

Monday touch details

Join us for our weekly social game of touch rugby. Touch Rugby League is a fast, skilful, and action-packed team sport, played in a fun and social atmosphere, without any of the tackling you see in a traditional game of Rugby League. A great way to get fit and active, burn calories, make new friends, and have fun. We have kept the rules simple making it easy for beginners to grasp the basics. No previous playing experience necessary. Open to both men and women. Participants must book prior to the event in order to secure their place. Please note places are limited to a maximum group size of 30 due to the current regulations.

Important information relating to Covid-19

Please remember hands, space and face when attending. Anyone displaying Covid related symptoms in line with government guidance should not attend. Please see separate RFL self-questionnaire.

All participants prior to attending must have reviewed and completed the opt in terms and conditions. This will ensure that participants are aware of the increase in transmission risk associated with partaking in even socially distanced group activity and should ensure that all participants are clear that they are opting to participate in Rugby League.

All participants (players, coaches, officials, volunteers and spectators) should check for symptoms of COVID-19 prior to attending any activity at Clubs. In line with current UK Government Guidance, if an individual is symptomatic and/or living in a household with a possible COVID-19 infection they should remain at home and follow UK Government guidance. In addition, any participants who have been asked to isolate by NHS Test and Trace because they are a contact of a known COVID-19 case, or they have returned from a Country that doesn't have travel corridor exemption, must not exercise outside their home or garden and must not exercise with others.

Personal hygiene measures should be carried out at home before, during and after Rugby League activity. Participants should always bring their own hand sanitiser where possible and maintain strict and frequent hand hygiene measures.

All players, officials, volunteers and spectators must undergo a self-assessment for any COVID-19 symptoms. No-one should leave home to participate in sport if they, or someone they live with, has symptoms of COVID -19 currently recognised as any of the following:

- A high temperature
 - A new, continuous cough
 - A loss of, or change to, their sense of smell or taste
- Should an individual have demonstrated any such symptoms, they must follow NHS and PHE guidance on self-isolation

All participants (players, coaches, support staff) in the training session have responsibility to notify the Club Covid Officer should they display symptoms of COVID-19 within 48 hours of a training session and or match.

Footwear

Players should wear moulded boots in order to play on the 3G playing surface (no trainers or metal studs).

For more information, please contact w.leatt@yorkcityknights.com