































RETURN TO RUGBY ROADMAP

GOVERNMENT RESTRICTIONS	Gatherings restricted <2	Gatherings restricted (<2/<8)	Gathering restrictions gradually relaxed (e.g. 50)		Gathering restrictions further relaxed (e.g. 50<100)	
	Social distancing >1.5m restriction	Social distancing >1.5m restrictions	Social distancing (>1.5m) restrictions		Social distancing limitations lifted	
	LCSD facilities closed	LCSD facilities closed	Pitches open		Pitches open	
PHASE TRANSITION REQUIREMENTS	INDIVIDUAL S able to exercise indoors and outdoors	INDIVIDUAL S able to exercise indoors and outdoors	Pitches open & Govt allows CONTACT SPORT		Pitches open & Govt allows CONTACT SPORT	Pitches open & Govt allows CONTACT SPORT & Group size < 50
RETURN TO RUGBY PHASES	PHASE 1	PHASE 2	PHASE 3		PHASE 4	PHASE 5
			6-WEEK PRESEASON			RUGBY SEASON
	Individual/small group fitness training only LOCKDOWN	Individual fitness and contact preparation training SMALL GROUP Non-contact training	Individual fitness, skill (handling & kicking) and contact preparation training including Scrum preparation training SMALL GROUP Non-contact training	Group large enough to allow rugby CONTACT READY	Full squad large enough to allow rugby FULL SQUAD & CONTACT TRAINING	DOMESTIC COMPETITION

		Aim for 2 weeks	Minimum 1 weeks	Minimum 2 weeks	Minimum 3 weeks	
		RETURN TO TRAIN			RETURN TO PLAY	
 CONTACT LEVEL	 NON-CONTACT	 NON-CONTACT	 NON-CONTACT	 MODIFIED CONTACT/TOUCH	 GRADUATED RETURN TO FULL CONTACT	 FULL CONTACT
 GROUP SIZE	 INDIVIDUAL/ PAIRS as per govt restrictions	 SMALL GROUP as per govt restrictions	 SMALL GROUP as per govt restrictions	 LARGER GROUP as per govt restrictions	 LARGER GROUP as per govt restrictions	 FULL SQUAD Minimum 50 required
 PITCHES	 PITCHES CLOSED	 PITCHES CLOSED	 PITCHES OPEN	 PITCHES OPEN	 PITCHES OPEN	 PITCHES OPEN
 COMPETITION	 NO FIXTURES	 NO FIXTURES	 TOUCH RUGBY ALTERNATIVES NO FIXTURES	 TOUCH RUGBY ALTERNATIVES NO FIXTURES	 INTERNAL AND/OR PRESEASON	 COMPETITION
WHAT COULD THIS LOOK LIKE	Players stay active locally in their home or in their local area and Max groups of 2 and No shared equipment	Individual outdoor training such as pre-season running and Contact Preparation programme	Small group non-contact training within govt group size restrictions and Individual Contact Ready training including Scrum	Small group non-contact training within govt group size restrictions and Contact Ready training Scrum machine training	Larger group training with graduated return to full contact rugby activities	Team training and rugby matches with no physical distancing limitations
SUGGESTED ACTIVITIES	Pre-season Running	Preseason running and Contact Preparation Programme	Non-contact and/or Modified contact training ('Contact Ready Programme')		Graduated return to full contact	Game

WHAT CLUBS MIGHT NEED TO HAVE IN PLACE	Shutdown	Covid-19 Manager in place	1. Covid-19 Manager in place 2. Club Checklist completed 3. Entry/ exit processes 4. Sanitizing equipment	1. Covid-19 Manager in place 2. Club Checklist completed 3. Entry/ exit processes 4. Sanitizing equipment	1-4. All previous requirements 5. Updated club checklist assessments if crowds will be allowed at games
CLUB SPECIFIC RETURN TO PLAY	PHASE 1	PHASE 2	PHASE 3	PHASE 4	PHASE 5
MINIS	Individual fun	Individual fun	Minis Return to Play Guideline		Mini Tournaments permitted
YOUTH/SCHOOL	Individual fitness	Small group Non-contact	Age-appropriate contact training		Youth/School matches permitted
SENIOR	Individual fitness	Individual fitness and Contact preparation	Contact Ready Phase		Senior rugby matches permitted