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1. INTRODUCTION

This document establishes the approach Scotland Rugby League (SRL) are taking for the sports practical return to Wheelchair Rugby League and the training environment within Step 2B of the Scottish Governments (SG) guidelines on resumption of performance sport which relates to the introduction of **close contact indoor training**, which builds on the step 1 guidance. The guidance below applies to all athletes and essential members of staff within SRL to facilitate successful training programmes and sessions. Athletes within SRL are defined as “Performance Athletes” as they fall into the defined categories provided in the Phase 3 Step 2B guidance from **sportscotland**.

1. Athletes who are:

3. *Athletes from territories in the British Isles who are senior representatives or on senior training squads (i.e. those not classified by age group) for the Rugby League World Cup 2021.*

SRL cannot stress enough the importance that the protocols and processes included in this document **MUST** be followed by everyone to ensure that everyone is kept as safe as possible on return to training (RTT) and to mitigate against the risks of potential transmission within the training environment. SRL also expects everyone returning to training to be following the latest SG Guidance on a daily basis, outside of the environment, in order to control the spread of the virus. More information on the up to date guidance can be found [here](#).

This guidance is written with the following in mind:

- Minimisation of COVID-19 health risks to athletes, coaching staff and support personnel
- Delivery of safe resumption of organised training activities
- Compliance with prevailing SG advice regarding pandemic control measures
- Establish a process that supports SG Guidelines through the Four Phases of 'Return' based on the following:



Fundamental to the SRL Return to Training Plan, is an in-depth Venue Risk Assessment and risk mitigation process. (Appendix 1a and Appendix 1b) The risk assessment is based on standards and guidelines by Public Health Scotland (PHS) and where appropriate, link to guidance set out by the SG “Resumption of Performance Sport” documentation.

The remainder of this document sets out the risk mitigation steps taken by SRL to enable a return to group training for identified performance athletes. SRL is confident that the following information and appendices provide appropriate evidence of how a safe return to training will be possible. SRL have also investigated any abnormal costs that may arise due to accessing facilities and require no mitigating circumstances in relation to this. This will be reviewed weekly with each venue and checked when periods of restrictions to the wider community change. Venues that are accessed by SRL have agreed to operate where they are able to comply with law, current Scottish Government and Public Health Scotland advice and all the normal essential insurance cover that is required to run the facilities are in place and remain valid. To ensure this remains valid there will be joint steps put in place by the facility and SRL to ensure that behavioural practice of close contact in Step 2B are confined to the training environment only (these steps are detailed within this documents and Risk Assessment Appendix 1a). Behaviors of athletes will be continually monitored during gradual increase in return to contact during training to ensure that all mitigations continue to be fully adhered to.

Wheelchair Rugby League Return to Training Guidance – Step 2b

Integral to the safe return and oversight of facility safety and athlete health and well-being are a Scotland Wheelchair COVID-19 Officer (Appendix 2), a SRL COVID-19 Medical Officer (Appendix 3) and a Facility specific COVID-19 Officer, details in venue Risk Assessment. Please see below key responsibilities of SRL COVID-19 officers:

Scotland Wheelchair COVID-19 Officer – Peter Lewis

Responsibilities:

- Oversight of Risk Assessments and will link closely with the Venue COVID-19 Officer **Darren Foy**.
 - The Venue COVID-19 Officer will be the main point of contact for all COVID-19 related matters on site. When the main point of contact is not available, the venue will appoint a designated staff member
 - The Venue COVID-19 Officer role profile can be found in Appendix 1c
 - Weekly meetings with Venue COVID-19 Officer to share updated Risk Assessments.
- Ensuring the necessary level of risk mitigations are in place, again linking with venue COVID-19 officer/s
- Ensuring that any partners can adhere to their guidance responsibilities
- Have a regular physical appearance on site to enable monitoring of SRL Return To Training implementations
- Inform Head Coach about changes in SRL Return to Training Plan implementation to ensure compliance in all sessions. Info will be updated based on facility updates from the venue COVID-19 officer.
- Attend COVID-19 Officer training provided on-line by **sportscotland**
- The COVID-19 Officer will attend all Wheelchair training sessions
- Share SRL Return to Performance Training plan and Risk assessment with the other users of the space through the venue COVID-19 Officer.

Scotland Rugby League COVID-19 Medical Officers – Chris Quinn and Dr Andrew Hogg

Responsibilities:

- Lead on ensuring any suspected or confirmed COVID-19 cases are managed in line with the SRL COVID-19 case management protocols and current Government guidance
- Have medical oversight of the return to training of any athletes with suspected or confirmed cases of COVID-19
- Support the appropriate SRL COVID-19 Officer with any medical aspects of the risk

In addition to the key roles above, Scotland Rugby League's approach to staffing within the centre is based on ensuring minimum but necessary levels are calculated to balance training need, distancing protocols and safety, thus reducing risk of burden to the NHS and that this will be in line with SG recommendations. DAAC assure that their facility use will in no way limit the facilities' ability to support the NHS or key workers.

SRL staff will also ensure the appropriate level of medical staffing is available to manage any injuries and illness in training while also meeting the demands of any COVID-19 symptom screening. SRL medical staff (Chris Quinn) will be responsible for on the day emergency first aid in the venue and there will be venue first aiders available. All first aid personnel will be provided additional training specifically related to COVID-19 and the risks involved.

There will be 1-3 coaches and 20-30 athletes per training session, this limit is in line with capacity numbers for the venue (30 people per court). Athletes will be divided into smaller groups to reduce their risk of exposure (further details can be found in Appendix 1A).

The SRL COVID-19 Officer or the Coach will be on-site to ensure compliance and will attend the training venue to maintain oversight of the plan. They will also be responsible for conducting athlete profiling on entry to the facility (see Wheelchair Rugby League COVID-19 Daily Training Venue Checking process in Appendix 4, Wheelchair Rugby League Athlete & Staff Monitoring Process in Appendix 5).

Wheelchair Rugby League Return to Training Guidance – Step 2b

Appropriate Personal Protective Equipment (PPE) will be provided by SRL for coaching staff and the designated COVID-19 Officer. (Wheelchair Rugby League COVID-19 PPE Appendix 6 & Wheelchair Rugby League PPE & Cleaning Technical Document Appendix 7).

All of the above will take cognisance of the fact that the total number of athletes plus staff does not exceed the maximum allowable number for the centre as outlined within this document and the venue risk assessment.

Medical provision has been established as part of the risk assessment, SRL are confident this meets the needs of the sport while minimising any potential impact on the NHS. Physiotherapy and medical consultations will continue to be delivered remotely and in line with Scotland Rugby League processes.

Athletes and staff will continue to follow SG guidelines in regard to illness and injury. In the event of injury or illness then this would only be provided using the appropriate PPE and following the appropriate cleaning requirements.

2. KEY GENERAL PRINCIPLES

- 2.1 Medical Review Meeting** - Athletes must be physically & mentally ready to engage in RTT– this meeting will be conducted by the assigned SRL COVID-19 Medical Officer prior to any athletes return to training (Wheelchair Rugby League COVID-19 Medical Questionnaire Process for Clinical staff in Appendix 8). For SRL staff this will be carried out by Line Management.
- 2.2 Opt-In/Opt-Out** - All athletes and SRL staff will be asked to formally opt in to RTT – athletes/staff can decide not to opt in having been fully appraised of protocols, risks & mitigation in place and can do this at any time. A SRL nominated staff member (Chris Quinn) will complete 1:1s with all athletes prior to a formal decision being made on RTT. For SRL staff this will be carried out by Line Management. Anyone who feels they are unable to follow the protocols and guidelines outlined within this document, should discuss this at their RTT Opt-in/Opt-Out 1:1 meeting with the Head Coach or Scotland Wheelchair COVID-19 Officer. Consent to opt-in to training will be done in writing, athletes / staff will have the ability to opt-out at any time without any consequences and should do so by contacting the Coach / Line Manager N.B Opt-in means agreeing to adhere to all SG guidelines outside of the training environment, breaching of these will undermine all the safety protocols in place and put at risk everyone else within the training environment (Wheelchair Rugby League Performance Athlete Opt-In Appendix 9 & Wheelchair Rugby League Staff Opt-In Appendix 10). Please also see appendix 16 for Athlete and Staff Venue Presentation.
- 2.3 Managing Athletes/Staff who are deemed clinically vulnerable** - Athletes or staff deemed 'clinically extremely vulnerable' will be required to continue to follow SG advice, this will be identified during 1:1 meetings with Medical and or performance opt in discussions.
- 2.4 'Enter, train, leave'** – this means no meetings/social gatherings permitted, arriving ready to start session and departing without delay at the end. Athlete households will be given specific arrival times in order to avoid queues for daily checks.
- 2.5 Communication** - SRL will provide updates on guidance based on any changes in SG advice and confirmed operability within each venue. To better facilitate training for multiple parties that may use the venue, the operators will facilitate communication and collaboration between COVID-19 Officers to ensure there are no conflicts within plans.
- 2.6 Adherence** – Any individual found to be not following guidance will be removed from the training environment until such time as they agree they are able to follow the guidelines set out both by SG and that has been communicated by SRL
- 2.7 Social Distancing** - Must be followed at all times (retaining 2m distancing) whilst on site other than during technical training as delivered by the coaching team and as deemed necessary within Step 2B of RTT. Markings on the floor in games halls to encourage 2m social distancing

N.B Social distancing must be followed at all other times and outside of being at the training venue

3. GENERAL INFORMATION FOR ATHLETES/STAFF

3.1 Scotland Rugby League & SG Guidelines

- SRL staff and athletes will attend online presentation of *venue* protocols prior to first sessions (Appendix 16)
- SRL staff and athletes will be asked to declare any COVID-19 vulnerability for both themselves and their household during the 1:1 meeting
- The 1:1 with the SRL COVID-19 Medical Officer will enable further discussion of the associated risks and subsequent action required, which will be in line with SG advice on clinically vulnerable individuals
- All SRL staff and athletes will require clearance from SRL COVID-19 Medical Officer before returning to the training environment
- Athletes or staff deemed 'clinically extremely vulnerable' will be required to continue to follow SG advice.
- Athletes / staff must travel to / from training alone or with members of the same household only, preferably by car, bike, or walking. Use of public transport is not advised and should be discussed and advice provided prior to use if this is the only option
- Social distancing must always be followed (minimum of 2m) whilst on site and during training other than as part of planned and risk assessed technical training – *courts to be used as per schematics in Appendix 18 with allocated groups in Appendix 19. N.B Social distancing **MUST** also always be followed away from the training environment.*
- All those entering the training environment must be following the SG guidance regards Coronavirus – latest guidance can be found [here](#)
- All athletes/staff returning to training are also expected to be following the latest SG guidance daily, outside of the environment, in order to control the spread of the virus. Anyone purposely not following the guidance will not be allowed access to the training environment
- All athletes taking part in the training are advised to reside in their primary residence (as per SG guidelines)
- PPE guidance to be followed by Coaching / SIS staff at all times within the training venue i.e. coaches to wear face masks for duration of the session
- It will be **MANDATORY** to wear a face covering on entering and exiting the training environment
- A face covering can be a disposable face mask (non-clinical grade) or a specific material covering
- *A maximum of 30 Athletes and 1-3 Coaches and the necessary medical and support staff will be in the hall at any time.*
- Over a training week, athletes will always practice with the same training group, same athletes on the courts next to each other and the same coach/es

3.2 Cleaning/Hygiene

- SRL will liaise with the facility operator to follow the PHS Guidance COVID-19 – Cleaning in non-healthcare settings prior to RTT and during use of facility and this will be detailed in Appendix 17a and Appendix 17b
- If we move to additional training groups i.e one after the other then the COVID-19 Officer will be responsible for cleaning the area and time will be set aside to allow this.
- SRL will not be the sole user of the facility and as such have liaised with facility operators to ensure that deep cleaning between groups is in place and in line with PHS Guidance COVID-19 – Cleaning in non-healthcare settings (please see Appendix 1a and 17b)
- Frequent and effective hand washing (20 seconds) using hand sanitiser available. Athletes **MUST** also bring own Hand Sanitiser, to minimise any risk before entry, during and on exit from session
- When using toilets all touch points in the toilet will be required to be cleaned using anti-bacterial wipes before leaving along with any other touch points

Wheelchair Rugby League Return to Training Guidance – Step 2b

- All kit, post training should be washed separately to all other clothing. Please follow the guidance given in 'After Training' in Section 5.5 below

3.3 Daily Medical Screening

In order to mitigate risk, SRL will carry out screening for those attending training. This screening will include the following:

- Complete the **NHS Inform COVID-19 Symptoms assessment** prior to arrival at the venue. Athletes must screenshot their result and provide this on arrival to the venue. **FAILURE TO DO SO WILL RESULT IN BEING REFUSED ENTRY TO THE CENTRE**
- If the result suggests self-isolation, you **MUST NOT** travel to the venue that day to train and should contact the SRL COVID-19 Officer to discuss next steps (also see Appendix 11)
- A temperature check will be taken on arrival at the entrance by the SRL COVID-19 Officer or Medical team
- Records will be maintained for Test and Protect purposes, managed by the Wheelchair Rugby League COVID-19 Officer
- Wheelchair Rugby League will have athletes requiring support with complex impairments and therefore may require carers to be in attendance at training venues
- If you are attending a second session that day you are **NOT** required to complete the questionnaire again, however, should you display any of the symptoms listed prior to travel you should not attend
- To support SRL's meticulous, time and date sensitive, written records of athlete groups and interactions, the Test & Protect procedures will be mandatory for all involved in the venue

3.4 Entry/Exit Protocols

- Athletes will be given specific times to arrive to ensure that social distancing and hygiene factors can be adhered to ([see Appendix 19](#))
- All athletes and staff will enter through the ramped entrance to the Sports Hall (see Appendix 1d)
- On arrival and throughout the venue signage will include direction to wash hands regularly and to wear face masks during movement through the venue.
- There will also be signage throughout directing athletes through the designated one way system to travel through the venue
- All athletes and staff will exit through the fire exits directly connected to the training area.

3.5 Equipment

- Athletes must bring all the necessary equipment for the session. List of equipment suggested e.g. towel, water bottle(s) (no refills available), hand sanitiser, face masks etc
- Personal equipment must be cleaned with anti-viral wipes or solution before and after use
- No equipment is to be shared between athletes the only exception to this will be rugby balls, tags, these will be provided by SRL, (Wheelchair Rugby League Equipment Sharing and Mitigation) rugby balls will be swapped out every 30 minutes and cleaned after the session is completed by either the COVID-19 officer or Coaching staff as per Appendix 15.
- Personal equipment must not be stored at the training venue.

3.6 Medical Principles to Note

- All staff/athletes **MUST** complete Daily Medical Screening prior to every session
- Should any support staff be required within the training environment, SRL will ensure that all staff operate to the minimum standards of practice to ensure professional body endorsement and professional indemnity insurances required are still valid
- If a player feels unwell, they should stay at home and inform the Coach, Scotland Wheelchair COVID-19 Officer and SRL COVID-19 Medical Officer

Wheelchair Rugby League Return to Training Guidance – Step 2b

- Should a known or suspected COVID-19 case occur in the training environment (or an individual be identified as a contact of a known case) the individual/s in question should be placed in isolation and follow the Health Protection Scotland (HPS) and Scottish Government guidelines. The SRL COVID-19 Medical Officer should be informed at the first opportunity if not involved with identifying and isolating the case at the training venue. The athlete/staff member will then be managed as per the 'SRL COVID-19 Venue Illness Management Process' (Appendix 11)
- Athletes who are returning to the training environment from isolation due to suspected or confirmed cases of COVID-19 or other COVID-19 related reasons must only do so under the direction of and with clearance from the SRL COVID-19 Medical Officer, who will be familiar with the emerging evidence related to post-COVID-19 pathology and following the most up to date return to training steps. This should include a check-up with an appropriate medical officer before re-engaging with the training environment. This process is outlined in the 'SRL COVID-19 – Athlete Returning to Training process' (Appendix 12) & HCSI COVID Graduated Return to Sport Protocol (Appendix 14)
- Staff involved in Step 2B, who are returning to the training environment from isolation due to suspected or confirmed cases of COVID-19 or other COVID-19 related reasons must gain medical clearance from their GP and Line Manager. Please see Appendix 13 - SRL Staff Returning from COVID-19 Illness Guidance
- SRL will ensure the COVID-19 Officer is within the premises during the time of training to meet the demands of any COVID-19 symptom screening. Any staff that are first aid trained will manage any injuries and illness in training, collaborating with the SRL COVID-19 Officer when involving suspected cases. **N.B** A First Aider will always be on-site and will maintain social distancing in all but extreme cases
- SRL will ensure local emergency medical cover/assistance can be accessed in the event of a potential life or limb threatening injury requiring immediate extrication and urgent medical care or hospitalisation.
- Venue has established first aid protocols, and has appropriate access for emergency vehicles

3.7 Use of Facilities within Training Venue

- There will be no use of the changing or showering facilities, athletes should come changed and ready to train in line with the Key General Principle '**Enter, train, leave**'
- Toilets will be available; to ensure of everyone's safety athletes should ensure they do the following:
 - Only one player will be allowed to leave the hall for the toilet at a time. If the toilet is engaged, please wait inside the hall allowing for social distancing to be maintained when the person re-enters the hall
 - Before leaving the toilet athletes/staff must wipe all touch points with their own anti-bacterial wipes before use along with any other touch points

3.8 Training Content Monitoring and Planning

- Decisions on training content and delivery will be a priority consideration to minimise the injury and illness risk to athletes and as such the burden on the NHS and will also meet social distancing guidelines.
- There will be a phased approach which is regularly assessed through continued review between coaches and athletes.
- This will take the form of a build-up period until capacity for full training is safely restored.
- Progression steps will be taken in line with discussions at weekly/monthly meetings with support staff and Scotland Rugby League.
- Athletes will continue to receive targeted advice on areas appropriate for nutrition, recovery and training load management in order to optimise engagement
- Any updates to protocols around training, prioritisation of access to venues and any necessary risk mitigation steps to athletes and their home support network (e.g. parents) will be communicated early and regularly

The training protocol for a gradual return to full training is as follows:

Athletes will engage with a progressive, gradual return to full training. This is to ensure a safe progression from Step 1 of guidance from the Scottish Government and to maximise the safety of all involved with the return of SRL to practice. At times coaches may need to get within 2 meters to demonstrate a play/move to the players, where this is required the coach must wear a face covering. This will not be permitted in the initial phases of return to training. Following continued assessment, SRL coaches will introduce this in a safe and methodical fashion. When needing to breach the 2 metre distancing guidance, coaches will wear the Appropriate PPE for protection (Appendix 7)

3.9. Testing & Implications

- Athletes will be given further information via the Venue Athlete and Staff Venue Presentation (appendix 16) on the impact of positive tests for COVID-19 for both athletes and staff
- SRL are legally required to engage with Test & Protect procedures in line with SG requirements
- SRL athletes will be informed of the situations involving COVID-19 testing, including the need to self-isolate for 14 days if an individual they have been in close contact with contracts COVID-19
- SRL Athletes will also be provided with information on the correct protocol to return to training after a positive test (Appendix 12 & 14)

4. ON COURT

4.1. Allocation & What to Bring

As one of the risk mitigation strategies, athletes will be assigned an area of court for the duration of this training stage (Appendix 19), **which they will responsible for cleaning at the end of every session.**

Athletes must bring the following to all sessions:

- Enough drinks for the whole session, no refills will be available at the venue
- Own snacks
- Anti-bacterial hand gel
- Own towel

4.2 Layout to Maintain Social Distancing

- All athletes to arrive and exit the facility wearing face coverings. All athletes must follow a one-way system from the sports hall entrance to participate. Signage throughout will guide the athletes to their appropriate entrance and exit points. The specific layout all will adhere to for entering the Hall is presented in Appendix 16.
- Athletes will enter the Hall through the designated entrance, exit through the designated exit. Athletes will maintain social distancing at all times while moving through the venue, 2m markings are on the floor to help with this.
- Each athlete will be assigned a space as their own to keep personal belongings (these will be placed 2m apart)
- The athletes will go directly to their space upon entering the Hall
- Each group will have their own cleaning station which will have a bin bag and anti-bacterial wipes
- There will be a designated medical station courtside which will be the storage and disposal point of PPE.
- There will be a point of temperature testing highlighted in Appendix 1d and 16
- Toilets can be accessed via the entrance and exit point on the schematic and only one athlete may leave the court at a time ensuring, social distancing takes place

5. TRAINING PROTOCOLS FOR ATHLETES

5.1 Graduated Return To Play

- Please refer to Appendix 20 for the GRTP protocol for performance athletes

5.2 Before Training

- *Complete NHS Inform screening, taking screenshot of result to provide on arrival at training. **FAILURE TO DO SO WILL RESULT IN BEING REFUSED ENTRY TO THE CENTRE***
- SRL will prepare and supply all equipment, this is not to be shared throughout the session with the exception of *rugby balls, tags*, as per equipment sharing guidelines (please refer to Appendix 15)
- Please ensure you bring your face covering for use on entry/exit to the training venue
- Although the toilets will be in use movement around the hall will be limited therefore please bring enough water to keep adequately hydrated during the session
- Each athlete area will be marked for sole use and will be placed 2m away from others (these will be assigned to each athlete on arrival)
- No unnecessary tasks have to be carried out in the hall that could be done at home: *taping etc*
- Wash hands with soap for at least 20 secs before leaving home
- Go to the toilet prior to departure

5.3 Traveling to training:

- Athletes **MUST** travel to training venue by car either on own or with members of the same household only
- Athletes and staff should adhere to [SG guidelines](#) when travelling to and from the training venue
- Athletes and staff should not come within the 2m social distancing range of anyone outside their household when travelling to and from training
- If athletes arrive early, they should stay in their car until assigned training time
- Staff will be instructed to use their own transport for work activities
- Staff **MUST** avoid public transport where applicable and using alternatives e.g. cycling, walking to work etc
- Travel time and distance should be minimised where reasonable

5.4 Arriving at training:

- Training Venue checking process (see Appendix 4) will be undertaken at the entrance of the training venue by the Scotland Wheelchair COVID-19 Officer / Coach / Medical team
- Only those athletes who are deemed to be healthy both from Wheelchair Rugby League Training Screening Process and Training Venue profiling will be allowed to take part in the session.
- Each athlete's completion of the 'Wheelchair Rugby League Training Screening' will be checked by the Scotland Wheelchair COVID-19 Officer on site. If not completed athletes **WILL NOT BE ALLOWED ENTRY** to the environment
- The door to the Hall will remain open until all expected participants have arrived
- Athletes to arrive at allocated time, changed and ready to train (See Appendix 19)
- Athletes should go directly to the Hall, and will be assigned a specific area
- Athletes should not arrive at Venue until their allocated session start time and must not congregate in main street or any other corridors
- Players should make sure they do not come into contact with anyone else and physical distancing while outside the venue must be maintained at all times.
- A designated area for each athlete to place personal equipment will be provided at 2m spacing within the Hall, athletes should follow the specific entry point for their area as per plan.
- Court plan will be available on arrival for athlete's orientation.

Wheelchair Rugby League Return to Training Guidance – Step 2b

- Social distancing **MUST** always be maintained. Athletes will be required to wear a face mask until they arrive in their allocated training area.
- Hand sanitiser is available at the entrance to the courts and **MUST** be used

5.5 During training:

- Toilets at the training venue will be available for use in line with info provided in Section 3.7
- Hygiene guidance is to be followed at all times e.g. avoid touching eyes, nose, mouth and unwashed hands, cover coughs and sneezes with a tissue, and dispose of in a bin bag. Store in personal bag and wash hands immediately
- Clean hands regularly during the session with hand sanitiser – hands cleaned during any natural break in practice or as you feel appropriate. This will be provided every 30mins of each session where rugby balls will also be changed.
- Training group sizes can be found in Appendix 16 (pages 13-15) and Appendix 18
- Training modifications can be found in Appendix 16 (pages 12-15)
- Where possible and safe to do so outside doors will remain open to allow additional ventilation around the hall
- Athletes will be placed in groups prior to arriving at training and this will be communicated by the COVID-19 Officer through Appendix 19 being sent out to all players
- When not on court or in contested training practices please ensure you are maintaining 2m social distance.
- Use of rugby balls:
 - Each group will have their own set of rugby balls
 - These will be swapped out every 30 minutes
 - Used rugby balls will be cleaned at the end of the session (see Appendix 15)
- Warm up/cool down: athletes will only stay in their allocated area

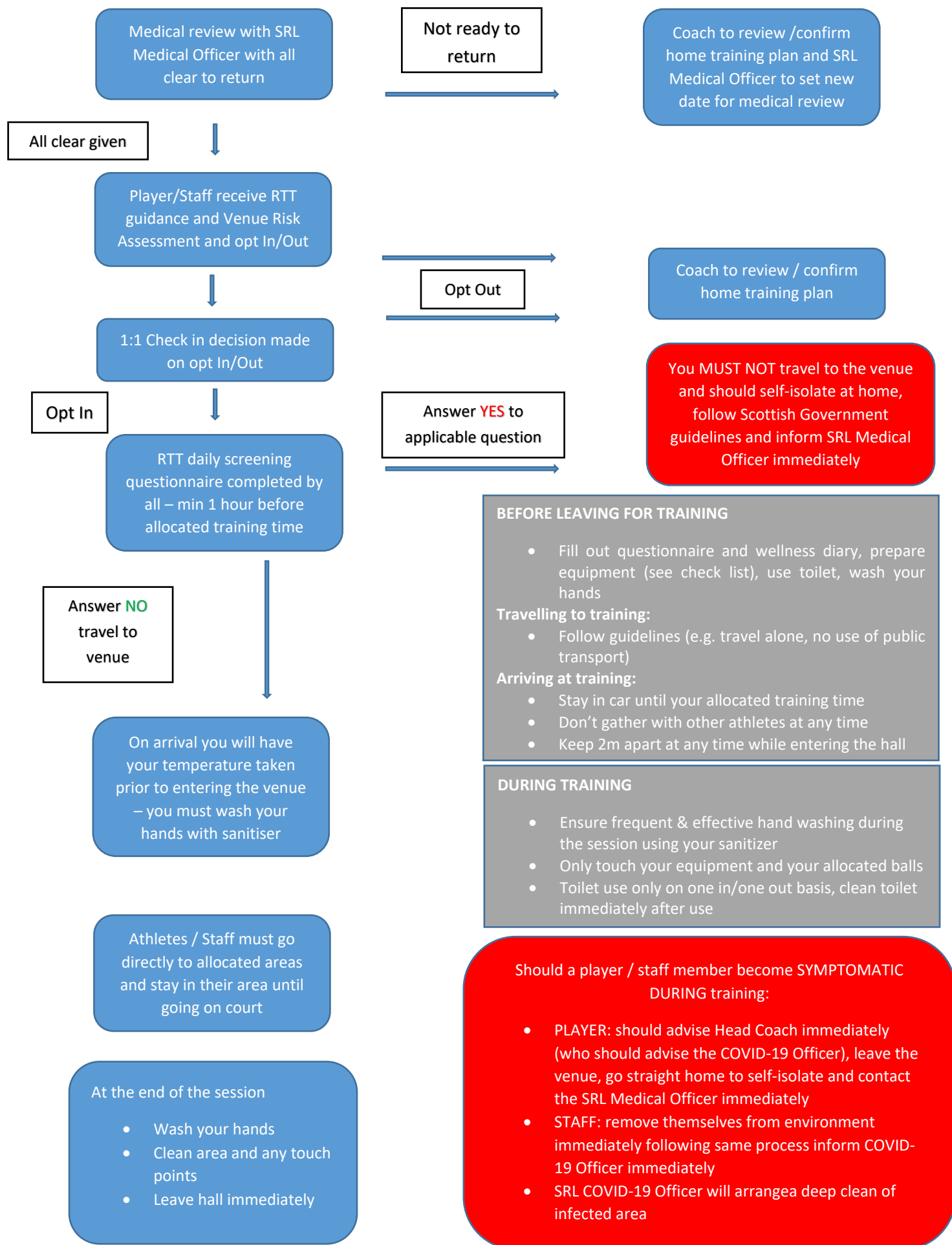
5.6 After training:

- All to use hand sanitiser after the session
- Changing will be done at home and not in the hall.
- Pack bag and get ready to leave without further hesitation
- All used equipment to be left to be cleaned by SRL COVID-19 officer
- Clean and disinfect any bench areas before leaving
- All to use hand sanitiser when exiting the hall
- Social distancing should be maintained when the session is over and exit will be directed by the Coach
- Wear masks when leaving the area after training
- Go home straight away. Do not socialise outside of the hall

5.7 After Each Session

- The chairs and auxiliary facilities will be cleaned by the venue operator following PHS Guidance COVID-19 – Cleaning in non-healthcare settings.
- Athletes will ensure any tissues/wipes are put in the bin bag provided
- SRL COVID-19 Officer or Head Coach will clean all used rugby balls, tags (see Appendix 15): Appropriate PPE will be used for this process (see appendix 7)
- All athletes and staff will sanitise their hands before leaving the court area

6. RETURN TO TRAINING FLOWCHART - Process/Protocols for Returning to Training.



7. APPENDICES:

- Appendix 1a: Wheelchair Rugby League Risk Assessment and Mitigation Plan
- Appendix 1b: DAAC Risk Assessment
- Appendix 1c: DAAC COVID-19 OFFICER role profile
- Appendix 1d: Venue Training Map
- Appendix 2: Wheelchair Rugby League COVID-19 Officer Role Profile
- Appendix 3: Wheelchair Rugby League COVID-19 Medical Officer Role Profile
- Appendix 4: Wheelchair Rugby League COVID-19 Daily Training Venue Checking process
- Appendix 5: Wheelchair Rugby League Athlete and Staff Monitoring process
- Appendix 6: Wheelchair Rugby League COVID-19 PPE
- Appendix 7: Wheelchair Rugby League PPE & Cleaning Technical Document
- Appendix 8: Wheelchair Rugby League COVID-19 Medical Questionnaire Process for Clinical Staff
- Appendix 9: Wheelchair Rugby League Performance Athlete Opt-In
- Appendix 10: Wheelchair Rugby League Staff Opt-In
- Appendix 11: Wheelchair Rugby League COVID-19 Venue Illness Management Process
- Appendix 12: Wheelchair Rugby League COVID-19 Athlete Returning to Training process
- Appendix 13: Wheelchair Rugby League Staff Returning from COVID illness guidance
- Appendix 14: HCSI COVID-19 Graduated Return to Sport protocol
- Appendix 15: Wheelchair Rugby League Equipment Sharing and Mitigation
- Appendix 16: Athlete and Staff venue presentation.
- Appendix 17a: Venue Cleaning Protocols
- Appendix 17b: DAAC NOP COVID-19
- Appendix 18: Wheelchair Rugby League Court Schematics
- Appendix 19: Wheelchair Rugby League Groupings
- Appendix 20: GRTP COVID19 infographic
- APPENDIX 21: COVID-19 Return to Training Medical Screening

FURTHER RESOURCES

In addition, please also see links to useful information which may help you in understanding and responding to the current situation.

[SCOTTISH GOVERNMENT: CORONAVIRUS IN SCOTLAND](#)

[NHS INFORM: CORONAVIRUS \(COVID 19\) IN SCOTLAND](#)

[HEALTH PROTECTION SCOTLAND: HAND HYGIENE](#)

[SPORTSCOTLAND INFORMATION: Coronavirus \(COVID-19\) information and resources](#)