

Return to Rugby

Player Guidance - Mini, Youth & Adult Rugby

Updated Return to Rugby Stage 5 (Updated 10 November 2020)

The following player guidance is for all ages with each level of the new Return to Rugby Levels Framework (launched on 2 November 2020). Players are permitted to undertake rugby activity (within the restrictions outlined with their local area) as long as the following criteria are met (in line with Scottish Government guidelines):

- The club has appointed a Covid-19 Safety Coordinator, undertaken the necessary risk assessments and deemed their pitches safe to reopen.
- The club has a check in/out process to record attendances and has a schedule in place to allocate time slots to players.
- Players have showed no signs of Covid-19 symptoms (however mild) in the last 7 days.

Players who are showing signs of Covid-19 should **NOT** attend training. They should self-isolate and request a coronavirus test immediately by visiting www.nhsinform.scot/campaigns/test-and-protect

BEFORE TRAINING



Confirm allocated **TRAINING TIME SLOT** with your club.

**COMPLETE
THE NHS
SELF HELP
GUIDE**



Only players from the same household can travel together.

Where possible avoid using public transport



Pack water bottle, hand sanitiser and any other training kit.

ON ARRIVAL

Arrive **NO MORE THAN 5 MINUTES** prior to your allocated time slot commencing and **LEAVE IMMEDIATELY AFTER** training.




CHECK-IN
on arrival




**NO HANDSHAKES
NO HIGH FIVES
NO FIST BUMPS**

AFTER TRAINING


No access to changing rooms, showers or any other indoor facility until further notice.



WASH HANDS thoroughly (min 20 secs) before and after training.




SANITISE EQUIPMENT immediately after each session.




Leave immediately & **SHOWER AT HOME.**

DURING TRAINING




Only train within your **ALLOCATED BUBBLE.**
Don't swap into another bubble or share equipment with them.


Only train within your **ALLOCATED ZONE.**



ONLY USE YOUR OWN WATER BOTTLE.
Don't mix with another training bubble during a break.



Avoid spitting, clearing nose, touching eyes, nose and mouth. **APPLY COUGH & SNEEZE ETIQUETTE**



If you've developed COVID-19 symptoms (however mild) in the last 7 days, stay at home, self isolate and arrange to be tested:

NHSINFORM.SCOT

Do not go to your GP, pharmacy or hospital. You should remain at home until you get the result of the test, and then follow the advice you will be given based on the result.

MOST COMMON COVID-19 SYMPTOMS:

- **CONTINUOUS COUGH** (last more than 1 hour, 3 or more episodes in 24hrs)
- **FEVER/HIGH TEMPERATURE** (37.8C or greater)
- **LOSS OF, OR CHANGE IN, SENSE OF SMELL OR TASTE** (anosmia)

These are uncertain times for everyone. If you feel like your mental wellness is worsening, or you're experiencing low mood, anxiety or depression then you are not alone. Breathing Space offer a free, confidential phone service and online information for anyone in Scotland. It's operated by NHS 24 and can be contacted on:

0800 838 587

BREATHINGSPACE.SCOT