



## Oadby Wyggestonian Rugby Club Covid Policy

### Stay at home guidance

**It is important that we all take steps to reduce the spread of coronavirus (COVID-19) infection in the community to save lives and protect the NHS.**

- If you are showing **symptoms** or have tested **positive** for COVID-19 you must refrain from taking part in any training sessions or games for the duration of your isolation (10 days) or until you provide negative Lateral Flow results on days 6 & 7, if you are still positive you must keep testing until you have 2 consecutive negative results.
- If you are living with someone who has **symptoms** or has tested **positive** for COVID-19 and you are **fully vaccinated or under 18 years & 6 months old**. You will need to complete a Lateral flow test, during the recommended 7 days testing period as per the Government guidelines, before taking part in any Oadby Wyggs training sessions or games.  
All players are required to complete a LFT before any training or games, to help stop the spread and keep others safe.
- You will be required to forward proof of your negative test to your team manager and/or coach and COVID lead ([dorange@sky.com](mailto:dorange@sky.com)) 1 hour prior to you attending any training session or games. If you are aged 18 years 6 months or over and you are not fully vaccinated\*, and you live in the same household as someone with COVID-19, you are legally required to stay at home and self-isolate.
- Any parents/guardians, spectators/visitors and volunteers attending Oval Park, we would kindly ask you to carry out a LFT before visiting the ground. As the players are doing, to help keep everyone safe.
- To combat the virus at Oadby Wyggestonians, in the club house we will have windows and doors open to keep air moving, we would ask you to respect **no standing at the bar to consume your drinks**, as much as possible practice social distancing and in your groups/bubbles.  
Also, we would like to try and minimize the use of changing rooms by encouraging players to arrive in kits where possible, all changing room windows must be opened.

**This policy is to protect all players, parents, visitors, employees and volunteers of Oadby Wyggestonian RFC to remain safe and healthy and protect the vulnerable**

January 7, 2022