

# Return to Rugby Timeline Overview

Updated 26 April 2021

The updated indicative timeline below is directly aligned to the Scottish Government timetable for easing of restrictions. This timeline is for reference purposes only and may be adjusted. It is the responsibility of the Club Covid-19 Safety coordinator to ensure that full risk assessments, processes and mitigating actions are in place before any rugby activity takes place.

This timeline is based on all local authority areas moving into Level 3 from the 26 April 2021. All dates and information in this document are subject to change. Please [click here](#) for up to date information.

Indicative Timeline		26 April 2021	17 May 2021	31 May 2021	5 July 2021
Scottish Government Levels		Level 3	Assuming minimum Level 2	Assuming minimum Level 2	Assuming minimum Level 2
MINI RUGBY (AGE 11 & UNDER)	TRAINING	FULL CONTACT TRAINING	FULL CONTACT TRAINING	FULL CONTACT TRAINING	FULL CONTACT TRAINING
	FIXTURES	EXTERNAL TOUCH RUGBY FIXTURES	EXTERNAL FULL CONTACT FIXTURES	EXTERNAL FULL CONTACT FIXTURES	EXTERNAL FULL CONTACT FIXTURES
YOUTH RUGBY (AGE 12-17)	TRAINING	FULL CONTACT TRAINING	FULL CONTACT TRAINING	FULL CONTACT TRAINING	FULL CONTACT TRAINING
	FIXTURES	EXTERNAL TOUCH RUGBY FIXTURES	INTERNAL FULL CONTACT TRAINING GAMES (LIMITED TO 40MINS)	EXTERNAL FULL CONTACT FIXTURES*	EXTERNAL FULL CONTACT FIXTURES*
ADULT RUGBY (AGE 18 & OVER)	TRAINING	NON-CONTACT (PHYSICALLY DISTANCED) ACTIVITY	TOUCH RUGBY TRAINING	FULL CONTACT TRAINING	FULL CONTACT TRAINING
	FIXTURES	NOT PERMITTED	EXTERNAL TOUCH RUGBY FIXTURES	INTERNAL FULL CONTACT TRAINING GAMES (LIMITED TO 40MINS)	EXTERNAL FULL CONTACT FIXTURES*
GROUP SIZES		MINI & YOUTH = MAX 30 PEOPLE, INC COACHES PER BUBBLE, PER ¼ PITCH ADULT = MAX 15 PEOPLE, INC COACHES, PER ¼ PITCH	TBC	TBC	TBC
GYMS		OPEN FOR INDIVIDUAL EXERCISE ONLY - (4 PEOPLE FROM 2 HOUSEHOLDS)	GROUP EXERCISE AND ACTIVITIES ALLOWED	GROUP EXERCISE AND ACTIVITIES ALLOWED	GROUP EXERCISE AND ACTIVITIES ALLOWED
CHANGING ROOMS		Changing rooms in the main should remain closed but can be used for those requiring additional assistance or with additional needs. Further details to be announced by Scottish Government in line with key milestones.			
INDOOR ACTIVITY		MINI & YOUTH (17 & UNDER) = INDOOR CONTACT ACTIVITIES ADULT (18+) = INDIVIDUAL EXERCISE ONLY	MINI & YOUTH (17 & UNDER) = INDOOR CONTACT ACTIVITIES ADULT (18+) = GROUP NON-CONTACT ACTIVITIES	MINI & YOUTH (17 & UNDER) = INDOOR CONTACT ACTIVITIES ADULT (18+) = GROUP NON-CONTACT ACTIVITIES	MINI & YOUTH (17 & UNDER) = INDOOR CONTACT ACTIVITIES ADULT (18+) = GROUP NON-CONTACT ACTIVITIES (CONTACT ACTIVITIES PERMITTED IN LEVEL 0 ONLY)
SPECTATORS		NOT PERMITTED	PERMITTED (LIMITS APPLY) - SUBJECT TO PHYSICAL DISTANCING REQUIREMENTS		
HOSPITALITY		INDOOR AND OUTDOOR HOSPITALITY CAN OPEN - RESTRICTIONS APPLY	INDOOR AND OUTDOOR HOSPITALITY CAN OPEN - RESTRICTIONS APPLY	INDOOR AND OUTDOOR HOSPITALITY CAN OPEN - RESTRICTIONS APPLY	INDOOR AND OUTDOOR HOSPITALITY CAN OPEN - RESTRICTIONS APPLY
TRAVEL		<p><b>CHILDREN AND YOUNG PEOPLE AGED 17 YEARS OR UNDER:</b> Can travel to and from Level 0, 1 and 2 areas to take part in organised rugby activity. Can travel to and from a Level 3 or 4 area, if for example, they belong to a club which is just outside their own local authority area.</p> <p><b>ADULTS AGE 18 YEARS OR OVER:</b> Can travel to and from a Level 0, 1 and 2 area to take part in organised rugby activity. They should not travel to a Level 3 or 4 area. Can travel to another Level 3 area to take part in organised rugby activity. Living in a Level 4 area should only travel locally, and not to a Level 0-3 area, to take to take part in organised rugby activity. Avoid car sharing with people outside extended household wherever possible.</p>			

\*External contact fixtures for youth and adult rugby will be confirmed once Scottish Government guidance is confirmed. These are indicative dates for now.

STAY SAFE

PROTECT OTHERS

SAVE LIVES



It's time to roll up our sleeves  
Vaccinations for COVID-19 are underway



#AsOne

