



PERTSHIRE RUGBY

Changing Use and Cleaning Procedures

All these requirements are to help minimise the risk of COVID-19 transmission and to keep our facilities clean & tidy. Thank you for your co-operation.

On arrival

- You should know in advance which changing room(s) your team is allocated.
- Head straight to your changing room. Keep distance between yourself & others when indoors.

Inside changing room

- Use hand sanitiser provided when entering & leaving changing room.
- Try to keep maximum distance between users.
- Only teammates from same “bubble” to be in one changing room.
- Minimise time inside (15 minutes maximum recommended), no team talks, no meetings; quickly change and then exit.

Showers

- Use the showers opposite your changing room.
- Try to keep your distance from other users.
- Minimise time in shower.

Toilets

- Use the toilets closest to your changing room.
- Try to keep your distance from other users.
- Wash hands with soap & water provided.

Leaving changing room

- Once changed, please leave as quickly as possible.
- Use hand sanitiser before leaving.

Contact tracing

- Each user be checked-in to the Sports-Train App (or equivalent for visiting teams).

End of session cleaning (changing rooms & toilet area)*

- Once final user changed please collect rubbish, sweep floors and empty bins.
- Door handles, benches and sink taps to be wiped with disinfectant wipes provided.
- New liners to be placed in each bin.

*Perthshire expected to do this for own and visiting teams' changing rooms.



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