



Tug of War Association

Guidance to Clubs to resume full team training.

This guidance is supplemental to the guidance dated 11th July 2020 which limited training numbers to six people.

1. All clubs should identify and nominate a COVID-19 officer and details forwarded to the Officials & Records Secretary of the English Tug of War Association (gavin.corden@btinternet.com). This will be for communication purposes between the National Governing Body and affiliated clubs.
2. The requirement for social distancing and strict hygiene protocols continues. Clubs and individuals must continue to adhere to the Government COVID-19 guidance as described at the time in general including local and regional restrictions. These are conditional on various factors such as the infection rate and people's adherence to the guidelines and may change or be reversed at short notice.
3. Any member or registered puller of the English Tug of War Association (TOWA):
 - That develops symptoms of COVID-19 cannot go to a TOWA affiliated club or event until they have isolated themselves for a period of not less than 10 days (UK Government guidelines) and ideally 14 days from symptom onset (WHO guidelines). They have the option to apply for a test (UK Government guidelines) but cannot go to a TOWA club until they have a certificate showing that they have tested negative. If they test positive or are unable to get a test, they must complete their isolation period of 10 (or 14) days.
 - That discovers that they are living with someone known or suspected to have COVID-19 cannot go to a TOWA affiliated club or event for a period of 14 days (UK Government guidelines) as it can take 14 days for COVID-19 symptoms to appear (the incubation period). If the suspected person tests negative, the self-isolation may end.
 - That has been officially informed that they are a contact of someone known to have COVID19, should follow the official guidance (this may be by the NHS Track and Trace app or by human contact tracers).

These provisions also apply to any person supporting a TOWA member or registered puller who then has the responsibility to ensure that those persons adhere to the above if going to a TOWA affiliated club or event.

4. All personnel, including but not limited to, pullers, coaches, supporters, team attendants, Officials hereafter called 'Attendees' at a TOWA Affiliated Club or Event shall comply with the following; (Note – numbers are not limited as long as the below requirements are met)

- Maintain social distancing at the club / event and clubs may and are advised to limit attendees to numbers that the Covid-19 officers can manage.
 - Each attendee should have their own hand sanitiser on entry to the club and use on getting out of the vehicle.
 - Each attendee should be wearing their own correctly fitted face covering on entry to the club.
 - Each attendee should monitor their own temperature the day before and the morning of the training session. If it is 37.8 or above, they should not go to tug of war but should self-isolate.
 - Each attendee must be covered by a self-declaration (**Appendix A**), signed either by themselves or by a person authorised to sign on their behalf (parent/guardian).
 - All attendees should avoid high risk behaviour outside of tug of war to reduce the risk to other attendees.
 - People from a household can travel together but otherwise car sharing should be avoided. See the government's safer travel guidance for passengers for further information. (Point 10 below)
5. Clubs. The Club's Covid-19 officer shall be responsible for all club members' social distancing and wearing of face coverings. If there is evidence of abuse of the above the club may be subject to disciplinary proceedings. The Covid-19 officer is responsible for ensuring that club members use their own drinks containers and refreshments and that no other items are shared between team members and supporters.

The Club appointed Covid-19 Club Officer will coordinate club responsibilities for the various mandatory measures as set out below. The ability to 'track and trace' is an important condition for the opening up of sport and getting back to training. Additional Liaison Officers (or Covid Marshalls) should be appointed as required to carry out duties delegated by the Covid 19 officer.

5.1 . Hygiene:

- Source/supply appropriate hygiene and cleaning equipment.
- Display and communicate hygiene protocols. WASH-FACE-SPACE
- Position cleaning material at necessary sanitisation stations.
- Provide clear communications and signage for all stations and areas
- Regularly disinfect high risk areas and contact zones.

5.2 . Track and Trace:

- Log declarations and liability waivers for all attendees (for a minimum of 21 days).
(Appendix A)
- Collect contact details of pullers.
- Log all attendees with when and where so that tracking is readily available in the event of someone having the virus. The log must be detailed enough to allow NHS Test and Trace to contact all participants if a puller or attendee becomes ill with Covid -19. The log must be retained for 21 days.
- Check for signs of Covid-19
- No entry/attendance for attendees showing signs or symptoms of Covid-19. They should be sent home and told to follow procedure as laid down by Public Health England.
- Clubs must have a well signed isolation area for use should an attendee develop a temperature or any other sign or symptoms of Covid-19.

5.3 . Social Distancing.

- Have a vehicle separation and parking policy to ensure social distancing measures can be met.
- If common equipment is being used, other than a rope and gantry, consider spacing training by time and location so that there is time for equipment etc. to be cleaned between sessions and so that contact between individuals is reduced as far as possible.
- Social distancing guidelines should be followed between people from different households wherever possible.
- From 4 July, this means a distance of 2m between people from different households, or 1m plus mitigations (such as face coverings or avoiding face-to-face contact) where 2m is not possible. Other examples of the "plus" part of the new one metre guidelines are:
 - Sit or stand side-by-side, rather than face-to-face
 - Keep windows and doors open to improve ventilation
 - Wear a face covering in crowded indoor environments
 - Avoid talking loudly
 - Don't sing

6. Training

- Changing rooms and showers should not be used.
- Training must be outside.
- A +1m social distancing must be implemented as a minimum, we consider this is appropriate due to pullers not being face to face when on the rope, however, we have to consider the additional risk of forced exhalation due to the exercise, so the nearer to 2 metres that can be achieved the better.
- Hand sanitising stations must be set up with easy access and enabling people to maintain a safe social distance when using them.
- Before training starts hands must be washed or hand sanitised.
- Pullers MUST not share water bottles and MUST bring their own if they require one.
- Bring sufficient water for your training use DO NOT fill water bottles from a communal tap.
- Keep all kit bags in or by your vehicle ensure they are a minimum of 2m from anyone else's at all times.
- Bring your own towel – do not share any equipment other than using a common rope.
- When not pulling maintain a distance of at least 2m from everyone else.
- When not pulling do not shout or coach the team pulling
- When pulling do not shout and scream
- When pulling do not turn to talk or shout to the person behind you.
- The 'designated' coach shall wear a face covering or maintain a distance of 4m from the pullers on the rope as coaches are inclined to shout and this projects water droplets further and hence increasing the risk of spread.
- On completion of training thoroughly wash your hands.
- Using the rope during training: There are now 3 options available;
 - Option 1
 - All the generic requirements MUST be met
 - The rope is marked up with tape so that each puller has one piece of the rope for the whole training period.
 - Tacky could be used but it is recommended not to be
 - It is recommended that between each pull, pullers use hand sanitiser to clean their hands.
 - Option 2
 - All the generic requirements MUST be met
 - Tacky MUST NOT be used

- Between each pull, pullers MUST use hand sanitiser to clean their hands.

Option 3

- All the generic requirements MUST be met
- The rope MUST be polypropylene.
- Tacky may be used
- Between each pull, the rope must be thoroughly cleaned with an alcohol sanitiser (at least 65% alcohol) / alcohol-based spray cleaner or an anti-bacterial surface cleaner or similar product (note – non-alcohol based products will require a suitable period, approximately 10 minutes, before the rope can be used again). Any cleaning cloths must safely be disposed of using double-bagging.

NOTE: Option 3 is considered the highest risk and hence the least preferred.

7. Other measures

- Apply and enforce at all times no handshakes at beginning or end of training etc.
- Limit the time before or after training so that pullers are less likely to congregate.

7.1 *Spectators.* Family members and supporters must not attend training.

7.2 *Facilities.* If the use of changing rooms and showers is unavoidable / essential, their use must follow government advice on the use of indoor facilities. This should include use of showers that are a minimum of two metres apart. Pullers should, if possible, change in and out of kit at home and avoid showering at the club.

7.3 *Toilets.* If toilets are required due to the length of time of a training session then government guidance on toilets should be followed.

This includes:

- Clear signage to encourage good handwashing technique and to maintain social distancing.
- Consider making hand sanitiser available on entry to toilets where safe and practical, and ensure suitable handwashing facilities including running water and liquid soap and suitable options for drying (either paper towels or hand driers) are available.
- Social distancing must be possible and maintained, and frequency of cleaning must be in line with usage.
- Facilities should be kept well ventilated, for example by fixing doors open and opening windows where appropriate.
- Putting up a visible cleaning schedule.
- More frequent rubbish collection.

7.4 *Club Houses.* Clubs may use clubhouses and hospitality facilities in line with government guidance on hospitality settings.

8. **Action Plan and Confirmation.** Checks will be carried out to help clubs and confirm they have satisfactory arrangements in place.

9. **TOWA Approval for Return to Training.** Approval will be dependent on a club having confirmed to the TOWA that they have:

- Provided the TOWA with the name of their Covid-19 Officer.

- Put in place the required procedures.
- Submitted the weekly check sheet (**Appendix B**)
- Received written permission (via email) from the TOWA.

10. Travelling to training

Car sharing

You should avoid car sharing unless there is no other option, if it is unavoidable try not to share a vehicle with those outside your household or support bubble. If you need to do this, try to:

- share the transport with the same people each time
- keep to small groups of people at any one time
- open windows for ventilation
- travel side by side or behind other people, rather than facing them, where seating arrangements allow
- face away from each other
- consider seating arrangements to maximise distance between people in the vehicle
- clean your car between journeys using standard cleaning products - make sure you clean door handles and other areas that people may touch
- the driver and passengers must wear a face covering
- On your journey
- Expect more pedestrians and cyclists, especially at peak times of day. Where possible, allow other road users to maintain social distancing. For example, give cyclists space at traffic lights.
- Limit the time you spend at garages, petrol stations and motorway services. Try to keep your distance from other people and if possible pay by contactless.
- Wash your hands for at least 20 seconds or sanitise your hands often and always when exiting or re-entering your vehicle.

Completing your journey

- When finishing your journey wash your hands for at least 20 seconds or sanitise your hands as soon as possible.

TRAINING SIGN IN DECLARATION

Club Name:		Training Date:	
COVID Officer:		Venue:	

In the interests of the health & safety of the people attending training, their families and the community, we ask that you complete the following self-declaration.

If you answer YES to points 1-5 you must leave and self-isolate. If you answer YES to question 6 you are strongly advised to stay at home and should be particularly stringent about following social distancing measures.

Your co-operation and support are appreciated.

1. I have NOT been in close contact with anyone who has been diagnosed with the COVID-19 virus
2. I DO NOT live in the same household as someone who has symptoms of COVID-19 or who has been in isolation within the last 14 days
3. I DO NOT have any of the following typical COVID-19 symptoms; Fever; High temperature; Persistent coughing, Breathing difficulties / shortness of breath, or a loss of, or change in my normal sense of taste or smell (anosmia).
4. I HAVE NOT been advised by a notification that I need to follow rigorous shielding measures.
5. I HAVE NOT travelled outside the UK within the past 14 days.
6. I AM NOT defined in public health guidance as extremely vulnerable and at very high risk of severe illness from COVID-19 because of an underlying health condition.

In signing this declaration you confirm that the information provided is true to the best of your knowledge and current condition. You commit to advising the team coach/COVID responsible person and exclude yourself from training or competition if your situation or condition changes (i.e. if in the future you would answer Yes to any of the above questions).

Name	Signature	Contact Number

APPENDIX B

COVID-19 Weekly Check Sheet		
General Information		
TEAM		COVID SUPERVISOR
General Points		
Have non-essential visitors been prevented from entering training venue?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are all team members being regularly briefed on the criteria for deciding whether to travel to training or not (for example, if someone falls ill, social distancing or self-isolation)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Has a set start and finish time been planned and communicated to all team members?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Whilst team members arrive for training is social distancing being maintained?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are hands being washed or sanitised on entry and exit and at regular intervals during training?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are members being encouraged to ensure social distancing during training sessions	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is there a means employed during training and change over for members to ensure social distancing is being adhered to? (Change over of ends and teams always staying to opposite sides of the rope)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are there any transmission surfaces e.g. access points, toilets, tables, other surfaces sanitised regularly?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are inductions being conducted in line with social distancing requirements and where practicable outdoors?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Hand Washing		
Are adequate hand washing facilities that enable social distancing, available or where hand washing facilities are not available is there access to sanitiser?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are hand wash and sanitiser dispensers topped up and in working order?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is there a regime for the cleansing of hand washing facilities which is not shared?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is there adequate provision for disposal of hand towels with regular removal and disposal?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is there a sufficient stock of hand wash, hand sanitiser, hand towels and cleaning product available?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Toilets		
Are hands being washed before and after use?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is there a cleansing regime, acknowledged by signature?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

FORWARD WEEKLY COPY TO OFFICIALS & RECORDS SEC.

Appendix B Cont.

Are there adequate toilets for the number of members training?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Are cleaning material provided to enable the touch surfaces to be adequately cleaned before and after use?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Training Kit , water bottles, ropes and other training equipment			
Are members attending the training session already dressed for training?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Do members provide and look after their own water bottles?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Is social distancing maintained throughout any rest break?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Is the cleaning regime, disposal of waste and control of training equipment adequately controlled?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Will the training be held in open areas?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Are taps and washing facilities routinely inspected and cleaned?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Are toilet handles and seats routinely inspected and cleaned?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Are door handles and push plates routinely inspected and cleaned?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
General			
Are all new training procedures being followed?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Are all relevant systems and procedures such as risk assessments and guidance to clubs from the Tug of War Association and Government guidance being reviewed and updated on a regular basis?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Additional Comments:			
Actions Required			
If you answered No to any of the above question please detail below corrective actions			
Item No	Observations	Action Required	Action Completed (Initial)
Completion By;			
PRINT NAME:		SIGNATURE:	Date: