



OAKHAM RFC COVID MEASURES and PRECAUTIONS

To be read in conjunction with

ORFC Risk Assessments

RFU Roadmap and Guidelines

Government Regulations

You should not attend Oakham RFC if you display any symptoms of Coronavirus

The main symptoms are:

- A high temperature
- A new, continuous cough
- A loss or change in your sense of taste or smell

If you experience any of these:

- Get a test
- Stay at home with all in your household until you get your result
- Follow guidance

FACILITIES

Track and Trace requirement Scan as attached

Social distancing at all times

One way system to bar

NO/Limited toilet facilities 1 person at a time

Hand Sanitization by washing/and or gel

Disposable containers

Stringent preparation and cleaning

No changing rooms

Guidance signage visible

COACHES AND PLAYERS

Strict record kept of attendees

Outdoor activities only

Hand sanitizer available

Equipment securely stored, cleaned and sanitized before, after and during training

Limited contact training as per RFU guidelines

No close contact, touching faces, handshakes or huddles

Max 20 players per group per half pitch area

Minimise sharing of kit

No sharing of water bottles

Regular breaks of 15 minutes for kit sanitisation with social distancing

Training session not to exceed 60 mins for U7/8 and 75 mins U9 upwards

Covid precautions while administering First Aid and CPR

Families arrive and leave separately

SPECTATORS, PARENTS, VISITORS

Ensure your attendance is recorded

Bring your own Hand sanitizer if possible or use that available

Maintain Social Distancing

No close contact, hand shakes

No sharing of water bottles – ensure your child has their own

Families arrive and leave separately

Anyone not following all documentation will be required to leave the facility in order to keep everyone as safe as possible

Guidance summarised from current RFU documentation