



KNUTSFORD
RUGBY CLUB

Operating Rules During RFU Phase B

Be sensible, be safe.

Always listen and follow the coaches guidance and instructions.

Knutsford Rugby Club - Covid-19 Operating Rules for Training

As you will be aware, the RFU has issued guidance for non-contact training to re-commence, in small groups. The latest guidance is available online (<https://www.englandrugby.com/news/article/coronavirus-covid-19-community-game-updates>).

Before thinking about playing

- Do not attend if you or anyone in your household displays symptoms or your household is currently in isolation.
- Hand hygiene measures should be carried out at home before leaving.

Getting to training and what to bring

- Do not travel with someone from outside your household/bubble.
- Avoid public transport.
- Do not arrive too early, aim to arrive at the start of your slot to help with social distancing. If you are early, please wait in your car not on the ground.
- Please follow all directions / flow when on site.
- When parking at the Academy please leave a 2m gap between yours and the next car (its simply social distancing and being polite to each other).
- You must bring your own hand sanitiser otherwise you will not be allowed to attend your training session.
- Do not bring ANY equipment such as balls, kicking tees etc..
- Bring your own filled named drinking bottles. They must be left in your bag when not in use.
- It is recommended you bring your own towel for wiping down.

When you arrive

- Parents from U6 to U12 must remain at the ground during training sessions whilst maintaining social distancing. U13 and U15 are encouraged to remain at the ground, however, this is not compulsory. We also ask that only one parent attends the training session for each player and that, where possible, no siblings attend.
- Clean your hands as soon as you arrive and confirm with the coach that you or anyone in your household is free from Covid-19 related symptoms.

Training and Playing

- Hand hygiene measures should be carried out at home before and after use of the facility
- A session there may be more than one bubble at a time so please keep all kit etc. in your bubbles zone.
- Avoid touching your face as much as possible whilst on club premises and use cleaning stations whenever available. It is recommended you bring your own towel for wiping down.
- No spitting.
- All training is STRICTLY NON-CONTACT
- Encourage all users to report any infection of their household following the use of the facility to allow effective contact tracing and to limit the spread of the virus.
- Social distancing must be adhered to at all times. Failure to do so will result in you being asked to leave your training session.

Leaving the session

- Do not overstay your allocated time training session, you should be clear of the area by the time the next users arrive. Do not stay to socialise around the club grounds.
- Do not leave private property behind.