

## ENGLAND TOUCH RETURN TO PLAY: CHECKLIST DURING ACTIVITY

Who	What	Actions
Everyone (anyone who is attending any Touch related activity)	Summary	<ul style="list-style-type: none"> <li>• It is important that ALL participants adhere to the England Touch <a href="#">Code of Conduct</a> and enclosed COVID-19 Code of Conduct.</li> <li>• All activity should take place outdoors</li> <li>• Maximum of 30 participants per group on a single touch field, or half standard rugby field (or equivalent space). For smaller spaces please ensure you adjust activity and group size accordingly and reflect this in your risk assessment.</li> <li>• Sessions or matches should have regular breaks – at least every 15 minutes to ensure the ball and equipment can be cleaned and sanitised</li> <li>• All participants should remain socially distanced during breaks</li> <li>• Total duration of training should not exceed 75 minutes and the time spent in <b>medium risk</b> activity should not exceed 20 minutes in any one session. Matches can remain at 40 minutes.</li> <li>• Everyone should refrain from touching their faces</li> </ul>
Everyone (anyone who is attending any Touch related activity)	During breaks	<ul style="list-style-type: none"> <li>• All participants in touch activity and matches should remain socially distanced during breaks during and after activity</li> <li>• All participants should bring their own water bottles, towels and sanitiser (min 60% alcohol content). The sharing of water bottles, towels, clothing or other items is not permitted.</li> </ul>
Everyone (anyone who is attending any Touch related activity)	Use of equipment	<ul style="list-style-type: none"> <li>• Equipment sharing should be minimised with only essential equipment shared at appropriate stages of return to play</li> <li>• Where possible use existing lines or temporary line marking to mark out pitches to avoid unnecessary use of cones. Cones should be put out and collected by the same person on each pitch, preferably by the coach or official</li> <li>• Where possible players should arrive in washed kit ready to train, or play. Kit should be taken home and washed following activity.</li> <li>• If bibs, or vests are needed for activity, they should be allocated to a player at the start of the activity and for the duration of the session and must not be shared in any instance. The person collecting the bibs/vests must wash/sanitise their hands after doing so.</li> <li>• All bibs/vests must be cleaned after each use.</li> </ul>



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		<ul style="list-style-type: none"><li>• Pitch checks should be carried out by the coaches before activity commences. If any goal post protectors are needed these should be cleaned after each activity.</li><li>• Team water bottles should not be used and strapping, or tape should not be shared</li><li>• Any other equipment used should be cleaned after each individual use.</li><li>• In matches, at least two balls should be available for play, but balls should be kept with a group/field and cleaned and sanitised before, during and after each activity.</li><li>• Either a bucket with clean water and soap, or equivalent sanitiser or cleaning equipment, should be available for each group or field. Towels to dry the balls and hand sanitiser (min 60% alcohol) for the person washing the balls should be available</li><li>• In matches, the ball should be replaced for a clean one at every opportunity, at least following the scoring of a try. The previous ball should be sanitised ready for reintroduction.</li><li>• If there is a no natural stoppage after a maximum period of 15 minutes, the coach or official should temporarily call time off whilst the ball is cleaned or changed for a clean one.</li></ul>
Officials, Coaches and League operators	Juniors and safeguarding	<ul style="list-style-type: none"><li>• Anyone coaching, officiating, or who is responsible for juniors in activity should ensure they adhere to England Touch regulations, including our <a href="#">safeguarding and welfare policies</a></li></ul>
Officials, Coaches and League operators	Planning and delivering activity	<ul style="list-style-type: none"><li>• All coaches are to complete a COVID-19 coaching risk assessment before activity</li><li>• Ensure the pitch area is correctly marked out and safe to use prior to activity with a minimum of half a pitch per 30 participants</li><li>• Consider how to instruct, demonstrate and feedback to players in a way that adheres to social distancing guidelines</li><li>• Manage activity time and matches so no period of training activity last more than 15 minutes without the ball being cleaned or changed for a clean one and players cleaning and sanitising.</li><li>• Design sessions that follow the current guidance and regulations.</li><li>• Remind participants to maintain social distancing in the transition between activities or during rest periods.</li><li>• Clean any equipment after each use.</li><li>• Refrain from shouting where possible.</li></ul>

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Officials	Officiating activity and matches	<ul style="list-style-type: none"> <li>• Carry out any coin toss themselves, or alternatively use another method, e.g.: rock, paper, scissors at a distance.</li> <li>• Carry only essential kit checks and maintain social distancing in doing so</li> <li>• Consider using hand signals more to reduce the need to clarify any decisions.</li> <li>• Refrain from shouting where possible.</li> <li>• Whistles should not be shared.</li> </ul>
Officials, Coaches, League operators and First aiders	Injury treatment	<ul style="list-style-type: none"> <li>• Clubs, leagues and other providers should ensure first aid provision continues to be in place and ensure that all first aiders are made aware of the updated guidance on first aid treatment during the COVID-19 pandemic. As with normal practice, first aiders should only carry out first aid treatment that they have been trained to do.</li> <li>• Clubs, leagues and other providers should ensure first aid equipment includes the necessary PPE which should be worn before any treatment is delivered.</li> <li>• First aiders should ensure good hygiene by washing their hands regularly, especially before and after any treatment is delivered.</li> <li>• Follow social distancing at all times outside of delivering treatment and even then, try to maintain at least a 1m+ distance where possible. Be aware of cross contamination risk and avoid close face-to-face contact.</li> <li>• Be aware of any wider changes in first aid protocols due to COVID-19.</li> <li>• Additional advice on first aid during the COVID-19 pandemic is available from St John Ambulance <a href="#">here</a>.</li> </ul>
Spectators	General	<ul style="list-style-type: none"> <li>• Parents/carers are permitted to observe a session at a distance from a safeguarding perspective, but they should observe social distancing guidelines.</li> <li>• Supporters, parents, and other spectators must remain socially distanced whilst attending activities or matches.</li> <li>• Numbers must comply with Government guidelines and the space available identified through the risk assessment.</li> </ul>