

# RGU SPORT CLUBS

## COVID-19 GUIDING PRINCIPLES



Following on from the First Ministers update on the 3rd of August 2021, it was confirmed that all of Scotland would move to beyond Level 0 from 9th of August 2021.

RGU Sport Club members, therefore, should understand and adhere to the following guiding principles in relation to COVID-19. Although the country has transitioned away from level restrictions, it is important to understand the diverse nature of the pandemic and that we may at any time find ourselves under level restrictions once again. Therefore, it is important to note that the level restriction for sport guidance remains in place and can be found here: <https://sportscotland.org.uk/media/6806/return-to-sport-guidance-16-july-2021.pdf>

It is recognised that the risk of COVID-19 in sport cannot be completely eradicated but with caution, care and cooperation risks can be reduced and the benefits of sport can be enjoyed fully again.

All RGU Sports Clubs should ensure that their sessions comply with any relevant National Governing Body (NGB) guidance and policy at the time of participation, as well as respect and follow overarching Government guidance.

Please note overarching **Government guidance** must be followed before and after training.

Up to date guidance from NGB's can be found using the following link:

<https://sportscotland.org.uk/covid-19/latest-sport-and-physical-activity-guidance/>

### ATTENDANCE AT TRAINING/FIXTURES

RGU Sport Clubs welcome you to participate if:

- You or members of your household have no symptoms of COVID-19.
- You are willing to adhere to test and protect protocols and check in and out of venues using the RGU Check in app.
- You are willing to wash/sanitise your hands before and after each session.
- You respect social distancing practices, where required.
- You agree to undergo regular lateral testing.
- You agree to follow standard hygiene protocol and dispose of tissues and other materials safely.
- You agree to follow cleaning protocols for equipment before and after use.

Individuals who are symptomatic, should arrange a PCR test and follow the guidance you are given by the NHS in relation to Test and Protect and self-isolation. If you are contacted via Test & Protect, as you have been identified as close contact of someone with a positive test, please self-isolate and arrange a PCR. If your result is negative and you

are double vaccinated, you will not be required to self-isolate. If, however your result is positive and/or you are not double vaccinated you will be required to self-isolate for 10 days, following the advice of NHS Test & Protect. No one who is advised to self-isolate should attend any RGU sports club activity.

Up to date NHS guidance can be found using the following link:

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

## TRAVELLING TO AND FROM TRAINING VENUES

### TRAVEL

Travel guidance for sport is detailed by SportScotland on page 5 and 6 of the following document:

<https://sportscotland.org.uk/media/6806/return-to-sport-guidance-16-july-2021.pdf>

You will see that on page 6 in 'Table B' that travel guidance differentiates based on age, so it is important to understand the age group we are dealing with, for the purpose of university sport the default will be to follow adult guidance as the vast majority of students will fall into this category, but this is not to conclude there will be no young persons within sports club activity.

Sharing a vehicle with those outside of your household should be avoided unless deemed necessary.

If you are travelling by public transport you must follow the **Government's COVID-19: safer travel guidance for passengers**, including wearing a mask.

### ARRIVAL AT VENUE

Arrive promptly for training. Please note if you are early when waiting for access please wait in your car or form a socially distant queue.

Clubs should actively limit time participants are together before and after sessions.

You should wash/sanitise your hands before and after each session and at regular intervals throughout activity.

Each participant should check in to each training venue using the RGU Check in app.

### VENUE MEASURES

Each facility will have measures in place. Please follow the guidance set out by your facility operator and ensure you are aware of the COVID measures in place.

Please familiarise yourself with the 'Facility Access' section of this document for more information around COVID measures which may be in place.

### FACE COVERINGS

Face coverings should be worn on arrival/departure from the facility and in all non-playing areas. NGB guidance on face coverings should be applied.

## **PARTICIPATION IN ACTIVITY**

Participants should understand the facility and session guidance before participating in any RGU Sports Club session.

### **SOCIAL DISTANCING IN PLAY**

Avoid equipment sharing where possible. Where this is not possible please ensure equipment is suitably sanitised between each members use.

Follow sport specific NGB guidance and respect COVID-19 adaptations.

Avoid pre-game/training handshakes, huddles, face to face confrontation and scoring celebrations.

### **SOCIAL DISTANCING DURING BREAKS AND POST ACTIVITY**

Adhere to social distancing requirements during breaks in activity and set out appropriately spaced areas for equipment and refreshments, as per NGB guidance.

Adhere to government guidance on social distancing pre-& post training and keep team discussions to an absolute minimum during training, as this time should be used for activity.

### **USE OF EQUIPMENT**

Sharing of equipment must be avoided where possible, unless stated otherwise in NGB Guidance. Where equipment is shared, this must be cleaned before and after use, within your allocated training time. Cleaning supplies will be provided in your club COVID kit. Jerseys or bibs should not be swapped during a training session or game and should be washed at 60 degrees after each use.

### **BALL TRANSFER**

NGB advice should be followed around common ball practice. This includes the sanitising and cleaning procedures. Cleaning supplies will be provided in your club COVID kit.

### **SHOUTING**

Individuals should be aware of the additional risk of infection in close proximity situations where people are shouting or conversing loudly.

Shouting should be kept to a minimum wherever practically possible.

### **INJURY TREATMENT**

Any injury during activity should be treated, as participant welfare remains a priority.

First aiders must be wearing appropriate PPE before approaching the injured participant (mask, gloves, apron).

Each club will be provided with PPE in their first aid kits.

First aid should be provided by your facility operator, where possible.

Face covering are advisable if you are investigating a first aid incident, administering treatment, or waiting in close proximity of the casualty for further assistance.

Clean hands thoroughly with soap and water or sanitiser at the earliest opportunity and dispose of your gloves and apron.

First aid supplies including PPE should then be restocked regularly by getting in touch with the President of Sport and Physical Activity.

## FACILITY USE

### MOVEMENT ON SITE

All participants should be aware of the measures in place at the appropriate venue alongside any relevant advice, guidance, risk assessments. COVID officers must ensure any documentation has been made available to all members.

Individuals must follow venue entry, exit, traffic flow, signage and parking arrangements. Understand and follow current guidance around changing provisions and toilets.

### TRAINING INCREMENTS/TURNOVER TIME

Session time & place should be clearly communicated with attendees and followed to prevent overcrowding.

Clubs must respect facility maximum capacities and coordinate sessions accordingly.

Turnover should be considered within training time, should a club decide to break their total time into a number of smaller sessions. When splitting into smaller sessions, you must consider the total bubble size and ensure at no point a crossover would breach the maximum bubble size. For example, in Level 3 the Maximum bubble size is 50 participants therefore, if there were to be 30 people per session then there must be no crossover and the session times allow for adequate for participants to exit and enter as shown below:

E.G. Football 6-9pm

Session A 6-6.45pm

Session B 7-7.45pm

Session C 8-8.45pm

Gathering in facility social areas is not permitted.

### CLEANING PROCEDURES

Respect and act accordingly where pre-scheduled cleaning has been built into training time.

Use cleaning equipment supplied by facilities and within the clubs COVID kit respectfully and accordingly.

Risk assessment should be made available and cleaning procedures understood by all participants.

## GUIDANCE FOR COACHES

Please see **Getting Coaches Ready for Sport** which can be used by coaches to help them get ready for delivering sport. It can be used as it is or amended to reflect the sport or delivery of activity.

It is the responsibility of each club COVID Officer and coach to ensure documented risk assessments, are completed prior to any activity taking place. Consider safety first, particularly focusing on minimising the risk of infection/transmission. A risk assessment template has been provided, to support with this.

Appropriate measures must be put in place to ensure participants, staff and volunteers are protected.

At all times coaches should:

Plan appropriately for the session in advance, be aware of responsibilities, be clear on participant expectations and build in a review period to reflect on effectiveness/safety of the session.

Consult Scottish Governing Body guidance for the relevant sport or activity being delivered. This can be found at **Covid-19 Scottish Governing Body Guidance**.

Where relevant, also check with your facility provider to ensure you follow their specific guidance and processes.

Be aware of the facility operators responsibilities and their expectations of club members before, during and after each session.

Equipment provision & use should fall in line with the 'use of equipment' guidance outlined above.

### **OUTDOOR ACTIVITY**

There will be a limit on participant numbers for outdoor coached activity sessions. This number is depended on space and **National Governing Body guidance**.

Guidance on maximum bubble groups can be found within **SportScotland Guidance**

### **INDOOR ACTIVITY**

A face covering must be worn by all coaches when indoors, as per Robert Gordon University guidelines.

Indoor contact sport for adults can return in Level 0 or below.

Relevant SGBs will publish guidance for undertaking their sports activity and coaches should also check with facility operators with regards to site specific requirements.

## **FIXTURES**

### **PLANNING & ORGANISING**

Each team must complete the pre-fixture check list prior to each home/away fixture, and receive sign off from the President of Sport & Physical Activity.

### **TRAVEL**

The majority of clubs will travel to away fixtures using a coach and must respect measures which have been put in place by the coach provider. Only RGU Sports Club members and coaches will be permitted to travel and must be willing to:

- Sanitise on entry/departure from the vehicle.
- Check in to your vehicle using the RGU check in app.
- Keep coach windows open to improve ventilation.
- Wear a face covering whilst traveling, unless exempt.
- Evidence a negative lateral flow test on the day of travel.
- Travel to and from the fixture on the same bus and in the same seat.

### **HOSTING FIXTURES**

All home fixtures must be facilitated following sport specific NGB guidance, relevant at the time of the fixture start date.

Details of how your club will host fixtures must be included in your club risk assessment.

## EVENTS

### PLANNING & ORGANISING

All clubs planning to attend a competition or event, must complete a **trip preparation form** at least 1 month prior to the competition or event and ensure your club risk assessment contains information relating to attending competition's/events.

All requests will be considered by the President of Sport and Physical Activity in line with relevant government & NGB guidance.

When completing the trip preparation form please include the follow details:

- Event details, including confirmation that the event is BUCS, SSS and/or NGB approved.
- Details of any COVID measures which have been put in place by the competition/ event organisers.
- Detailed itinerary of the trip (which includes travel, accommodation details of the members movements each day of the trip).
- Lateral flow testing schedule.

### TRAVEL

If traveling by coach, all measures in the fixture travel section of RGU Sports Clubs COVID-19 Guiding Principles must be adhered to.

If you are travelling by public transport you must follow the **Government's COVID-19: safer travel guidance for passengers**, including wearing a mask.

## COVID OFFICER RESPONSIBILITY

### TRAINING RESPONSIBILITY

COVID Officers / team captains should undertake **sportscotland COVID Officer e-learning module** before a return to training/RGU Sports Club activity is permitted.

A trained COVID officer must attend all training session, where possible in line with relevant NGB guidance. Training is considered as completion of the above e-learning module. Certificates evidencing completion must be emailed to the president of Sport and Physical Activity, prior to any activity taking place.

### COMMUNICATION WITH MEMBERS

COVID Officers should communicate clearly and regularly with participants, setting out what they are doing to manage risk, and what advice they are giving to individuals before, during and after each session/fixture.

Communicate training times and how to safely access a facility, for example through a booking or queuing system.

Ensure there is a process for cancellation should it be necessary.

Ensure sessions capacities are being adhered to.

### HEALTH, SAFETY & HYGIENE

COVID Officers should ensure they have collected their COVID Kit and their first aid kit has been restocked prior to their first session.

COVID Officers should ensure all kit and equipment is wiped down before and after each session.

COVID Officers should ensure hand sanitiser or wipes are available for use at entrance/ exit to activity where possible and ask participants to bring their own hand sanitiser.

- A checklist for health, hygiene and cleaning considerations and actions is available here: **Getting your Facilities Fit for Sport**

## TEST & PROTECT

### TEST AND PROTECT

All participants should sign in and out of their session/transport vehicle using the RGU check in app.

Where this is not possible manual registers should be taken which contains the following information as a minimum: full name and contact telephone no of all those in attendance including any coaches/volunteers.

Any manual register should be emailed to the President of Sport and Physical Activity within 24 hours and then destroyed.

The President of Sport and Physical Activity will hold these Contact details for no more than 3 weeks (21 days) after the session.

All personal data will be held and disposed of in a safe and secure manner.