

Rugby is back at the Salts!

Seaford Rugby Club is excited to say rugby is back at the Salts for all our Teams.

From Seniors Men's and Ladies to Under 6's teams are back but with some changes due to the current world situation. Not all mini & Junior Teams are training on Sunday Morning's so we can comply with social distancing and control the number of people at the club at one time.

Training Sessions Times

Day	Time	Team
Sunday	10:00 – 12:00	U6's U7's-U9's U10's-11's Walking Rugby
Sunday	12:00 – 14:00	U12's
Tuesday	19:00 – 21:00	Senior Men's
Wednesday	18:00 – 20:00	Girls U13's U15's U17's
Wednesday	19:00 – 21:00	Senior Ladies
Thursday	18:00 – 20:00	Boys U13's U14's U15's
Thursday	19:00 – 21:00	Senior Men's

As well as restricting the numbers of players training at one time the club have a full programme of cleaning and sanitising to reduce the risk of spread.

- Any player with symptoms are asked to stay away from the club.
- All Equipment is cleaned and Sanitised before being set up
- Regular hand washing and hand sanitising during sessions
- All players are to bring their own water bottle – not to be shared
- At the end of the session's players are to wash their hands and sanitise.
- All equipment is cleaned and sanitised before being put away.
- Any Bibs used will be washed before the next session.

For more information about what rugby session will look like please follow the links below:

Return to Rugby Road Map Stage D

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

Ready 4 Rugby

<https://www.englandrugby.com/participation/playing/game-on/ready-4-rugby>