

COMMUNITY RUGBY PROTOCOLS

‘RETURN TO TRAIN AND PLAY’

Coordinated ‘Return to train and play’ recommendations and protocols for all Community Rugby, that are respectful of current community needs for social distancing and hygiene management and protect the health and safety of our Rugby Community. Community Rugby Union must ensure that the activities undertaken in training and competition are consistent with the applicable guidance from Local Public Health Authorities. This document will assist all ‘Coaches and Managers’ through different phases that we are currently experiencing or about to move into. The documents is divided into three sections –

1. Three questions that should be answered by all Coaches, Managers and players before anyone proceeds.
2. Two tables from the [‘AIS Framework for rebooting sport’](#) document. Table One describes the recommendations over three different levels of activities in our return to full sporting activity taking in the restrictions imposed. Table Two follows recommendations for specific for Rugby Union across the three levels.
3. New South Wales Rugby recommendations and protocols for ‘Return to train’ followed by ‘Return to play’ across the three levels

REMEMBER IF PLAYERS, COACHES OR MANAGERS HAVE ANY SYMPTOMS OF COLD OR FLU THEY MUST STAY AT HOME!!

1. Questions for Coaches, Managers and Players before any training occurs

<p>1 Do I currently have any of these? <i>Symptoms of acute respiratory disease (including Cough, sore throat, or shortness of breath) OR fever over 38 degrees OR sudden loss of smell or taste?</i></p>	<p>2 Do I currently have COVID -19 or did I have it in the past 2 months, to the best of my knowledge?</p>	<p>3 Do I have a history of cardiac problems or other pre-existing health conditions?</p>
<p>YES → Don’t start training, follow instructions of local health authorities...get tested. NO → Proceed to next Question</p>	<p>YES → Don’t start training, seek medical advice from Doctor and see if/when you can start NO → Proceed to next Question</p>	<p>YES → Don’t start training, seek medical advice from Doctor and see if/when you can start NO → OK you can go to training starting with Level A</p>

2 (a). Table 1: Description recommendations for Level A, B, C activities in community and individual sport

ALL SPORTS	Level A	Level B	Level C
<p>General Description</p>	<p>Activity that can be conducted by a solo athlete or by pairs where at least 1.5m can always be maintained between participants. No contact between athletes and/ or other personnel. Examples for all sports - general fitness aerobic and anaerobic (e.g. running, cycling sprints, hills). Strength and sport-specific training permitted if no equipment required, or have access to own equipment (e.g. ergometer, weights). Online coaching and resources (e.g. videos, play books).</p>	<p>Level A plus: Indoor/outdoor activity that can be conducted in small groups (not more than 10 athletes and/or other personnel in total) and with adequate spacing (not more than 1 person per 4m²). Some sharing of sporting equipment permitted such as kicking a football, hitting a tennis ball, use of a skipping rope, weights, mats. Non-contact skills training. Accidental contact may occur but no deliberate body contact drills. No wrestling, holding, tackling or binding. Commercial gyms, boot camps, yoga, Pilates, dance classes (e.g. barre, ballet, hip hop, not partnered), cycling ‘spin’ classes permitted if other measures (above) are met.</p>	<p>As per Level B plus: Full sporting activity that can be conducted in groups of any size including full contact (competition, tournaments, matches). Wrestling, holding, tackling and/or binding (e.g. rugby scrums) permitted. For larger team sports, consider maintaining some small group separation at training. For some athletes full training will be restricted by commercial operation of facilities.</p>

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ALL SPORTS	Level A	Level B	Level C
General Hygiene measures	No sharing of exercise equipment or communal facilities. Apply personal hygiene measures even when training away from group facilities - hand hygiene regularly during training (hand sanitisers) plus strictly pre and post training. Do not share drink bottles or towels. Do not attend training if unwell (contact doctor). Spitting and clearing of nasal/ respiratory secretions on ovals or other sport settings must be strongly discouraged.	Communal facilities can be used after a sport-specific structured risk assessment and mitigation process is undertaken. ‘Get in, train and get out’ – be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms). Minimise use of communal facilities (e.g. gym, court) with limited numbers (not more than 10 athletes/other personnel in total). Have cleaning protocols in place for equipment and facilities. Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap before and after training (preferably at home). Where possible maintain distance of at least 1.5m while training. No socialising or group meals.	Return to full use of sporting facilities. Continue hygiene and cleaning measures as per Level B. If any massage beds being used, hygiene practises to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each athlete and hand hygiene. Limit unnecessary social gatherings.
Spectators, additional personnel	No spectators unless required (e.g. parent or carer).	Separate spectators from athletes. Spectators should maintain social distancing of at least 1.5m.	Minimum contact of non-essential surfaces to occur and hands on treatment should be kept too essential only. Non-essential personnel should be discouraged from entering change rooms.

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2 (b). Table 2: This table consists of advisory recommendations from AIS sport specific experts for Rugby Union



SPORTS SPECIFIC	Level A	Level B	Level C
Rugby Union	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, passing, ball skills (e.g. against wall) to self.	Skill drills using a ball, kicking and passing. No rucks, mauls, lineouts or scrums, no tackling/wrestling. Small group (not more than 10 athletes/staff in total) sessions.	Full training and competition.

3. Table 3: New South Wales Rugby recommendations for ‘Return to train’ followed by ‘Return to play’

Level A – ‘Return to train’- Training at home (As Individuals or with family members and persons in same household, following Government guidelines)	
<i>Coaches and Managers assisting players at home</i>	<ul style="list-style-type: none"> <input type="checkbox"/> No rugby playing or team or small group training permitted, to align with public health requirements <input type="checkbox"/> Stay at home, other than for essential personal movement, and going to work or School <input type="checkbox"/> Public health measures – people should keep 2 metres apart outside home where possible <input type="checkbox"/> Have players been given ‘Train at home’ program to keep them active? <input type="checkbox"/> Create fun and active sessions for players to complete with family

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<p><i>Coaches and Managers assisting players at home</i> [CONTINUED]</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Use State Union websites, NSWRU Positive Coaching platform, Rugby AU coaching resources to design ‘Train at home’ programs. Be sure to make all sessions fun, inclusive and safe (see links in Resource section below) <input type="checkbox"/> Are you registered on Rugby Xplorer?  Download App on your phone now <input type="checkbox"/> Is your coach accreditation current? Go thru Rugby Xplorer and check/update. Complete Smart Rugby if not (see links in Resource section below) <input type="checkbox"/> Individual player training permitted (Absolutely no training if any symptoms of virus present) <input type="checkbox"/> Have any players in your team had Covid 19 or been in contact who has had the virus? <i>Record and update results weekly</i> <input type="checkbox"/> Recommend team communication and group online (Zoom) sessions to – <ul style="list-style-type: none"> • Keep players updated • Keep the players engaged • Accentuate the importance of personal hygiene and methods to maintain this over the coming months • Discovering if any of your players are experiencing any symptoms of Virus before you come together as a group • Tracking of players training individually • Q and A sessions on ‘Train at home’ program. • Law and safety quiz
<p><i>Resources</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Link to Office of Sport – NSW Coronavirus Update – CLICK HERE <input type="checkbox"/> Register for the free NSW Positive Coaching App on Ignite Rugby –  Step by Step Guide to app <input type="checkbox"/> Access to NSW Waratahs website – CLICK HERE <input type="checkbox"/> For useful Rugby AU Coaching video resources go to – CLICK HERE <input type="checkbox"/> For useful Kids Pathway Skills Manual pdf. – CLICK HERE <input type="checkbox"/> To accredit or update your Smart Rugby – CLICK HERE

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Level B – ‘Return to train’ – Small groups

(10 or less - Continue to follow Government guidelines)

Coaches and Managers Protocols

10 or less players on field - Divide team into groups of 10 or less (players and coaches practising social distancing of 1.5 metres and personal hygiene protocols)

- No rugby playing or full team training permitted, to align with public health requirements
- Any player or coach showing any symptoms of the virus must not attend any training sessions
- Training can commence where players can maintain a 1.5 metre social distancing, for example team fitness sessions, kicking sessions and ball skills sessions.
- Small grouped sessions of 10 or less practising Government guidelines
- Washing hands before and after training
- No contact or touching
- Distancing of no less than 1.5 metres from each other
- For purposes of clarity, any group or team training that involves being within 1.5 metre of a team mate or coach cannot be undertaken e.g. activities such as touch, tackling, scrummaging, contact drills, lineouts, mauling or breakdown work are not permitted.
- In regard to the use of rugby balls, these will be touched by many hands during a training session and it should be stressed to players to maintain good hygiene by washing hands before and after training and to avoid touching their face during training. Balls should be thoroughly washed post training using soapy water. Balls and cones must be washed before and after training.
- Avoid using any other equipment
- Follow usual good hygiene practice of not sharing drink bottles and having individuals take responsibility for their own bottles
- Follow Health guidelines with regards to hygiene e.g. regular handwashing and use of hand sanitiser, and respect the Temperature and Screening measures for all players and coaches
- Do not touch other people (no shaking hands or high-fives.)
- Players should avoid touching their eyes, nose and mouth as much as possible

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Level C – ‘Return to Play’ - Full training and competition (Continue to follow Government guidelines)

Coaches and Managers Protocols

Full team training (Return to full contact training and play in Competitions as a team)

- Align with all Public Health and Government recommendations which are current at the time of training and playing.
- Return to full use of sporting facilities.
- Continue hygiene and cleaning measures as per Level B.
- If any massage beds being used, hygiene practises to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each athlete and hand hygiene.
- Limit unnecessary social gatherings.
- Recommended focus on graduated return to contact training, safety and correct technique sessions.
- Having completed the Non-Contact training in small groups previously, we are ready to introduce contact at training in preparation to return to play.

Resources

- Link to Office of Sport – NSW Coronavirus Update – [CLICK HERE](#)
- Register for the free NSW Positive Coaching App on Ignite Rugby – [Step by Step Guide to app](#) 
- Access to NSW Waratahs website – [CLICK HERE](#)
- For useful Rugby AU Coaching video resources go to – [CLICK HERE](#)
- For useful Kids Pathway Skills Manual pdf. – [CLICK HERE](#)
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