



# Valley Fort

## COVID-19 Hygiene On & Off Pitch

The Valley Fort Executive Committee follows Government and HKRU guidelines for COVID-19 and is committed to keeping our community safe by taking any supplementary action it deems advisable. This document lays out the guidelines to ensure good hygiene and social distancing at training and matches.

### General Guidelines

- Do not attend training, matches or social gatherings if you feel at all unwell, have a runny nose, a persistent cough, a fever (take a temperature check at home) or fall into any of the categories outlined in the [Valley Fort COVID-19 Guidelines](#) document. Stay home and follow the [Valley Fort COVID-19 Guidelines](#), seeking medical or head coach advice as needed.

### Coach / Team Manager Guidelines

- Ensure your players have sanitised their hands prior to the start of training or matches.
- Ensure your players are not using / do not provide communal drink bottles for players.
- Ensure the '[HKRU Return to Rugby](#)' social distancing guidelines are being followed as appropriate (depending on which government phase of social distancing rules we are in and as directed by HKRU).
- Ensure your age group's 'side line' is following appropriate social distancing measures in place at the time.
- Ensure your players do not congregate in large groups before or after training, leaving pitch / pitch - side immediately.

### Player Guidelines

- Sanitise your hands prior to the start of training or matches.
- Do not share water bottles.
- Listen to and follow your coaches instructions on how to maintain social distancing on the pitch (depending on which government phase of social distancing rules we are in and as directed by HKRU).
- Do not spit or clear respiratory secretions on the field or elsewhere.
- Do not congregate in large groups before or after training, leaving pitch / pitch - side immediately.
- Put on your mask as soon as training or the match is over.

### Spectator / Parent Guidelines

- Maintain social distancing pitch - side (according which government phase of social distancing we are in).
- Wear a mask.
- Ensure your player is following the guidelines outlined above.

If you have any questions, please contact the Valley Fort at [info@valleyfort.com](mailto:info@valleyfort.com).