

*This guidance is relevant from 6 December 2020, until further notice*



**Applicable references:**

- [Bristol Jets Risk Assessment for STAGE 3 - PLAY](#)
- [England Touch Association - Coronavirus](#)
- [England Touch Return to play action plan](#)
- [England Touch Return to Play: Before activity](#)
- [England Touch Return to Play: During activity](#)
- [England Touch Return to Play: After activity](#)
- [England Touch Return to Play: COVID-19 Code of Conduct](#)
- [England Touch Return to Play: Useful resources](#)
- [HSE - First Aid during the Coronavirus \(COVID-19\) outbreak](#)
- [Government guidance on COVID-19](#)
- [NHS advice for assessing personal risk factors](#)

**December update: We are still in STAGE 3 PLAY, therefore the guidance for training/playing is as it was pre-lockdown. The only guidance changes are in relation to TRAVEL BETWEEN AREAS OF DIFFERENT TIERS – we will continue to update players as and when Tier levels change.**

**We are now able to move to STAGE 3 PLAY of the England Touch staged return-to-play, subject to all participants ensuring strict adherence to all requirements prior to, during and post activity. This will permit the following:**

- **Return of full rules of play for Touch**
- **Return to full club training, including intra-club games**
- **Removal of the restriction on groups of 6, but maintaining numbers below 30**

**Please note this does not mean we are 'back to normal'. There are still a number of measures that will be taken to ensure we are deemed low risk. For example, coaches will be designing sessions so that 'Medium risk' activity does not exceed 20 minutes, and total training duration in large groups does not exceed 75 minutes. We may therefore still continue with groups of 6 for some activities. Please read this updated guidance carefully. *Please be patient with the coaches and setup!***

Requirements for all players now – Preparation for Training:

To be able to attend Bristol Jets training, you must:

1. Read and adhere to this guidance and any additional information you would like to seek out from the references above
2. Read and adhere to the England touch '[Code of Conduct](#)' and in addition the following England Touch COVID-19 specific Code of Conduct:
  - **Be Self-Aware:** Ensure that you self-assess for COVID-19 symptoms each time you attend any Touch related activity.

- **Be Responsible:** If you display symptoms, stay at home. Ensure you are fully aware of all England Touch Return to Play guidance and government guidance.
  - **Be Vigilant:** Ensure that you maintain social distancing wherever possible. This is particularly important when not playing or training. Ensure you do not shout, spit, shake hands, high-five or embrace teammates or the opposition.
  - **Be Hygienic:** Practice and maintain good hygiene at all times; wash your hands before, during (in the sub-box), and after any Touch related activity. Bring your own hand sanitiser to all Touch activity.
  - **Be Proactive:** Ensure that you report anything that contravenes this Code of Conduct, the Return to Play guidance and/or government guidance to your Club COVID-19 Officer, or directly to England Touch.
  - **Be Prepared:** Ensure that you bring all necessary equipment and belongings that cannot be shared: water bottle, food, clothing, personal equipment etc.
3. Pay **£30 winter subs** (covers training for the season), details are: 40-17-11 51450336 (account name: Bristol Fijians), using your name as reference
  4. Fill out a registration form, to supply up-to-date contact details and confirm that you have read and will adhere to these guidance
  5. Consider if any underlying health conditions may caution against participation. If you are in the 'extremely vulnerable' category ([link](#)), please contact Jen to discuss risk prior to attending
  6. State that you are 'Going' on the Heja app **by Sunday for that Tuesday's** training session (although we ask you to please fill out your availability at your earliest opportunity at the beginning of each month) – also update your availability as and when it changes

**Failure to do any of these steps will mean you will not be able to attend training, with no exceptions. This is to ensure we are able to train together, while maintaining the highest level of safety possible for our players, coaches and the wider community**

Before attending a training session:

1. If you are displaying any symptoms of COVID-19, however mild (currently this is a new continuous cough OR high temperature OR loss of, or change to, your sense of taste OR smell): <https://www.gov.uk/coronavirus>; and/or have tested positive and are in the period of isolation recommended you are **NOT to attend** a training session
2. Before you leave home, self-assess to ensure you do not have any of the following symptoms (confirmed by a parent for those under age 18), as these are highly suspicious of COVID-19 infection:
  - A high temperature (above 37.8°C)
  - A new continuous cough
  - Shortness of breath
  - A sore throat
  - Loss of or change to normal sense of taste or smell
  - Feeling generally unwell
  - Been in close contact with/living with a suspected or confirmed case of COVID-19 in the previous 2 weeks
3. If you, or any member(s) of your household are displaying symptoms of COVID-19, however mild; and/or have tested positive and are in the period of isolation recommended you are

**NOT to attend** a training session, let us know and proceed to follow advice on NHS website ([link](#))

4. If you have recently travelled to areas for which a 14-day quarantine is required, please let the club captain (Toby) or COVID-19 Officer (Jen) know and the date of your quarantine completion

During training:

1. **Follow local government guidelines on travel for outdoor organised sport. Currently, this guidance states you should not travel into or out of a Tier 3 area. Our training is in the Bristol/South Gloucestershire/North Somerset area, currently in Tier 3. If you are not sure how the guidelines affect you, please contact Jen**
2. Please arrive in washed kit ready to train. Kit should be taken home and washed following activity
3. We advise you to travel to training on your own or within your household group and minimise use of public transport (drive, walk or cycle wherever possible). *If no other option but to car-share all passengers should wash their hands (for at least 20s) or sanitise before entering and after exiting the vehicle. Driver and passengers should wear face coverings and open windows for ventilation. Seating arrangements should be considered to maximise distance between people, car should be cleaned between journeys, particularly door handles*
4. You must maintain social distancing before and after training, and during breaks between drills
5. You must not touch the equipment (such as cones and balls) outside of instructed drills. **This includes not touching balls when you arrive.** This is to enable coaches to monitor which balls need to be cleaned or replaced, which is required every 15 minutes. If bibs are required, they must not be shared
6. You must sanitise hands on arrival and immediately after training has finished. Hand sanitiser should be provided, but please also bring your own
7. Kit bags/belongings should be deposited at the side of the training area, 2m apart from adjacent players to avoid crowding (consider bringing as little as possible/leaving in cars to help with this)
8. You must bring your own water bottle and not share outside of your household
9. If you need to use a public toilet during training, you must sanitise hands before and after
10. Ensure you take your litter/bottles home at the end of the session
11. U18 chaperones who are not part of the training group must remain in their cars within sight of the training area
12. You should refrain from shouting where possible, and whistles must not be shared
13. If first aid is required, maintain distance wherever possible – if they are capable, instruct casualty. A mask and personal protection pack for emergency first aid will be available

Requirements thereafter:

1. **If you develop symptoms within 48 hours of attending a training session, you must inform the Bristol Jets COVID-19 Officer (Jen Palmer - 07812682847) as soon as possible. Ensure you have a test within 48 hours and notify the result (positive or negative) as soon as received**

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2. We will require you to re-read this guidance and confirm that you have read and will adhere to these guidance at the beginning of each month. You may also be required to do this on an ad-hoc basis if the committee has made any changes due to changing guidance for sports clubs and COVID-19