



RFU

PHASED RETURN 'B': SMALL GROUP TRAINING

GUIDANCE FOR COACHES

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Whilst recognising people will be keen to get back to rugby they will be equally excited to connect with their friends socially and as part of their exercise regime. Coaches are encouraged to introduce rugby skills gradually and to focus on physical preparation in the form of **ACTIVATE, MOVEMENT CHALLENGES** during the first few weeks of group training. For more information and resources please visit our on demand [webinar](#).

Rugby is a game where close physical contact is a key feature. In phase B, coaches should ensure they pay strict attention to how they plan and facilitate coaching sessions to ensure players are not in close contact.

The advice below includes measures to maintain hygiene and minimise unnecessary interactions with others. Coaches will be operating in a range of different environments like clubs or public spaces. Assessing whether an environment is safe will depend on a range of factors, which apply differently at each venue. A risk assessment should be completed before any activity happens. A Covid-19 practical coaching session risk assessment document is also available. Coaches and clubs should complete [this document](#) before any coaching activity happens.

Coaching Sessions

All activity should be consistent with the government guidance regarding health, travel, social distancing and hygiene at all times.

Coaches should consider safety first, particularly minimising the risk of infection and transmission. A thorough risk assessment must be undertaken (or updated if one has previously been completed), and appropriate measures put in place to ensure participants, (including the coach) are protected.

Practical tips

1. 2m social distancing between players, and between the coach and players should be maintained at all times
2. Coaches should ensure players are clear on how social distancing will be maintained during the session
3. Coaches should consider how they will instruct, demonstrate, observe and feedback to players in a way that adheres to social distancing guidance
4. Sharing of equipment kept to a minimum.
5. Any equipment used in a session i.e. balls should be disinfected prior to and after every session
6. Players should wash or sanitise their hands before and after all sessions
7. If players are passing the ball to each other they should be constantly reminded to not touch their face during the session
8. In the transition between activities or during rest periods players should maintain social distancing
9. All equipment should be removed from the training area and disinfected before it is used by others
10. To discourage touching of faces to remove sweat coaches should consider making available disposable hand towels and sanitiser for players to use during the session
11. There should be no sharing of water bottles
12. No more than one group should be active on each quarter of any pitch
13. Parents/carers are permitted to observe a session at a distance from a safeguarding perspective but must observe social distancing guidelines

