

RETURN TO RUGBY ROAD MAP: COMMUNITY GAME

PHASED RETURN

WHAT IT COULD LOOK LIKE

CURRENT STATUS



INDIVIDUAL TRAINING WITH ONE OTHER PERSON

- Exercise with one other person: fitness training or physical development
- Maintain social distance
- No equipment sharing



SMALL GROUP TRAINING

- Exercise within a small group (Up to 6) & maintain social distance
- No face to face (F2F) /close contact
- Equipment sharing kept to a minimum



LARGER GROUP TRAINING: LIMITED F2F/ CLOSE CONTACT

- Exercise with a larger group
- Social distancing potentially not required at all times
- Limited F2F & close contact exposure could now be permitted



WHOLE TEAM TRAINING: INCREASED F2F/ CLOSE CONTACT

- Exercise with a larger group
- Social distancing potentially not required at all times
- Increase in level of F2F & close contact exposure could be permitted



RETURN OF ADAPTED CONTACT TRAINING AND FIXTURES

- Increased contact training permitted
- Contact fixtures under law variations permitted from 18th December 2020



RETURN TO MATCH PLAY

- Competitive rugby can recommence.
- Could include some form of adapted activity dependent on COVID-19 mitigation

STRONG HAND HYGIENE TO BE ADHERED TO AT ALL STAGES

LIKELY TRIGGER TO MOVE TO THIS STAGE

Individuals allowed to exercise with someone from another household



Expansion in numbers allowed to meet together
Equipment sharing allowed if supported by hand hygiene



Further expansion of group size rules & relaxation of social distancing
Risk of rugby training F2F & close contact exposure deemed low enough to allow limited introduction to some traditional training activities



Further easing of group size rules & social distancing
Risk of rugby training F2F & close contact exposure deemed low enough to allow increased participation in more traditional training activities



Relaxations of restrictions on outdoor contact sports
Law variations reduce risk of F2F & close contact exposure low enough to allow progression to adapted contact matches and training activities



Social distancing removed completely
Risk of F2F & close contact exposure low enough to allow unrestricted F2F & close contact match activities

