

**BOLSOVER**  
**BULLS**



**RETURN TO PLAY**

# CLUB HOUSE

## We are back!

Thanks to everyone's efforts over the last few months COVID infection rates have reduced to levels where the Government & Rugby Football League have authorised a return to play.

We have been busy doing additional training and preparations so that we can do this safely and the kids can have fun.

We now have a designated COVID officer and have strict guidelines on what we can and can not do on and off the field.

Above all we need your support in implementing these guidelines. One of the most important of these is completing a COVID-19 symptom check on the day of training. The [link](#) will be posted in WhatsApp groups as a reminder.

Please can all children also be registered on League net so that we can comply with RFL guidelines (details on p10.)

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

As part of our commitment to NHS Test & Trace please notify us if anyone who comes to training has symptoms of or tests positive for COVID-19 within 48 hours.

We will continue to monitor the situation and make any changes that are needed as the restrictions change.

## Club Welfare Officer

Your new CWO is now in post. If you have any concerns about a member of the club you can talk to David Alvey at training or contact via the form on the Bolsover Bulls website

<https://www.bolsoverbulls.com>



Mental Health  
First Aider

MHFA England



Mental Health  
First Aider

MHFA England

# NEW SESSIONS

To limit numbers on the pitch we are taking this opportunity to launch evening sessions.

Sessions are now free until June 2021.

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**Under 13s** Tuesday 6 - 7.30pm  
Starting 30th March

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**Girls** Tuesday 6.30 - 7.30pm  
Starting 30th March

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**Primaries** Tuesday 6 - 7pm  
Starting 30th March

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**Cubs** Sunday 9 - 10am  
Starting 11th April

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**Open age** Tuesday 7.30 - 8.30pm  
Starting 30th March

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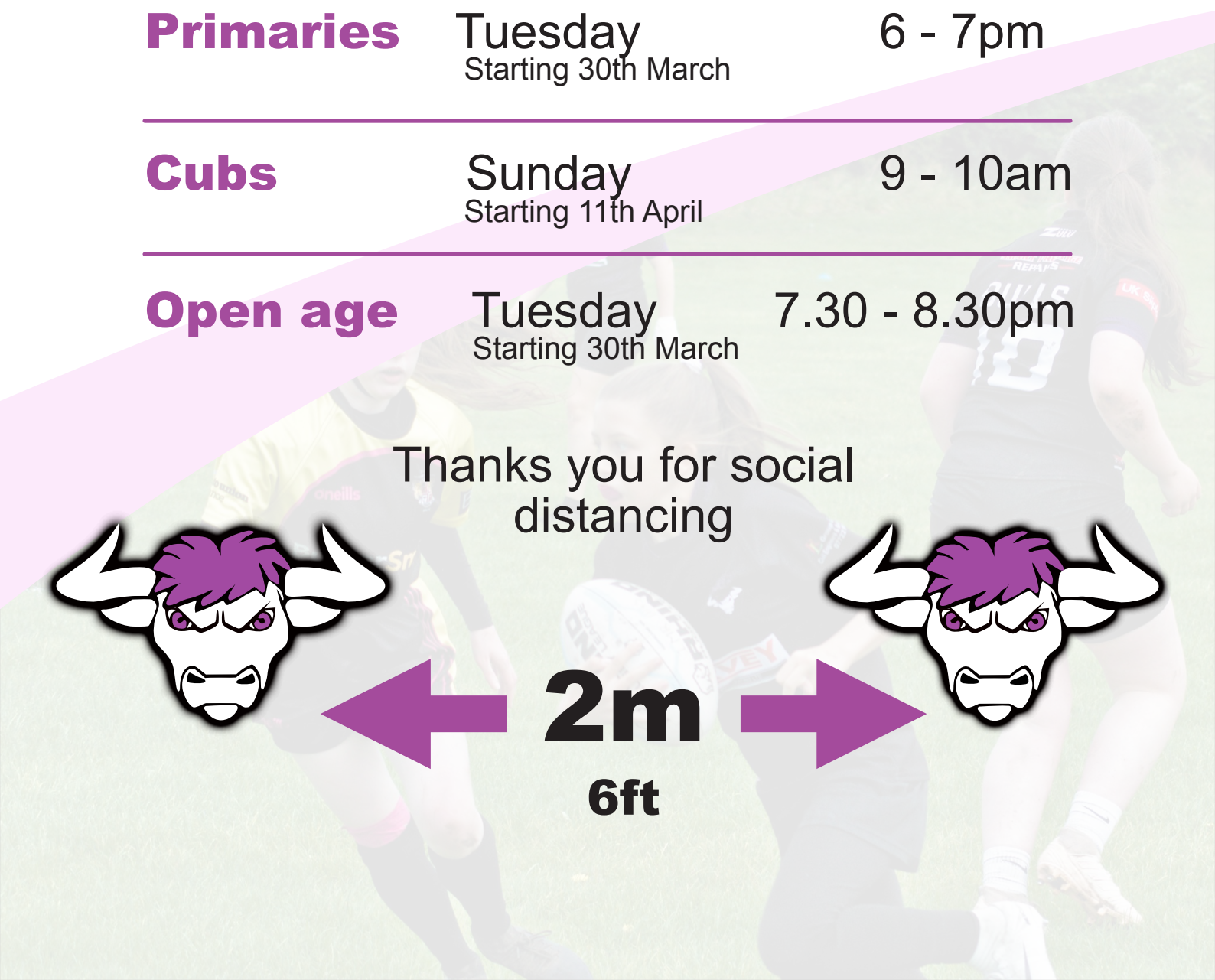
Thanks you for social  
distancing



**2m**



**6ft**



# FOR THE PLAYERS

## Before leaving home!!

- \* On the day of training complete the pre-session Health declaration form.

Players will be unable to attend if this is not done

<http://bit.ly/BolsoverBullsDeclaration>

- \* Apply sun cream
- \* Wash hands with soap and water



## Arrive 15 minutes early - ready to play

- \* Observe 2m social distancing at all times unless instructed by staff
- \* Bring own water bottle
- \* Only 1 parent/guardian to accompany where possible
- \* Keep belongings with you or leave in car

## Report for play

- \* Have temperature taken and sanitise hands

## Join your group

- \* Walk down steps and report to coach

## After play finishes

- \* Exit field via ramp and leave before next session
- \* Do not gather around club house or in groups



Changing rooms closed  
Toilets available on request

# CLEAN HANDS

Wash your hands before attending training and as soon as you get home.



HM Government



## Coronavirus

**Wash your hands with soap and water more often for 20 seconds**



**Palm to palm**



**The backs of hands**



**In between the fingers**



**The back of the fingers**



**The thumbs**



**The tips of the fingers**

Use a tissue to turn off the tap.  
Dry hands thoroughly.

**CORONAVIRUS**

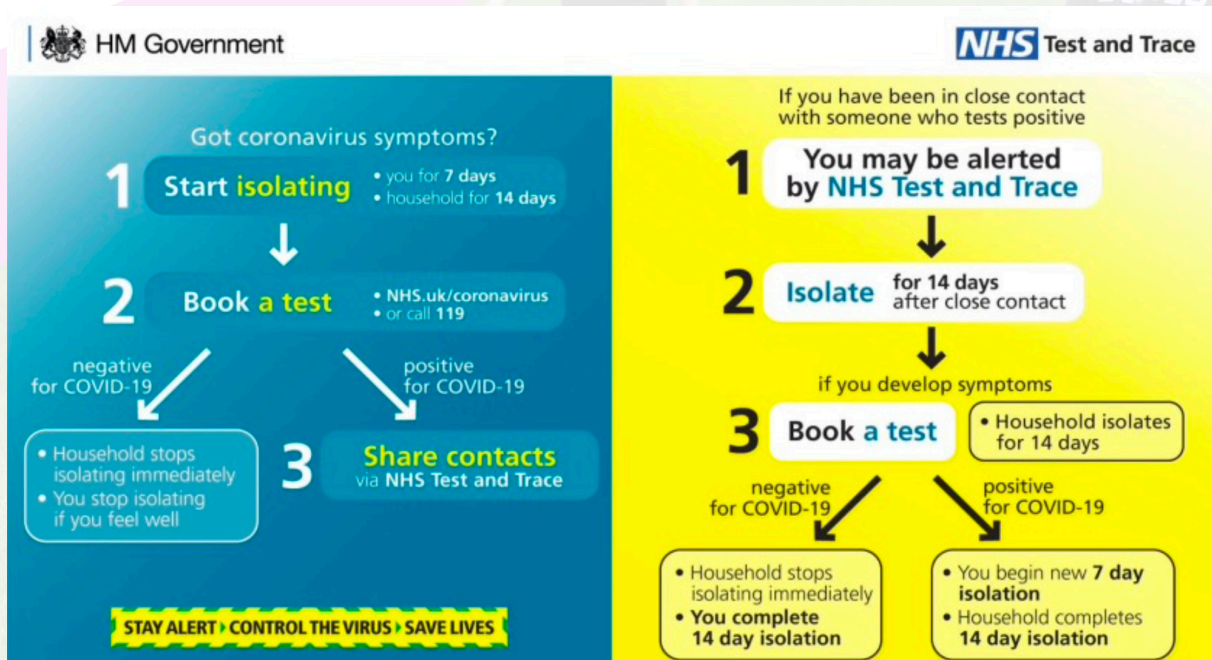
**PROTECT  
YOURSELF  
& OTHERS**



# TEST AND TRACE

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.

- Anyone with symptoms should ask for a test online or call to arrange a test by calling 119.
- They must complete the test within 5 days of the symptoms starting.
- Club Covid Officer to direct the infected individual to the National Government's Test and Trace procedures. In England this will mean that individual will have a test within 48 hours. Each nation: England, Scotland, Wales and NI, have different procedures currently.
- In addition to the above advice, Club Covid Officer to contact all individuals that attended the training session and or match in question to advise that an individual within that group has reported symptoms.
- If the individual is a coach, then all participants of all sessions will need to be contacted and informed that they must follow the Governments advice on self-isolation for 7 days (see the below diagram).
- If a member of the club presents with symptoms within 48 hours of a training session/game, then training/practice/ matches played by the club must be suspended and a period of isolation as set out by the government followed, currently 7 days for an individual and 14 days for members of the household. (see the below diagram).
- The name of the infected individual is not to be disclosed to protect anonymity.
- All attendees of the session should be advised to isolate for 14 days (as per government guidelines) in case symptoms arise.



# SAFEGUARDING

The lockdown period will have affected children in many ways. While most will have had a positive time with family, others may have had negative experiences and could be at increased risk.

There are a few simple steps clubs can take to support children at this time:

- Please continue to follow the process outlined in our Safeguarding Policy for reporting concerns to the CWO.
- Remind to respond calmly if a child or adult at risk talks to you about a concern. Ask them to **Tell, Explain & Describe** (TED) what is going on and be careful not to add anything.
- You may find it useful to look at the NSPCC website for information, advice about talking to children about COVID-19 <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>
- Your club has 2 Mental Health First aiders to support players and volunteers. Talk to Ash or David



- Be mindful of peoples behaviour on the sidelines. The RFL have put a great video together on this <https://youtu.be/8KE47V8hke4>



# PEOPLE AT RISK

Due to our rigours safety precautions we only let those without symptoms who are not isolating or classified as higher at risk return to play.

People who are defined as clinically extremely vulnerable are thought to be at very high risk of serious illness from coronavirus. There are 3 ways you may be identified as clinically extremely vulnerable:

You have one or more of the conditions listed below:

- Your clinician or GP has added you to the Shielded Patient List because, based on their clinical judgement, they deem you to be at high risk of serious illness if you catch the virus.
- You have been identified through the COVID-19 Population Risk Assessment as potentially being at high risk of serious illness if you catch the virus.

If you do not fall into any of these categories, and have not been contacted to inform you that you are on the Shielded Patient List, follow the national lockdown guidance for the rest of the population.

If you do not fall into any of these categories, and have not been contacted to inform you that you are on the Shielded Patient List, follow the national lockdown guidance for the rest of the population.

If you think there are good clinical reasons why you should be added to the Shielded Patient List, discuss your concerns with your GP or hospital clinician. People with the following conditions are automatically deemed clinically extremely vulnerable:

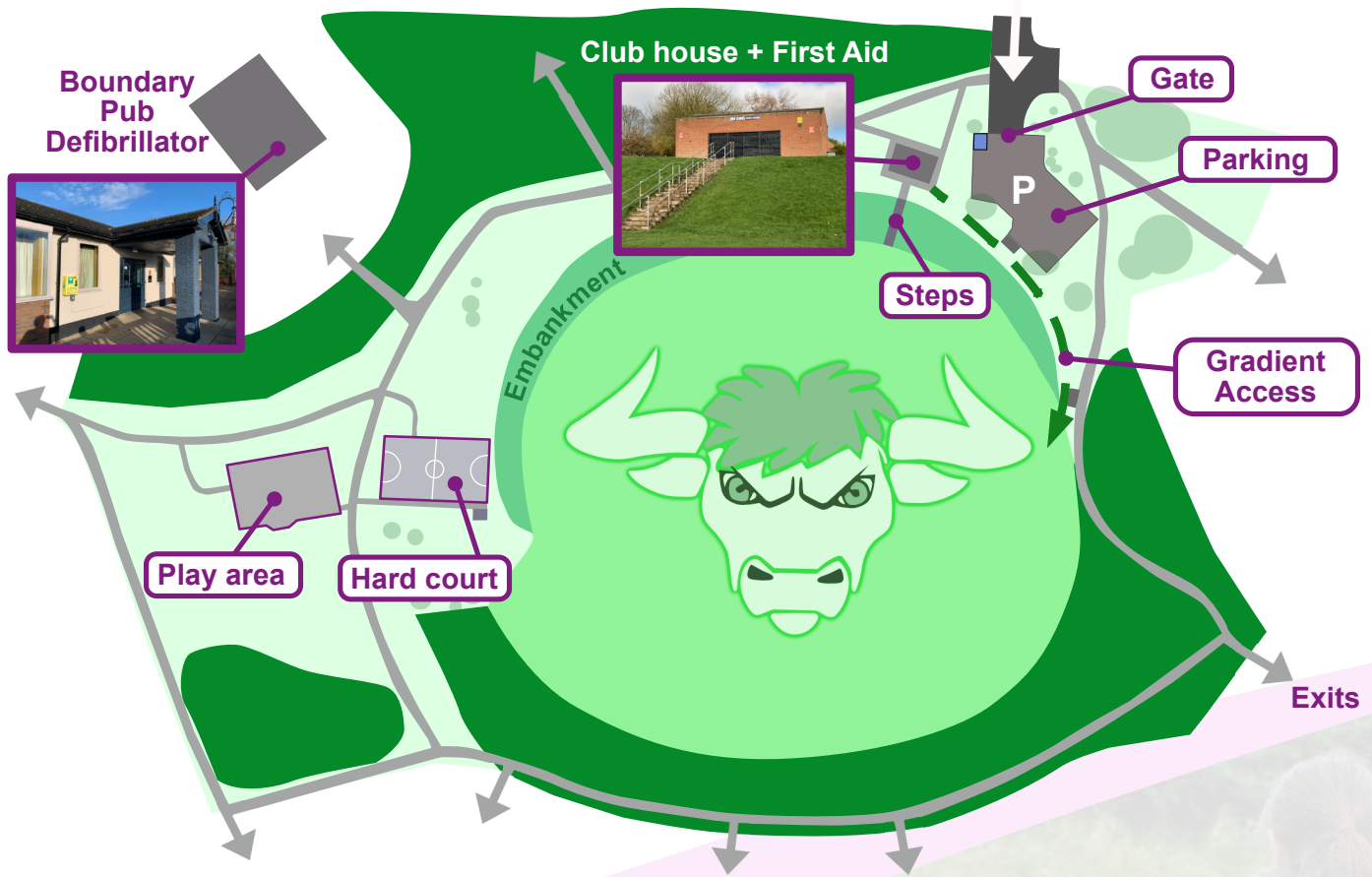
- solid organ transplant recipients
- people with specific cancers:
- people with cancer who are undergoing active chemotherapy
- 





# HOME OF THE BULLS

///player.coats.wiring



## Address

South Normaton Sports Field (old cricket ground)  
Chestnut Drive,  
Alfreton,  
Derbyshire,  
DE55 3AH

## Contact

Tel: 07871851871

## Visit us at

[www.bolsoverbulls.com](http://www.bolsoverbulls.com)

## Follow us on

Facebook

Twitter

Instagram

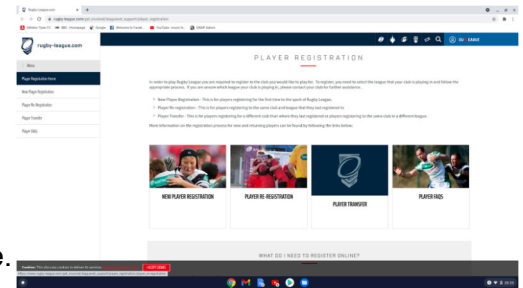
# REGISTER CHILDREN

The whole process will take 5-10 minutes if you have the correct required items at hand for upload.

**BEFORE YOU START YOU WILL NEED A PHOTO NO BIGGER THAN 3MB (PASSPORT SIZE SO CROP YOUR CAMERA PHOTO) AND A PROOF OF AGE DOCUMENT (PASSPORT OR BIRTH CERTIFICATE) - IF YOU DON'T HAVE A SCANNER I'VE DOWNLOADED CAMSCANNER APP. THIS WILL PDF PICTURES. YOU DONT HAVE TO BUY IT.**

## Step 1

Go to: [https://www.rugby-league.com/get\\_involved/leaguenet\\_support/player\\_registration](https://www.rugby-league.com/get_involved/leaguenet_support/player_registration)



## Step 2

Scroll down to the bottom of the page and select Midlands Junior League. This will bring you through to the next screen.

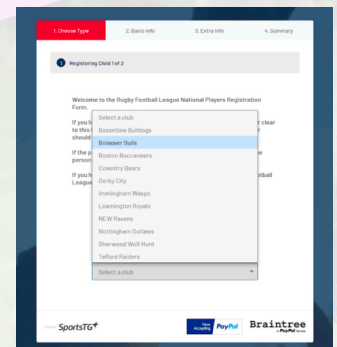
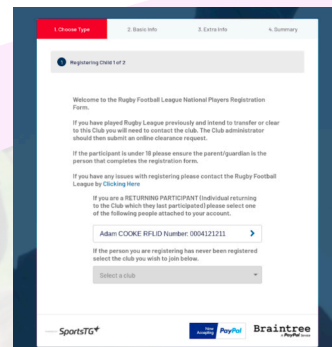
## Step 3

Register the amount of children here (I suggest you do one at a time).



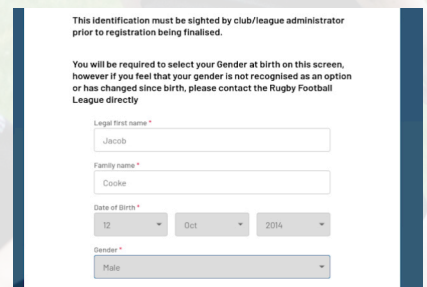
## Step 4

As I'm a participating member I have an ID. You may not. The club you want to register for is The Bolsover Bulls.



## Step 5

Put in the correct Information for the child. Fill in all required sections. These have a **RED\*** next to them.



## Step 6

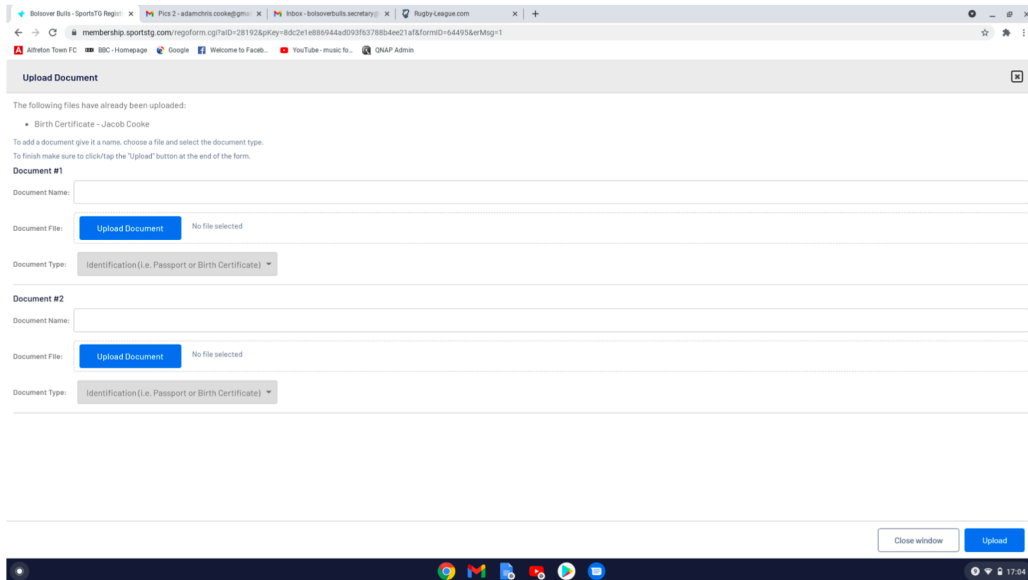
You will now need to upload a headshot passport photo of your child. This can't be bigger than 3MB. To check this take the photo. Go into information and check the size. If it's bigger than 3MB the CROP the photo u til this is under 3MB. This is roughly the same size as a passport photo. If it's too big you will get the below message. When it's accepted and uploaded click the bottom right corner **SAVE PHOTO**. Then crop as below.

### Photos should generally comply with the following:

- True likeness of the applicant
- Front view of the applicant's head and shoulders
- No hats or sunglasses
- Taken on a white background
- Less than 6 months old

## Step 7

Upload document. This will need to be a scanned copy of their birth certificate or passport. If you don't have a scanner you can download the CAMSCANNER app. This is free if you don't sign up to it by rejecting the screen when asked to pay for it. You can cut the scan to size with this. Upload document as screen below and UPLOAD document bottom right corner.



Upload Document

The following files have already been uploaded:

- Birth Certificate - Jacob Cooke

To add a document give it a name, choose a file and select the document type.  
To finish make sure to click/tap the 'Upload' button at the end of the form.

Document #1

Document Name:

Document File:  No file selected

Document Type: Identification (i.e. Passport or Birth Certificate)

Document #2

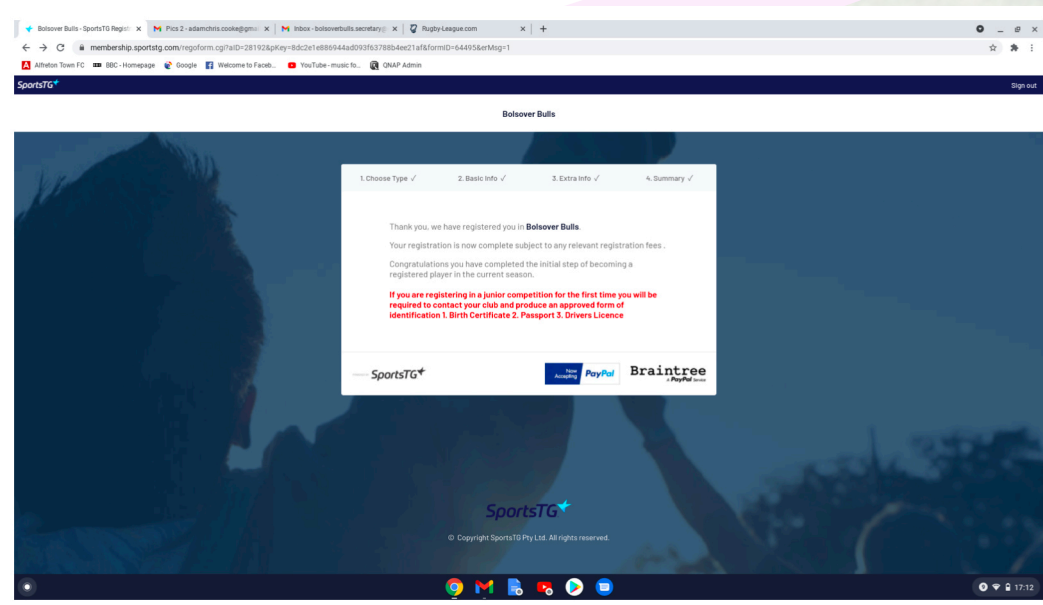
Document Name:

Document File:  No file selected

Document Type: Identification (i.e. Passport or Birth Certificate)

## Step 8

Next you will need to click to confirm you have read the COVID Guidance and fill in all relevant details. The ones needed are marked with a **RED\***. You can then submit the registration. You will get the following screen and an email. Please forward the email to [bolsoverbulls.secretary@gmail.com](mailto:bolsoverbulls.secretary@gmail.com) for our records.



Bolsover Bulls



1. Choose Type ✓ 2. Basic info ✓ 3. Extra info ✓ 4. Summary ✓

Thank you, we have registered you in **Bolsover Bulls**.

Your registration is now complete subject to any relevant registration fees.

Congratulations you have completed the initial step of becoming a registered player in the current season.

**If you are registering in a junior competition for the first time you will be required to contact your club and produce an approved form of Identification 1. Birth Certificate 2. Passport 3. Drivers Licence**

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**Thank you. We look forward to seeing you soon. Love The Bulls.**