



# RETURN TO PLAY

## Frequently Asked Questions

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## **Return to Play Dates and Season Structure**

### **Q. What is the likely date that we will be able to resume training and playing?**

A. The Competitions Committee of the Welsh Rugby Union are looking at all scenarios, and this is under regular review with Sport Wales and Welsh Government.

### **Q. What is in place if the seasons start late, and would we consider modified games or rule adaptations?**

A. The Competitions Committee have been assigned to look at all options and when that has been ratified by the Community Board and finally the WRU Board, all will receive communication.

### **Q. Will all players / teams start at the same time, i.e. women, girls, men, boys?**

A. We will look at all sectors of the game and the impact/reliance on the physical club infrastructures. Key for us is the club being able to service the game. The Competitions Committee will be looking at all scenarios before making recommendations, and decisions will be based on guidance by Welsh Government.

### **Q. Can you provide more details on how long you envisage the pre-season window would be?**

A. We would make sure that there you have enough time for pre-season preparation. There will be a minimum 4 weeks, but it could be longer (6-8 weeks) it all depends on the next phases and what Welsh Government allows.

### **Q. Will there be a six week period to prepare for competition matches and returning to contact?**

A. Yes we have committed to providing clubs with this as part of a phased approach to returning to rugby, and in particular contact. It could be included in wider activities within that 6 week period.

### **Q. Does 'sanctioned competitions' include the mini and junior game?**

A. Yes.

### **Q. Can touch rugby can now be played by all age groups up to and including seniors?**

A. Yes that is correct, touch rugby can be incorporated into your training sessions, and clubs can now play fixtures with other clubs in the same WRU District.

### **Q. Who arranges the touch rugby fixtures between clubs?**

A. At present arranging fixtures is the responsibility of the clubs, these are not at competitive or league based fixtures.

**Q. Are you able to travel outside of your local area to play fixtures?**

A. As outlined previously clubs can play fixtures against other clubs from their WRU District. It is important to emphasise that these are not local authority boundaries, but districts that have been established by the WRU. Any queries regarding this should be directed to your Regional Rugby Manager.

**Q. What measures need to be implemented prior to touch rugby fixtures between clubs taking place?**

A. Guidance has been provided to Club Operations Managers, and this should be followed. Team Managers must ensure that any players, coaches or other staff have completed the symptom checker before playing or travelling to play. If there is any doubt regarding any individuals having symptoms then they must not play or travel to play.

**Q. Can multiple touch rugby games be played?**

A. At present festivals are not permitted, however if a club wanted to arrange fixtures for different age groups then kick off times should be staggered. For clubs who have more than one field then it is important to ensure that there are clear exit and entry points and consideration is given to access in and out so that there are no large gatherings either pre or post game.

## Club Operations Managers and Resources

### **Q. What resources will be shared with the clubs in managing the Return to Play?**

A. Club Operations Managers have access to webinars, presentation slides and regular guidance updates to share with Operational Leads and key personnel in the clubs. Information will also be shared on the WRU website, Game Locker and social media platforms.

### **Q. Where can we access the information that has been shared in the webinars?**

A. All of the information that has been shared with clubs during the webinars can be accessed at the below link – <https://community.wru.wales/returntorugby/>

### **Q. Will guidance be given on the number of leads that could be expected based on the size of the club?**

A. We expect each club to appoint a Club Operations Manager, who will then develop their own network of Operational Leads within the club. This may vary from club to club, but each team needs to have an appointed Operational Lead, to manage the administration and implementation of the operating procedures.

### **Q. Does everyone have to complete the World Rugby Covid-19 Return to Play Awareness Module, before being able to take part in any activities?**

A. Yes. Players, Coaches and Administrators will all need to complete the module. Parents will need to complete this on behalf of their children (under 18). If parents have more than one child, they will only need to complete this once. The WR website has two separate training modules –

- One provides specific information for Players, Coaches and Support Staff.
- The other provides more specific information for Administrators who are implementing and managing Return to play policies.

### **Q. If parents are completing the World Rugby Covid-19 Return to Play Awareness Module, who's name needs to be put on the certificate, is it the parent or child?**

A. The parent.

### **Q. What do we do with the certificates once we've completed the World Rugby Covid-19 Return to Play Awareness Module, does it have to be sent to the WRU?**

A. You will need to download the certificate and forward it to the Operational Lead for your team or your child's team for parents. It will be the responsibility of the club to manage this. We would suggest that each team within the club appoints an Operational Lead, who will receive the certificate, and maintain a list of those who have completed the module.

**Q. Does the system allow the Club to record the World Rugby Covid-19 Module Certificate, which in turn notifies the Union?**

A. At this time, unfortunately it does not. It is advised each Club to retain these certificates for their own records. However, within each participant WRU Game Locker login there is a functionality to upload any relevant documents/certificates should they wish to use this tool.

**Q. Where can we access all of the relevant Covid-19 documents?**

A. The WRU have enhanced the myWRU and Game Locker registration portal for our Clubs to ensure all messages are circulated to all registered participants, and this will aid the Club Operations Managers. All Return to Rugby documents are located on the WRU Website and Game Locker. Operations Managers. These documents are also available via the myWRU library.

**Q. What is the Online Symptom Check?**

A. To aid the reporting and identification of the Covid-19 disease, the Welsh Rugby Union have developed a resource tool for all our Clubs. This tool allows for all Club Secretaries, Club Operations Managers and Leads to log into their myWRU account and access their Player's symptom information and highlight those that maybe experiencing symptoms and unable to play or train. A complete 'How-To' guide was circulated to Clubs.

**Q. Who has access to the Online Symptom Check?**

A. As always, the Club Secretary will have this access but to alleviate the administrative burden, the system has also been extended to include the Club's Operational Manager and Leads which should ensure the Symptom Check is monitored effectively and efficiently.

**Q. Can Junior Team Managers (who essentially are coaches) have access to database to see who has completed Covid-19 symptom checker?**

A. As long as the Team Manager has self-registered their role on the WRU Game Locker and been approved by the Senior Club Secretary they will have access to the system and see those players registered to their team along with the Covid-19 status.

**Q. How can a club guarantee players stick to the rules regarding temp checks etc?**

A. We are not advising temperature checks in the community game, rather daily Covid-19 symptom checks that are self-administered by the player / parent. As in other aspects of the community game, we are encouraging everyone to work together here in this regard.

**Q. How do you expect clubs to check that all players have undertaken a daily symptom check?**

A. All players, coaches, volunteers will be advised to conduct a daily Covid-19 self-symptom check. Operational Leads should strongly encourage players to complete the symptom check beforehand to maximise training time. The WRU have developed an online symptom check linked to the Game Locker. This records if players are free from symptoms and fit to train. Information is sent to the team Club Operations Manager and Operational Lead.

**Q. Are coaches also completing symptom checker pre training?**

A. Every player, coach and volunteer should complete and pass the symptom checker prior to training.

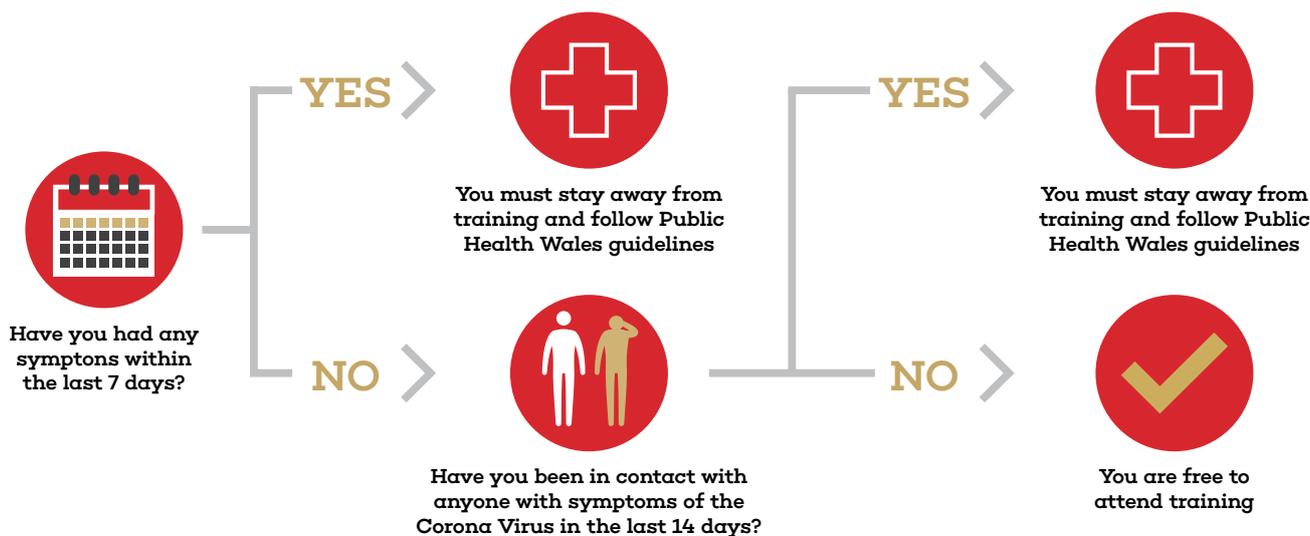
**Q. How would the club or the WRU know who has undertaken the symptom check pre training?**

A. Once a player has logged in and completed the symptom check a message will be sent to the Club Operations Manager / Operational Lead for their specific team notifying them of the players status to train.

**Q. What if someone has not completed the symptom check, and turns up for training, what do we need to do then?**

A. They need to self-declare to the Operational Lead that (a) they have not had any symptoms in the last seven days and (b) not been in contact with anyone who with symptoms of Covid-19 in the last 14 days. This needs to be appropriately recorded on myWRU. If they are not able to do this, then as a last resort it can be recorded manually.

**PRE TRAINING SYMPTOM CHECK:**



**DO NOT COME TO TRAINING WITH:**



A high temperature



A new, continuous cough



Loss of smell or taste (anosmia)

**Q. How will we be notified that a person has declared symptoms?**

A. If they have reported through the online symptom check then they will be advised directly from there. This information will be passed to the Club Operations Manager or Team Operation Lead. If they declare symptoms directly to the Club Operations Manager or Operational Lead, they should NOT attend training but follow Welsh Government advice.

**Q. If a player is coming straight from work and can't complete the online symptom checker, can they still train?**

A. If they are unable to complete online then they would need to either report via message to their Operation Lead and confirm that they have passed the symptom check or complete on arrival prior to training. The Operation Lead can then upload the players status on the game locker prior to training.

**Q. I assume that the community game matches cannot start until the 1-2 metre distance has been totally removed?**

A. For contact and ultimately games to progress then social distancing would need to reduce to allow this. We will be working closely with Welsh Government to make sure that contact training and games will only proceed under their guidance.

**Q. Do Club Operations Managers need to be in attendance at training sessions to make sure players/coaches with symptoms do not attend?**

A. Each training session should have an Operation Lead present. They should either record from the online symptom tracker or a simple register recording that all players present are symptom free. This is to assist Welsh governments Test, Track and Protect strategy should anyone present with symptoms at a later date.

**Q. Will the scope of the Club Operations Manager's role encompass the return to play for the seniors, minis, juniors, and youth?**

A. Yes, each club will need to appoint Operational Leads for each team within the club, who will have responsibility for the administration and implementation of the operating procedures for each team.

**Q. Will Affiliated groups have the same access to documentation and resources as clubs?**

A. We are focussing upon predominantly sharing information with our member clubs through our Club Operations Manager. However, we would encourage affiliated groups to develop a network of contacts, and liaison with affiliate representatives will be managed by the Rugby Participation Department.

## Training and Playing

### Q. What is the current position with training are we allowed to do contact?

A. We are working with Welsh Government to ensure that clubs can return to training safely, hence the reason to have a phased approach. Clubs are not able to conduct physical contact sessions (tackling, scrum, lineout, ruck or maul) at this time, however they can use contact equipment such as contact shields, and tackle tubes on a limited basis. However if the equipment is used it should be appropriately cleaned on a regular basis. We would recommend that the majority of the sessions should be skills based and can include touch rugby (see below)

We would recommend that coaches adhere to social distancing rules, so practice such as holding tackle shields should be done by players and not coaches.

## PHASED RETURN OF COMMUNITY RUGBY

Touch rugby activities can now be introduced at all levels of rugby in Wales as part of fitness and skills-based training sessions.



Touch rugby games can be played between clubs



Small groups (max 10-15)



No huddles



Balls and cones only



Sanitise hands and balls before and after touch activity



Sanitisation breaks every 20 minutes



Touch activity should take place at the end of sessions within the small groups



No Tackling/Wrestling/Rucks/Mauls/Scrum/Lineouts

Registration and pre-training protocols remain the same, e.g WRU Game Locker symptom check, home hygiene and kit preparation.

### Q. Welsh Government state that the maximum number of people who can gather for outdoor activity is 30, yet we understand that the WRU have now stated that there can be 60 people on a field for training purposes.

A. Clubs would need to manage this appropriately. Anyone on the area of play, or closer to it than social distancing rules would permit, will count towards the total number people considered to be gathered for the organised outdoor activity, where a limit of no more than 30 persons applies.

### Q. How many players can we have training on a field at one time?

A. The current Welsh Government guidelines are that there can only be a maximum of 30 people who can gather. However it has been agreed that the pitch can be split to accommodate two groups with a maximum of 30 players including coaching and medical staff in each half. This is only allowed if there is sufficient space for this to take place safely.

We would still recommend that training is conducted in small groups of 10-15 and rotated through the zones so as to avoid over use of a particular section of the field.

If the club has more than one field and these are adjoining we would advise that they train at different times to avoid cross over. We would also ask that any spectators or parents maintain social distancing and if that is not possible then drop off and pick up only. The sectioning of the pitch as per our webinar is only for guidance.

**Q. If a club has two pitches next to each other could there be another group using the field at the same time?**

A. Yes they can but we would advise staggering the training times to avoid gatherings of more than 30 people at the start or end of the sessions, and to having clear entry and exit points to mitigate the risk of transmission

**Q. Can parents and other people watch the children training?**

A. Supporters and other spectators should be limited at this stage to only those persons who need to attend, e.g. parents or guardians of children who require their attendance for health or safeguarding reasons. All spectators are to remain socially and physically distanced from each other and from the area of play whilst attending events, including accessing and leaving the venue, use of any facilities and whilst watching game play. We would encourage parents not to spectate, and to drop children off at an agreed time (ensuring that there is appropriate staff present – Coaches, Team Manager etc. to supervise this) and then pick them up at an agreed time. However we realise that because of age some parents will want to re-main and spectate. We would recommend that parents spectate from a distance (dependent up-on facilities and location) and maintain social distance, otherwise they would need to be counted in the gathering of 30 people.

**Q. What about training at local authority facilities, are we still able to have two groups of 30 operating at the same time.**

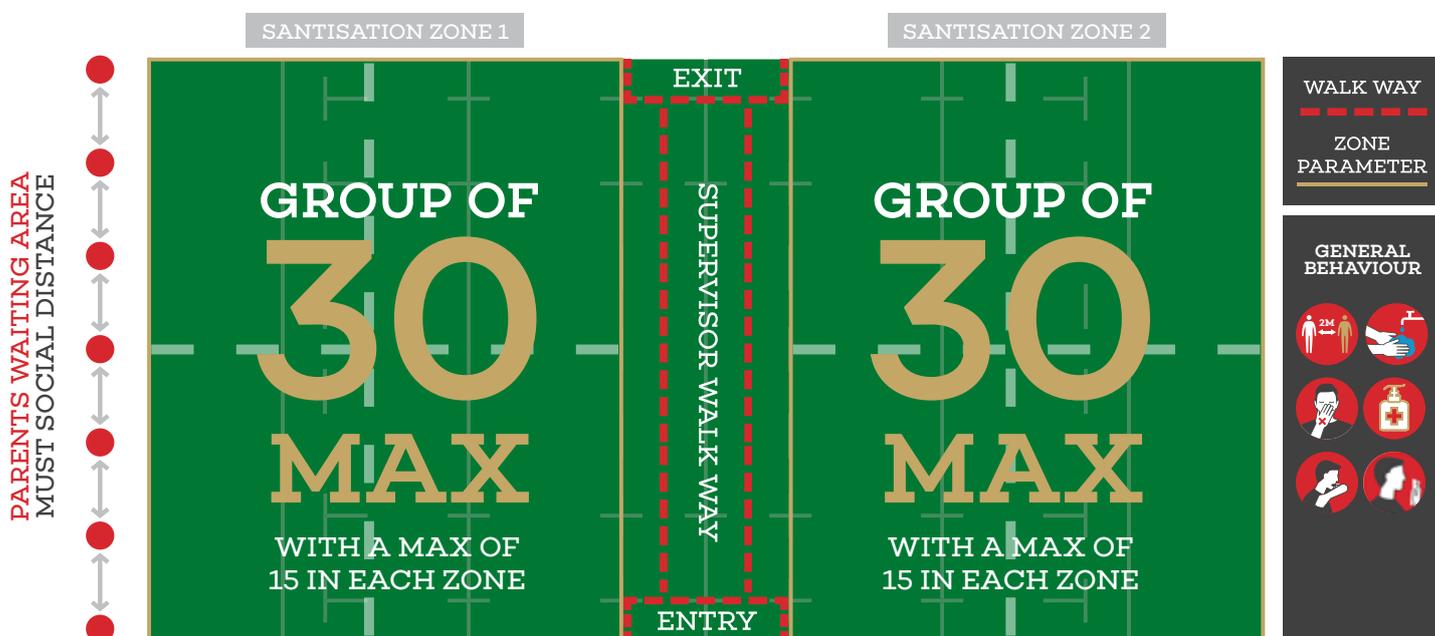
A. External providers including Local Authorities may have different operating procedures for the facilities they manage. Clubs will need to follow the procedures put in place by the Local Authority or organisation responsible for managing the facility.

## Q. How many children can train together in an organised training session?

A. We would recommend that sessions are conducted with small groups of 10-15 and are skill based with the option to include tag or touch rugby. In the case of children Welsh Government state that there is no limit on the number of children under the age of 18 who can participate in or facilitate an **organised sport activity** for the development or well-being of children. The activity must be arranged and supervised by a responsible body such as a sports club, a public body, a charity or a gym or leisure centre. The number of children aged under 18 who can legally participate is constrained only by the boundaries of the setting and the need for sufficient adults to be present to supervise.

Any adults that may be present during these activities, but are not directly participating in or facilitating the activities, should not stay in the area where the activity is taking place. Supporters and spectators of organised activities should be limited to only those who absolutely need to attend, for example, parents or guardians of children who require their attendance for health or safeguarding reasons.

# PITCH PLANNING



**Q. Will referees be allowed to train with club?**

A. Referees will be subject to the same restrictions as the rest of the rugby community.

**Q. Are coaches expected to wear face masks whilst coaching?**

A. No but they are expected to maintain social distancing measure and good hygiene throughout.

**Q. The Government are saying social distancing might be in until a vaccine does that mean contact won't start back until then?**

A. Return to contact training will depend on the government easing restrictions on social distancing. For this to happen the transmission of the virus will have to remain low in Wales whether that is with or without a vaccine.

**Q. We welcome touch rugby, but we're bound to be asked, how do you touch if you're two metres from the nearest player?**

A. We are advising everyone to maintain a two metre social distance where possible during training. However we have agreed a plan which provides an exception to this when playing touch rugby and touch related activities. The plan is detailed but in summary it recommends remaining in small groups, regular breaks, players sanitising in the break, and also balls being sanitised. Players still have to adhere to social distance during the break and at the end of the sessions, but there is an agreed exception to this to play touch rugby within training sessions.

**Q. Does the small groups of 15 still apply even for touch rugby?**

A. Yes it does, still with a focus on small groups of 10-15 working together in training to try and mitigate risks.

**Q. How many players can play in a Club v Club Touch Rugby game**

A. Each team should have a maximum of 10 players on the field at one time, with 5 replacements available.

**Q. What is the position with training indoors, what is the maximum number of people that can take part in indoor activity?**

A. Welsh Government guidance now states that up to 15 people can participate in organised training activities. Indoor use relates to sporting or educational purposes only.

Coaches and match officials would generally be regarded as participants so the limit of 15 should include them. However, anybody who is there to organise or support the activity, if they are working or providing a voluntary service, can also attend and do not need to be considered within the limit of 15. Children aged under 11 are also excluded from the maximum number in the gathering.

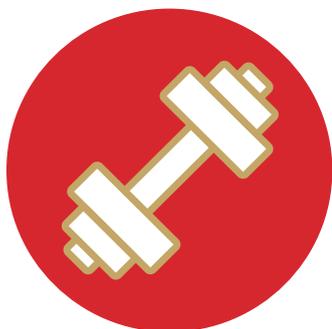
Unlimited numbers of children under the age of 18 can gather if the purpose is for the development or well-being of children and the number who can be involved is constrained only by the boundaries of the setting and the need for sufficient adults to be present to facilitate and supervise the activity. In practical terms, gatherings for those under 18 for sport are only limited by the number of adults who must be present (which cannot be more than 30 outdoors/15 indoors) and available space for safe physical distancing.

As a club, good judgement should be used and the recommendation of a maximum of 10-15 participants working in small groups continues to be followed.

# INDOOR ACTIVITY



Up to 15 people can take part in an organised indoors activity providing all social distancing, hand hygiene and other Covid safety measures are followed



**Max 15 people  
for indoor  
activities**



**Keep  
2m apart**



**Wash your  
hands**



**Wear a  
face covering  
where possible**

\*Under 11's are not included in these numbers

**Q. What is the position for under 6 training and playing?**

A. As always, the WRU provide insurance provisions based on its WRU Pathway. Currently, under 6s are not a part of the pathway. A player is eligible to register with the WRU on or after their 6th birthday where they will be entered into the Under 7s. If a Club wishes to have teams outside of the WRU Pathway it is able to do so but under their own insurance provision.

**Q. Can male and female players play Touch Rugby in the same team or in opposition?**

A. Yes, males and females can play in the same teams or in opposition

**Q. Can mixed age groups train and play together?**

A. Yes, due to there being no contact and only Touch Rugby at present, mixed age groups can train and play together.

**Q. Where do we get the contact details for other Club Operations Managers?**

A. All Club Operations Managers should have access myWRU and the contact details of other Club Operations Managers are held on that database.

## Facilities, Finance, and Insurance

**Q. Even though playing is suspended, will insurance cover from AON still apply for other things that are incorporated in the usual cover?**

A. Yes this was circulated to clubs on 1 July 2020

**Q. During the lockdown is this an opportunity to upgrade club facilities adhering to social distancing etc. Grant applications with Sport Wales have been suspended at present under the current circumstances. Do you know if there will be a facility to apply for grants through the relevant bodies?**

A. Since the lockdown, most grant providers are solely focusing on only providing funding to sustain sporting organisations – referred to as the protect phase. As Welsh Government advice changes, funders will shift their focus to consider funding applications to help sporting organisations prepare for returning to play. The ‘traditional’ funding programmes that were available pre lockdown will not be back up and running for some time to come.

**Q. We have a separate business operating from the club who are now able to open under Welsh Government Guidance. Are these able to use our club facility?**

A. Yes, the club will be able to open solely for these business purposes subject to Welsh Government advice being adhered to.

**Q. What about clubs non-playing facilities opening under WG guidelines?**

A. Clubs should continue to follow the hospitality guidance issued by Welsh Government. It is recommended that clubs continue to visit the Welsh Government website to monitor any changes to guidance.

**Q. Will there be any guidance for changing room facilities under social distancing?**

A. Yes. Guidance on use of changing rooms will be issued to clubs in preparation for when Welsh Government announces that the facilities can be re-opened.

**Q. Are showers and changing rooms at rugby clubs now allowed to be used?**

A. At present we do not advocate the use of changing rooms and shower facilities whilst social distancing measures are still in place. We are working with the leisure sector on the reopening of changing facilities and are following the guidance provided by Welsh Government. We will provide further information on this in due course.

**Q. What if our club is used by other organisations, as part of our social business?**

A. If your club is used by third party organisations as part of your social business, then any decisions around this would sit with the Club Committee or Board. As an example if another sports club wanted to use the playing facilities, then that would be a decision for the Club Committee or Board, likewise within any third parties who wished to hire facilities within the club. However the club would need to have public liability insurance in place.

## Registration

### **Q. Is the registration process the same?**

A. Yes. Since 2018, all on-field participants (Players, Coaches and Referees) have been required to self-register via the WRU Game Locker. From 1 August 2020, all participants registered last season will receive their annual re-registration link to complete their registration for the 20-21 season. Those that are new participants are welcome to register to the Welsh Rugby Union and affiliate to their Club via WRU Game Locker ([link here](#)) New to Season 20-21 and listening to feedback made by our Clubs: First Aiders, Team Managers, Club Operations Managers and Leads will all be able to self-register on the WRU Game Locker for the Club to approve. Once approved, access to the system will be granted automatically with the participant receiving their unique login details. Note: all participants under the age of 18 years old will require their parent/guardian to register on their behalf.

### **Q. We were told that the registration was closed now it is open and only have a few weeks to register, is this correct deadline 1st Aug?**

A. The registration portal closes and opens, to align with every Season. This Season, the registration system opened on 1 August 2020 and will stay open until the end of the season allowing participants to register before training and playing at their Clubs. Every participant registered last season will receive a link to accept or reject their registration and follow the 2-minute process to ensure they are actively registered.

### **Q. Will the system be able to cope with a large number of logins at any one time?**

A. Yes, the system has been extensively tested to allow a large number of members to login and complete their registration without causing the system to crash. However, if internet signal is poor within their communities, this could slow down their connectivity and thus making the process a little longer.

### **Q. The earlier seminars and notes stated that Op Managers would receive alerts when Players updated their status. How are those updates delivered?**

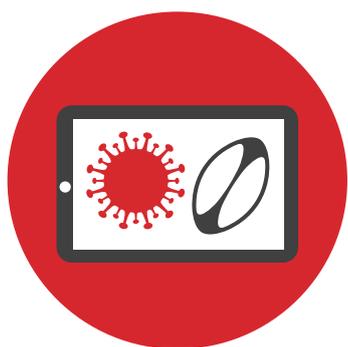
A. The system will only update the Club when a player has completed the symptom check and is deemed 'Red'. This suggests the player has or is currently experiencing symptoms related to Covid-19. These updates will be delivered via MyWRU email notifications.

**Q. If we have girls that wish to try rugby do they still need to be registered to us first, to be able to have a taster session?**

A. All players are required to self-register via WRU Game Locker before any sessions with a Club or Hub. This ensures the players safety, once registered they would be included within the WRU Insurance Provision, subject to the Club being involved with this scheme. The player would also need to register to complete the symptom checker where the club can manage its responsibilities around Track and Trace.

## WRU COMMUNITY ONLINE REGISTRATION NOW OPEN

PLAYERS, COACHES, REFEREES, FIRST AIDERS, TEAM MANAGERS  
& CLUB OPERATIONS MANAGERS AND LEADS



### STEP 1

#### BEFORE REGISTRATION

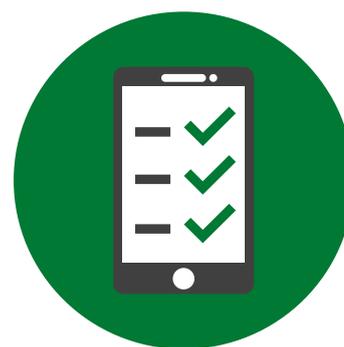
Prior to registration, please complete the mandatory World Rugby Covid-19 module



### STEP 2

#### REGISTRATION

WRU Community online registration now open via [wrugamelocker.wales](https://www.wrugamelocker.wales)



### STEP 3

#### AFTER REGISTRATION

Once registration is completed, please access your WRU Game Locker account before training and playing to complete the Covid-19 symptom checklist

**STAY SAFE. FOLLOW THE GUIDELINES. ENJOY YOUR SAFE RETURN TO RUGBY.**

## Medical

**Q. As a Physio, will I need to attend every session to do symptom checks and log these?**

A. The Symptom check is not necessarily the role of the club Medic / Physio / Sports therapist to collate.

**Q. In terms of treatment, are we saying it's injury management on a training night only? or can rehabilitation take place for those trained to do this if wearing appropriate PPE?**

A. Yes rehabilitation can take place as long as social distancing is maintained.

**Q. Players will obviously ask about massage and we have a massage therapists, are we to discourage this entirely or are our massage therapists allowed to continue with L1 PPE for below torso and L2 PPE for torso?**

A. Treatment should be minimised to what is really essential. When then undertaking essential treatment a decision needs to be made on what PPE is required dependent upon on the area of body e.g. Level 1 for lower limb, Level 2 for torso / upper limb.

**Q. If strapping a player before training or a game, does the player also wear an L1 mask?**

A. This is not a requirement for the player, but should they wish to do so it would be perfectly reasonable.

**Q. Can you please confirm if qualified medical staff need to be at all training sessions for all ages groups as well as seniors (over 18's)?**

A. First Aiders will be required to attend training sessions as per usual standards.

**Q. Will we have testing kits supplied?**

A. Testing in the community game will only be undertaken as per other aspects of community life under the guidance of Public Health Wales.

**Q. During training sessions, how is it envisaged that First Aid should be administered if it was needed?**

A. We will provide guidance as to the level of PPE required here.

<https://www.wrugamelocker.wales/en/resources-and-videos/resources/return-to-rugby/>

**Q. Will guidelines include recommendations around first aid and other club activities i.e. post-match food etc?**

A. Yes this will be covered in the Guidelines and procedures document.

**Q. What is the position with first aid certificates, as some of our First Aider's certificates will expire shortly. Are they going to be able to continue being the team first aiders?**

A. As indicated in previous webinars HSE has extended First Aid certification until 30 Sept, however those who need recertification should be actively seeking to renew as soon as is feasible.

**Q. Are you liaising with hospitals for A&E access for when we return to play?**

A. We are liaising with Welsh government who are monitoring the workload of hospitals.

**Q. Do we have dates that we can book first aid courses, we have some new volunteers that are keen to step up in this role**

A. Yes you are able to book First Aid Courses, please contact Clive Chard cchard@wru.wales

**Q. In the event of a report of a positive test what do we need to do?**

A. We would advise that they follow the advice of Public Health Wales Test, Trace Protect process. People will only need to self-isolate if they are defined as a close contact and then advised to do so by Public Health Wales. The chances of anyone being a close contact are low as the whole point of the social distancing in training is to avoid that, and training being outdoors would reduce risk. If anyone believes that they might be a close contact (have been within 1metre for 1min or 2 metres for 15 minutes) then they should stay away from the club just out of precaution until confirmation is made by PHW on who are the close contacts.

# CONTACT TRACING & ISOLATING



## WHAT IF THERE IS A CONFIRMED CASE?



PHW will then enact Test, Trace, Protect



Only those who are identified as close contacts will need to self isolate for 14 days.



Members of that persons family will not need to self isolate (A contact of a contact)



Unless – they become symptomatic and would then need to follow the same guidelines (Test, Trace, Protect and self isolation for 14 days).

<h2>WHAT IS A CONTACT?</h2> 	<h2>WHEN TO ISOLATE</h2> 
<p>Individuals that test positive for coronavirus will be asked by PHW to share details of close contacts with whom they may have been in close proximity on any occasion for the previous 2 days including:</p> <ul style="list-style-type: none"><li>Someone within 1 metre of you with whom you have had a face-to-face-conversation, had skin-to-skin physical contact, you have coughed on, or had other forms of contact within 1 metre for 1 minute or longer</li><li>Someone within 2 metres of you for more than 15 minutes</li><li>Someone you have travelled in a vehicle with - or seated near you in public transport</li></ul>	<ul style="list-style-type: none"><li>Only required if an individual is confirmed as a close contact with someone who has coronavirus by PHW.</li><li>That individual is then required to self-isolate for 14 days.</li><li>A contact of a contact is NOT required to self isolate e.g. members of the family</li><li>BUT should continue to monitor if any symptoms arise.</li><li>Should symptoms arise then they should contact PHW and start Test, Trace, Protect procedure.</li></ul>



# MANAGEMENT OF ILLNESS OR SUSPECTED COVID-19 CASES

This document aims to set out some simple guidance for clubs on how to respond to a confirmed positive Covid-19 case. As with all Return to Rugby information, this guidance is in line with Public Health Wales guidance and is subject to change at any time.

## STEP 1



**RECOGNISE;** Each Club should at each of its facilities implement a suitable system such that all individuals (whether Players, Club Coaches, Club Support Staff or otherwise) visiting the facility who subsequently exhibit symptoms of Covid-19 should notify the Club's Operations manager and/or relevant Operational leads, and appropriate steps are then taken to assist the relevant public health and/or government authorities in contact tracing and Covid-19 testing where available.



**REPORT;** Each relevant individual (whether Player, Club Coach, Club Support Staff or otherwise) should, if symptoms of Covid-19 (high temperature or fever, a new continuous cough, a new unexplained shortness of breath, and a loss of smell or taste) present while at work, inform a medical practitioner and/or the Club Operations Manager.



**ISOLATE;** Where an individual exhibits symptoms of Covid-19 while at work, the Club should direct the individual to a suitable isolation area or to leave the facility, in either case without making contact with other individuals, surfaces or objects. Each Club should ensure that all isolation rooms, when vacated, are thoroughly cleaned in accordance with all instruction from relevant public health and/or government authorities.

## STEP 2



**CONTACT TRACING;** under government guidance all individuals should support the Test, Trace, Protect strategy to undertake effective contact tracing informing those to self-isolate where required to do so by government guidelines. For further information, see documents on [this link \(Test, Trace, Protect\)](#).



**INFORM;** Club Operation Manager to inform the WRU Safeguarding team [jrogers@wru.wales](mailto:jrogers@wru.wales) that there has been a case within the club.



**SUPPORT;** WRU will offer support to the club and assist the club in the process of contact tracing and guidance on postponing fixtures where required.

## STEP 3



**MEET;** Club to convene an emergency meeting involving Club Operations Manager, Club Secretary and all Club Operations Leads to inform of the situation and assist with Test, Trace, Protect if required.



**REVIEW;** Club to undertake a review of all risk assessments and take appropriate action before resuming any club activity (in line with Public Health Wales Guidance). This may include extra cleaning of specific areas and equipment.