



CREWE & NANTWICH RUGBY UNION FOOTBALL CLUB LTD

RETURN TO RUGBY – COVID-19 RISK ASSESSMENT

STAGE D2 – see Appendix A below for summary

Description of activity	Location	Persons at Risk		Review
Return to rugby – contact training and contact matches under temporary law variations	Vagrants Sports Club	A	Players	To be reviewed by the Board at least weekly or as Government advice changes. Spectators not permitted in stage D1.
		B	Coaches etc supervising training activities	
		C	Spectators	

GUIDANCE: <https://www.englandrugby.com/dxdam/76/76a7b5e3-4e2d-4d91-ae3f-973147a7e5de/STAGE%20D%20Guide%20To%20Activity.pdf>

Identification of Hazard	Affected Group	Control Measures	Additional Controls	By When
COVID-19 spread and infection	A, B	<u>Hand Cleansing:</u> Hand washing facilities are not available as the toilets are closed.	Attendees to be reminded of the importance of, and the need to, sanitise hands regularly including before and after every session.	Sanitisers/tissues to be available on return to training.



		<p>Gel sanitiser (minimum 60% alcohol) will be available for hand cleansing at the entrance to the training area and at strategic points around the ground.</p>	<p>Cough/sneezes to be caught in tissues.</p> <p>Avoid touching face, eyes, nose or mouth with unclean hands.</p> <p>Tissues to be available.</p>	
	A, B	<p><u>Hygiene:</u></p> <p>Frequent cleaning and disinfecting of objects and surfaces which are touched regularly, particularly training aides such as cones etc.</p> <p>Equipment should be kept to a minimum.</p> <p>Players should bring their own towel to mop up sweat and not permit any other player to use their towel.</p>	<p>Training aides to be taken out, handled and put away in a secure location by coaches only, and disinfected before and after every session.</p> <p>Avoid touching surfaces such as pitch sign boards, goal posts and barriers.</p>	<p>Disinfecting solution to be available on return to training.</p>
	A, B	<p>Contact training</p> <p>Comprehensive guidance for contact training can be found at Appendix B.</p>	<p>All attendees to be briefed by coaches on the rules around contact training before every training session with particular attention to those rules intended to minimise the risk of transmission of COVID-19.</p>	<p>Before every training session.</p>



		<p>Contact matches</p> <p>Contact matches must be played according to the temporary law variations set out at Appendix C.</p> <p>Age grade matches</p> <p>For age grade matches, the guidance set out at Appendix D must be followed.</p> <p>Spectators</p> <p>Spectators are not allowed at any community sport and physical activity sessions or events. This does not apply to carers for disabled people, or adults needed to supervise under-18s in a safeguarding role.</p> <p>Where it is necessary for them to be present, supervising adults or waiting parents/carers should not mix with others from outside their household or support bubble.</p>	<p>All attendees to be briefed by coaches on the rules around contact matches before every match with particular attention to those rules intended to minimise the risk of transmission of COVID-19.</p>	<p>Before every match.</p>
	A, B, C	<p>Symptoms of Covid-19</p> <p>A record is to be kept of all attendees who must provide their name and contact details for track and trace.</p> <p>Prior to attending training and matches, all players, officials, volunteers and spectators should undergo a self-assessment for any Covid-19 symptoms.</p>	<p>Attendees to report feeling unwell immediately.</p> <p>Coaches are to report to the Board any infections potentially affecting attendees immediately.</p>	<p>Ongoing</p>









		<p>No-one should leave home to participate in any type of rugby activity if they, or someone they live with, has any of the following Covid-19 symptoms:</p> <p>A high temperature;</p> <p>A new, continuous cough;</p> <p>A loss of, or change to, their sense of smell or taste.</p> <p>All attendees are required to confirm that they currently do not display any symptoms of COVID-19 infection and have not within the last 14 days come into contact with anyone displaying symptoms.</p> <p>If any attendee presents with a new continuous cough or a high temperature, they are to be sent home and advised to follow stay at home procedures.</p>		
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See England Rugby *Return to Rugby Road Map: Community Game* infographic at Appendix A below. We are currently at Stage D2.



FOR INFORMATION ON USE OF CLUBHOUSES, CHANGING ROOMS AND OFF-FIELD PROTOCOLS, PLEASE SEE ENGLANDRUGBY.COM/CORONAVIRUS

PHASED RETURN	CURRENT STATUS					
	A 	D1 	D2 	E1 	E2 	F 
	INDIVIDUAL TRAINING WITH ONE OTHER PERSON	READY4 RUGBY & SOME CONTACT TRAINING	ADAPTED LAW MATCHES	FULL CONTACT TRAINING	FULL CONTACT MATCHES	ALL RESTRICTIONS LIFTED
	UNTIL 29TH MARCH	FROM 29TH MARCH	FROM 26TH APRIL	PROVISIONALLY WHEN STEP 3 OF GOVERNMENT ROADMAP REACHED (NOT BEFORE)	2 WEEKS AFTER STAGE E1 REACHED	NOT BEFORE STEP 4 OF GOVERNMENT ROADMAP REACHED (COULD BE LATER)
PERMITTED ACTIVITY	<p>CURRENT LOCKDOWN RESTRICTIONS REMAIN</p> <p>INDIVIDUALS ALLOWED TO EXERCISE WITH ONE OTHER FROM ANOTHER HOUSEHOLD</p> <p>SCHOOLS & COLLEGES ABLE TO PLAY TO STAGE D1 INTERNALLY FROM 8TH MARCH</p>	<p>CONTACT TRAINING (EXCLUDING SCRUM & MAUL)</p> <p>READY4RUGBY, O2 TOUCH & TAG MATCHES AGAINST OTHER CLUBS</p>	<p>CONTACT TRAINING (STILL EXCLUDING SCRUM & MAUL)</p> <p>ADULT & AGE GRADE MATCHES, WITH ADAPTED LAWS (NO SCRUM & MAUL)</p>	<p>FULL CONTACT TRAINING (INCLUDING SCRUM & MAUL)</p>	<p>ADULT FULL CONTACT MATCHES *</p> <p>SOME OFF FIELD RESTRICTIONS LIKELY TO STILL APPLY</p>	<p>ALL RESTRICTIONS LIFTED</p>

PLEASE NOTE

*Age Grade out of season activity (after 31st May) permitted in line with revised RFU training and playing guidance to follow

- Progression to the next set of Age Grade rules, along with any dispensations for 17 year olds to play adult rugby, are suspended until 1st January 2023
- All adult and age grade competitions anticipated to start in September as normal, under full laws
- References to contact rugby includes 15a, 10s and 7s
- Stages B & C in previous roadmaps are no longer currently relevant due to changes in Government restrictions



APPENDIX B

RETURN TO RUGBY STAGE D1 & D2:

A GUIDE TO ACTIVITY

MARCH 2021



**England
Rugby**

INTRODUCTION

The progression to stage D1 on the [Return to Rugby Roadmap](#) from the 29th March 2021 means that contact activity except scrum and maul can take place in training and inter-club Tag, Touch and Ready4Rugby fixtures can restart. The progression to stage D2 on the [Return to Roadmap](#) from the 26th April 2021 means contact fixtures under temporary law variations (no scrum or maul) can take place.

This is an extension of the overall guidance outlined in the [Return to Community Rugby Guidance](#). Clubs should continue to work within these guidelines to ensure that all facility,

pre-activity and other general operational practices are safe and appropriate.

Clubs are now able to organise Tag, Touch and Ready4Rugby at stage D1 and contact fixtures under temporary law variations, which remove the scrum and maul at stage D2. Clubs should only do this once they have carried out an appropriate risk assessment to take into account additional considerations that may be required during the Covid-19 pandemic, for example total number of people on site and adhering to social distancing. Clubs should ensure they are appropriately setup and prepared for safely welcoming other clubs and

individuals to their facilities. More information is available in the [Return to Community Rugby](#) and [Facility Reopening Guidance](#).

The 'progressive' reintroduction of contact activity is important to ensure players can continue to practice core skills and are able to start preparing and conditioning themselves appropriately as the game continues to progress back to normality with regular training and matches. Clubs found to be in breach of permitted activity may face disciplinary action and/or invalidate their liability insurance.

STAGE D - TRAINING ACTIVITY GUIDANCE

In Stage D, initial training sessions should focus on building players general fitness levels and rugby skill development along with non-contact game play such as Tag, Touch and Ready4Rugby. Contact training activities should be introduced incrementally, building up to a maximum of 20 minutes duration per session.

Coaches and session organisers should apply the following key mitigations to reduce exposure risk amongst players.

- No scrum or maul activity permitted.
- Incremental build up to a maximum of 20 minutes contact activity within a single training session.
- Activity should last no longer than 15 minutes without a break to sanitise.
- Team play activities Tag, Touch and Ready4Rugby formats.
- During a session (contact activities and Tag/Touch/Ready4Rugby activities combined) players should avoid face to face exposure of more than 3 seconds and more than 15 minutes of exposure at less than 1 metre with another player.
- Coaches and players should remain social distanced during breaks.
- Coaches should remain socially distanced when giving players instruction, observing and giving feedback.
- Ensure all players clean hands and equipment is sanitised after contact skills training.
- Team huddles should be avoided. Spitting and chewing gum should also be avoided.
- Ensure there is appropriate first aid cover for a contact session.



TOTAL TIME OF ALL CONTACT ACTIVITY SHOULD NOT EXCEED 20 MINUTES PER SESSION

There are no restrictions on group size, however we recommend adoption of recommended coach to player ratios. Players may be returning from an extended period of inactivity, not just rugby activity and coaches should consider an incremental reintroduction for players such as duration, intensity and type of activities.

Coach to player ratios: U7 1:6 | U8 1:8 | U9-U18 1:10 | Adult 1:15



TACKLING

- Safe legal technique by ball carrier and tackler.
- Introduce incrementally starting with contact with floor.
- Reintroduce tackling 1v1 to develop ball carry and tackle technique.
- Small group activity, preferably with players working in pairs.
- Use of tackle bags, shields and pads that are cleaned and sanitised after each player use.
- A focus on the key coaching points.
- Ensure players are confident and physically ready before increasing intensity.



- No upright tackles.
- No holding the ball carrier up in the tackle.
- No equipment such as tackle pads, bags and shields to be used by multiple people without cleaning and sanitising.
- Coaches must NOT hold pads or shields or bags for age grade players.



RUCK

- Incremental introduction of the ruck into training sessions.
- Reduce numbers in the practice to build confidence and refine technique.
- Build intensity in line with players stage of development.
- Ensure all activity is within the laws of the game.



- Coaches must not hold tackle shields for players.
- No equipment such as tackle pads, bags and shields to be used by multiple people without cleaning and sanitising.



LINEOUT

- Incremental introduction starting with jumping and landing
- Lifting of a jumper (u15 and above only)
- Start uncontested building to contested
- Reduce the time the front lifter and a jumper are face to face in lineout set up to under 3 seconds.



- No maul to be formed after ball secured.



SCRUM

- Individual body shape including harness/ resistance band and neck strength exercises permitted.
- No scrum practice with others, including on scrum machines, sleds and unit practice.



MAUL

- No maul practice activity allowed, including from a lineout.



EQUIPMENT

- Any equipment such as tackle pads, shields, bags should be cleaned and sanitised after each individual players use.
- All other equipment including tags and rugby balls should be cleaned and sanitised after a maximum of 15 minutes activity.
- The holding of tackle shields, pads or bags must not be carried out by a coach or adult for any age grade player. [Watch the Holding a Tackle Pad Safely video for more information.](#)
- Sharing of equipment should be avoided at all times including bibs and playing shirts on match days.
- Players should refrain from touching or removing their mouth guard, and if they do so must wash their hands. Mouth guards must not be left on shared surfaces and should be placed in a personal container and stored with personal possessions.
- Any protective clothing such as head guards and shoulder pads must comply with World Rugby guidance. Head guards and shoulder pads must not be shared during sessions.
- Players should bring their own water bottles and team water bottles should not be used.



COACHES TOP TIPS

- Revisit the key coaching points for the core skills of the game.
- Practice observation and analysis skills by watching footage of games and individual player actions.
- Use of England Rugby session guidance template available from 22nd March 2021 on coronavirus resources page [englandrugby.com](#)

Useful links: [Coaching page](#) [Player position workshop series](#)

STAGE D2

From the 26th April we expect to move to stage D2 on the Return to Rugby Roadmap.

This allows for contact matches to take place under temporary law variations removing the scrum and maul. Fixtures are optional and clubs should look to discuss with coaches and players before arranging fixtures as players will be returning in different stages of readiness and putting players in fixtures too quickly and too frequently could lead to a higher risk of injury.

When organising fixtures consider using the [GAME ON](#) principles such as match duration and using quarters instead of halves.

Match officials refereeing the law variations should visit the coronavirus resources page for more information on officiating these law variations.

SESSION PLANNING

As we return to activity Coaches should consider what they are returning players for. We hope that the start of the 21/22 season in September will see the reintroduction of competitive full contact rugby union and with this in mind the aim should be to have players in the best state of readiness for the 21/22 season.

When planning sessions for players to return, coaches should consider the following:

- Adjust session durations and frequency to bring players back safely.
- Plan sessions in 3- 4 session blocks to have a long term view of integrating the players back.
- Plan the intensity of the activity as well as the activity itself. This should start with low intensity building.
- Do not try to progress players too quickly. Players will return at different levels of readiness and activity should reflect this. Players should not progress until confident and physically safe to do so.





GUIDE RESOURCES

**ALL RESOURCES REFERENCED IN THIS
GUIDANCE DOCUMENT CAN BE FOUND ON THE
CORONAVIRUS RESOURCES PAGE**

CLICK HERE:

<https://www.englandrugby.com/participation/running-your-club/coronavirus/coronavirus-resources>





APPENDIX C



MATCH OFFICIAL TEAM

COVID-19 Law Variations 2020/21 FACT SHEET

The principal changes are to:

1. Suspend Law 19 (other than the amended Law 19.1 below) in its entirety.
2. Suspend Law 16 in its entirety.

Law 16: The Maul is suspended in its entirety

Players must not bind onto a team-mate who is in possession of the ball. *Sanction: Penalty kick.*

When one or more players come into contact with an opposing ball carrier and do not bring that player to ground, those players may attempt to gain possession of the ball if done immediately, but thereafter must not prevent the ball carrier from playing the ball. *Sanction: Penalty kick to the team in possession of the ball.*

No other player may join these players in contact. *Sanction: Penalty kick against arriving players.*

The ball carrier must play the ball immediately. *Sanction: Penalty kick to the team not in possession.*

Law 18 Lineout

18.11 – Forming a Lineout. The throwing team must, when forming the lineout, have a minimum of five players and maximum of seven players. *Sanction: Free-kick to the non-throwing team.*

18.14 - Amend to - The non-throwing team must match the number of players in the lineout with the throwing team. *Sanction: Free-kick to the throwing team.*

The player winning the ball in the lineout must either pass the ball immediately, release it to a teammate or leave the lineout as soon as they land on the ground. *Sanction: Free-kick.*

NB: Law 18.3 & 4 (quick throw) have not been varied.

Law 19 Scrum

19.1 - Principle. Amend to Where the game would restart play with a scrum, is replaced with a Free-kick in all circumstances.

Law 5 Time

5.7 a: Delete 'scrum'.

5.7 b: Amend to - The referee awards a Penalty or Free-kick, other than a Free-kick for which a scrum would have been awarded previously. (This will end the half or full-time.)

5.9 - Irrespective of the weather conditions, the referee has the discretion to allow water breaks at any stage of the match.

Law 20 Penalty and Free-Kick

20.3 - Amend to - A team awarded a Penalty or Free-kick may not choose a scrum.

20.4 – Amend to - A team awarded a Penalty or Free-kick at a lineout may instead choose another lineout at the same mark.

20.11 - Amend to - Taking a Penalty or Free-Kick. The ball must be kicked a visible distance. If the kicker is holding it, it must clearly leave the hands. If it is on the ground, it must clearly leave the mark. At a free-kick, other than on either five-metre lines, once the kick has been taken legally, the kicker may not run with the ball. *Sanction: Free-kick.*

NB: For the avoidance of doubt, there is no change to the law relating to taking a penalty kick, which can be played immediately, and the kicker may run with the ball.



APPENDIX D



RFU

RETURN TO RUGBY ACTIVITY

STAGE D2

AGE GRADE MATCH GUIDANCE

From 26th April to 31st May 2021

Version 1 – 19th April 2021

GENERAL INFORMATION

Ahead of the move to Stage D2 of the Return to Rugby Roadmap, additional guidance has been produced for the Age Grade game as we return to adapted law matches. This relates to the period of 26th April to 31st May 2021 when the age grade rugby season ends. From the 1st June 2021, the Summer Activity Framework applies (see the [Return to Rugby On-Field Guidance](#))

- Law variations must be applied at all age groups where applicable until 1st June 2021.
- Anyone not on the field of play should observe social distancing guidance.
- Players should not share communal water bottles and bring their own, clearly labelled.
- Playing shirts should not be shared during matches.
- Players should refrain from touching or removing their mouth guard, and if they do so must wash their hands. Mouth guards must not be left on shared surfaces and should be placed in a personal container and stored with personal possessions.
- Team huddles should be avoided.
- Water breaks should take place at a natural stoppage in the game approximately half way through each half.
- Where possible introduce a clean sanitised ball when the ball leaves the field of play.
- Where possible balls should be cleaned and sanitised after leaving the field of play and during water and half time breaks.
- After the final whistle, players, coaches, match officials should observe social distancing guidance.
- After the game players should avoid shaking hands and forming tunnels with the opposition.
- Match duration should not exceed 70 minutes in total or the maximum duration permitted in the Age Grade game.

The priority remains to **balance the opportunity to play with player safety and welfare**, to aid the retention of as many players as possible in the game. Coaches, teachers, managers and organisers should put the wellbeing of all the players at the centre of their decisions. **Players must be contact-ready before playing the adapted laws version of the game.**

Further information about adaptations to Age Grade Rugby for the remainder of the 2020-21 season, for the summer 2021 out-of-season period and for the 2021-22 season is in the Age Grade Changes document on the [Return to Rugby page](#).

GAME VARIATIONS BY AGE GRADE

The table below highlights amendments required at each Age Grade within Stage D2. Further support for referees can be found in the **Match Official Law Variations Factsheet**, on the [Return to Rugby Guidance](#) page

Under 7, Under 8 and Under 9

Age	Format	Stage D2 Law Variations
Under 7	TAG	No amendments
Under 8	TAG	No amendments
Under 9	Adapted contact	No amendments

Under 10 to Under 13

Age	Format	Stage D2 Law Variations
Under 10	Adapted Contact	<p>SCRUM – Where the game would restart play with a scrum, this is replaced with a Free-kick in all circumstances.</p> <hr/> <p>MAUL - IT WILL BE <u>ILLEGAL</u> FOR A MAUL TO TAKE PLACE A player coming into contact with an opponent carrying the ball must bring that player to ground <i>Sanction: Penalty to the side in possession of the ball</i></p> <p>The ball carrier must then play the ball immediately <i>Sanction: Penalty</i></p> <hr/> <p>PENALTY - Options at a Penalty or Free-kick A team awarded a Penalty or Free-kick may not choose a scrum.</p>
Under 11		
Under 12		
Under 13 (boys)		
Under 13 (girls)		

Under 14 to Under 16

Age	Format	Stage D2 Law Variations
<p>Under 14</p> <p>Under 15 (boys)</p> <p>Under 15 (girls)</p> <p>Under 16</p>	<p>Full Contact Adapted Lineout</p>	<p>SCRUM – Where the game would restart play with a scrum, this is replaced with a Free-kick in all circumstances.</p> <hr/> <p>MAUL - IT WILL BE <u>ILLEGAL</u> FOR A MAUL TO TAKE PLACE A player coming into contact with an opponent carrying the ball must bring that player to ground</p> <p>Sanction: Penalty to the side in possession of the ball</p> <p>The ball carrier must then play the ball immediately</p> <p>Sanction: Penalty</p> <hr/> <p>PENALTY - Options at a Penalty or Free-kick A team awarded a Penalty or Free-Kick may not choose a scrum.</p> <p>Options at a Penalty or Free-kick – Lineout A team awarded a Penalty or Free kick at a lineout may instead choose another lineout at the same mark.</p> <hr/> <p>LINEOUT - A minimum of five players and maximum number of seven players from each team are required to form a lineout.</p> <p>The non-throwing team must match the number of players in the lineout with the throwing team.</p> <p>The team winning the ball in the lineout will either pass immediately or release the ball to a teammate as soon as they land on the ground, no maul shall be formed.</p> <p><i>Clarification:</i> there will be no sanction if the requirements above are not met. The lineout will be reset with the variations adhered to.</p>

Under 17 & 18

Age	Format	Stage D2 Law Variations
Under 17 (boys) Under 18 (boys) Under 18 (girls)	Full Contact	<p>SCRUM – Where the game would restart play with a scrum, this is replaced with a Free-kick in all circumstances.</p> <hr/> <p>MAUL - IT WILL BE <u>ILLEGAL</u> FOR A MAUL TO TAKE PLACE A player coming into contact with an opponent carrying the ball must bring that player to ground Sanction: Penalty to the side in possession of the ball</p> <p>The ball carrier must then play the ball immediately Sanction: Penalty</p> <hr/> <p>PENALTY - Options at a Penalty or Free-kick A team awarded a Penalty or Free-kick may not choose a scrum.</p> <p>Options at a Penalty or Free-kick – Lineout A team awarded a Penalty or Free kick at a lineout may instead choose another lineout at the same mark.</p> <hr/> <p>LINEOUT - A minimum of five players and maximum number of seven players from each team are required to form a lineout.</p> <p>The non-throwing team must match the number of players in the lineout with the throwing team.</p> <p>The team winning the ball in the lineout will either pass immediately or release the ball to a teammate as soon as they land on the ground, no maul shall be formed.</p> <p><i>Clarification:</i> There will be no sanction if the requirements above are not met. The lineout will be reset with the variations adhered to.</p>

For Age Grade specific rules of play including playing times please click here:
<https://www.englandrugby.com/governance/rules-and-regulations/regulations>

