



PERTSHIRE RUGBY

Match Day Information Sheet

Perthshire v Dunfermline 1pm Sunday 22nd August 2021

Prematch

- All Perthshire players & coaching team to have completed Symptom Checker on Sports-Train App.
- Dunfermline players & coaching team to confirm no risk COVID-19 through own system.
- Referees to provide contact tracing details & confirm COVID-19 status to Carol Ann Rose.
- Participants must bring own or have provided separate water bottles for use.

Arrival

- Parking is available in Bell's Sports Centre or on surrounding streets.
- **Perthshire** players & coaches to arrive at **12pm** and head straight to pitch (U14s = 1XV pitch; U13s = training pitch) for check-in.
- **Dunfermline** arrive at **12pm** to be greeted by Carol Ann Rose and shown to pitch (U14s = 1XV pitch; U13s = training pitch) for warm up.
- **Referees** to arrive at **12:15pm** to be greeted by Carol Ann Rose and shown to pitch (U14s = 1XV pitch; U13s = training pitch) for warm up.
- COVID-19 Team leads, Referee and Team captains to be briefed on COVID-19 protocols on arrival by Carol Ann Rose.

Changing Facilities & Toilets

- Changing rooms are closed so there is no access and no shower facility.
- Toilets can be accessed at the Bell's Sports Centre, please wear a mask when entering and moving around the building.

Equipment Use

- All equipment to be cleaned before use.
- Balls cleaned whenever possible during warm-up and match.
- All equipment cleaned before returning to store.



Perthshire Rugby, Gannochy Sports Pavilion, North Inch, Perth, PH1 5HS
@PerthshireRugby | rdo@perthshire-rfc.co.uk | www.perthshire-rfc.co.uk

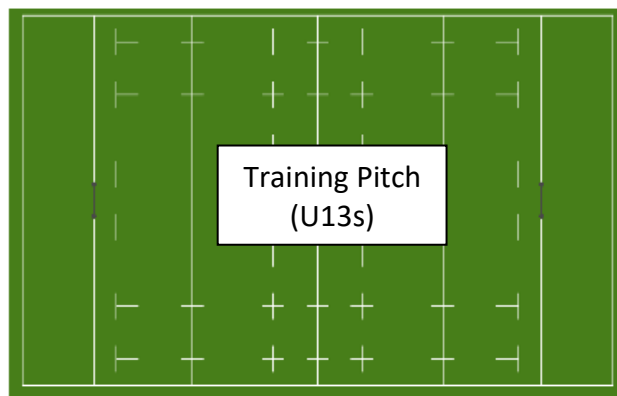
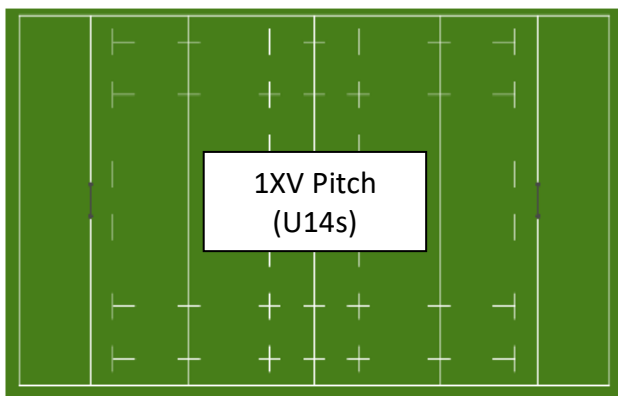


PERTSHIRE RUGBY

Match Day Information Sheet

Pitch Set-up

- To be marked out as detailed by Perthshire Coaches prior to teams arriving.
- Both technical zones to be supplied with hand sanitiser and wipes for equipment.



PITCH ZONE

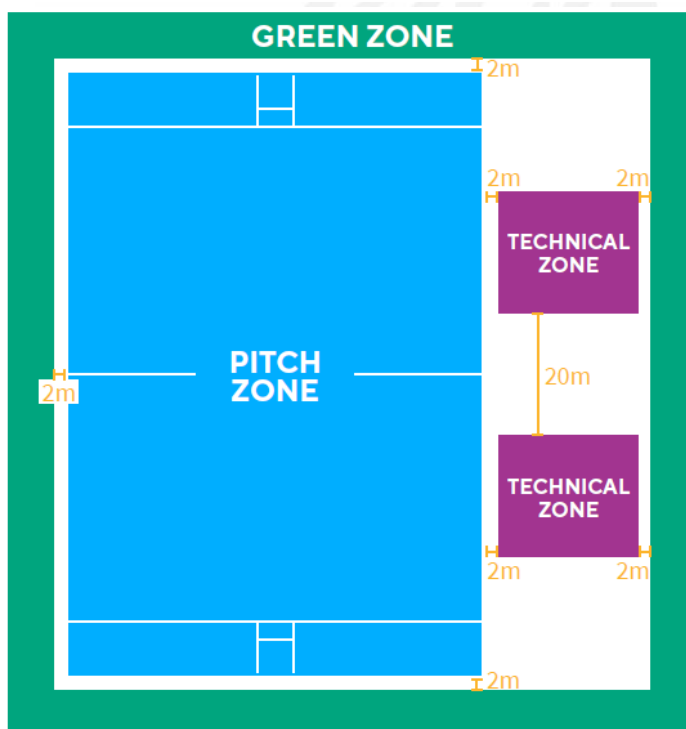
Only players and match officials can enter this zone during a match. Coaches and subs must remain in the technical zones during a match. The only exception is for medical personnel who wear the appropriate levels of PPE.

TECHNICAL ZONE

Technical zones are set-up min. 20m apart and min. 2m from the pitch zone. All people in this zone must remain min. 2m physically distanced at all times.

GREEN ZONE

Must be min. 2m from the pitch zone and/or technical zones. In some cases this will be a stand or terraced areas or, where such do not exist, the area surrounding the pitch used for access.



Perthshire Rugby, Gannochy Sports Pavilion, North Inch, Perth, PH1 5HS
@PerthshireRugby | rdo@perthshire-rfc.co.uk | www.perthshire-rfc.co.uk

SPORTSMANSHIP | PRIDE | RESPECT | INCLUSION



PERTSHIRE RUGBY

Match Day Information Sheet

During the Match

- Substitutes should always remain in technical zone but for warm-ups should take place on another pitch or in the dead ball areas. Must have own strip (not shared with another player) and separate top to wear.
- Spectators are allowed but must be > 2m away from pitch boundary i.e. outside the Green Zone and where possible physical distancing between groups is encouraged.
- Water bottles cannot be shared.
- Players should sanitise hands when entering or leaving pitch zone.

First Aid

- Each team should have own designated first aider and supplies.
- Defibrillator is available in old gym shed.

End of Match

- Once over teams should aim to exit pitch and leave as quickly as safely.
- Congregating to be discouraged.

Catering

- No catering will be provided post-match.
- Participants can bring their own food & drink but should not share.



Perthshire Rugby, Gannochy Sports Pavilion, North Inch, Perth, PH1 5HS
@PerthshireRugby | rdo@perthshire-rfc.co.uk | www.perthshire-rfc.co.uk