



Return to Rugby Levels Framework FAQ

Updated 21 July 2021

The answers provided below are accurate as of **12 August 2021 at 2:00pm**. We encourage everyone to keep up to date with Scottish Government (www.gov.scot/coronavirus) and Scottish Rugby Return to Rugby guidelines (<https://www.scottishrugby.org/clubs-and-schools/return-to-rugby>) which can change regularly.

The Scottish Rugby Covid-19 Return to Rugby e-learning course can be found here - <https://bit.ly/covid-19elearning>

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1. Covid-19 Safety Coordinators

1.1 Question

Do Covid-19 Safety Coordinators need a background in medicine?

Answer - No, Covid-19 Safety Coordinators do not need to have a medical background.

1.2 Question

I am assuming the Covid-19 Safety Coordinator will have to have an active PVG attributed to the club.

Answer - No, Covid-19 Safety Coordinators are not required to have a PVG as they will not be required to be responsible for 'regulated work' with children.

1.3 Question

Is a Covid-19 Safety Coordinator required in schools as with clubs?

Answer – We understand that many schools may have a similar role within their school's management structure, so it is not compulsory for schools to nominate a Covid-19 Safety Coordinator. However, schools who would like to be part of this programme can do so by completing the nomination form here - <https://www.surveymonkey.co.uk/r/VF2PWSD>

1.4 Question

Does each section of a club i.e., Minis, Academy and Senior need their own independent Covid-19 Safety Coordinator?

Answer – No, one per club is required; however, each team requires an appointed Team Lead to coordinate check in/out procedures etc. More information can be found here - <https://www.scottishrugby.org/clubs-and-schools/return-to-rugby>

1.5 Question

Do the NHS Board Test and Protect teams have contact details of clubs' Covid-19 Safety Coordinators?

Answer – No, is the straightforward answer, as they (contact trace team) will likely (based on the cases we have had sight of so far) contact the person (positive case) directly.

2. Contact sport for children and young people

2.1 Question

For junior training when parents are currently needed to be present at training, are they still allowed to be present to support their child's welfare?

Answer – Yes, spectators are allowed when supervising a child and/or vulnerable person.

2.2 Question

Are mouthguards permitted to be worn?

Answer – Mouthguards are classified as a piece of personal equipment and are therefore permitted to be worn. We recommend that players always adhere to strict hygiene guidance. Further information on mouthguards can be found here -

<https://www.scottishrugby.org/rules-and-regulations/player-welfare/player-equipment>

2.3 Question

Can we use bibs with younger players?

Answer – Our advice would be to issue players with their own bib, which then becomes their piece of personal equipment which they are responsible for washing themselves.

2.4 Question

Can age groups change bubbles depending on training session and who turns up?

Answer - Yes, players can change 'bubbles' - there is no longer a need for them to be in the same bubble for each session. Limits on bubble sizes have now been removed.

2.5 Question

Why was there a gap of 5 weeks between contact training starting for youth players, and friendly fixtures being permitted?

Answer – The gap between youth contact training starting (26 April) and full contact youth friendly fixtures beginning (31 May) was down to player welfare reasons. Based on medical advice, we needed to take a cautious approach to reintroducing players to full contact. A sharp increase in intensive contact activity increases the risk of injury.

We are encouraging clubs and schools to take a phased and gradual return to contact training and keep fun and enjoyment at the heart of everything.

2.6 Question

Can players 18-year-olds, who are still eligible for U18 rugby this season, resume training with their U18 age group?

Answer – Yes, as of 17 May, 18-year-old players in Level 2 (or below) areas who had previously needed to train with adults (due to Scottish Government restrictions), were able to resume training with their U18 age group. This is only for those who are still eligible for U18 rugby based on the 2020-21 season eligibility date of 1 September 2020.

3. First Aid

3.1 Question

Is there any First Aid guidance available now we have returned to training?

Answer – Yes, please see the guidance document published on 20 August 2020: https://s3-eu-west-1.amazonaws.com/sru-files/docs/RTR_community_FirstAid_guidance.pdf

More detailed information for designated first aiders is also available here:

<https://blogs.bmj.com/bjbm/files/2020/07/Emergency-and-first-aid-care-a-framework-for-organised-non-elite-sport-during-the-COVID-19-pandemic-1.pdf>

3.2 Question

Could you please advise what services physios are allowed to perform at the moment?

Answer - The only guidance available at the moment is the information published by the British Medical Journal recently - <https://blogs.bmj.com/bjbm/2020/07/24/medical-care-and-first-aid-a-framework-for-organised-non-elite-sport-during-the-covid-19-pandemic-part-1-3/> We are advising all physios to read this and make appropriate changes to their planned activity as a result. There are strict requirements re: PPE etc if treating players.

4. Check in / out process

4.1 Question

Will resources such as track and trace apps for players and coaches be available?

Answer - We have provided the Covid-19 Safety Coordinators with some options and will continue to share good practice examples where possible. These options include:

- Eventbrite (www.eventbrite.co.uk)
- Pitchero (<https://blog.pitchero.com/how-to-track-and-trace-players>)
- Sports-Train (<https://sports-train.com>) – email chris@sports-train.com for access

4.2 Question

Is there a recommendation regarding the use of digital thermometers?

Answer - There is no requirement for temperatures to be taken at this stage.

4.3 Question

Do we need to record contact details for youth players?

Answer – Yes, all players need to be checked in / out so that there is an accurate record in place in case of a positive case and contact tracing needs to begin.

4.4 Question

If one person tests positive (the day after training for example) are all players and coaches who were at the training session (youth) to self-isolate or just the players (if coaches remain 2m apart)?

Answer - This will be a decision made by the Test and Protect team and not Scottish Rugby.

4.5 Question

Can I get some clarification around if there is a Covid positive case within one of our training bubbles - do we only stop that training bubble from training, carry out the risk assessment and contact the Regional Director, or do we have to stop all club activities, until the new risk assessment is done?

Answer - Our recommendation is that all club activity is suspended initially. The full impact of a positive case will only fully be known once a full risk assessment and liaison with public health officials has occurred. This may only take a matter of hours but could take a number of days - it all depends on the context of the situation and the public health guidance available at the time.

If you are aware of a positive case at your club, please e-mail Scottish Rugby at covidreporting@sru.org.uk for further advice.

5. Levels Framework Playing / Coaching

5.1 Question

Is there any guidance on ball cleaning stations and ball rotation?

Answer - Before each training session, a rugby ball should be removed of any mud or residue. Do this with a soft cloth, a light detergent and warm water to ensure the grip is kept in its optimum condition for the maximum length of time.

Following the Covid-19 outbreak, we have consulted with World Rugby's Chief Medical Officer Eanna Falvey who advises that *"Soapy water kills the bacteria so standard hand soap-based products are perfectly adequate"*.

World Rugby confirm that Gilbert's current advice is adequate:

<https://www.gilbertrugby.com/blogs/news/rugby-ball-care-guide> however, players should be reminded that hand hygiene is also important part of this process.

5.2 Question

Has there been any consideration regarding playing an 'adapted' game, such as tackling but no scrums or mauls?

Answer – The evidence around low virus transmission rates in outdoor settings means that we are able to return normal laws for each age group without the need for modified laws. However, we will continue to monitor the situation in conjunction with medical experts and the Scottish Government.

5.3 Question

Do teams still need to produce match day info sheets and liaise between Covid 19 Safety Coordinators prior to all games?

Answer – Yes, we would ask that you continue to do this as a matter of good practice.

6. Pitches and facilities

6.1 Question

Can we keep toilets open?

Answer – Yes, clubs may keep toilets open but must ensure that the government guidelines available here are followed: <https://www.gov.scot/publications/coronavirus-covid-19-public-and-customer-toilets-guidance/>

6.2 Question

Can we now use our gym?

Answer – Yes, please see here for the latest gym re-opening advice from 19 July 2021, which was further updated on Monday, 9 August: [https://s3-eu-west-1.amazonaws.com/sru-files/7. RTR community guidance gym-re-opening 19july.pdf](https://s3-eu-west-1.amazonaws.com/sru-files/7_RTR_community_guidance_gym-re-opening_19july.pdf)

6.3 Question

Can we train away from our club facilities, or are we restricted to training on our premises?

Answer - There are no restrictions on which facilities you use as a club. If the club chooses to book a pitch elsewhere then they should ensure that all risk assessments are completed, and travel guidance is followed. We encourage clubs who are looking to use another facility that they check with their local authority before undertaking any activity.

6.4 Question

Can we now have spectators present at matches?

Answer – Spectators are now permitted at a rugby fixture or event which takes place at premises whose entrances and exits are controlled for the purpose of crowd and capacity management in line with [Scottish Government restrictions](#).

- Spectator capacity is capped at 5,000 outdoors.

6.5 Question

Are we now able to use changing rooms?

Answer – Yes, changing rooms can now be used. Scottish Rugby have set out a list of recommendations for their use to ensure a bespoke, practical approach for clubs utilising changing facilities as we move towards season 2021/22. See the guidance document here: [https://s3-eu-west-1.amazonaws.com/sru-files/8. RTR community Guidance changing-facility Aug9.pdf](https://s3-eu-west-1.amazonaws.com/sru-files/8_RTR_community_Guidance_changing-facility_Aug9.pdf)

7. Return to Rugby Levels Framework

7.1 Question

When can I find the latest guidance?

Answer – The latest guidance was published on Wednesday 11 August 2021 and is available on the Scottish Rugby website here: <https://www.scottishrugby.org/clubs-and-schools/return-to-rugby>