where relevant we will ensure that the necessary arrangements for existing Occupational Health and Safety and risk management provisions for the following within the club: -*

- *Fire Safety*
- *Food Safety and Hygiene*
- *Environmental Health and Safety*
- *General Public Safety*
- 

*Where relevant the Club will ensure that COVID-19 arrangements complement the club Safety Statement for staff and volunteers.*

### 7.1 GENERAL

All existing Occupational Health and Safety provisions shall continue to apply to all activities within the club during the phased return to rugby. Occupational health and safety risk assessments should be updated, where relevant, to address potential exposure to COVID-19. Any updated documents should be shared with the relevant members.

### 7.2 FIRST AID

The club has identified that FAR responders are an important component of the provision of first aid within the club environs. Responders have been taught the importance of standard infection control precautions as part of their training. To date this has primarily involved the wearing of gloves and handwashing. With the increased threat of droplet transmission, because of COVID-19, additional personal protection may be used (consisting of gloves, surgical facemask, eye protection). This PPE should be part of standard First Aid Kit going forward. If such PPE is provided or used, it is important that the FAR has received training in the use of same, including how to don and doff safely, preventing contamination to themselves. A surgical facemask is recommended where social distancing cannot be maintained.

It is not feasible to expect a FAR to screen members or patrons in need of first aid for signs and symptoms of COVID-19, so the Club should take the lead in ensuring that members are not in the club with symptoms of COVID-19 in the first place. This will be done with induction/awareness training that will be provided, the use of appropriate awareness signage and the use of screening questionnaires.

FARs will be supported by the club, recognizing that some FARs may have underlying medical conditions or other reasons which preclude their ability to remain in the FAR role during the COVID-19 pandemic.

Patients in cardiac arrest should have compression only CPR applied. An AED should be used as

### 7.3 MENTAL HEALTH AND WELLBEING

*Infectious disease pandemics like coronavirus (COVID-19) can be worrying. Some people might find it more worrying than others. This can have an effect on our mental health. The club will support its members in safeguarding their mental health within the permitted provisions and resources of the club. Refer to Appendix G for relevant details*

## *Appendix A*

### *Pre-Return to Rugby Personal Assessment Declaration Form.*

*Changed to Pre-Rugby Personal  
Assessment Form*

The updated version is available at <https://bit.ly/IRFU-PADF>

Changes include:

1. Change of form name to "Pre-Rugby Personal Assessment Form"
2. Reformatting of questions
3. Addition of symptoms to Question 5
4. Overseas travel no longer precludes all participation
5. Update to declaration

The form can also be recreated using paperless form tools (e.g. Google Forms, Microsoft Forms) once GDPR guidelines are adhered to. For anyone using Microsoft Forms, a template is available at <https://bit.ly/IRFU-MS-PADF>.

This form will also be available via Rugby Connect.

# Appendix B

## RISK ASSESSMENT

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
<b>UNIVERSAL RISKS</b>										
<b>Lack of Information</b>	Serious Illness Spread of Virus	P, S, V	4	3	<b>12</b>	Provide COVID-19 Induction training to all members before they return to the training Update all relevant documents and communicate the updated information Provide Signage in key locations COVID-19 Compliance officers to check daily updates from the Government. IRFU return to Rugby guidelines for clubs updated (17 <sup>th</sup> July 2020). 16 Principles in assessing contact of risk of rugby during the COVID 19 Pandemic.	4	1	<b>4</b>	Encourage all members to follow news and guidelines provided by HSE <a href="http://www2.hse.ie/coronavirus/">www2.hse.ie/coronavirus/</a>  Perform regular toolbox talks and circulars to remind members of current protocols, and new updates
<b>Shaking Hands / Physical Greeting</b>	Serious Illness & Spread of Virus	P, S, V	4	4	<b>16</b>	Provide COVID-19 Induction training to all members before they return to training Signage to be displayed of the spread of the virus COVID-19 Compliance Officers to monitor and discourage. Shaking hands and physical greetings are not to be used at any stage.	4	3	<b>12</b>	A culture change is needed to discourage hand shaking and other forms of physical greeting. COVID-19 Compliance Officers to be vigilant in monitoring and reminding members

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
<b>Washing / Cleansing Hands</b>	Serious Illness Spread of Virus	P, S, V	4	4	16	Provide COVID-19 Induction training to all persons before they return to training Signage on hygiene to be displayed at the entrances, and other appropriate locations Signage to be displayed at sinks indicating correct method on how to wash hands effectively Hand sanitiser stations to be positioned at entrances and near common touch points	4	2	8	Regular Briefings to all to remind members of good hygiene practices
<b>Document sharing</b>	Spread of Virus	P, S, V	4	4	16	No paper documents to be handed out or shared with members where practicable All information to be stored on a share drive. Security protocols to be put in place as required. All documents to be sent via email or link	4	2	8	
<b>Travelling to and From Training</b>	Serious Illness & Spread of Virus	P, S, V	4	4	16	Discourage car sharing Encourage players to travel in their own vehicle or with members of their own household Encourage players to regularly sanitise their car Arrive at the club ready to play/train Drivers must Drop off and go or wait in their cars	4	2	8	
<b>Physical Distance</b>	Serious Illness Spread of Virus	P, S, V	4	4	16	Pitches to be laid out to allow 2m social distancing Rooms to be laid out to allow 2m social distancing, or, where seats are 1m<2m, screens/solid guarding to be provided between members Limit the number of players at training sessions Training rota to be created to reduce number of persons at any one time Limit number of chairs in a meeting room, or where seats cannot be removed, blank off seats less than 2m from each other. Signage to remind members to stay physically distance	4	2	8	A culture change is needed to discourage people from stopping in passageways to converse or lean in to hear conversations. COVID-19 Compliance Officers to be vigilant in monitoring and reminding members

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
						Provide COVID-19 Induction training to all members before they return to the club All members to complete health declaration Spectators are not permitted to watch training.				
<b>Unavoidable Close Contact – First Aid</b>	Serious Illness Spread of Virus	P, S, V	4	5	<b>20</b>	Persons must wear appropriate PPE and follow strict hygiene protocols Create an exclusion zone around their activity Direct contact log for each person must be kept	5	3	<b>15</b>	
<b>Shared Touchpoints: Gates, Toilets, Light switches, Door handles, etc.</b>	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	All hard surfaces, light switches and door handles are to be disinfected on a regular basis, at least twice per day when club facilities are in use. Hand sanitizer to be available at entrances and key locations of shared touchpoints (e.g. pitches, toilets, gates, sign-in areas, etc.) Loose material/items to be tidied away on desks Mechanism for leaving doors/gate open to reduce requirement to touch surface should be considered. High touch items to be cleaned after each training session	4	2	<b>8</b>	Disinfectant to be made readily available to all members to allow them to clean down surfaces
<b>Handrails</b>	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	Clubs to ensure handrails are cleaned regularly Hand sanitizer made available to allow persons to sanitise their hands after using handrails	4	2	<b>8</b>	
<b>Meetings</b>	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	To be done remotely if possible Meeting room to be set up to allow social distancing No physical greeting	4	2	<b>8</b>	
<b>Shared Appliances – Kettle, Coffee-</b>	Serious Illness	P, S, V	4	4	<b>16</b>	All appliances to be disinfected regularly Users to sanitise hands before and after use Disinfectant to be made available	4	2	<b>8</b>	

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
<b>Machines; cookers, microwaves</b>	Spread of Virus					Signage to be displayed in relevant areas				
<b>Water bottles and refill station</b>	Serious Illness Spread of Virus	P, S, V	4	4	16	Members shall not share water bottles or other drinking vessels Water bottles should not be allowed to touch the taps or spouts to avoid contamination. Members advised to clean water bottles regularly	4	2	8	
<b>Cutlery, cups, and glass ware</b>	Serious Illness Spread of Virus	P, S, V	4	4	16	Club house and refreshment facilities to remain closed until permitted. Once open, Government and Health Authority advise should be followed.	4	2	8	
<b>Toilets</b>	Serious Illness Spread of Virus	P, S, V	4	4	16	Flush handles and sink taps to be cleaned regularly Hot water and soap to be provided No towels or hand dryers, disposable tissue only Social distancing should be observed at all times. Limit the number of people permitted in the bathroom at any one time. Ensure that bathrooms that may cause congestion in entryways are closed	4	2	8	Persons should avoid taking the sink/urinal beside another person if another is available
<b>Emergency evacuation</b>	Serious Illness Spread of Virus	P, S, V	4	4	16	In case of an Emergency Evacuation normal procedures must be followed Installation of new screens or barriers should not impede the evacuation routes	4	4	16	In an emergency, the immediate risk to life will override physical distancing protocols.
<b>Travelling by Public Transport</b>	Serious Illness Spread of Virus	P, S, V	4	4	16	Members advised against using public transport to training. Where public transport is the only option for members, then regular talks reminding them of protocols.	4	2	8	Additional car and bicycle parking may be required to facilitate those who can no longer travel by public transport.

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
						Persons should be briefed of correct hygiene and protocols when using Public Transport All persons using public transport should wash their hands as soon as they arrive at the club				
<b>Waste Bins</b>	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	All rubbish to be disposed of accordingly All bins to be disposed of after every day that the club is in use Appropriate PPE gloves to be used when bringing out the bins	4	2	<b>8</b>	
<b>Car park</b>	Serious Illness Spread of Virus	P, S, V	3	2	<b>6</b>	Gates will be left open by the caretaker and closed by the caretaker when training is finished, and the facility is empty. Appropriate amount of parking facilities within the compound. Members should be discouraged from lingering in carparks before and after training Members should arrive 5 mins before training	4	1	<b>4</b>	
<b>Entrances</b>	Spread of Virus	P, S, V	4	4	<b>16</b>	Hand Sanitizer to be available at every entrance to clubhouse and pitches and use of same promoted. Covid-19 officer to ensure these are adequately stocked Signage to be present at entrances advising on physical distancing Installation of guarding or queue management systems where appropriate. Implementation of one-way systems	4	2	<b>8</b>	
<b>Visitors</b>	Spread of Virus	P, S, V	4	4	<b>16</b>	Controlled Access of visitors is in place Visitors are allowed access by invitation only and are always escorted . Non-Essential visitors to be restricted All visitors must complete a health declaration prior to arriving on site.	4	2	<b>8</b>	

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
						If feeling unwell, visitors must not come to the club No hand shaking Pre arrival time to be given, visitors cannot show up unannounced Visitors time to be kept as short as possible				
<b>Changing rooms / lockers / showers</b>	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	Club houses and changing rooms are to remain closed until permitted to do so. Once in use social distancing guidelines must be followed. Must be disinfected throughout the day Must be kept clean and tidy. Personal belongings to be store correctly. Signage to encourage social distancing numbers at anyone time to be limited	4	2	<b>8</b>	
<b>Refreshment Facilities</b>	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	Clubhouse and refreshment facilities to remain closed until permitted to do so. Once permitted to open current Government and Health Authority guidelines must be followed – this may include requirement for - queue management systems disposable utensils and cups individual condiment packets Table and chairs to cleaned after use Tables and chairs spaced to allow 2m distancing Gloves for staff handling cash Screen between servery/till and customer Appliances disinfected regularly	4	2	<b>8</b>	This include BBQs and other outdoor catering.
<b>Kitchens</b>	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	Clubhouse and kitchen facilities to remain closed until permitted to do so. Once permitted to open current Government and Health Authority guidelines must be followed. Follow normal HACCP guidelines	4	2	<b>8</b>	Consider Separate utensils and condiments for each prep station.

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
						Clean surfaces and utensils regularly				
<b>Bar</b>	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	Clubhouse and bar facilities to remain closed until permitted to do so. Once permitted to open current Government and Health Authority guidelines must be followed. This may include - - Removing seating from bar counter Glassware to be carefully washed and collected using gloves All utensils to be regularly cleaned Seating & tables to be spaced to allow 2m separation	4	2	<b>8</b>	
<b>Balls and Equipment</b>	Serious Illness Spread of Virus	P, S, V	4	4	<b>16</b>	Balls and equipment shall only be used when permitted to do so. Each group has designated equipment (Juniors/ Seniors) Limit the number of persons using the same equipment Clean balls before and after each training session Clean equipment before and after each use Label balls and equipment to assist in identifying same. Tackle bags to be cleaned with warm soapy water and sterile spray or wipes.	4	2	<b>8</b>	
<b>Use of Gym</b>	Serious Illness Spread of Virus	P,S,V	4	4	<b>16</b>	Max groups of 6 persons are allowed use the gym at any one time. This figure must include CV 19 Officer. Gym sessions are pre-booked with gym co-ordinator. Paperwork with names of contact tracing are complete and issued. No sharing of pens etc. All equipment is cleaned down thoroughly Pre and Post use. Face masks must be worn. Adhere to HSE guidelines at all times. Please adhere to COVID 19 signage.	4	2	<b>8</b>	

SUBJECT AREA	HAZARDS AND EFFECT	TO WHOM	PRIMARY RISK BASED ON NO CONTROLS			EXISTING CONTROL MEASURES	RESIDUAL RISK			ACTION REQUIRED WHERE RISKS ARE NOT ADEQUATELY CONTROLLED
			SEVERITY	LIKELIHOOD	RISK		SEVERITY	LIKELIHOOD	RISK	
						Gym use will be monitored, failure to comply with HSE and club protocols will result in gym ban and potentially gym closure. The sharing of water bottles and towels etc is prohibited. Personnel arriving to us the gym must “be gym ready” no changing facilities available in the club house. Ventilation should be open to provide fresh stairs.				
<b>Managing a suspected COVID 19 case (While at a rugby event, Following a rugby event)</b>	Serious Illness Spread of Virus	P,S,V	4	4	<b>16</b>	Adhere to HSE and Government guidelines at all times. IRFU published document (23 <sup>rd</sup> July 2020) <a href="#">16 Principles in assessing contact risk of rugby during the COVID 19 Pandemic. See Appendix H.</a> Ensure COVID 19 Compliance Officer and Club Committee (confidentiality required) are informed of possible cases.	4	2	<b>8</b>	

# Appendix C

## Key Personnel & Information



### Committee

John McKeivitt	President	Mckeivitt.j@gmail.com	087 2499103
Darren Crilly	Chairperson	darrencrilly@gmail.com	087 4120736
Alan Byrne	Honorary Treasurer	abyrne@marshmackey.com	046 9023835
Kathy Cranny	Honorary Secretary	kathycranny@gmail.com	087 9158847
Mary Murdock	PRO, Media & Communications Director	Marymurdock199@yahoo.com	087 3833558
Maurice Murphy	House & Grounds	Murphyma55@gmail.com	087 2686476
Adrian Corcoran		Adrian.corcoran@walls.ie	086 8361796
Derek Williams		trevwilliams@live.ie	087 8153650
Denis Cahalane		Denis.cahalane@yahoo.com	086 2361913
John Hennessey		John@jhennessey.ie	

## KEY PERSONNEL

<b>CLUB RUGBY DIRECTOR</b>	Adam Doyle
<b>CLUB SECRETARY</b>	Kathy Cranny
<b>CLUB HOUSE MANAGER</b>	Tommy Campbell
<b>PRESIDENT AND HOUSE &amp; GROUND MANAGER</b>	John McKeivitt Maurice Murphy
<b>CLUB SAFETY OFFICER</b>	Adrian Corcoran
<b>COVID-19 CLUB SAFETY OFFICER</b>	Adrian Corcoran
<b>COVID-19 CLUB COMPLIANCE OFFICERS:</b>	Adam Doyle
	Ciaran McCabe
	Niall Foley
	M Galbraith
	Tony O Connell
	Gerry O Hara
	Paul Dorian
	John McDonnell
	Donal Corcoran
	John Prendergast
	Shane O Reilly
	Sam Mulligan Robin Magee
	Mickey Meegan Declan Mc Cabe

### PARTICULARS OF THE PREMISES

AVERAGE NUMBER OF PEOPLE IN THE PREMISES BY DAY:

5

AVERAGE NUMBER OF PEOPLE IN THE PREMISES BY NIGHT:

15

### LOCATION OF ISOLATION ROOM

ISOLATION ROOM 1:

Old Clubhouse First Aid Treatment room

ISOLATION ROOM 2:

New Changing Rooms Referees Room

### CLEANING PERSONNEL DETAILS

NAME:

Tommy Campbell

TELEPHONE

0429337882 087 636 2778

EMAIL

tommycampbellrfc@gmail.com

CONTACT NAME:

Tommy Campbell

CONTACT DETAILS:

0876362778

### IN HOUSE CLEANING

CONTACT NAME:

Tommy Campbell

### EMERGENCY CONTACTS

AMBULANCE SERVICES

999 / 112

HSE MEDICAL OFFICER OF HEALTH

Mary Murdock 0873833558

## *Appendix D*

### *Visitor Declaration*

Requirement

Visitor Declarations will be completed for contractors and suppliers etc. who may be required to visit the club.

## VISITOR HEALTH DECLARATION

	QUESTION	YES	NO
1	Have you been in close contact (<2m for 15minutes or more) with anyone who is confirmed to COVID-19 virus in the last 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
2	Have you been in close contact (<2m for 15minutes or more) with anyone who is suspected of having COVID-19 virus in the last 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
3	Do you live in the same household with someone who has symptoms of COVID-19 who has been in isolation within the last 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
3	Have you been advised by a doctor to self-isolate at this time?	<input type="checkbox"/>	<input type="checkbox"/>
4	Are you suffering now, or have you suffered any the following symptoms in the past 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
	A Cough?	<input type="checkbox"/>	<input type="checkbox"/>
	B Breathing difficulties?	<input type="checkbox"/>	<input type="checkbox"/>
	C Fever/ High temperature?	<input type="checkbox"/>	<input type="checkbox"/>
	D Sore Throat	<input type="checkbox"/>	<input type="checkbox"/>
	E Runny Nose	<input type="checkbox"/>	<input type="checkbox"/>
	F Flu Like Symptoms	<input type="checkbox"/>	<input type="checkbox"/>
	G Rash	<input type="checkbox"/>	<input type="checkbox"/>
	H Loss of Smell/Taste	<input type="checkbox"/>	<input type="checkbox"/>
6	Have you been advised by a doctor to cocoon at this time?	<input type="checkbox"/>	<input type="checkbox"/>
7	Have you returned to Ireland from another country within the last 14 days?	<input type="checkbox"/>	<input type="checkbox"/>

If "YES", where?

I confirm that I have responded to the questions above truthfully based on my current condition and I commit to advising the person I am meeting and excluding myself if this situation changes, (i.e. if a point in the future, I would answer " YES" to any of the above questions).

<b>NAME:</b>	
<b>SIGNATURE:</b>	
<b>DATE:</b>	
<b>VISITING:</b>	

## Appendix E

# Action/Check Lists for COVID-19 CLUB Compliance Officers

### **Requirement**

*Action/Check lists should be completed at regular intervals –*

- *Before/After Each Training Session*
- *Daily*
- *Weekly*
- *Monthly*

*Included below are sample checklists which should be used or altered as necessary.*

## DAILY CHECKLIST

<b>TRAINING/ACTIVITY SESSION</b>		<b>DATE:</b>	
<b>RESPONSIBLE PERSON</b>		<b>TIME:</b>	

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
HYGIENE		YES	NO												
1	Hand Sanitizers available at key areas	<input type="checkbox"/>													
2	Soap is available at all hand washing facilities	<input type="checkbox"/>													
3	Waste Bins in place	<input type="checkbox"/>													
4	High Touch Facilities disinfected before and after training	<input type="checkbox"/>													
5	Disinfectant available for all players to clean down surfaces as required.	<input type="checkbox"/>													
DOCUMENTATION		YES	NO												
6	Have players provided Pre-Return to Rugby Personal Assessment Declaration	<input type="checkbox"/>													
7	Are all players cleared to play?	<input type="checkbox"/>													
8	Has the club received any return from illness forms?	<input type="checkbox"/>													
DELIVERIES		YES	NO												
9	Were there any schedule deliveries?	<input type="checkbox"/>													
10	Were they wearing appropriate PPE?	<input type="checkbox"/>													
11	Was social distance practiced on arrival?	<input type="checkbox"/>													

COMMUNICATION		YES	NO										
13	Is Signage in place, visible, and up to date?												
14	Have players received induction training?												
15	Have toolbox talks been carried out?												
CHECK-IN		YES	NO										
16	Queuing system in place and being observed												
17	Sanitiser available for players as required.												
18	Signage in place at check-in												
PLAYERS		YES	NO										
19	Players briefed on training activities												
TRAINING ACTIVITIES		YES	NO										
20	Training Activities in line with Government Guidelines												
EQUIPMENT USE		YES	NO										
21	Equipment sanitised before training session												
22	Equipment sanitised after training session												

<b>Sanitization</b>		<b>YES</b>	<b>NO</b>												
23	Has the rubbish been disposed of appropriately?														
24	Have all surfaces & touchpoints cleaned thoroughly:														
25	Have all toilets and sinks been disinfected														
26	Hand washing facilities include soap hot water, disposable towels in place														
<b>INITIALS:</b>															
<b>DATE:</b>															

**MONTHLY CHECKLIST**

CLUB		RESPONSIBLE PERSON						
MONTH	DATE	Have hygiene supplies been checked and in sufficient supply? (Y/N)	Are appropriate levels of PPE available? (Y/N)	Is a high level of cleaning and disinfecting been performed regularly? (Y/N)	Have any additional extra precautions or requirements been requested? (Y/N)	Health and Safety Plan prepared and up to date? (Y/N)	Have Toolbox Talks been carried out regularly? (Y/N)	INSERT INITIALS
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
Inspected by								

**TRAINING LOG**

<b>TEAM INVOLVED</b>		<b>DATE</b>	
<b>RESPONSIBLE PERSON</b>		<b>DETAILS OF ACTIVITY:</b>	

**PARTICIPANTS**

1.		16.	
2.		17.	
3.		18.	
4.		19.	
5.		20.	
6.		21.	
7.		22.	
8.		23.	
9.		24.	
10.		25.	
11.		26.	
12.		27.	
13.		28.	
14.		29.	
15.		30.	

**GENERAL NOTES**

- **Do not Share water bottles**
- **Wash hands before and After training**
- **Do not spit or clear nasal passages on the pitch**
- **Adhere to social distancing measures**
- **No horseplay**
- **Do not shake hands, fist pump, chest bump or high five**
- **If you feel unwell, notify your coach immediately.**

## Appendix F

### Occupant Capacities for Rooms

**Requirement**

*Clubs should include details of occupant capacities for their club house based on Government and Health Authority Guidelines.*

Building	Zone	Room Name	Capacity with Physical Distancing
Clubhouse		Catering	Capacity analysis not yet carried out
		Bar & Lounge	Capacity analysis not yet carried out
		Kitchen	Capacity analysis not yet carried out
		Office	Capacity analysis not yet carried out
		Meeting Room	Capacity analysis not yet carried out
		Equipment Room	Capacity analysis not yet carried out
		Changing Rooms	Capacity analysis not yet carried out
		Toilets	Capacity analysis not yet carried out
		ETC	ETC
	ETC	ETC	

## *Appendix G*

# *Dundalk RFC Covid 19 Operating Protocol Document*

See Attached Document

## *Appendix H Critical Documents*

Contact Stage Guidelines - <https://bit.ly/Contact-Stage>.

Training, Education and Engagement - <https://return-to-rugby-injury-prevention.eventbrite.ie/>

IRFU Admin Website - <https://www.irishrugby.ie/2020/07/17/rugbyconnect-irfu-announce-new-online-administration-system-for-clubs/>

[16 Principles in assessing contact of risk of rugby during the COVID 19 Pandemic. \(PDF\)](#)

Pre return to Rugby Assessment Form <https://bit.ly/IRFU-PADE> issued 5<sup>th</sup> August 2020.

The form can also be recreated using paperless form tools (e.g. Google Forms, Microsoft Forms) once GDPR guidelines are adhered to. For anyone using Microsoft Forms, a template is available at <https://bit.ly/IRFU-MS-PADE>.

The IRFU's Return To Rugby Guidelines For Clubs have also been updated at <https://www.irishrugby.ie/running-your-club/return-to-rugby-for-clubs/> Updated 17<sup>th</sup> July 2020.