

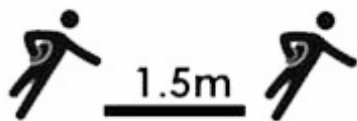


1. Maximum 20 people per group


Train only in your allocated area



2. Avoid close contact - keep 1.5m apart where possible



3. Non-contact training only!

 passing, kicking, fitness, individual body shape



 touch games, rucks, mauls, scrums, lineouts, tackling, wrestling



4. Get in, Train, Get out

Arrive ready to train (dressed, strapped etc.)

Bring your own water bottle

Club rooms remain closed



5. Practice Good Hygiene

Use sanitisation available for your area

Avoid spitting, clearing nose, coughing etc.



6. Do not attend if you are feeling unwell!



