

COVID 19 POLICY PLAYERS & PARENTS INSTRUCTIONS

UPDATED 24.08.2020

**SERGE
BETSEN**
RUGBY

Serge Betsen Rugby has been working hard to prepare a safe environment for our sessions, based on Government and RFU guidance. Our objective is to control the environment in which each player will interact with our coaches and other players, and to ensure that social distancing measures and hygiene guidelines are respected at all times. A thorough risk assessment has been conducted, written and actioned to reduce infection as much as possible, and we count on your support as both players and parents to respect the guidelines below.

By booking a session through SBR you are declaring that you and your child:

- You have not suffered any COVID-19 symptoms in the previous 14 days, nor spent extended time with people who have symptoms.
- When in public spaces you have adhered to the Government's social distancing guidance.
- You will be training and interacting with others respecting the following guidelines.

How do I travel to SBR sessions, and what do I need?

- Please walk, drive or cycle if possible. If you need to take public transport, please wear a face mask as per Government guidance.
- Turn up changed and ready to train no earlier than 10 minutes before your session begins.
- Bring your own water in a clearly marked bottle. Please bring as little additional kit as possible.

What do I have to do when I arrive at training?

- Do not hug, touch or exchange items with other players (such as towels, clothes ...)
- Ask our coaching team what's your training group and your training area
- Do not share water.
- Maintain social distancing at all times.

How will training be run?

- The session will be led by our SBR coaches, with one coach allocated to a maximum of 15 children. Please listen to them at all times and follow their instructions.

- All equipment will be sanitised before and after the sessions.
- Balls will be supplied to each group and these should remain with that group throughout.
- Please return the balls to coaches for disinfecting at the end of the session.
- Sanitising gel will also be available in each training area, but please also consider bringing your own.

What happens after training?

- At the end of the session please stay in your training group and in your training area for our warm down.
- Sanitise your hands and leave quickly.
- The Coaches will retrieve and sanitise all equipment including balls and cones at the end of the session so please leave where they are.

At this time, there will be no changing facilities nor showers.