



PERTSHIRE RUGBY

Sanitisation Procedures for Training

Before, during and after training please ensure each of these actions have been taken to minimise the risk of transmission of COVID-19 within your group.

You will need:

- Bucket
- Hand sanitiser gel
- Disinfectant spray/wipes + paper towels
- Your smart phone with Sports-Train App

Before Training

- Collect all materials
- Take to designated *Check-in and Sanitising Station* at your pitch.
- Clean all your equipment and place used wipes/paper towels in the bucket.
- As players & coaches arrive check-in using the App and confirm COVID-19 symptom checker completed and all clear (if marked red then ask to go home).
- Give each player and coach a dose of hand gel to use.*

During Training

- After each activity get players to use hand sanitiser* before going to break area and especially before using own water bottle.
- If player sneezes, coughs or otherwise contaminates equipment remove and clean before returning to use (disinfect your hands after).

After Training

- Each player/coach to disinfect hands again.*
- Check-out each player as they leave on the App and to leave through designated exit point.
- Clean equipment at pitch side, used wipes/paper towels put in bucket.
- Return all to stores in correct designated place.
 - *Unless another group training after in which case leave out what they need.*
- Dispose of used wipes/paper towels in bin and clean hands again.

Please note only **1 person is permitted in the Roundhouse or Containers at a time**. Please clean your hands before & entering these areas (to avoid contamination from the handles & common touch areas).

*When dispensing hand sanitiser do so at arm's length to maximise distance between you and other player/coach i.e. both parties to have arms outstretched.



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