

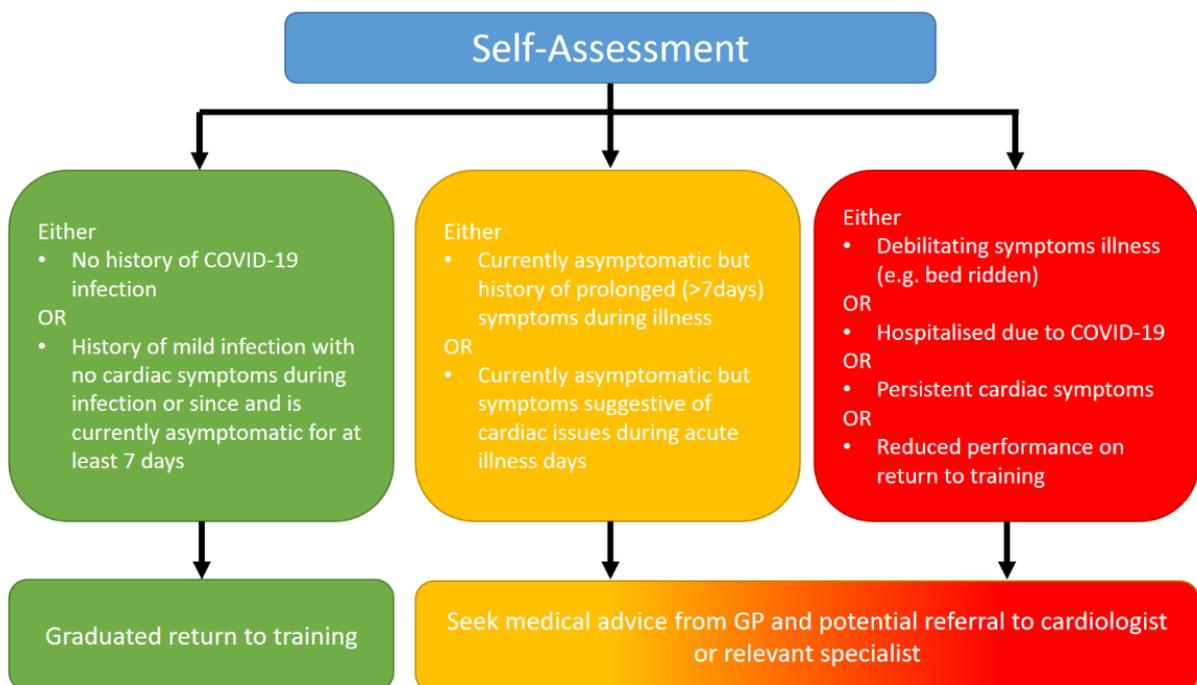


# RETURNING TO RUGBY ACTIVITY

AUGUST 2020

Overview guidance for the steps any participant should take as they return to rugby activity having had a confirmed or suspected Covid-19 infection.

All participants wanting to return to rugby activity having had a confirmed or suspected Covid-19 infection, should carry out the following self-assessment, seeking medical advice from their GP if in any doubt or where appropriate. This is to protect the individual and reduce the risk of transmission.



*Adapted from Bhatia et al. (2020)*

All participants should be clear of symptoms for at least 7 days. As participants return to rugby activity, they should continue to self-monitor how they feel and be aware of any potential red flags and/or indicators to watch out for such as:

- Chest pain
- Heart palpitations
- Breathlessness disproportionate to the level of activity
- Severe/persistent cramp (related to potential circulation issues)

**Participants should seek medical care immediately if any of the above symptoms occur.**

Participants should also be aware of any potential adverse effects of some medications used for the treatment of Covid-19 (e.g. steroids, antibiotics, antiviral or immunosuppressant drugs) may have on exercising.

If at any time any of the following COVID-19 symptoms occur, the participants should immediately self-isolate for 10 days and not to engage in regular or intense exercise until they have been symptom free for 7 days.

- High temperature
- New, continuous cough
- Loss of, or change to, their sense of smell or taste

Before a player returns to rugby activity having had a Covid-19 infection, the club may want to make a formal record with the player/parent confirming that the player has been medically cleared to play.

This guidance has been developed from information issued by the [Government](#) and the [Medical care and first aid: a framework for organised non-elite sport during the Covid-19 pandemic paper](#).

*Any advice provided by the RFU in relation to specific injuries, illnesses or disabilities is only general advice and it should not be used as a substitute for the individual advice patients receive when they consult their own doctor. Individuals are advised to consult their own General Practitioner or Hospital Consultant for specific advice on their condition and/or fitness to train for or play rugby.*