



Return to Rugby Clubs & Schools

Timeline (live as of Friday 26 March 2021)

Return to Rugby Timeline

INTRODUCTION

In line with the Scottish Government indicative timetable for easing restrictions (published 16 March - [available here](#)), Scottish Rugby has announced an updated Return to Rugby indicative timeline for the club and school game. All dates are subject to Scottish Government restrictions with specific information relating to each milestone to be communicated once further details are known.

Until this time all permitted activity must be training only, with no inter-club/school friendly fixtures permitted.

In the likelihood that rugby fixtures will be able to return over the summer months, Scottish Rugby will shortly undertake a consultation with clubs on their views on next season, before confirming the 2021/22 season structure in May.

Organised rugby training activities can be undertaken, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene. Clubs and participants should be aware of their local area protection level and associated restrictions which may be in place and should consider this as part of risk assessment planning.

People who are symptomatic and household members should self-isolate for 10 days as per NHS Scotland guidance. No one who is self-isolating should attend a sports facility or activity.

Further information on protection levels that apply in each local authority area are available at Coronavirus (COVID-19): allocation of protection levels ([click here](#)). A local post code checker is also available at COVID restrictions by protection level in areas of Scotland ([click here](#)).

RETURN TO RUGBY INDICATIVE TIMELINE

The indicative timeline below is directly aligned to the Scottish Government timetable for easing of restrictions. All restrictions will be kept under review to ensure that they remain proportionate and necessary to address the ongoing public health emergency. This timeline is for reference purposes only and may be adjusted.

INDICATIVE TIMELINE	5 APRIL 2021	26 APRIL 2021	17 MAY 2021	JUNE 2021
MINI RUGBY (AGE 11 & UNDER)	TOUCH RUGBY (ALL FORMATS) - IN PLACE SINCE 12 MARCH	CONTACT TRAINING (AGE GRADE LAW VARIATIONS)	CONTACT TRAINING (AGE GRADE LAW VARIATIONS)	CONTACT TRAINING (AGE GRADE LAW VARIATIONS)
YOUTH RUGBY (AGE 12-17)	TOUCH RUGBY (ALL FORMATS)	CONTACT TRAINING (AGE GRADE LAW VARIATIONS)	CONTACT TRAINING (AGE GRADE LAW VARIATIONS)	CONTACT TRAINING (AGE GRADE LAW VARIATIONS)
ADULT RUGBY (AGE 18 & OVER)	NON-CONTACT (PHYSICALLY DISTANCED) ACTIVITY	NON-CONTACT (PHYSICALLY DISTANCED) ACTIVITY	TOUCH RUGBY (ALL FORMATS)	CONTACT TRAINING (WORLD RUGBY LAWS)
GYMS	CLOSED	OPEN FOR INDIVIDUAL EXERCISE ONLY	GROUP EXERCISE AND ACTIVITIES ALLOWED	GROUP EXERCISE AND ACTIVITIES ALLOWED
INDOOR ACTIVITY	NOT PERMITTED	NOT PERMITTED	INDOOR GROUP EXERCISE	INDOOR NON-CONTACT SPORT
HOSPITALITY	CLOSED	INDOOR AND OUTDOOR HOSPITALITY VENUES CAN OPEN - RESTRICTIONS APPLY	INDOOR AND OUTDOOR HOSPITALITY VENUES CAN OPEN - RESTRICTIONS APPLY	INDOOR AND OUTDOOR HOSPITALITY VENUES CAN OPEN - RESTRICTIONS APPLY
TRAVEL	TRAVEL FOR CHILDREN & YOUNG PEOPLE EASED ON 12 MARCH	TRAVEL WITHIN MAINLAND SCOTLAND ALLOWED	TRAVEL WITHIN MAINLAND SCOTLAND ALLOWED	TRAVEL WITHIN MAINLAND SCOTLAND ALLOWED

*SOME ISLANDS ARE CURRENTLY LIVING UNDER LEVEL 3 RESTRICTIONS AND CAN THEREFORE UNDERTAKE ACTIVITIES IN LINE WITH RETURN TO RUGBY LEVEL 3 RESTRICTIONS AS OUTLINED [HERE](#).

PLEASE NOTE: NO FIXTURES ARE PERMITTED AT THIS STAGE. INTERNAL CLUB OR SCHOOL TRAINING ACTIVITY ONLY. IT IS ANTICIPATED THAT FRIENDLY FIXTURES COULD RETURN IN LATE JUNE 2021 AT THE EARLIEST IN LINE WITH SCOTTISH GOVERNMENT RESTRICTIONS.

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1. Group sizes

- 1.1. Scottish Rugby are working closely with the Scottish Government to determine future group sizes for touch and contact rugby (once restrictions allow).
- 1.2. Until further notice group training activity should align to the following limits:
 - o 11 and under (on the day of activity) = max 30 people, including coaches, per ½ pitch
 - o 12 and above (on the day of activity) = max 15 people, including coaches, per ½ pitch

2. Age Grades

- 2.1. The Scottish Government have determined the age at which a person is categorised as a Child (11 and under), Young Person (12 to 17) or Adult (18+).
- 2.2. Due to the nature of the age groups in rugby (e.g. P7/U12), where 2 ages mix (e.g. 11 and 12 year olds in P7), there will be some short-term management required from clubs and schools to ensure players undertake the permitted activities set out in this document by the Scottish Government.
- 2.3. We understand that this will cause challenges, but it is hoped that by next season we will be back to normal age-banding guidelines.

3. Game Formats

- 3.1. Touch Rugby = permitted to be played under any format as long as no full contact (e.g. tackling) is made between players. Coaches must remain physically distanced.
- 3.2. Contact Rugby = once permitted, teams can undertake any form of contact rugby training activity in line with Full Laws or Age Grade Law Variations applicable to the age group. Coaches must remain physically distanced.

4. Covid-19 Safety Coordinators

- 4.1. To support a Return to Rugby, Scottish Rugby has asked every club to appoint a Covid-19 Safety Coordinator to address the Covid-19 pandemic.
- 4.2. Clubs must appoint someone to this role before any official club activity takes place. Schools and Referee Societies can also nominate someone to fill this role.
- 4.3. To nominate a Covid-19 Safety Coordinator, please [click here](#).
- 4.4. Regular 'check in' sessions will be arranged with all safety coordinators at times when relevant information is available.

5. Player Welfare

- 5.1. Before returning to intensive exercise, and especially contact rugby (e.g. tackling), players should ensure they undertake a gradual phased return back to activity.
- 5.2. For participants who are returning to physical activity having contracted COVID-19 there are some useful materials [available here](#) via the British Association of Sport and Exercise Medicine.



6. Coaches

- 6.1. Scottish Rugby have produced an information sheet for coaches [available here](#).
- 6.2. Coaches operating within clubs and facilities should liaise with the relevant COVID-19 Safety Coordinator before undertaking coaching and all sporting or physical activity must adhere to Return to Rugby guidelines.
- 6.3. Please see the **sportscotland** Getting Coaches Ready for Sport resource ([click here](#)) which provides a 4-stage approach/checklist to help coaches get ready for delivering sport and physical activity.
- 6.4. Scottish Government travel guidance provides exemptions for travel into and out of Level 3 and Level 4 local authority areas. This includes 'travel for work, or to provide voluntary or charitable services, but only where that cannot be done from your home'.
- 6.5. Coaches can take multiple indoor sessions (where protection levels allow) per day, however the number of participants allowed in each session will depend upon the protection level restrictions in place in the given location.
- 6.6. Face covering are only required to be worn by coaches during indoor activities (not currently permitted).

7. Match Officials

- 7.1. Once further clarification is sought from the Scottish Government on the resumption of fixtures, Scottish Rugby will issue specific guidance for the safe return of Match Officials.

8. Gyms

- 8.1. The indicative date for the reopening of indoor gyms is 26 April for individual exercise. Further details will be announced nearer the time.
- 8.2. Scottish Rugby produced a gym re-opening guidance document in August 2020 which will be updated and communicated prior to 26 April.

9. Indoor Activity

- 9.1. The indicative date for the return of indoor group exercise is 17 May.
- 9.2. Scottish Rugby produced an indoor activity guidance document in August 2020 which will be updated and communicated prior to the 17 May.

10. Hospitality

- 10.1. The Scottish Government have announced an indicative date for hospitality (e.g. cafes, bars etc) to reopening on 26 April 2021, under the following restrictions:
 - o Until 8pm indoors (no alcohol)
 - o Until 10pm outdoors (alcohol permitted)
- 10.2. As of 17 May these opening times will be eased further:
 - o 10:30pm indoors (alcohol permitted, 2 hour dwell time)
 - o 10:00pm outdoors (alcohol permitted)
- 10.3. In early June the Scottish Government intend to permit hospitality to remain open until 11pm.
- 10.4. Scottish Rugby will communicate further guidance on hospitality re-opening once details have been received.

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11. Clubhouses and indoor facilities

11.1. As Scottish Government regulations and guidance change in relation to facilities reopening, we will amend our advice and guidance for clubs. Clubs are reminded of the need to undertake comprehensive risk assessments before reopening any facilities.

12. Changing Rooms, Toilets & Showers

12.1. Changing rooms are an area of increased risk of transmission and should remain **closed for now** other than for individuals with a disability, additional needs or in exceptional circumstances, with the exception of public toilets (restrictions apply).

12.2. Where changing rooms and showering facilities are to be used specific guidance relating to use of 'Changing and Showers' is available at [Getting Your Facilities Fit for Sport](#).

12.3. If club toilets are in use, the following guidance should be adhered to [Opening Public Toilets Guidelines](#).

13. Travel

13.1. Scottish Rugby has produced a specific travel guidance document which is [available here](#).

13.2. Travel guidance outlined by the Scottish Government should always be followed. Further information on what travel is permitted is available at [Coronavirus \(COVID-19\): guidance on travel and transport](#).

14. Spectators

14.1. At this point no spectators are permitted at any sporting activities. Scottish Rugby is seeking further guidance from the Scottish Government on when spectators may be permitted.

14.2. The exception is that 1 parent or guardian is permitted to observe (remaining physically distant) their child if necessary.

15. First aid and physiotherapy

15.1. Scottish Rugby has produced a guidance document for first aid responders which can be found [here](#).

15.2. The Resuscitation Council UK has provided specific guidance on CPR delivery and COVID-19 which is available at [Resuscitation Council - Covid-19 Resources](#).

15.3. Guidance for physios can be gained directly from the Chartered Society of Physiotherapy by clicking [here](#).

15.4. Physios should only carry out their activities if they have the appropriate level of PPE in line with the guidance available [here](#).

16. Equipment

16.1. All traditional rugby training equipment (e.g. tackle shields, scrum machines) can be used once contact training is permitted (as per the timeline above).

16.2. Extra caution should be taken when using equipment that has been inactive for a long period of time (e.g. scrum machines), as they may require servicing. A thorough risk assessment should be undertaken before these pieces of equipment are used.

16.3. Advice on ball and equipment cleaning can be found [here](#).

17. Test & Protect

17.1.Clubs need to ensure that all players, coaches and parent details are captured on arrival at the venue. This is a regulatory requirement from the Scottish Government and will support the Test and Protect teams should a contact tracing process need to begin in light of a positive case.

17.2.If a club is made aware of a positive test of an active club member, then they should follow local NHS board advice as a priority.

17.3.A Scottish Rugby guidance sheet is [available here](#).

17.4.We encourage everyone to download the Protect Scotland App to assist in the contact tracing process – details can be found [here](#).

18. Dealing with a positive case

18.1.Scottish Rugby has produced a simple guidance sheet to support clubs in dealing with a positive COVID-19 case at their clubs ([available here](#)).

18.2.This document aims to set out some simple guidance for clubs on how to respond to a suspected or confirmed positive Covid-19 case. As with all Return to Rugby information, this guidance is subject to change at any time in line with Scottish Government guidelines.

19. Holiday Camps

19.1.We are aware of clubs organising rugby camps during the Easter holidays. Camps are permitted under current restrictions; however we encourage clubs to consider the following areas when arranging their activities:

- o Group sizes – should be kept to a minimum and not exceed the limits set out within the Return to Rugby Guidelines.
- o Timings – as changing rooms, toilets, showers and indoor facilities are to remain closed, clubs should consider minimising the daily activity levels.
- o Coaching – all coaches must be PVG checked, and have completed the RugbyRight course. Preferably all coaches will have a qualification. We encourage a ratio of 1:8 coach:player and coaches should not be coaching alone.
- o Risk Assessments – all activity must be risk assessed and the activity agreed with the Covid-19 Safety Coordinator. Risk assessment templates are [available here](#).

20. Safeguarding

20.1.As government restrictions ease and we gradually move through the Return to Rugby roadmap, supporting children and young people to reintegrate back into rugby will be a key focus for your club.

20.2.Scottish Rugby has produced, in conjunction with Safeguarding in Sport, a guidance document 'Safeguarding & Wellbeing Considerations for the Return of Children & Young People to Rugby' which can be [downloaded here](#).

20.3.No PVG = No coaching.

20.4.There will be no alteration to the standards we had in place pre-Covid-19, therefore PVGs will still need to be in place for designated roles, or new recruits to roles prior to any activity resuming with children and youth teams.

20.5.Child Protection Officers may wish to recap on their Club Safeguarding Policy and/or refer to the Scottish Rugby Safeguarding webpage in advance of any return.

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21. Mental Wellbeing

- 21.1.Scottish Rugby has created a new Mental Wellbeing e-learning course in partnership with the Hampden Sports Clinic. The course can be completed [here](#).
- 21.2.The Performance Psychology team at the **sportscotland** institute of sport regularly uses mindfulness techniques to support athletes and staff. [Click here](#) for their top tips.
- 21.3.If you feel like your mental wellness is worsening, if you feel like you are struggling to stay connected or that you feel more low or anxious you are not alone. Self-help resources that may be helpful:
- o Scottish Government's [Clear Your Head](#) campaign.
 - o [SAMH](#) has useful information on maintaining mental wellness.
 - o [Young Scot](#) understand that this a difficult time for young people too.
- 21.4.If these measures do not help and you feel that your mental health is worsening or is a concern to you or others:
- o Tell someone how you are feeling.
 - o Contact your GP practice (8am - 6pm weekdays).
 - o Out of hours – NHS 24 on 111 (6pm - 8am weekdays and 24 hours at weekends).
 - o [Samaritans](#) 116 123 (open 24/7).
 - o [Breathing Space](#) 0800 83 85 87 (open Mon to Thurs 6pm to 2am, 24 hours over the weekend - Online chat also available).

22. Equality & Inclusion

- 22.1.Covid-19 is affecting everyone. But the impact of the pandemic is not being felt equally. Before the pandemic certain groups were less likely to participate in sport and physical activity. These groups are also the most at risk of worsening inequalities due to Covid-19:
- o Older people.
 - o Disabled people.
 - o Ethnic minorities.
 - o Women.
 - o People from deprived communities.
- 22.2.It is more important than ever to consider inclusive guidance for people who need extra support to be active and clubs should consider this as part of their work to encourage people to return.

23. Insurance

- 23.1.Scottish Rugby's Club Accident Insurance Scheme provides catastrophic injury Personal Accident cover to those participating with each team declared by the club on its insurance proposal form. Those participating for clubs opting to take out the Temporary Disablement cover have access to additional policy benefits. The Club Accident Insurance Scheme operates on a twelve-month basis, however, please note that whilst this is a 12-month policy there is an operative time during which cover applies. This is:
- 23.1.2. "Whilst an Insured Person is participating in Rugby Union as a Member of an Insured Team playing in any scheduled fixture, friendly match, charity match, coaching or training or practice game organised by an Insured Club or whilst at any ground or premises where a scheduled fixture, friendly match, charity match, practice game, coaching or training session has been organised by the Insured."
- 23.2.The key points to note are the phrases "organised by an Insured Club" and "organised by the insured". Please remember that in the event that someone sustains a serious injury whilst participating in a training session or game not officially organised by the Club or Scottish Rugby, then policy cover may not apply.
- 23.3.For more on the Club Accident Insurance Scheme please [click here](#).
- 23.4.Scottish Rugby provides member clubs with Public Liability cover in respect of the rugby risk associated with playing and training through the Union's own Public Liability policy. Many of a club's activities go beyond the actual playing of the game and clubs should therefore have in place Public Liability cover in respect of other activities and in relation to other appropriate insurable risks. To read more on the Public Liability cover provided through Scottish Rugby please [click here](#).

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