



DOLLAR
ACADEMY

Guidelines for a safe return to Rugby

Rugby Skills & Conditioning Sessions

August 10th – August 15th

2020

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

PLAN-PREPARE-PROTECT-REVIEW

RETURN TO RUGBY TRAINING FLOW CHART

Check new staggered training times

Player/Parent pre-registers & completes Covid-19 symptom checker via sports -train app by 8.30am 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/>



Staggered Session Times

DAY/TIME	MONDAY 10 AUGUST	TUESDAY 11 AUGUST	WEDNESDAY 12 AUGUST	THURSDAY 13 AUGUST	FRIDAY 14 AUGUST	SATURDAY 15 AUGUST
09:30-11:00	Form 3 Team Lead – C. Smith Pitches 1, 2 & 3	Form 1 Team Lead – S Newton Pitches 4, 5 & 6	Form 3 Team Lead – C. Smith Pitches 1, 2 & 3	Form 1 Team Lead – S Newton Pitches 4, 5 & 6	Form 3 Team Lead – C. Smith Pitches 1, 2 & 3	Form 1 Team Lead – S Newton Pitches 4, 5 & 6
10:00:11.30	Junior 1 Lead Coach – E Pollock Pitches 7 & 8	Under 16 Team Lead – N Gallagher Pitches 1,2 & 3	Junior 1 Lead Coach – E Pollock Pitches 7 & 8	Under 16 Team Lead – N Gallagher Pitches 1,2 & 3	Junior 1 Lead Coach – E Pollock Pitches 7 & 8	Under 16 Team Lead – N Gallagher Pitches 1,2 & 3
10:30-12:00	Junior 2 Team Lead – B Munro Pitches 9 & 10		Junior 2 Team Lead – B Munro Pitches 9 & 10		Junior 2 Team Lead – B Munro Pitches 9 & 10	
13:00-14:30	1st & 2nd XV Team Lead – D Caskie Pitches 1, 2 & 3	1st & 2nd XV Team Lead – D Caskie Pitches 1, 2 & 3	1st & 2nd XV Team Lead – D Caskie Pitches 1, 2 & 3	1st & 2nd XV Team Lead – D Caskie Pitches 1, 2 & 3	1st & 2nd XV Team Lead – D Caskie Pitches 1, 2 & 3	1st & 2nd XV Team Lead – D Caskie Pitches 1, 2 & 3
13:30-15:00		Form 2 Team Lead – M Hose Pitches 4, 5 & 6		Form 2 Team Lead – M Hose Pitches 4, 5 & 6		Form 2 Team Lead – M Hose Pitches 4, 5 & 6



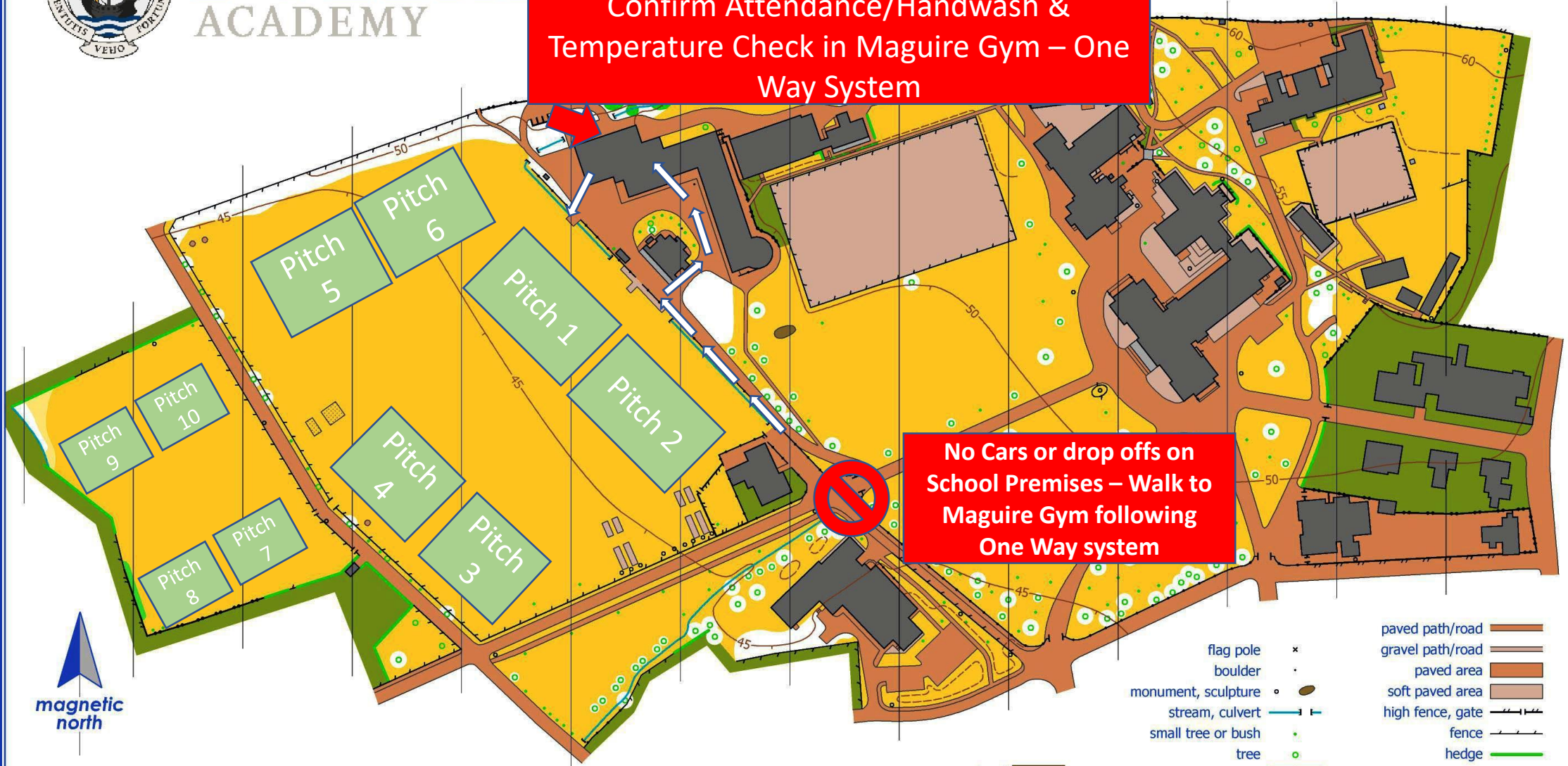
DOLLAR ACADEMY

scale 1:2,000



contour interval 5m

Confirm Attendance/Handwash & Temperature Check in Maguire Gym – One Way System



No Cars or drop offs on School Premises – Walk to Maguire Gym following One Way system



This map is based upon Ordnance Survey material with the permission of the Ordnance Survey on behalf of the Controller of Her Majesty's Stationery Office © Crown copyright. Unauthorised reproduction infringes Crown copyright and may lead to prosecution or civil proceedings. Map production by Stirling Surveys, February 2009. Copyright © Dollar Academy 2009. Grid reference of Dollar Academy is NS 961 982.



- 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



DOLLAR
ACADEMY

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?

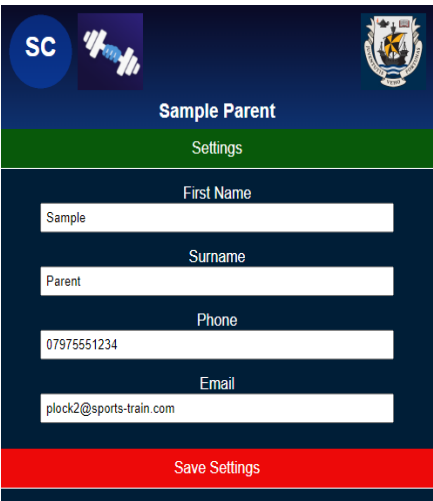
Your data can only be viewed by yourself and your coaches. It is never shared with any third party. Full details of our privacy policy can be found [here](#)

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.

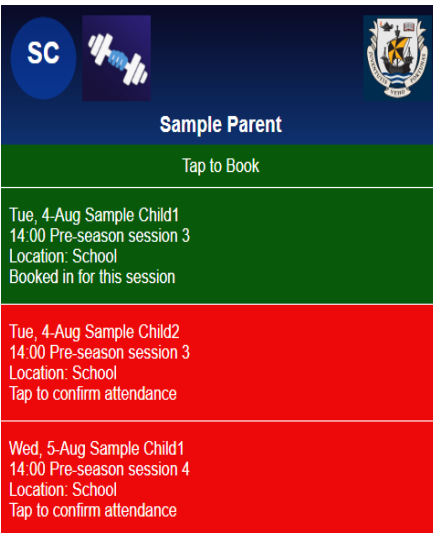
(Both athletes and parents please complete this step)

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.

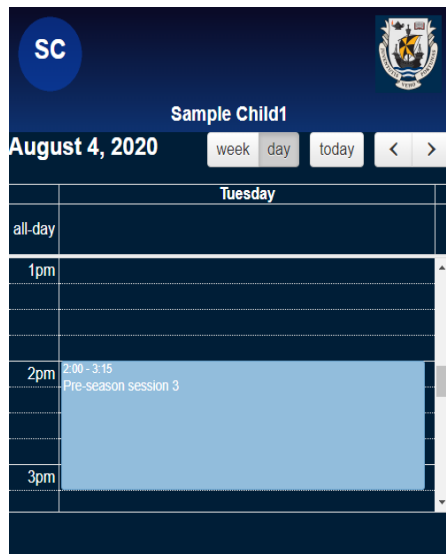


PARENTS

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'

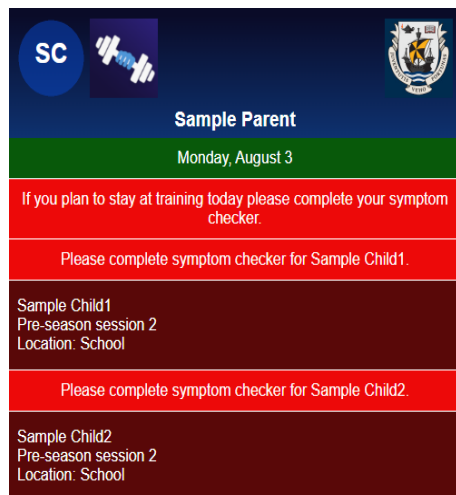
Number limited sessions will be filled on a first come first served basis.

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.

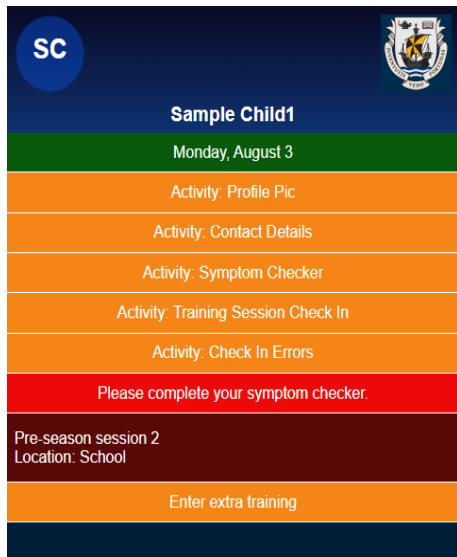
Parents are encouraged to drop their children off for training, but if you plan to stay (**only 1 parent per child**) please also complete your own symptom checker.

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.

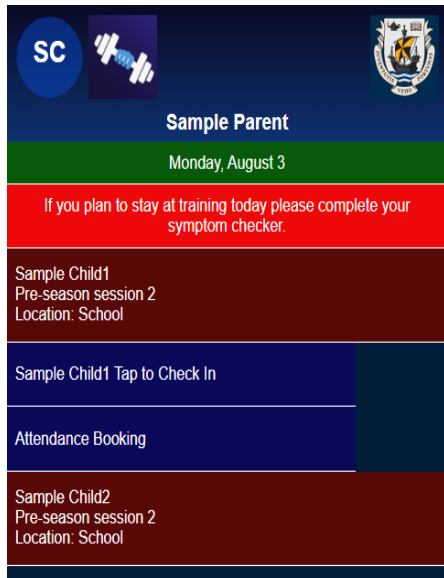


PLAYERS

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.

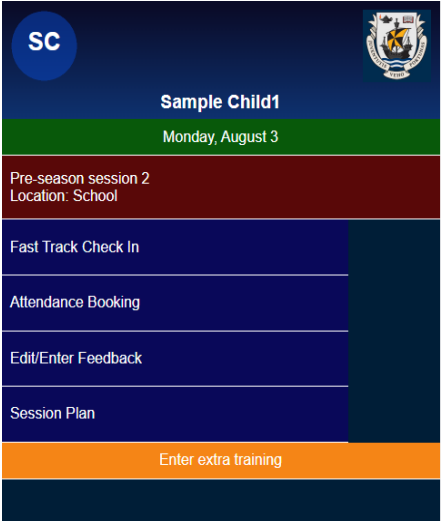
PART 4: CHECK-IN / CHECK-OUT

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.



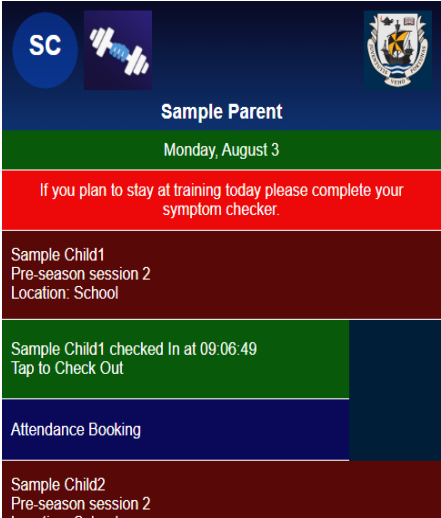
PARENTS

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.

