

REDUCED RUGBY ACTIVITIES PERMITTED IN KILDARE

On August 8th 2020, the Government Of Ireland introduced a number of measures for residents of Kildare, Laois and Offaly to protect the vulnerable and stop the spread of COVID-19.

Those restrictions were lifted for residents of Laois and Offaly on August 21st.

Measures for those living in Kildare remain in place Sunday night September 6th. The situation will then be reviewed.

Travel and transport restrictions are in place. For the purpose of clarity, the IRFU is reminding residents of Kildare that they cannot travel outside their county for the purpose of amateur rugby training or matches or to attend a rugby club.

Travel to clubs in Kildare from outside these counties is also not permitted.

The Government of Ireland have also advised that while no sporting events or matches should take place, non-contact training outdoors in a maximum group of 15 people may continue.

Under IRFU guidelines, clubs in Kildare may only take part in reduced activities. There are changes to previous guidelines issued, in line with further detail issued by Sport Ireland on the practical implications of the guidelines of sporting organisations.

Summary of changes:

- Training can take place in multiple pods of 15 once sufficient space is available and strict public health protocols are in place
- For minis/U12 players, at least 2 coaches and a COVID-19 Club Compliance Officer must be present in each training group/pod of 15. A Coach may act as a COVID-19 Club Compliance Officer if already assigned the role
- For U12-Adult, COVID-19 Club Compliance Officer and at least one coach must be present in each training group/pod
- A Coach may act as a COVID-19 Club Compliance Officer if already assigned the role
- These restrictions also apply to all rugby activity in schools

Reduced Activities Permitted For Clubs In Kildare

- Full team training is not permitted
- Training can take place in multiple pods of 15 once sufficient space is available and strict public health protocols are in place
- Training Groups/Pods are limited to 15 people
- For minis/U12 players, at least 2 coaches and a COVID-19 Club Compliance Officer must be present in each training group/pod of 15
- For U12-Adult, COVID-19 Club Compliance Officer and at least one coach must be present in each training group/pod



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- A Coach may act as a COVID-19 Club Compliance Officer
- Face coverings should be worn by non-players
- Maintain social distancing at all times
- All gyms are required to close
- No sharing of equipment is allowed
- Individual fitness only
- Sharing/passing of rugby ball only permitted between members of same household
- Players may use own ball for closed skills e.g. kicking, throwing, pass to target
- Club Members must travel to training alone or with members of same household
- All clubs members must continue to complete a Pre-Rugby Personal Assessment Form before training
- Observe the IRFU's KNOW > SHOW > GO Guidelines

Public Health Measures:

As per government guidelines, all club members should continue to do the things that will protect yourself and others. This is the best way of interrupting the transmission of the virus:

- Frequent hand washing, cough and sneeze etiquette, avoid touching eyes, nose and mouth, regularly cleaning and disinfecting surfaces
- Keep a safe distance of 2 metres from other people, especially those not among your close contacts
- Minimise your number of close contacts as much as possible and keep a record of your daily contacts in order to facilitate rapid contact tracing if you are diagnosed with COVID-19
- Wear a face covering when using public transport, in retail settings or any other indoor setting where physical distancing cannot be maintained
- Know and self-monitor for the symptoms of COVID-19. If you have symptoms, you should self-isolate immediately and contact your GP without delay
- Download the COVID Tracker app
- Stay informed through trusted information sources and follow official public health advice

Kildare clubs: Athy RFC, Cill Dara RFC, Clane RFC, MU Barnhall RFC, Naas RFC, Newbridge RFC, North Kildare RFC.

These restrictions also apply to rugby activity in schools.





KEEP YOUR CLUB MATES SAFE



KNOW » **SHOW** » **GO**

KNOW YOUR ROLE
& RESPONSIBILITIES
IN PREVENTING
THE SPREAD OF
COVID-19

SHOW YOUR TEAM
MATES RESPECT WITH
SAFE BEHAVIOUR
AND BY CALLING OUT
UNSAFE BEHAVIOUR

GO HOME STRAIGHT
AFTER TRAINING TO
KEEP SAFE & ALLOW
YOUR TEAM MATES
TO TRAIN SAFELY



FOR MORE INFORMATION:

www.irishrugby.ie/returntorugby

www.hse.ie/covid19

www.publichealth.hscni.net/covid-19-coronavirus

