



Rosslyn  
Park FC

To: All RPFC Age Group Coaches & Parent Volunteers

# ROSSLYN PARK SAFEGUARDING BULLETIN MARCH 2021

## SAFEGUARDING

The RFU has recently announced that from Monday 29<sup>th</sup> March, we will be able to resume training and subject to each step on the Governments roadmap being achieved, progress towards contact fixtures and a potential full season beginning September 2021.

As we approach the time to welcome players and coaches back to training, the following are the key dates and activities that we all need to adhere to:

### Age grade rugby for season 2020/2021:

- **Across all stages:**
  - Adherence to the coach to player ratio relative to each age grade level is imperative
    - U7 1:6
    - U8 1:8
    - U9-U18 1:10
    - Adult 1:15
  - Track and Trace activities must continue including **the below attestation to be included in all training invites** sent to parents/players:
    - By accepting this invite you attest that neither yourself or anyone in your household currently have:
      - A high temperature;
      - A new continuous cough
      - An unusual shortness of breath during exercise or rest
      - A loss of or change in normal sense of taste or smell
      - Been in personal contact with a COVID-19 confirmed or suspected case in last 10 days
      - Reported or exhibited any of symptoms outline

- To isolate or quarantine following overseas travel
  - Been in close contact with/travel from a high risk region / living with a suspected or confirmed case of COVID-19 in last 10 days
- Regular breaks in training to allow sanitisation of balls and equipment (recommended every 15mins)
- All touring has been suspended until further notice
- All rugby camps need to be approved by the Constituent Bodies (Surrey & Middlesex RU)
- Coaches and players remaining social distanced during breaks
- Players clean hands and equipment after contact skills training
- Parents and carers remain social distanced at all times.
- **Stage D1 - From 29<sup>th</sup> March:**
  - U7's & U8's -Tag & Touch training and matches are permitted within the club and against other clubs
  - U9 & U18's – Touch, Tag and Ready4Rugby training and matches are permitted within the club and against other clubs
  - Contact training (excluding scrums and mauls) are permitted for a maximum of 20 minutes, but initial recommendations in first couple of weeks is 10 minutes to enable individuals to re-build strength and reduce chance of injury
  - Players to avoid face-to-face exposure of more than 3 seconds
  - Maximum group restrictions have been replaced with max coach to player ratio
- **Stage D2 - From 26<sup>th</sup> April:**
  - Age grade community rugby to move to Stage D2 on the Rugby Roadmap
  - Maximum 20 minutes of contact (excluding scrums and mauls)
  - Matches permitted with adapted laws against other clubs
  - Matches are not obligatory, remain at club and individual's choice when feel ready to return to contact rugby. Ready4Rugby, Touch & Tag can still be played if preferred
- **Stage E1 - From no earlier than 17<sup>th</sup> May:**
  - Dependent upon Government Roadmap moving to Step 3
  - Community rugby to progress to Stage E1
  - Full contact training permitted (including scrums and mauls)
- **Stage E2 - From 2 weeks after Stage E1 introduced but no earlier than 31<sup>st</sup> May:**
  - Adult rugby moves to Stage E2
  - Current age grade season ends on Monday 31<sup>st</sup> May
  - Age grade out of season regulations suspended for 2021 and replaced with ranged of permitted non-contact and contact training & playing – awaiting full details from RFU
  - Some off-field restrictions likely to still apply

#### **Age grade rugby for season 2021/2022:**

- Adult and Age Grade competitions are currently expected to start in September as normal, under full laws
- Shift to next set of age group rules is delayed until Saturday 1<sup>st</sup> Jan 2022:
  - E.g U10's in 2021-22 will play U9 rules up to the Christmas break 2021, U10 rules in the New Year 2022.
  - No dispensation will be given for any U17 player to play adult rugby before 1<sup>st</sup> Jan 2022

Whilst these steps provide a considerable step forward it does bring its own considerations that all coaches, across all age grades need to keep in mind:

- Players have been in lockdown for approximately 14 weeks with limited opportunity for exercise and fitness levels are likely to be extremely low and will need to be re-built.
- There is a window of 28 days between resumption of training and beginning of matches, not very long to build up fitness
- There is 56 weeks to end of 2021/22 season!
- RFU suggest max 10 mins of contact per session in early weeks building up to the 20mins
- Flexibility required as different players will return at different rates
- Potentially running low intensity session to begin

The considerations are for each age-grade lead to factor into their session planning for the remainder of the season.

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