

# COMMUNITY RUGBY: RETURNING TO PLAY

SUMMARY OF GOVERNMENT ANNOUNCEMENT 28/05/20

## your guide

The government has announced that people can go outside more than once a day for exercise, alone, with members of their household, or as part of a group with max six people from other households as long as they are following social distancing guidelines.

This guide will take you through the key messages from the most recent government announcement and what they mean for returning to play in community rugby.



## KEY GUIDANCE

- ✓ Outdoor field based training is permitted, either alone, with members of your household (incl. children), or with max 6 people from different households.
- ✓ Participants must be two metres apart at all times with no physical contact.
- ✓ Any equipment used must be owned by the individual participant (i.e. use own ball, cones etc.) and sharing of equipment can only take place amongst household members.
- ✓ All participants must come ready for activity.
- ✓ If others are on site and social distancing is not possible allow them to leave the area first and do not congregate after any activity.
- ✓ Any coaching should be outside, and limited to max 6 people from different households. All RFU regulations should also be followed especially around safeguarding in age grade i.e. clubs should ensure that their volunteers and employees when working with children avoid working in isolation out of the sight of parents or other volunteers. Where this conflicts with Government guidance on social distancing, the sessions should not happen.

## GENERAL ADVICE

- ✓ Given the length of time since rugby activity was suspended, it is advised anyone returning to activity considers usage of RFU Activate and eases themselves back to exercise gently.
- ✓ Do not train or meet anyone if you feel unwell and if COVID-19 is suspected follow Government advice on isolation.
- ✓ Clinically vulnerable should stay home as much as possible.
- ✓ Be aware guidance can change at short notice, and restrictions can be reintroduced, please stay up to date on latest Government and RFU advice



## USEFUL LINKS

- [DCMS Guidance on the phased return of sport](#)
- [RFU Strength & Conditioning Guidance during Covid-19](#)