

BEING CORONAVIRUS-AWARE AT DORKING RUGBY CLUB



Everybody in the UK has been asked to take certain steps to restrict the spread of COVID-19. This means self-isolation for suspected cases and social distancing for everyone else.

But, what's the difference?

WHAT IS SOCIAL DISTANCING?

Social distancing is when we all try to avoid contact with other people as much as possible. This means spending less time in public places, where a lot of people are around - for Dorking Rugby Club, this also includes match days and training.

The Government has provided more specific detail of:

- People working from home whenever possible
- Stopping all unnecessary travel
- Avoiding pubs, clubs and other such social venues.

WHAT IS SELF-ISOLATION?

Self-isolating means temporarily cutting yourself off from physical contact with other people.

From now on, if one person in a household starts to display flu-like symptoms - defined as a fever of above 37.8C or a persistent cough - everyone living there must stay at home for 14 days.

The Government have more specifically stated that this means avoiding leaving the house "even to buy food or essentials", adding people could go out to do exercise, but only at a very safe distance from others. They should ask for help for groceries, other shopping or medication, which can be dropped off on the doorstep by friends, family or delivery drivers.

People are being advised not to ring NHS 111 or their GP to report their symptoms unless they are worried.

RFU RESPONSE TO COVID-19

Following government advice, the RFU suspended all rugby activity in England, at both professional and community level from 17th March.

This includes club training, league and cup matches plus rugby education courses until 14th April subject to continued review.

The decision has been taken following government advice in the interests of players, coaches, referees, volunteers, supporters and the wider rugby union community.

Where possible, players at all levels are encouraged to maintain their own personal fitness and keep active during this time, while following government guidelines about safe distance and safe exercise environments.

The RFU will continue to review and monitor government advice and will provide detailed updates on the impact to the season in the coming weeks.



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