

# **Southern Districts Rugby Club**

## **COVID-19**

### **Return to Play Guidelines and Weekly Checklists**



# RETURN TO PLAY - PHASE 1

GET IN, TRAIN,  
GET OUT

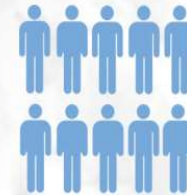
RUGBY  
VIC



18 MAY - 31 MAY



SOCIAL DISTANCING



TRAIN IN GROUPS  
OF 10 OR LESS



CONDITIONING



SKILL DRILLS USING A BALL, KICKING,  
AND PASSING POSSIBLE.



INDOOR MEETINGS



INDOOR GYM ACTIVITIES



PLAYING MATCHES



NO PLAYER ON PLAYER CONTACT INCL TACKLING,  
RUCKS, MAULS, LINEOUTS, OR SCRUMS.



NO TOUCH OR OZTAG.



PRACTICE GOOD  
HYGIENE



STAY HOME IF YOU  
ARE FEELING UNWELL!

## Guidelines for Phase 1 of Return to Play (May 18 – May 31) – These guidelines are to be available at every session.

### Before you commencing training - Committee, Coaches, Managers, Volunteers

- Advise all participants to stay home if they have been exposed to someone with COVID-19 in the last 14 days or have even mild flu-like symptoms.
- Stagger programs and booking times to create a buffer between sessions for people to enter and leave the venue.
- Ensure all participants are registered under their specific role for the club in 2020. Players, Coaches, Managers and Team Volunteers must be registered for each team.
- Create training groups of no more than 10 participants, using registration data from Rugby Xplorer.
- Communicate training session start times and arrival procedures for each individual group, including hygiene procedures and social distancing requirements.
- If someone is in the [high risk](#) health category, please consider whether they should be administering, training or playing Rugby.
- Coaches and Managers must have a current Smart Rugby qualification and Working With Children check.
- Ensure fields are set up, including sanitisation stations and goal pads. There is to be 1 sanitisation station per zone.
- Ensure a First Aid kit is available for each zone.
- Ensure all the required posters are displayed.

### Attendees at training - Players, Coaches, Volunteers

- All training participants must be registered, either as a Player, Training Participant, Coach, Manager or Volunteer.
- Only people core to playing or coaching should be at the venue.
  - This includes at least one parent/guardian of younger children who must be present for the duration of the training activity, to comply with relevant Child Safety guidelines. Parents and guardians must observe social distancing at all times. Where possible younger siblings not participating in activities should not attend.
- Parents/guardians must remain at or behind the fence line of the fields and not on the playing field area.
- Everyone, regardless of their role, must arrive and leave as close as possible to when they need to. No gatherings or lingering is permitted.
- All training participants must check into their zone and record their attendance at training. Team Managers will be responsible for recording attendance. A record must be kept of each session and forwarded to either the Junior Coordinator or the Club Secretary.
- All participants must bring their own water bottles. There is no sharing of water bottles.
- All participants must bring a sweat towel.
- Any participant identified as high risk or with an underlying health condition must provide a medical clearance to attend training.

## General - Social distancing, Behaviours and Hygiene practices

- Everyone must maintain physical distancing of 1.5 metres
- There are to be no handshakes, High Fives or hugging. **No contact.**
- All participants must wash/sterilise hands before and after training. Hand sanitizer is to be available at each training zone.
- Participants are to try to avoid touching of the face while training. Coughs and/or sneezes are covered with elbow.
- **No sharing of water bottles.**

## Rugby specific activities at training

- No contact including tackling, rucks, mauls, lineouts, touch, tag or scrums.
- Skill & drills using a ball, kicking and passing is allowed.
- Conditioning activities are allowed.
- Equipment can be used and must be sanitised before and after sessions. No equipment is to be shared between zones.
- Tackle bags are permitted but hit shields are not to be used in phase 1.

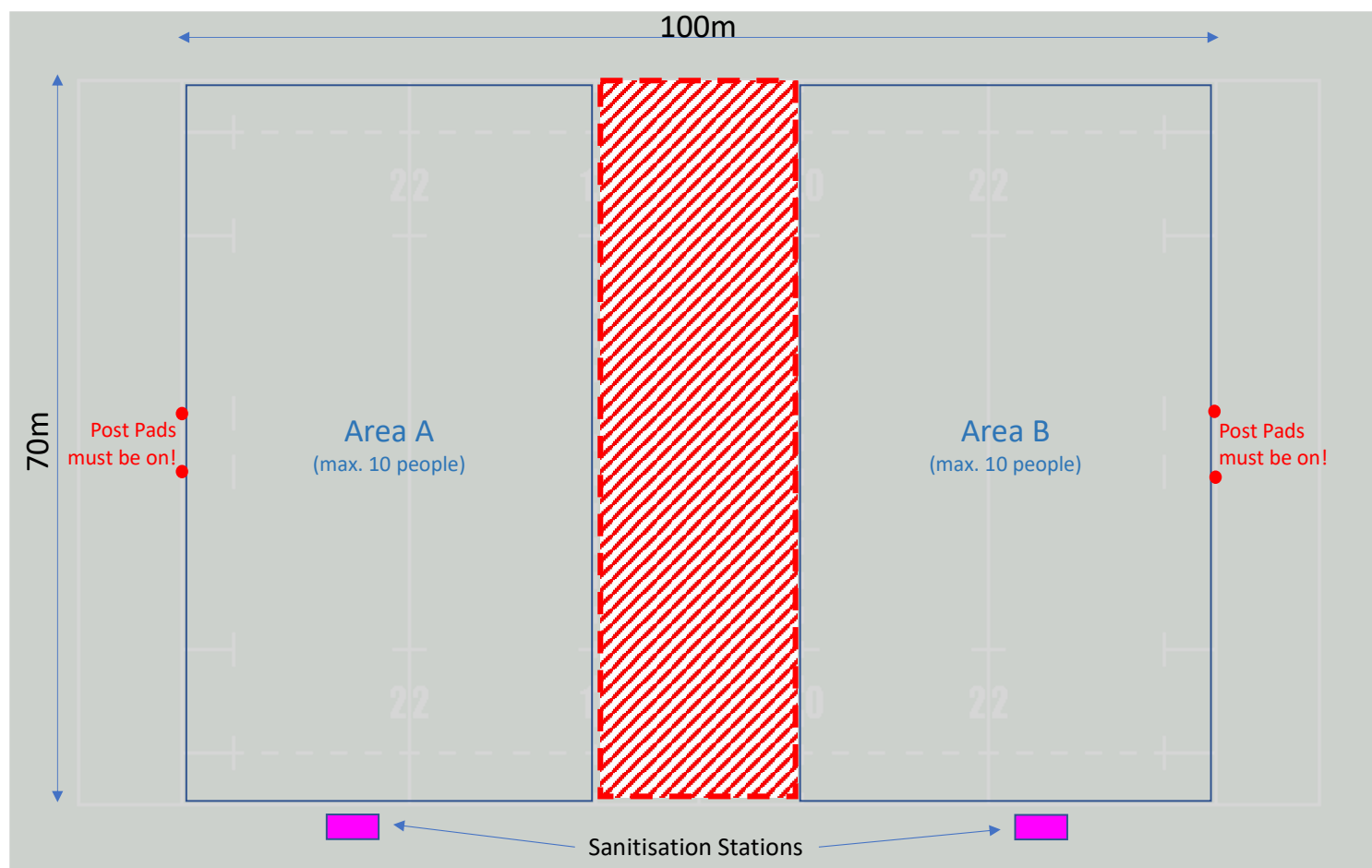
## During and after training

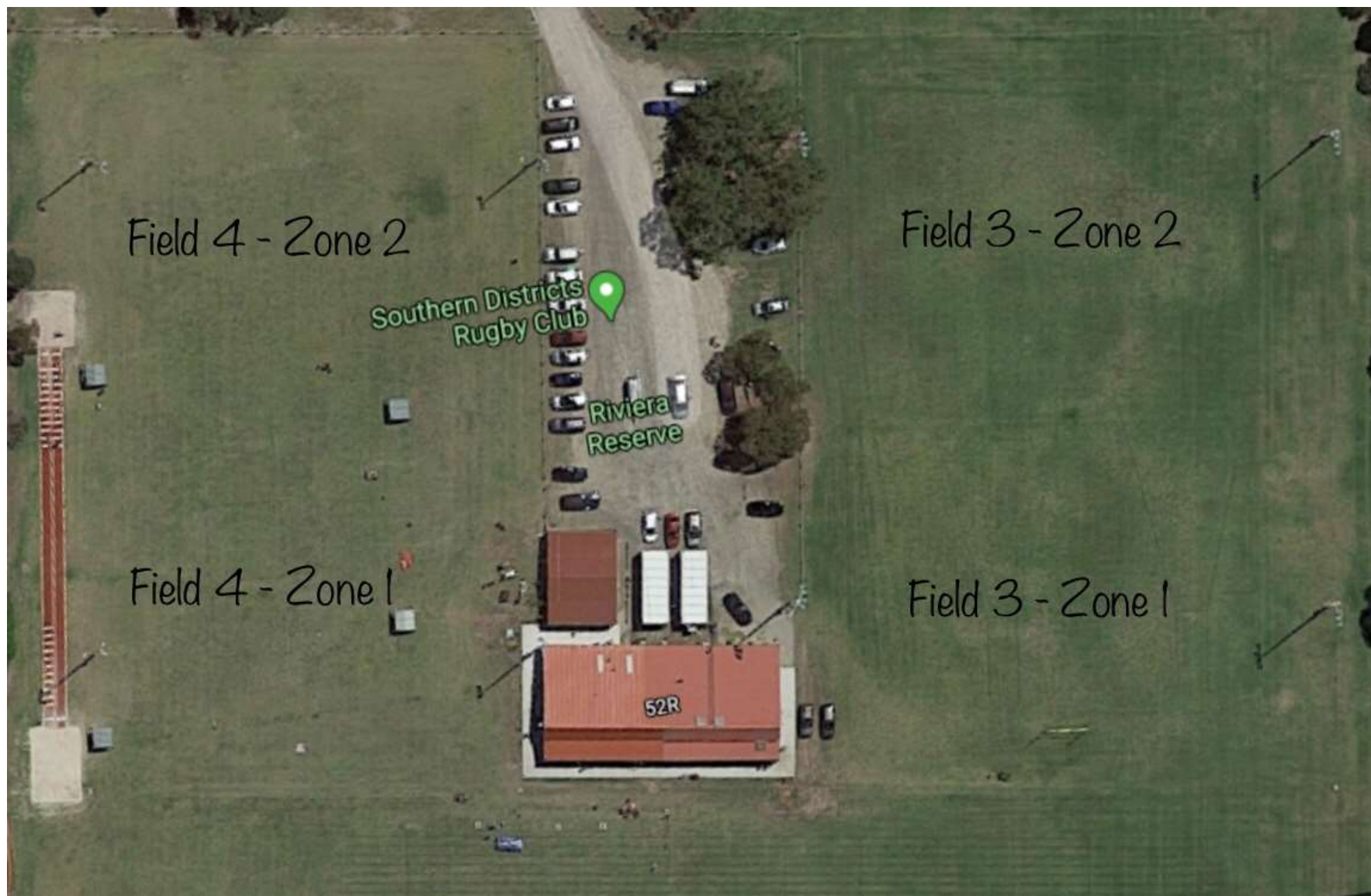
- Each sanitisation station is to include:
  - Bleach Solution (equipment)
  - Alcohol Solution i.e. Hand sanitiser (hands)
  - Rubber gloves for cleaning equipment or providing first aid.
- All equipment must be cleaned before and after training.
  - Equipment including tackle bags and post pads must be wiped down before and after sessions.
  - Balls must be sprayed or washed.
  - Bibs must be washed after each session.
  - No equipment is to be shared between area

## Return to Play Phases

Period	Phase 1 "GET IN, TRAIN AND GET OUT"	Phase 2 (Subject to Gov guidelines)	Phase 3
Target Dates*	18 May – 31 May	1 June – 28 June	29 June - onwards
Target Times	2 weeks	4 weeks	N/A
Social Distancing (for rugby)	1.5m	1.5m (except contact training)	N/A (full team training possible)
Group Size (incl players + coaches)	< or equal to 10	< or equal to 20	(full team training possible)
Meetings (indoor)	N/A	Observe hygiene measures, social distancing and group size (ie 1.5m distance / groups <20)	Observe hygiene measures
On Field Activities	<ul style="list-style-type: none"> <li>Conditioning.</li> <li>Skill drills using a ball, kicking, and passing possible.</li> <li>No player on player contact incl tackling, rucks, mauls, lineouts, or scrums.</li> <li>No Touch or Oztag.</li> <li>Tackle bags can be used.</li> </ul>	<ul style="list-style-type: none"> <li>Skill drills using a ball, kicking, and passing possible.</li> <li>Contact in groups &lt;20 possible incl tackling, rucks, mauls, lineouts (max 7-man L/O) or scrums (max 20 people).</li> <li>Tackle bags and hit shields can be used.</li> <li>Implement return to contact program.</li> </ul>	Full training possible
Indoor Gym Activities	N/A	Observe hygiene measures, social distancing and group size (ie 1.5m distance / groups <20)	Observe hygiene measures
Playing Matches	No	No – Possible trial games on June 27	Yes

## Field Zones







# Weekly Training Plan Template

Team/Club Name: \_\_\_\_\_

Plan Updated: \_\_\_\_\_

	Session Time (From / To)	Team	Area and Field	Coach/s	Person Responsible for recording attendance	Notes/Comments
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						



Attendance Record Template

Club Name				Team	
Venue		Date		Session Time	

	Area	Field	Full Name	Special Notes/Comments
1	A			
2	A			
3	A			
4	A			
5	A			
6	A			
7	A			
8	A			
9	A			
10	A			
11	B			
12	B			
13	B			
14	B			
15	B			
16	B			
17	B			
18	B			
19	B			
20	B			