



DOLLAR
ACADEMY

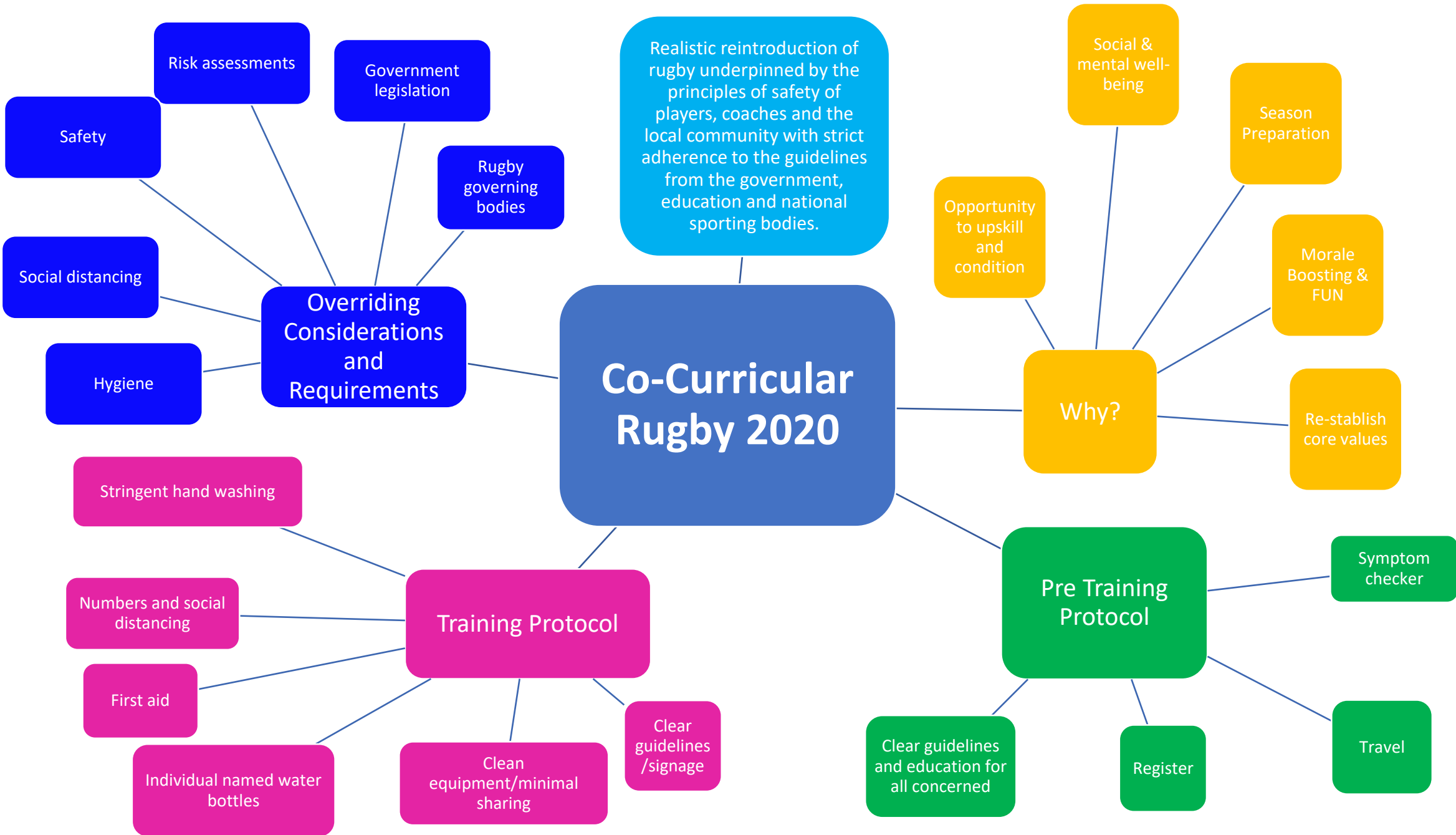
Guidelines for a safe return to

CO-CURRICULAR RUGBY

2020

PLAYERS & PARENTS ARE KINDLY ASKED TO ADHERE TO THE INSTRUCTIONS CONTAINED IN THIS DOCUMENT

PLAN-PREPARE-PROTECT-REVIEW



WEEKDAY CO-CURRICULAR RUGBY PROCEDURE

Check training times

Player/Parent pre-registers 19.30 the night before & completes Covid-19 symptom checker via sports -train app by 8.30am on morning of training <https://sports-train.com/dollar.php>

- Parent /player registers for sessions via the sports-Train by 19:30 the evening before training
- If answers 'yes' to any questions on Covid-19 symptom checker, player is not to attend training and notify Director of Rugby ASAP (caskie-d@dollaracademy.org.uk) and follow current NHS guidelines <https://www.nhs.uk/conditions/coronavirus-covid-19/>

At end of school day players make their way to Maguire Gym entering via the one way system to designated point in Maguire Gym

- Players to arrive changed and ready to train, there will be no changing facility. Bring your own, labelled water bottle.
- In wet weather bags can be dropped off in Maguire Gym
- Toilets will be available in Boys Pavilion following one way system

At designated point in Maguire Gym players must:

- Confirm attendance
- Wash hands

- Players depart Maguire Gym via one way system and proceed to designated pitch and coach

Training on designated pitch. Ratio 1 coach:15 players

- Modified touch games and conditioning session
- Coaches not permitted on field of play and will observe social distancing at all times

Following session players to proceed to designated meeting point and must:

- Confirm sign out
- Wash hands

- Players to leave individually and observe social distancing guidelines at all times once off pitch

Depart school premises immediately following check out

Monitor player at home

- If player displays Covid-19 symptoms following training, please contact Director of Rugby asap (caskie-d@dollaracademy.org.uk) and follow current NHS guidelines <https://www.nhs.uk/conditions/coronavirus-covid-19/>



Weekday Co-Curricular Session Times

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNIOR 1 Team Lead – E Pollock Pitches 9 & 10	1st & 2nd XV Team Lead – D Caskie Pitches 1, 2 & 3	JUNIOR 1 Team Lead – E Pollock Pitches 9 & 10	1st & 2nd XV Team Lead – D Caskie Pitches 1, 2 & 3	PREP 4 Team Lead – G Hinshelwood
JUNIOR 2 Lead Coach – B Munro Pitches 7 & 8	UNDER 16 Team Lead – N Gallagher Pitches 4, 5 & 6	JUNIOR 2 Lead Coach – B Munro Pitches 7 & 8	UNDER 16 Team Lead – N Gallagher Pitches 4, 5 & 6	PREP 5 Team Lead – B munro
FORM 1 Team Lead – S Newton Pitches 4, 5 & 6	FORM 3 Team Lead – C Smith Pitches 7, 8 & 9	FORM 1 Team Lead – S Newton Pitches 4, 5 & 6	FORM 3 Team Lead – C Smith Pitches 7, 8 & 9	
FORM 2 Team Lead – M Hose Pitches 1, 2 & 3		FORM 2 Team Lead – M Hose Pitches 1, 2 & 3		
SENIOR/U16 Team Lead – S Wilson Grids				

SATURDAY MORNING CO-CURRICULAR RUGBY PROCEDURE

Check new staggered training times

Player/Parent pre-registers 19.30 the night before & completes Covid-19 symptom checker via sports -train app by 7.30am on morning of training <https://sports-train.com/dollar.php>

Travel to training

Player drop off outside of school perimeter and walk to designated point in Maguire Gym – One Way System

At designated point in Maguire Gym players must:

- Confirm attendance
- Wash hands
- Have temperature taken

Training on designated pitch. Ratio 1 coach:15 players

Following session players to proceed to designated meeting point and must:

- Confirm sign out
- Wash hands

Depart school premises immediately following check out

Monitor player at home

- Players should only attend training if they have pre-registered
- If answers 'yes' to any questions on Covid-19 symptom checker, player is not to attend training and notify Director of Rugby ASAP (caskie-d@dollaracademy.org.uk) and follow current NHS guidelines <https://www.nhs.uk/conditions/coronavirus-covid-19/>

- No car sharing – players to arrive changed and ready to train, there will be no changing facility. Bring your own, labelled water bottle.
- Toilets will be available

- No cars are permitted on school premises
- No congregating outside school premises
- Players to arrive no earlier than 10mins before session starts

- If temperature reading is too high, player will not be permitted to train, parents notified to pick up player asap and current NHS guidelines followed

- Modified touch games and conditioning session
- Coaches not permitted on field of play and will observe social distancing at all times

- Players to leave individually and observe social distancing guidelines at all times once off pitch

- If player displays Covid-19 symptoms following training, please contact Director of Rugby asap (caskie-d@dollaracademy.org.uk) and follow current NHS guidelines <https://www.nhs.uk/conditions/coronavirus-covid-19/>



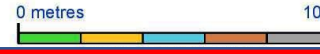
Saturday Co-Curricular Session Times

Time	1 st & 2 nd XV	Under 16	Form 3	Form 2	Form 1	Junior 2	Junior 1
08.30 – 09.30				Lead Coach: M Hose Pitches 1, 2 & 3	Lead Coach: S Newton Pitches 4, 5 & 6	Lead Coach: B Munro Pitches 7 & 8	Lead Coach: E Pollock Pitches 9 & 10
09.45 – 10.45		Lead Coach: N Gallagher Pitches 1, 2 & 3	Lead Coach: C Smith Pitches 4, 5 & 6				
11.00 – 12.00	Lead Coach: D Caskie Pitches 1, 2 & 3						



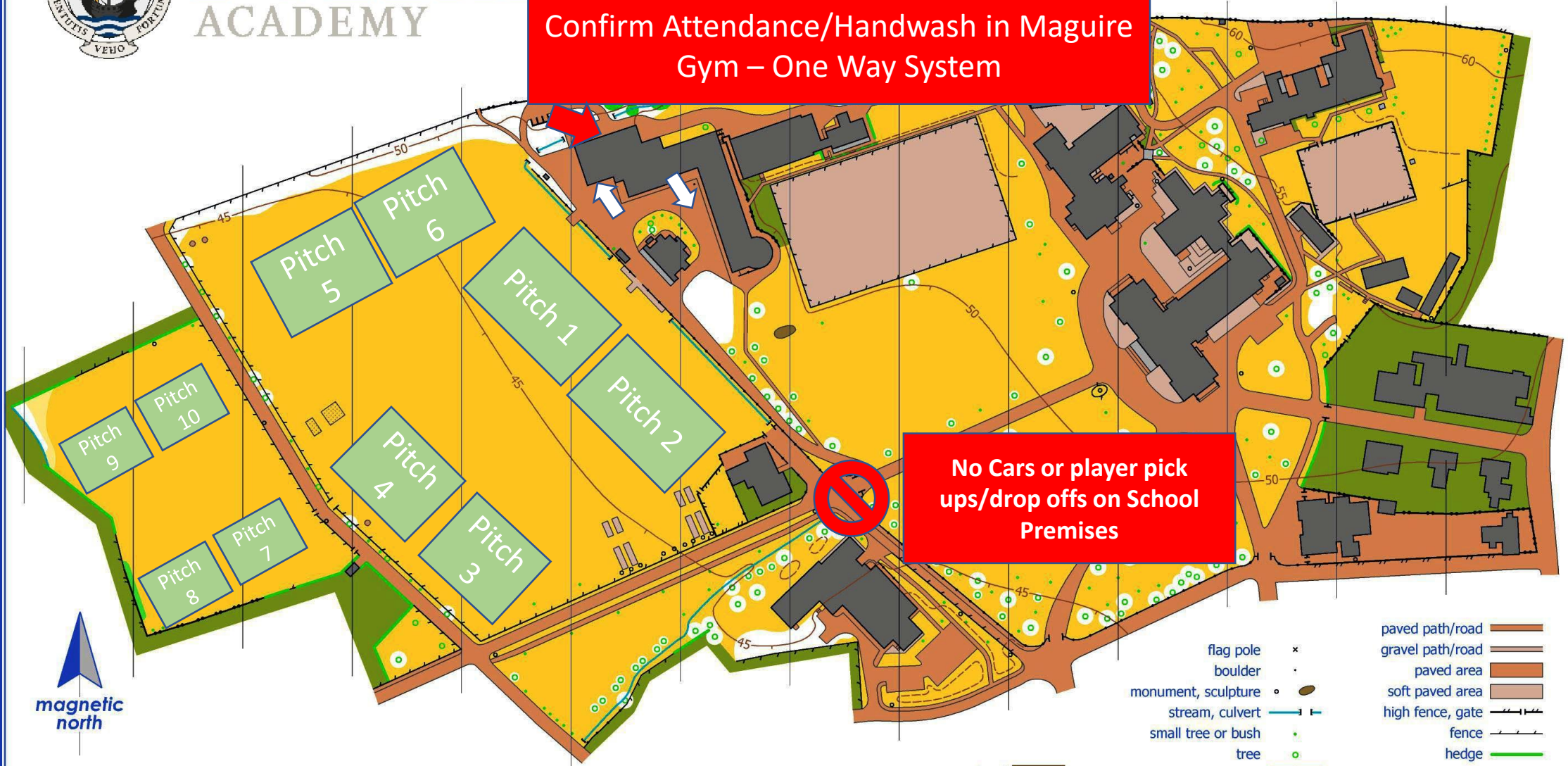
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scale 1:2,000



contour interval 5m

Confirm Attendance/Handwash in Maguire Gym – One Way System



No Cars or player pick ups/drop offs on School Premises



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- open land
- rough open land
- woodland: runnable
- woodland: thick
- gardens/out of bounds
- flag pole
- boulder
- monument, sculpture
- stream, culvert
- small tree or bush
- tree
- tree with large canopy
- sand pit
- contour, contour height
- intermediate contour
- small hill
- paved path/road
- gravel path/road
- paved area
- soft paved area
- high fence, gate
- fence
- hedge
- wall
- high wall
- building, canopy
- lamp post/pole
- steps



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Updated Kit Requirements

- Training shoes
- Boots
- Shorts
- Training shirt
- Socks
- Towel not to be shared
- Water bottle – must be named
- Gum shield
- Toilet Roll
- Track-suit/jogging bottoms (bad weather)
- Track-suit/training top (bad weather)
- Wet weather top (bad weather)
- Swimwear
- Snack
- Sun Cream
- Hand Sanitiser
- Face mask

Players are expected to arrive no earlier than 10 minutes before training in appropriate kit. There will be no changing facilities although there will be access to toilets



SPORTS-TRAIN RETURN TO PLAY USER GUIDE - DOLLAR ACADEMY -

PART 1: Installing the App. Parents and players can install and use the app in the following way.

Username

Password

Log In

I have a club code

Step 1: Download the app.

Links to the app store and google play are at <https://sports-train.com/applinks.php>

Step 2: Log In using your sports-train username and password.

Step 3: If you don't know your username and password please contact us at dollar@sports-train.com

SP

Sample Parent

Linked Accounts

We have detected 2 accounts associated with your email address:

- Sample Child1
- Sample Child2

Link These Accounts?

Your data can only be viewed by yourself and your coaches. It is never shared with any third party. Full details of our privacy policy can be found [here](#)

If you use the Waze links to an away game, and it takes you to the wrong place please let us know (and accept our apologies!) and we can check that target location.

Message text

Step 4: On the 'About' page of your app you can link multiple children to your account.

(Athletes can miss this step)



Step 5: **IMPORTANT**– Please use the 'Contact Details' page of your app to check and update your name and contact number.

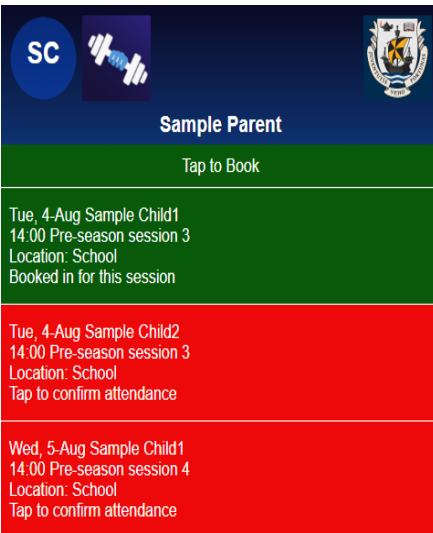
(Both athletes and parents please complete this step)

PART 2: Book your place for training

IMPORTANT:

If you don't pre-book for training, you will not be able to train.

Please book your place before 7:30pm on the evening before your training session.

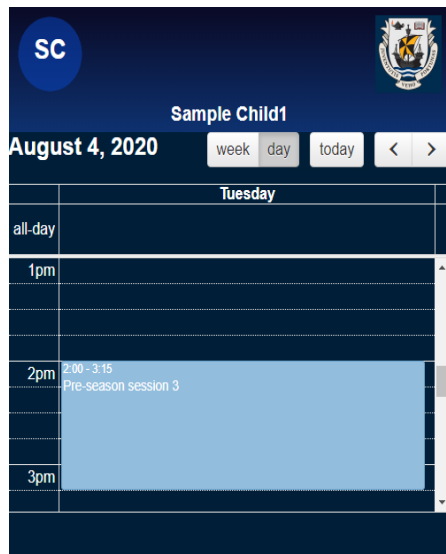


PARENTS

Use the Pre-Booking page on your app. You will see future training sessions for your children listed.

Tap on a session and then tap 'I WILL ATTEND' or 'I WILL NOT ATTEND'

Number limited sessions will be filled on a first come first served basis.



PLAYERS

Use the Calendar page on your app. You will see your own future training sessions displayed.

Tap on a session, then tap Set Attendance

Then tap 'I WILL ATTEND' or 'I WILL NOT ATTEND'

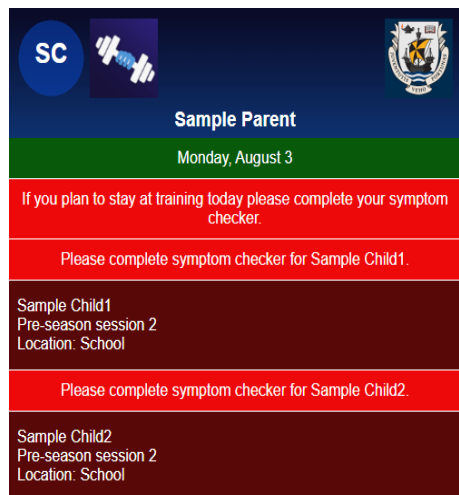
Number limited sessions will be filled on a first come first served basis.

PART 3: SYMPTOM CHECKER

IMPORTANT: On training days before 8:30am (or before you leave if earlier) please complete the symptom checker for your child.

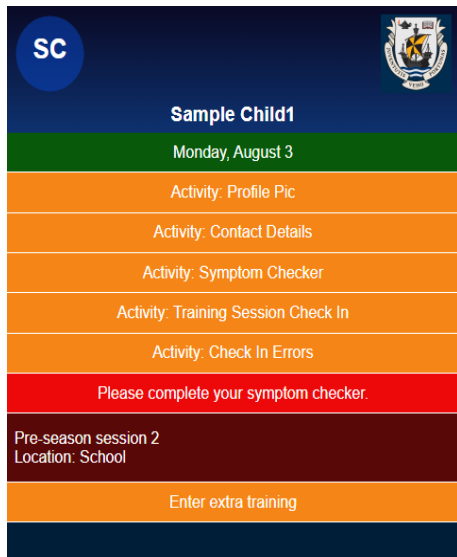
Parents are encouraged to drop their children off for training, but if you plan to stay (**only 1 parent per child**) please also complete your own symptom checker.

If you or your child answers 'yes' to any question the player is not to attend training. Please notify the Director of Rugby and follow current NHS guidelines.



PARENTS

Tap the red bar on the home page of your app to enter the symptom checker for yourself or your children.

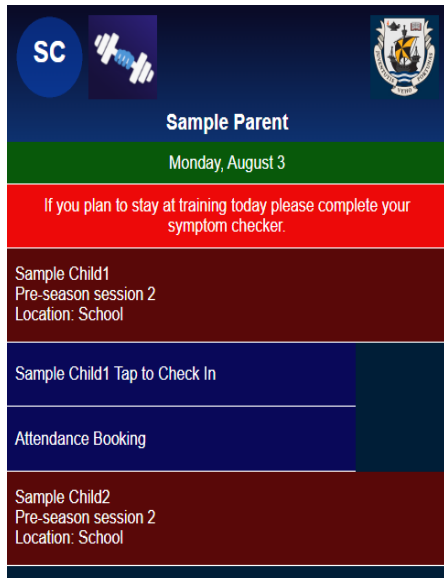


PLAYERS

To answer your symptom checker tap the red bar on the home page of your app or use the COVID-19 Symptom Checker page on your menu.

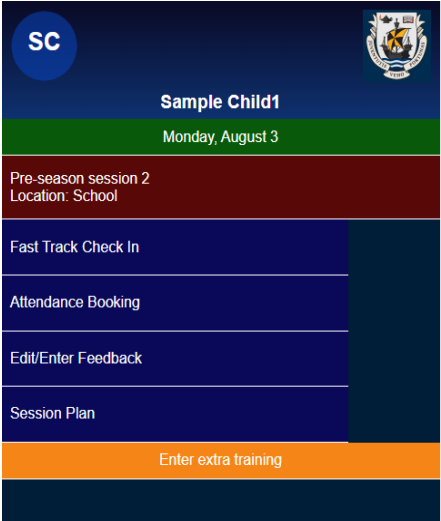
PART 4: CHECK-IN / CHECK-OUT

When you arrive at training please drop your child off outside the school perimeter and check them in using the app. Your child will then walk to the designated meeting point.



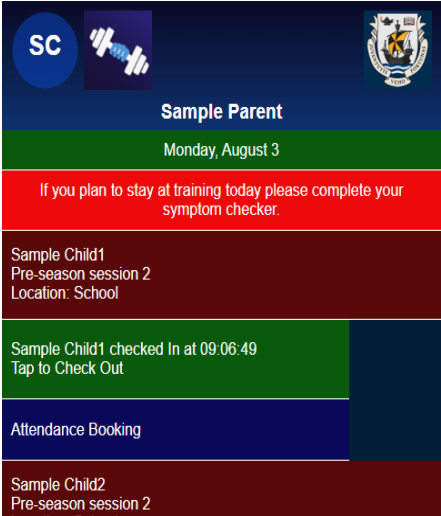
PARENTS

From the home page of your app tap on your child's training session. Then tap on the Check-In bar.



PLAYERS

Players can check themselves in in the same way. Tap on the session on your app home screen and then tap Check In.



CHECK-OUT

At the end of training when you pick you child up please check them out of the sessions.

The process is the same for parents or players.

Tap the session on the home page of your app. You will see the check-in record displayed. Tap to check out.



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THE DOLLAR WAY

OUR VISION

“To encourage and develop Dollar Academy players to be the very best they can be on and off the field.”

COACHING PHILOSOPHY

“To create an enjoyable working environment based on excellence and intensity with constant goal setting, targets and feedback. Driving a value based culture in which everyone lives those values. To develop all players to their full potential. To build long term consistency and stability through focused training and preparation. To develop an intense desire to achieve our best. Building on success by never being content to stand still, always moving forward and embracing change on the way.”

PLAYING PHILOSOPHY

Closely aligned to the Scottish technical blueprint, all our teams will aim to play a high tempo, creative, exciting, fast, style of rugby that no team can live with both in attack and defence – playing without fear.

- High Tempo, Calculated Risk, High Reward Rugby
- Get as excited when we don't have possession as we do when we have it.
- Ideally, we make a good decision if not we make a bad decision
but we never make no decision
- Never compromise on our standards



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Objectives

- **Provide a positive experience for all levels of rugby player**
- **Develop not only rugby playing ability but positive young men with strong character and values**
- **Create a culture that players, coaches and parents are proud to be part of.**
- **Provide pupils with the opportunity to be the best they can be**
- **Create an enjoyable learning environment where pupils are challenged and develop resilience**
- **Improve our coaching delivery by continually developing coach's knowledge.**



DOLLAR ACADEMY

Regardless of age or stage, we are looking to develop players who are:

Highly Skilled	Players who can use the right technique at the right time, when under pressure
Effective decision makers	Players who can 'read' the game and make good decisions on and off the ball
Effective under pressure	Players who can learn, develop, and perform at difficult points
Self-organising and adaptable	Players who are flexible, can solve problems and respond well to unexpected situations
Fast and execute under constant high intensity	Players who are quick and play with high physical intensity. Players who have good skills at pace
Creative	Players who can take a fleeting moment of opportunity, spot the improbable and execute excellent skills
Right attitude, right time	Players who consistently look to develop themselves and team mates. Players who persist and put in the effort. Players who have the ability and desire to bounce back from setbacks.



Our aim is to develop the following values throughout each individual's development:

Honesty	Complete all sessions with total focus, commitment and to the best of my ability. Accept responsibility for mistakes and work hard to correct them. Do everything I can to improve.
Hard Work	Complete all sessions to the best of my ability. Strive to improve at least one aspect of my performance every training session. Give everything I have to everything I do.
Team Spirit	Help others to attain new levels of performance throughout every session. Encourage team mates to achieve the very best they can be. Help those that are struggling.
Professionalism	Arrive early. Prepare for sessions without being told to do so. Ensure have correct kit at every session. Hydration is a priority so should always have a water bottle.
Attitude	My positive attitude is essential in overcoming obstacles to help me improve and give of my best. My positive attitude is a key ingredient to success and leadership.
Sportsmanship	I recognise that sport is greater than the individual; that cheating reduces the stature of sport and all who love it; that class; race and creed are never factors in the attitude of true sports people and those who respect the virtues and values of sport.
Pride	Pride drives me when the temptation is to settle for something less.
Individual responsibility	I alone am responsible for my performance, but I will be generous in acknowledging the support of others.
Respect	I respect sport, the efforts of my competitors, my team mates and officials. I respect Dollar Academy, and the future of Dollar Rugby.
Express	I have an opinion and will express my view with thought and consideration to others. In showing my emotions, I do so with individuality and, where possible, good humour.
Discipline	Strong discipline underpins our sport. We must ensure we are controlled in our physical endeavour and that we are honest and fair. We obey the rules of the game to uphold its values.