



MIDDLETON RUGBY FOOTBALL CLUB COVID-19 HEALTH AND SAFETY PLAN



Version History	
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TABLE OF CONTENTS:

1.0	Covid-19 policy statement.....	4
2.0	BACKGROUND	5
2.1	COVID-19	5
2.2	Close Contact.....	6
2.3	HSE Guidelines	6
3.0	INTRODUCTION	7
3.1	Scope	7
3.2	Reference Documents	7
3.3	Introduction to the Club.....	8
4.0	ROLES AND RESPONSIBILITIES	9
4.1	COVID-19 CLUB Safety Officer.....	10
4.2	COVID-19 CLUB Compliance Officer.....	11
4.3	Coaches/ Referees.....	12
4.4	Players/ Participants.....	12
4.5	Parents and Guardians	12
5.0	RISK ASSESSMENT.....	13
5.1	Risk Assessment Methodology.....	13
6.0	CRITERIA FOR RESUMPTION	16
6.1	Personal Hygiene & Etiquette	16
6.2	Face Coverings.....	16
6.3	Cleaning to Prevent Contamination	16
6.4	Training numbers and permitted activities	18
6.5	Use of PPE	18
6.6	Training & Communications.....	19
6.7	Getting to Training	21
6.8	Physical Distancing	23
6.9	Use of facilities	24
6.10	Catering & Refreshment Facilities	25
6.11	Conflict Resolution	25
6.12	Disciplinary Actions	25
6.13	Contact Log.....	26



Middleton RFC COVID-19 Health & Safety Plan – April 2021

6.14	COVID-19 Action List/Check List.....	27
7.0	SUSPECTED CASE RESPONSE PLAN	28
8.0	OCCUPATIONAL HEALTH AND SAFETY.....	31
8.1	General.....	31
8.2	First Aid	31
8.3	Mental Health and Wellbeing	32



1.0 COVID-19 POLICY STATEMENT

Midleton RFC is committed to providing a safe and healthy environment for all our players, members, visitors, workers and customers. To ensure that, we have developed the following COVID-19 Response Plan. All managers, supervisors, coaches, players, club-members, tenants and workers are responsible for the implementation of this plan and a combined effort will help contain the spread of the virus. We will:

- Continue to monitor our COVID-19 response and amend this plan in consultation with our workers and members.
- Provide up to date information to our workers and members on the Public Health advice issued by the HSE and Gov.ie
- Display information on the signs and symptoms of COVID-19 and correct hand- washing technique
- provide an adequate number of trained Compliance Officers who are easily identifiable and put in place a reporting system
- Inform all workers, members and visitors of essential hygiene and respiratory etiquette and physical distancing requirements
- Adapt our Club facilities to enable physical distancing
- Keep contact logs / group work, training partners and pods of 4 to help with contact tracing
- Have all members complete online induction / familiarisation course
- Develop a procedure to be followed in the event of someone showing symptoms of COVID-19 while in the club
- Provide instructions for members and visitors to follow if they develop signs and symptoms of COVID-19 during work
- Intensify cleaning in line with government advice

All managers, supervisors, coaches, players, managers and workers will be consulted on an ongoing basis and feedback is encouraged on any concerns, issues or suggestions. This can be done through the Compliance Officers

Signed 
Jason Boyle

Hon Treasurer / COVID-19 Safety Officer

26/06/2020



2.0 BACKGROUND

2.1 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.

2.1.1 HOW IT SPREADS

Close Contact: COVID-19 is mainly spread through close contact and droplets that come from your nose and mouth. For example, from someone who is talking loud, singing, shouting, coughing or sneezing. This happens when people are within 1 to 2 metres of each other. It is why keeping a 2 metre distance from other people is so effective in reducing the spread.

Infected surfaces: You can also get the virus from infected surfaces. For example, when someone who has the virus sneezes or coughs, droplets with the virus can fall onto surfaces around them. If you touch that surface and then touch your eyes, nose or mouth, you could become infected too. That's why it's important to wash your hands properly and often.

How long the virus can survive on surfaces: Common household disinfectants will kill the virus on surfaces. Clean the surface first and then use a disinfectant. COVID-19 can survive for:

- Up to 72 hours on plastic and stainless steel
- Less than 4 hours on copper
- Less than 24 hours on cardboard

2.1.2 SYMPTOMS

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

- A fever (high temperature - 38 degrees Celsius or above)
- a new cough - this can be any kind of cough, not just dry
- shortness of breath or breathing difficulties
- loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal
- You may not have all of these symptoms. It can take up to 14 days for symptoms to show. They can be similar to symptoms of cold and flu.

An early diagnosis from your GP means you can get the help you need and avoid spreading the virus, if you have it.



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.

2.2 CLOSE CONTACT

Close contact can mean:

- Spending more than 15 minutes of face-to-face contact within 2 metres of someone who has COVID-19, indoors or outdoors
- living in the same house or shared accommodation as someone who has COVID-19
- sitting within 2 seats of someone who has COVID-19 on public transport or an airplane
- Spending more than 2 hours in an indoor space with someone who has COVID-19 will sometimes count as close or casual contact. This could be an office or a classroom. But it will depend on the size of the room and other factors. Public health doctors or contact tracers will let you know if you are at risk during contact tracing and public health risk assessments.

What to do if you are a close contact: If you are a close contact you need to:

- Get tested for COVID-19
- Restrict your movements
- Read what you need to do if you are a close contact

Living with someone who is a close contact: You do not need to restrict your movements if you have been in contact with someone who is a close contact and has no symptoms. You can continue to go to work, school, preschool or childcare as long as you also have no symptoms.

If the close contact develops symptoms, they will need to self-isolate and phone a GP. You will become a close contact if they test positive for COVID-19. You will need to restrict your movements.

2.3 HSE GUIDELINES

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

- Wear face coverings when indoors, and in crowded areas. In the case of Midleton RFC., face coverings must be worn by coaches, volunteers and parents at the sideline of training and matches as long as Public Health requirements are in place for wearing them in crowded areas.
- 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.



3.0 INTRODUCTION

3.1 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 our members and communities that use our facilities.

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.

3.2 REFERENCE DOCUMENTS

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

- Irish Government Return to Work Guidelines
- DBEI Return to Work Safely 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
- Irish Water reopening buildings after COVID restrictions
- HSA Legionella Information Note
- HSE checklist Legionnaires disease

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.



3.3 INTRODUCTION TO THE CLUB

Midleton Rugby Football Club has been an integral part of the community for over 47 years. As the only Rugby club in the Midleton district our players and volunteers are drawn from all over east Cork. At the heart of what we do as an amateur rugby club is to promote the sport of rugby union football through the development of youth and senior teams: while ensuring that as a club we support and develop strong ties and partnerships within the wider community by actively supporting community activities wherever possible. We continually strive to develop our youth programme, achieve league success at all levels, integrate with the local community off the pitch, and grow the club membership, volunteers and supporters.

Address: Townspark, Midleton Co Cork.

Facilities:

Club house bar & hall, 6 dressing rooms, dedicated referees changing rooms, dedicated medical room and fully equipped gym.

Teams: 2 x Adult teams, 3 x youth teams, 5 x Mini teams.



4.0 ROLES AND RESPONSIBILITIES

The key people & roles in the implementation of this plan are:

Role	Person
COVID-19 Safety Officer	Jason Boyle
COVID-19 Compliance Officers	David Ryan Michael Cashman Tracy McCarthy Jennifer Cashman Dan McCarthy Bryan Morris Cathal Daly
Grounds Chairperson	Graham Eady
Bar Chairperson	Niall McCarthy
Director of Rugby	David Ryan
Youth Chairperson	Bryan Morris
Club Chairperson	George Jeffery
Child Welfare officers	Tracy McCarthy Jennifer Cashman
Club Physio	Colette Garvey, Imokilly Physio
Club Doctor	Dr Diarmuid Mulcahy



4.1 COVID-19 CLUB SAFETY OFFICER

ROLE AND PURPOSE OF POSITION:

The role of the COVID-19 Club Safety Officer is to oversee public health measures across the club.

REPORTING RELATIONSHIPS:

Club Safety Committee
Club Chairperson

WORKING RELATIONSHIPS:

Club Members
COVID-19 Club Compliance Officers
COVID-19 Club Safety Committee
Club Chairperson
Provincial Club Services Officers

KEY COMPETENCIES:

Knowledge of IRFU Return To Rugby Guidelines For Clubs
Knowledge of implementing a Health & Safety Plan
Knowledge of COVID-19

KEY RESPONSIBILITIES:

- Chair the COVID-19 Club Safety Committee and nominate participants to act as COVID-19 Club Compliance Officers
- Receive and review updates from COVID-19 Club Compliance officers on all team activities
- Carry out COVID-19 Club Risk Assessment and develop a COVID-19 Club Safety Plan
- Review and update the safety plan and risk assessment on an ongoing basis
- Develop and deliver procedures for club members to return to rugby in line with guidance from the IRFU and in line with government protocol
- Ensure the club facility, at all times, complies with COVID-19 requirements in terms of signage, equipment, hand sanitising stations, PPE etc
- Keep updated with ongoing government, health authority and IRFU advice, update procedures accordingly and communicate with members as necessary
- Develop an emergency response in line with government, health authority and IRFU advice/guidance to a suspected COVID-19 case
- Oversee COVID-19 Club Compliance officers and report to the General committee regularly.
- Address any club member concerns
- The COVID-19 Club Safety Officer shall undertake the above duties, or delegate them to a named and competent member of the Club Safety Committee.



4.2 COVID-19 CLUB COMPLIANCE OFFICER

ROLE AND PURPOSE OF POSITION:

The COVID-19 Club Compliance officers will carry out the day to day monitoring of compliance with protocols and IRFU Return To Rugby Guidelines For Rugby Clubs for the team to which they are assigned at any given time.

REPORTING RELATIONSHIPS:

COVID-19 Club Safety Officer

WORKING RELATIONSHIPS:

Team Members

COVID-19 Club Safety Officer

COVID-19 Club Safety Committee

KEY COMPETENCIES:

Knowledge of IRFU Return To Rugby Guidelines For Clubs Knowledge of COVID-19

KEY RESPONSIBILITIES:

- Ensure all appropriate COVID-19 forms are completed and reviewed by team members both before returning to training and after training and provided to the COVID-19 Club Safety Officer
- Ensure team players are aware and adhere to COVID-19 guidance and protocols while at training
- Manage suspected cases of COVID-19 as per guidelines
- Provide safe equipment including personal protective equipment, where necessary in accordance with government, health authority and IRFU guidelines
- Advise where instances of non-compliance with social distancing, respiratory etiquette and hygiene rules are observed
- Report to COVID-19 Club Safety Officer as appropriate
- Keep updated with all new government, health authority and IRFU guidelines on COVID-

A Club COVID-19 Compliance Officer must be present at all club activities.



4.3 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

4.4 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 the Midleton RFC return to rugby online training and assessment
- Complete Rugby Personal Assessment Declaration online prior to every training session
- 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
- 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.
- 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
- Following suspicion of COVID-19, or recovery from the illness, provide a return to rugby letter personal declaration

4.5 PARENTS AND GUARDIANS

Parents and Guardians are requested to adhere to the above requirements and they are also responsible for ensuring children under their care to act in accordance with the above.



5.0 RISK ASSESSMENT

A comprehensive risk assessment was completed at the club on the 17th June 2020 and updated on the 12th April. The outcome of the risk assessment and associated risk remediations are included in Appendix B.

5.1 RISK ASSESSMENT METHODOLOGY

5.1.1 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, ie. 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 particular circumstances.

5.1.2 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.

5.1.3 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



Midleton RFC COVID-19 Health & Safety Plan

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



5.1.4 WHO IS AFFECTED BY THE RISK

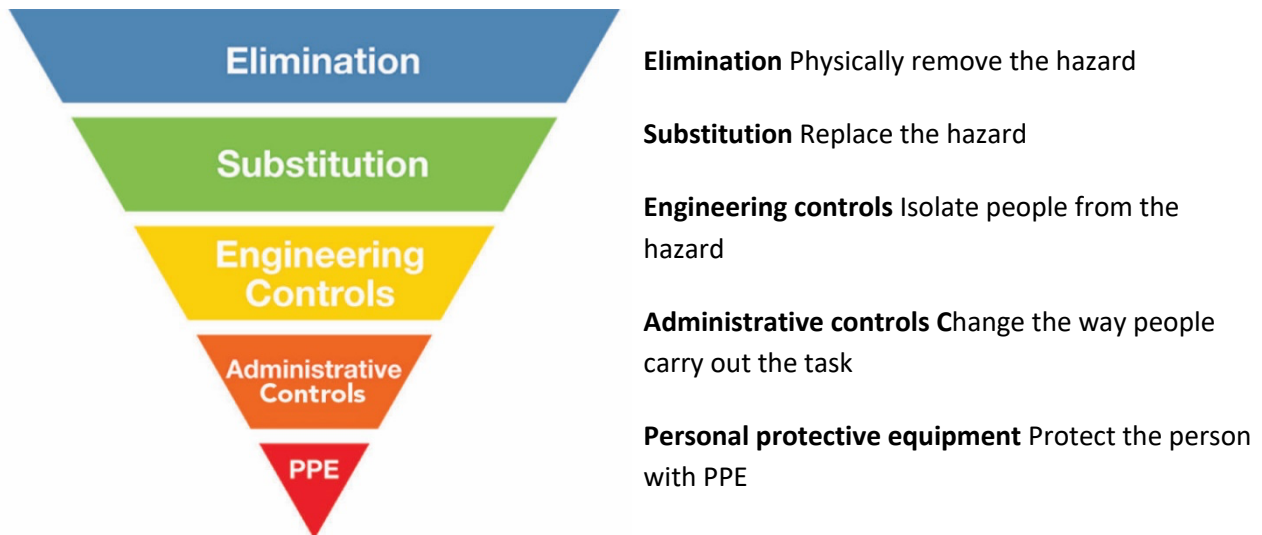
Abbreviations used in the 'To Whom' column of the assessment relate to:

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

5.1.5 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. Legend

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



5.1.6 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.



6.0 CRITERIA FOR RESUMPTION

6.1 PERSONAL HYGIENE & ETIQUETTE

Personal hygiene and etiquette along with physical distancing are seen as key to preventing the spread of COVID-19. With this in mind the club has put a number of measures to promote, support and ensure good hygiene practices in all areas. Our guidelines and procedures are:

- All club members are required to complete an online training course that incorporates best practices for personal hygiene, respiratory and physical distancing that should be observed. This training has ;
- There is a record of training attendance and a short test on completion and a record will be retained of those completing the course
- Hand hygiene is supported through:
 - Hand sanitisers are present at all entrances to club facilities in preparation for reopening;
 - Washing facilities where required;
- Information signage to support good hygiene in strategic locations within the club
- Physical distancing signage posted around the club.

6.2 FACE COVERINGS

Face coverings are mandatory in indoor settings, this is now law. In addition, Midleton RFC requires the wearing of face masks:

- By players not on the pitch training (i.e. arriving at the club, registering and leaving the club) in line with health guidelines commensurate with the age of the player
- Outdoors, by all volunteers, parents and coaches in outdoor settings where they are in contact with others on the sideline of training and matches as long as the Public Health advice on wearing masks in crowded areas is in effect.

6.3 CLEANING TO PREVENT CONTAMINATION

At this point in time all club facilities are to remain closed for rugby related activity. Reopening of club facilities will be in line with government guidelines and the direction of the IRFU.

Cleaning Guidelines for the club facilities will to be enhanced to prevent cross contamination, particularly in common areas and at touch points including:

- Taps and washing facilities.
- Toilet flush and seats.
- Door handles and push plates.
- Handrails on ramps.
- Light Switches
- Communications equipment.
- Keyboards, photocopiers and other equipment.
- Rubbish collection and storage points



6.3.1 CLEANING AFTER A SUSPECTED CASE

For cleaning of areas where a suspected case has come in contact, or after the present of a suspected or Confirmed Case of Covid-19 The isolation room will need to be deep cleaned as well as the areas where the person came into contact with surfaces. The following will also be completed:

1. Where possible close and secure area for 72 hours, if this is not possible then the area should be well ventilated with fresh air for a minimum of 1 hour
2. The spaces should be carefully cleaned with a neutral detergent, followed by decontamination of surfaces using a disinfectant effective against viruses, as follows:
 - a. Viricidal Products, or 0.05% sodium hypochlorite (NaClO) (dilution 1:100, if household bleach is used, which is usually at an initial concentration of 5%)
 - b. For surfaces that can be damaged by sodium hypochlorite, products based on ethanol (at least 70%) can be used for decontamination after cleaning with a neutral detergent.
3. Cleaning of toilets, bathroom sinks and sanitary facilities will need to be carefully performed, avoiding splashes. Disinfection should follow normal cleaning using a disinfectant effective against viruses, or 0.1% sodium hypochlorite.
4. All textiles (e.g. towels, curtains, etc.) should be washed using a hot-water cycle (90°C) with regular laundry detergent. If a hot-water cycle cannot be used due to the characteristics of the material, bleach or other laundry products for decontamination of textiles need to be added to the wash cycle.
5. Follow manufacturer's instructions for use of cleaning products and disinfectants
6. Use Disposable, single-use cleaning equipment if practicable, e.g. disposable cloths or paper roll.
7. Members should wear the following PPE while cleaning after a suspected case:
 - a. surgical mask
 - b. single-use plastic apron and gloves.
 - c. Hand hygiene should be performed each time after removing gloves or mask.
 - d. Waste material produced during the cleaning should be placed in a separate bag, which can be disposed in the unsorted garbage.

6.3.2 WORKSTATIONS

Committee room and the computer workstation should be cleaned after every use. There will be a bottle of hand sanitiser and tissues at the desk. However, members are encouraged to wash their hands with warm water and soap.

6.3.3 SANITARY FACILITIES

The cleaning of toilets, sinks and other sanitary facilities used by several people should be carefully performed with a disinfectant effective against viruses, such as 0.1% sodium hypochlorite, or other licensed viricidal products following the instructions for use provided by the manufacturer.

Member's engaged in environmental cleaning should wear PPE when performing cleaning activities.



The cleaning material should be properly cleaned at the end of every cleaning section. Hand hygiene should be performed each time PPE such as gloves are removed. Waste material produced during the cleaning should be placed in the general waste receptacles.

6.3.4 CLEANING BETWEEN TRAINING SESSIONS

Cleaning of high touch items is advised between Training Sessions to reduce the risk of spread between pods and training groups.

Balls and Equipment

Once ball work and equipment use are permitted a robust cleaning system must be implemented to reduce the risk of spread of the virus. This would include -

- Cleaning balls before and after each training session.
- Cleaning equipment before and after each training session

Studies have shown that coronavirus can live on plastics up to 72hours. Clubs may wish to rotate some equipment (tackle bags, hit shields etc) to allow 72 hours between use to reduce the risk of spread of infection. This would not negate the requirement for sanitation before and after each use.

6.4 TRAINING NUMBERS AND PERMITTED ACTIVITIES

- At this point in time all clubhouse facilities remain closed with the exception of toilets.
- Training is permitted in pods of 15 (to include coaches).
- Pods are not allowed to interact at any time (travelling too, during or travelling from training)
- Training times will be assigned by the Rugby Committee.
- Specific details on training are contained in the following sections

6.5 USE OF PPE

PPE (gloves & masks) should be used in the following circumstances

- Cleaning of toilets / dressing rooms
- Adminstrating first aid
- Dealing with a suspected case of COVID-19
- All situations where close contact with another individual is required



6.6 TRAINING & COMMUNICATIONS

6.6.1 COVID-19 CLUB OFFICERS

The COVID-19 Club Safety Officer and Compliance officer will be provided with ongoing training on how to communicate with members about COVID-19 as well as deal with any suspected cases. They should keep updated with, IRFU, Government and Health Authority guidelines to update documents, management, and members.

Compliance Officers will be trained by the Safety Officer who will update and maintain records of training completed. We are using an online training tool to complete this task. Links will be provided to the compliance officers.

6.6.2 INDUCTIONS

Induction Training will be provided for all Members and participants prior to returning to Rugby and during transitioning from phase to phase. This training will include the latest up-to-date advice and guidance on Public health, including

- Hygiene techniques, respiratory and physical distancing etiquette.
- Instructions for travelling to and from Training
- What a member should do if they or a member of their family develops symptoms of COVID-19
- Details of how the Club is organised to address the risk from COVID-19.
- An outline of the COVID-19 response plan
- Identification of key personnel in the COVID-19 Response Management Team
- Any other relevant advice.

This training will be provided through the online training system where a short quiz will be completed. A log will be maintained to track those who have completed the course.

[\(https://midletonrfc.thinkific.com/\)](https://midletonrfc.thinkific.com/)

6.6.3 UPDATED ONLINE IRFU RESOURCES

COVID-19 Club Compliance Officers should undertake regular Training and education to remind members/teams of rules and Guidelines and to update them of any changes to Public Health or Government guidelines. Attendance at education and training to be logged and recorded using the online system.

6.6.4 SIGNAGE

Appropriate signage will be installed in key locations (entrances, circulation spaces, Pitch side Check-in Areas, toilets, etc) to remind all Members and visitors of Health Authority key guidelines.

Signage will also be required to communicate changes to the environment and also to reinforce social distancing, personal hygiene and etiquette.



6.6.5 MEETINGS

Face-to-face meetings should be discouraged, and technological options made available (e.g., telephone or video conferencing). When face-to-face meetings are unavoidable the length of the meeting and the numbers attending should be kept to a minimum and participants must always maintain physical distancing.



6.7 GETTING TO TRAINING

6.7.1 HEALTH SELF-DECLARATION

Before attending the club, all coaches, players and volunteers are required to complete a Personal Assessment Declaration. Parents must also complete a declaration for themselves (if remaining at training) and their children.

This form seeks confirmation that the member, to the best of their knowledge, has no symptoms of COVID-19 and that the member, or someone they have been in close contact with, is not self-isolating or awaiting the results of a COVID-19 test. If the person answers yes to any questions on the form, they are advised to seek medical advice before returning to Rugby.

The relevant compliance officer will send a link to the online form which must be completed. The team assigned COVID-19 Compliance Officer will determine from this declaration if a person is fit to return to rugby.

Members may also be asked if they are a vulnerable person, if they live with a vulnerable person or if a person at home is a frontline worker. All declarations are private and confidential documents and will be treated in the highest regards.

Members who may not have the appropriate equipment at home may request a temperature check to confirm or rule out a slight fever. A no-contact thermometer will be kept in the isolation area, to allow the COVID-19 Club Compliance Officer, or first aid personnel to perform temperature checks if requested to do so. However, it should be noted, and explained clearly, that some cases of Covid-19 are asymptomatic, and lack of fever does not indicate that a person is virus free.

6.7.2 NOTIFICATION OF TRAINING TIMES

In order to return to rugby safely there is a requirement to limit the number of players on the pitch at anyone time. This process will need to be managed carefully by coaches and team managers/Covid-19 Compliance Officer. Players will be advised in advance of their allocated day and time for training. Players should be advised to arrive 5 minutes before training is due to commence and leave directly after training.

Togging in/out

As all club facilities other than toilets will be closed until permitted to open, players are advised to travel to and from training toggged out and ready to train. Note: it is unsafe to wear rugby boots or just socks when driving and the player/coach should wear suitable footwear to/from training and change at their vehicle.

Travel to Training

Where a Member exhibits any signs of COVID-19 or has been exposed to a confirmed case they should not attend training.

Wherever possible, members should travel to training alone or with persons from their own household using their own means of transport. Members should not car share with other households.



Middleton RFC COVID-19 Health & Safety Plan

Where public transport is the only option, members should take care to maintain social distancing, sit down if possible, and minimize contact with frequently touched surfaces. Members should wear a face mask use hand sanitisers before and after using public transport.

Parents attending training

Spectators are not allowed at this time. Parents of children who need to observe training sessions from a child welfare perspective are not considered spectators. In this instance, one parent is permitted to remain. Parents should, in line with this plan, wear face coverings at all times.

Drop off/ Collection areas

Members who drive to the club should park in designated parking areas only. If this is not possible members should wait in their cars until there is room to exit in accordance with social distancing guidelines. Those dropping/collecting to/from training should be discouraged from lingering in the car park and advised to remain in their cars or leave the car park.

Check-In

Members will be required to check-in with the team Compliance Officer.

Recommended social distance should be maintained between the Compliance Officer and a person approaching. There will be markings on the ground back from the check-in managers position. There will be signage asking persons to stay behind the line and keep distance from others.

Training - Pods

Training is strictly in pods of 15 (including coaches). Pods must not interact. If a squad has more than 15 people, separate pods must be established and crossing is not allowed. Pods should arrive separately for training.

If a player wishes to move Pod there must be one week gap between playing with their previous pod and joining another pod. (i.e. if training is Tues and Thurs, skip Thurs and join the new pod the following Tuesday).

Member entrances / pitch access

To assist in social distancing, members are required to pay attention to any one-way systems in place. In particular, this will apply when dressing rooms are reopened. Hand sanitisers and disinfectants should be provided at pedestrian entrances in prominent areas to encourage use. Players should be reminded regularly to use these facilities.

The handles and push plates on doors will be cleaned before and after each training session. Hand sanitisers will be provided immediately inside the entrance for those having used the manual door.

Leaving the Club

Members should be advised to use hand washing facilities prior to entering their cars. If possible, outer layer clothing should be removed and placed in sealed bags to be washed at home.

All clothing worn at training should be removed and washed immediately. Members should be advised wash as soon as possible after training and to limit touching surfaces in their home.

Members should not to accept lifts home of other club members and should travel with members of their own household.

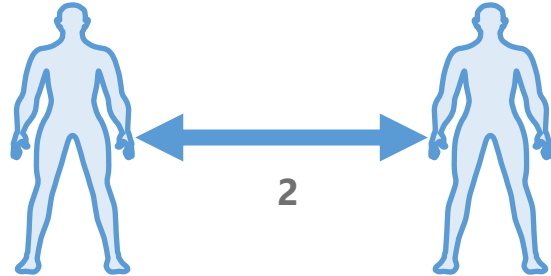


6.8 PHYSICAL DISTANCING

6.8.1 GENERAL RULES

Social distancing, or physical distancing, is a set of interventions or measures taken to prevent the spread of COVID-19 by maintaining a physical distance between people and reducing the number of times people come into contact with each other.

In order to slow the transmission rate of COVID-19 social distancing is recommended by Health Authority.



In order to assist in physical distancing, members should recognise that;

- A no hand shaking policy is in place
- A reduction of members presents at the club at any one time and at training. Guidance on numbers permitted at training sessions are outlined above.
- Pitches will be laid out in such a way to maintain a 2m physical distance.
- Training schedules will be organised into teams/groups/pods who consistently train together
- They must reduce on-site meetings as far as practicable.
- Adhere to one-way systems for access/egress where practicable

6.8.2 SPECTATORS

No visitors, parents/guardians, (except parents / guardians acting in a Child Welfare capacity) partners or other persons not directly involved in the training session are permitted to attend or observe training. In circumstances where a player/coach gets a lift to/from training, the driver must either stay in the vehicle or leave the grounds and return at the appointed collection time.

Participants and spectators must adhere to public health measures and social distancing guidelines once spectators are permitted.

6.8.3 VISITORS

Visitors will be restricted to essential visits only. Meetings, where practicable should be carried out remotely. Any required visitors have controlled access to the clubhouse. All visitors are by appointment only and should arrive at an agreed time. Visitors to the clubs must be accompanied at all times. They should be given a brief induction on COVID-19 Guidelines at the entrance gate desk.

6.8.4 LINGERING

Players and coaches are required to leave the training grounds promptly upon completion of the session.

6.8.5 GROUND MARKINGS

Ground markings to assist with social distancing will be installed where required. Members should observe and follow the directions. These can include distance markers, directional arrows and standing boxes.



6.9 USE OF FACILITIES

6.9.1 TOILETS

Depending on the size of the toilet facilities (Clubhouse / Dressing Rooms) consideration will be given made to reduce the number of people permitted in the toilets at any one time. An appropriate COVID-19 hygiene regime will be implemented. This will include:

- All toilets will have the appropriate signage with instructions for washing hands.
- Disposable paper towels will be provided along with warm water and soap.
- All contact surfaces, particularly flush handles and tap controls be sanitised regularly. Members will note a cleaning log in each toilet area.
- Toilet facilities will be sanitised before and after every training session.
- When using common toilet facilities, persons should, where possible, avoid using the sink or urinal directly beside one which is in use by another person.
- Suitable and sufficient rubbish bins will be provided for hand towels and these will be removed regularly and disposed of safely.
- Soaps, toilet paper etc will be checked regularly and replenished in good time.

6.9.2 CHANGING FACILITIES AND REST AREAS

Changing rooms will not be accessible until permitted to do so. Until such time, players and coaches are required to travel to training in their training gear, other than training footwear.

Towels etc that are brought to training must not be shared or waved around and should be put in the boot of the vehicle immediately upon completion of use.

Once changing facilities are opened for use social distancing and COVID-19 hygiene regime should be implemented in accordance with current Health Authority Guidelines.

6.9.3 GYM

Physio facilities, gym facilities, showers and other associated areas are to remain locked and not accessible in any circumstances until permitted to do so.

Once Gymnasium facilities are opened for use social distancing and COVID-19 hygiene regime should be implemented in accordance with current Health Authority Guidelines.

- The Gym will be configured to enable social distancing
- Contact logs will need to be completed
- Equipment will need to be cleaned down after the member has finished using it
- There may be limits set on the number of persons using the facilities
- Youth members are not permitted to use the Gym un-supervised.

6.9.4 BALLS AND EQUIPMENT

Balls and Equipment should only be used within the limitations of phases. Guidance will be provided on the specific use of balls and equipment as the phases are being rolled out.



6.10 CATERING & REFRESHMENT FACILITIES

6.10.1 GENERAL RULES

Club house catering and bar shall remain closed until permitted to do so. Prior to opening we will ensure all facilities adhere to current IRFU, Government and Health Authority guidance with respect to restaurants and pubs.

Cleaning, physical distancing and other measures outlined above in this Plan will be adhered to along with specific guidance given at the time of reopening. This plan will then be updated to reflect the changes.

6.10.2 DRINKING POINTS

Where there are drinking water points that have been left unused during the Stay-at-Home phase, contractors should be contacted to ensure reinstatement of the water source is carried out correctly.

Members should wash their hands before and after filling their water bottles. They should be advised not to allow the rim of their bottle to touch the faucet to prevent contamination. Water coolers/taps should be cleaned before and after each training session.

6.11 CONFLICT RESOLUTION

Where there is a disagreement or difference in interpretation of the guidelines as laid out, Compliance officers should notify the Club Safety Officer. The Club Safety Officer will provide guidance on the application of the guidelines. The Club Safety Officer may seek clarity from the IRFU via the Branch Safety Officer if they feel it is required.

6.12 DISCIPLINARY ACTIONS

Failure to adhere to posted guidelines, or the instructions of the club Safety Officer or Compliance officers may result in club disciplinary proceedings being taken in line with the club constitution for disciplinary actions.



6.13 CONTACT LOG

All members will be asked to keep a log of all persons they have had close contact with while they are at training. If a confirmed case is found at the club, persons who were in close contact with that person may be asked to stay at home for 14 days, pending a risk assessment.

The contact log may be provided to the HSE to aid in contact tracing if a confirmed case is found at the club. The COVID-19 Club Compliance Officer will also keep a contact log of members who attend training.

The club operates contact logs for:

1. Access to the clubhouse (to be used when the clubhouse is re-opened in line with IRFU guidelines) managed by the Bar Chairperson.
2. Access to the gym (to be used when the clubhouse is re-opened in line with IRFU guidelines) managed by the Grounds Chairperson. Scheduled training attendance recorded on the Blocworx application by Compliance officers.
3. Squad training managed by squad COVID-19 Compliance Officers. The Blocworx application will be used by all Compliance Officers for the purpose of recording training attendance.

Any paper contact forms are to be returned on a monthly basis to the Club Safety Officer.

When reopened, all access to clubhouse and gym facilities must be scheduled through the respective chairpersons. No unscheduled activities are permitted.



6.14 COVID-19 ACTION LIST/CHECK LIST

6.14.1 SQUAD / TRAINING

COVID-19 Club Compliance Officers will be required to carry out routine checks before and after training either on a daily, weekly and monthly basis. These should be completed and signed by the COVID-19 Club Compliance Officers for each training session and provided to the COVID-19 Club Safety Officer. Checklists are provided in the appendix.

6.14.2 CLUBHOUSE / HALL

The Bar Chairperson is responsible for the maintenance of action / checklists for the clubhouse. These include:

1. Toilet cleaning log
2. Bar cleaning log
3. Hall cleaning log
4. Kitchen cleaning log

Dressing Rooms / Gym

The Grounds Chairperson is responsible for the maintenance of action / checklists for the Dressing Rooms and Gym. These include:

1. Gym cleaning log
2. Cleaning log for each dressing room



7.0 SUSPECTED CASE RESPONSE PLAN

7.1.1 INITIAL RESPONSE

The COVID-19 Club Compliance Officer will be responsible to implementing the response plan to a suspected case once a Member identifies themselves to them. The response must be quickly dealt with in a private and confidential manner.

If any person on club grounds, suspects themselves, or is suspected of having symptoms, they must report/be reported to the COVID-19 Club Compliance Officer. The primary objective is to get the person home.

The COVID-19 Club Compliance Officer must:

- Ensure the person is wearing a mask
- If a mask is not immediately available, they should be provided with a disposable tissue and advised to cover their mouth and nose with the tissue when they cough or sneeze and put the tissue in the waste bag provided.
- Accompany the person to the isolation room (the designated primary isolation room is the Physio Room) keeping a two-metre distance between the person and themselves and other individuals. The route to the isolation room needs to be quick and easily accessible with little human interaction as possible.
- Assess whether the unwell individual can immediately be directed to go home.
- If underage call their parent/ guardian.
- Call their doctor.
- Arrange transport home with an appropriate next of kin. Public transport should not be used. Transport should not be provided by another club member.
- Log the incident.
- Arrange for cleaning of the isolation room, equipment that may have been touched by the person, and pending a risk assessment, any other areas that the person may have had contact.

****Note:** the COVID-19 Club Compliance Officer cannot diagnose a member of COVID-19 this can only be done by being tested by a qualified medical person.



7.1.2 ISOLATION ROOM

The Physio room is designated as the Isolation Room. This room will be provided to be used to quarantine a member who is feeling unwell with the COVID-19 symptoms, to facilitate the person remaining in isolation if they cannot immediately go home, and to allow them to call next of kin and/or their doctor.

The Isolation room will have the following:

- A closed door
- Ventilation
- Tissues
- Hand sanitiser
- PPE: Gloves and Masks
- Clinical Waste bags
- A no-contact Thermometer

The PPE gear will be kept in the isolation room to be used for Emergency cases only.

7.1.3 TRANSPORT OF SUSPECTED CASE

The member should be advised not to use public transport or a taxi to get home or to go to the doctors. They should use their own personal transport if fit to do so.

Alternatively, arrangements can be made that a household member they live with will collect them from training.

The member with the suspected case should stay in the isolation room and not touch any surfaces or interact with anybody until they are ready to depart in their own vehicle or be collected.

7.1.4 CLEANING SPACES AFTER THE PRESENT OF A SUSPECTED OR CONFIRMED CASE

The isolation room will be deep cleaned as well as the areas where the person came into contact with surfaces as described in the general cleaning guidelines above

Waste Management

Waste from possible cases and cleaning of areas where possible cases have been (including disposable cloths and tissues):

- Should be put in a plastic rubbish bag and tied when full.
- The plastic bag should then be placed in a second bin bag and tied.
- It should be put in a suitable and secure place and marked for storage until the individual's test results are known or for 72 hours, whichever occurs first.
- Waste should be stored safely and kept away from children



7.1.5 RETURN TO PLAY AFTER ILLNESS

When a member has been absent due to COVID-19 virus, they may only return to rugby if deemed fit to do so and meet the following criteria:

- 14 days since their last “close contact” with a confirmed / suspected case and have not developed symptoms in that time, or
- 14 days since the onset of their symptoms and 5 days since their last fever (high temperature), or
- They have been advised by their GP that they may return to play.

A return to rugby doctors note must be provided to the COVID-19 Club Safety Officer. If this is not available the Individual must self-declare their fitness for training in the absence of having a fitness for training certificate from their GP/healthcare provider.



8.0 OCCUPATIONAL HEALTH AND SAFETY

8.1 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.

8.2 FIRST AID

8.2.1 INFECTION SPREAD

COVID-19 infects people through contact with the mucous membranes. First Aid Responders must think of these as being the mouth, nose and eyes. It does not infect through the skin.

The greatest element of risk for a First Aid Responder is transfer of the virus to the mucous membranes by contact of contaminated hands (including contaminated gloved hands) with the eyes, nose or mouth. The key interventions to manage this risk are to minimise hand contamination, avoid touching your face and clean your hands frequently with soap and water or alcohol-based hand gel.

There is also a significant risk of direct transfer of the virus on to mucous membranes by droplet transmission, that is, by direct impact of larger infectious virus droplets generated from the person's respiratory tract landing directly in your eyes, nose or mouth. This risk is managed by use of appropriate PPE (mask and eye protection) and by providing the ill person with a mask to cover their nose and mouth when coughing or sneezing (respiratory hygiene and cough etiquette).

8.2.2 ADMINISTERING FIRST AID

If, as a First Aid Responder, close contact with a person who may require some level of first aid can be avoided, do so. This, of course, will not be possible in the event of having to provide emergency lifesaving measures such as an incident of cardiac arrest, heart attack, choking, stroke. First Aid Responders should be familiar with the symptoms of COVID-19. They will need to perform a "dynamic risk assessment" based on the scenario they are presented with.

Standard infection control precautions to be applied when responding to any first aid incident in the club. Hand washing with warm water and soap or an alcohol-based hand gel must be performed before and after providing any first aid treatment.

Enclosed eye protection and FFP3 mask should be worn by First Aid Responders when responding to all first aid incidents where close contact cannot be avoided.

Any person presenting with symptoms consistent with COVID-19 should be treated as a suspected case and actions as set out in section 6 of this document should be followed. A mask should be made available to give to person if they are displaying symptoms consistent with COVID-19 to limit droplet dispersion.

If you suspect a person has experienced a cardiac arrest, do not listen or feel for breathing by placing your ear and cheek close to the person's mouth. If you are in any doubt about confirming cardiac arrest, the default position is to start chest compressions only until help arrives. To iterate the point, a person in cardiac arrest should have compression only CPR applied.



Persons with minor injuries (cuts, abrasions, minor burns) - where practical, a First Aid Responder should avoid close contact and advise the injured party what steps to take in treating their injury.

No reusable equipment should be returned to service without being cleaned/disinfected appropriately

8.2.3 FIRST AID PPE REQUIREMENTS

The following PPE must be available for responding to first aid incidents:

- Disposable gloves (nitrile/latex)
- FFP3 or FFP2 Face masks
- Disposable plastic aprons
- Enclosed eye protection

First Aid Responder must ensure that the mask covers both the mouth and nose and is fitted correctly to create an adequate seal to the face.

Following first aid treatment, disposable PPE and any waste should be disposed of appropriately and reusable PPE cleaned/disinfected thoroughly.

Wash hands thoroughly with warm water and soap before putting on and after taking off PPE

Replenish PPE stock as appropriate.

Liaise with your Club Safety Officer to ensure any issues with first aid PPE are resolved in as timely a manner as possible.

8.3 MENTAL HEALTH AND WELLBEING

Midleton RFC are a club made possible by the members. At all times the health and wellbeing of our members is, and remains, our priority. We will put in place such measures as necessary to provide ongoing support to our members.



Appendix A

Universal Risk Assessment
Refer to external spreadsheet



Appendix B Key Personnel & Information

KEY PERSONNEL	
CLUB CHAIRPERSON	George Jeffery
CLUB SECRETARY	Joseph Murphy
CLUB HOUSE MANAGER	Niall McCarthy
YOUTH CHAIRPERSON	Bryan Morris
CLUB SAFETY OFFICER	Keith Birdthistle
COVID-19 CLUB SAFETY OFFICER	Jason Boyle
COVID-19 CLUB COMPLIANCE OFFICERS:	David Ryan
	Michael Cashman
	Dan McCarthy
	Tracy McCarthy
	Jennifer Cashman
	Cathal Daly
	Bryan Morris
CLUB DOCTOR	Dr Diarmuid Mulcahy
CLUB PHYSIO	Colette Garvey



PARTICULARS OF THE PREMISES

AVERAGE NUMBER OF PEOPLE IN THE PREMISES BY DAY:

15

AVERAGE NUMBER OF PEOPLE IN THE PREMISES BY NIGHT:

10

LOCATION OF ISOLATION ROOM

ISOLATION ROOM 1:

Physio Room

ISOLATION ROOM 2:

Committee Room

IN HOUSE CLEANING

CONTACT NAME:

Niall McCarthy / Graham Eady

EMERGENCY CONTACTS

AMBULANCE SERVICES

999 / 112

HSE MEDICAL OFFICER OF HEALTH



Appendix E

Occupant Capacities for Rooms

Building	Zone	Room Name	Capacity with Physical Distancing
		Bar & Lounge	20
		Kitchen	2
		Meeting Room	6
		Equipment Room	1
		Changing Rooms (New)	6
		Changing Rooms (Old)	4
		Referee Room	1
		Toilets	2
		GYM	10