



## **Back to Training Coaches Guide**

Muscat Pirates RFC  
COVID-19 Measures  
Correct as of 4 Oct 2020



Muscat Pirates RFC has developed 'back to training' guidelines which prioritise the safety of participants, coaches, volunteers and pitch-side guardians. These guidelines are to be read alongside overarching COVID-19 guidance and directives from the Supreme Committee, World Rugby (the governing body for World Rugby) and our clubs policy (including the Good Player Guide and the Club's Code of Conduct).

It is split into 3 elements:

- Actions prior to commencement of rugby training.
- Actions during rugby training.
  - Back to training brief
  - Injuries
- Actions post rugby training.

The following guide has been specifically focussed toward coaches and their responsibilities. It is taken from the Club's Back to Training Guide, which will be available on the Club's website, or on request, from the Head Coach.

After the main document there are 3 graphics that propose how the 'back to training' might look. These might change as registered player numbers and COVID-19 policy are updated.

The Head Coach is responsible for updating these measures and for ensuring our actions meet the latest guidance. He can be contacted through the coaching staff or team managers.

A J Nurse  
Head Coach

# Coaches Back to Training Guide

## Main Aim:

We must operate in a way that is safe and yet allows our players to develop their rugby skills.

## We shall do this by:

1. Coaching within the framework of Omani directives and policy; World Rugby Return to Play Policy for Coaches & Players; and our club's back to training guide<sup>1</sup>.
2. We will train in a way that would minimise the spread of coronavirus should a player, pitch-side guardian or a volunteer unknowingly train with the virus; thereby protecting our Muscat Pirates' family, reducing the likelihood of a 'COVID hot spot' and our Club's and rugby's reputation in Oman.
3. We are to reassure our families that their children are safe whilst they are at rugby training by our considered actions and response to COVID-19.

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<sup>1</sup> Note Oman's directives and policies are intentionally prioritised ahead of other directives.

## Before entering the ground

- The Head Coach is responsible for preparing, developing and updating the plan in line with World Rugby, Ministry of Health (MoH) and the Supreme Committee's directives. If you have anything you think he should include in this guide please contact him.
- Coaches will develop their own individual training objectives and lessons in line with the 'back to training' guidelines.
- All coaches (and players above the age of 15) are to complete the online World Rugby COVID-19 Return to Play Awareness Test for Coaches & Players. The Head Coach will maintain a register of all coaches that complete the online training.
- After training the senior elements of the Muscat RFC use the pitch. To Mitigate:
  - Time Separation - Initially Muscat Pirates training **will only be 60** minutes, finishing approximately 30 mins before senior's training.
  - Physical Separation – **Access** and **egress** will be through different gates. See graphics 1-3.
- We are to expect some teething trouble at the start.
- Contact tracing register is to be completed by all (including Coaches) on arrival.
- Temperature checks will be completed for every person (including Coaches) entering the training ground. A person with a **temperature above 37.5 is not to be allowed access.**
- It is necessary to have a phased approach back to training. World Rugby has 3 phases of training:
  - Phase 1 – Small group training sessions
  - Phase 2 – Full age group training
  - Phase 3 – Contact Training
- World Rugby guidelines can be found here: <https://playerwelfare.worldrugby.org/?documentid=219>
- The Club will commence **Phase 2 Training**

## During Training

- At the first session, take five minutes to introduce to your players and their parents how the start of the season will work (and foreseeable future especially with the current COVID measures). A guide to the brief is attached which lists actions that players should avoid in order to help keep their teammates safe.

- Only:

- U5 and U6
- U13 and U14
- and the Colts and Girls team

are allowed to complete mixed training UFN. These combined age group have been pre-arranged and will remain in their groups (their COVID bubble).

- Before training commences equipment will be identified and isolated for use by a single age group (where resources allow).
- The pitches for individual age groups will be clearly delineated prior to the coaches arrival. There will be 'buffer zones' between age groups of at least 2 metres.
- All are to walk around other team's areas on the training pitch.
- All are to **wear masks** whilst outside of their training area and only remove masks at the commencement of training.
- Before training, the Equipment Manager (Ronny) will have sanitised communal kit placed centrally within that age group's areas.
- Coaches are responsible for the preservation of their squad's training bubble during training.
- Kit and equipment will be wiped with alcohol gel after use.
- The first 2/3 weeks of training is to be fitness and stretching orientated. This is to avoid injuries that could occur from being out of rugby practice for a long period of time (World Rugby recommendations (Resumption of Activity paragraph 2)).
- Training activity should, where the session allows, have 1 meter between players and staff.
- Players and coaches are to change at home.
- Food is not to be consumed on the training ground.
- Water bottles are to be clearly labelled with the player's name and there is to be no sharing of water bottles.
- Only the **southern gate is to be used for entering** the training pitch.
- All are to **exit** the pitch in a controlled and organised manner through **the northern gate**. Coaches to help signpost and guide their squads.

### **Guide for first brief:**

The following is aimed to help coaches prepare an initial brief for their teams. Please consider the age of your group:

- Reassure your players that the initial few sessions are to help them return to rugby, helping ensure that their bodies can cope with rugby training.
- It is planned for training sessions to increase in dynamism, challenge and fun after the first few weeks.
- What to do if a player feels unwell. (Tell their parent straight away. If they feel unwell at training tell the coach straight away)
- Avoid leaving their training area.
- No spitting or clearing of nostrils.
- Clean their hands before, during and after training.
- Use their own water bottles.
- Avoid celebrating with the shaking of hands, clapping hands, or embracing.
- If they have any questions about COVID they should speak to their parents.

This is a guide, please add and tailor the brief to suit your group. The brief should be delivered with players and their parents / guardians.

## **Injuries**

- Any injury should be recorded as per extant club policy. Coach should send a runner to bring the first aider to their pitch whilst the coach completes initial treatment and triage.
- The first aider treating an injured player must have their details recorded in the contact tracing register, highlighting that they have delivered first aid and identify who they treated.
- Unless risk to life, other parents and players must keep to MoH social distancing policy, keeping away from the injured player, first aider and the injured player's parent.
- If the injury requires an ambulance or hospital treatment the parent must inform the club of the recovery progress (for accident reporting).
- The Club is to consider a 14 day pause to training for the player if they have been to a hospital.

## After Training

- Phase 3 (Contact Training) will be considered once safety measures are assured and is to be communicated to families well before any contact training commences.
- Coaches must be aware of their actions if they feel unwell in the run up to, during or after training. A letter detailing the actions has been drafted and will be sent to all in the Pirates' community NLT one week prior to the commencement of training.
  - If unwell do not come to training.
  - Inform the club if COVID-19 is suspected ASAP via the head coach.
  - If you are unwell, your children should also keep away from training and follow MoH directives about isolating.
- If confirmed that a member of your age group (your training bubble) has COVID-19 (or suspected), a member of the Muscat Pirates' Committee will inform you and your age group via the team manager and yourself. It is likely that your squad's training will be suspended for at least 14 days from the last known case and that if any further squad members develops symptoms of COVID-19, that those families are to inform the Club as soon as possible.
- Where resources allow, coaches should keep their age group's kit and equipment.
- Shared equipment will only be used if essential and will be wiped down with alcohol gel prior and after use.
- Parents who have been coaching may leave the pitch and wait (away from the exit gate) to meet their children. Safeguarding policy means the coach must ensure each child is met by their parent / guardian.

Graphic 1 Muscat Pirates Return to Training



- 1 Entrance only to training pitch  
The southern gate
- 2 Exit only from the training pitch  
The northern gate
- 3 Toilets only
- 4 Temperature testing, Track and  
Trace Welcome Table
- P Parking
- X No cars beyond this point; likely  
queues of parents and children.

Graphic 2 Muscat Pirates Back to Training – Proposed Monday Night Set up



U5 - 5  
& U6 - 10 = 15

U7 = 18

U8 = 12

U9 = 12

U10 = 18

Graphic 3 Muscat Pirates Back to Training – Proposed Wednesday Night Set up



U11 = 9

U12 = 12

U13 -1

U14 - 4 = 5

Colts -12

And Girls - 4

**=16**