



# Return to Rugby

## Training Bubbles - Mini, Youth & Adult Rugby

### Return to Rugby Stage 3 (as of 13 July 2020)

Creating training 'bubbles' is an essential part of Scottish Rugby's Return to Rugby Stage 3 guidance to clubs and schools. They're a way to ensure that the same coaches and players stay together, and in doing so, reduce the chance of transmission of COVID-19.

#### WHAT IS A TRAINING BUBBLE?

- A way of grouping players, keeping them and coaches safe by organising them into 'Bubbles'
- During lockdown people were in a 'bubble' in their home, within their home bubble they didn't need to socially distance from the other members of their household. The concept of a training bubble is an extension of the home bubble.
- In a training bubble a group of players and coaches are grouped together every time they train and their interaction and contact with other bubbles is restricted as much as possible.

### WHY HAVE TRAINING BUBBLES?

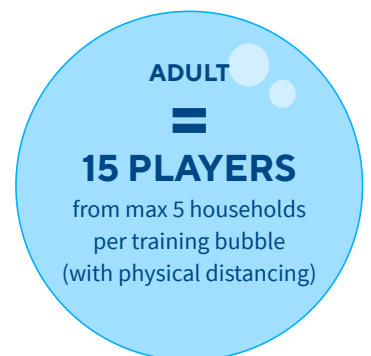
**REDUCE RISK OF TRANSMISSION**

**EFFECTIVELY MANAGE INSTANCES OF COVID-19 – CONTACT TRACING**

**REASSURE PARENTS AS TO THE CONTROL MEASURES IN PLACE**

#### A TRAINING BUBBLE SHOULD:

- Not exceed the specified maximum players per pitch (as outlined in Scottish Rugby guidelines).  
As per Stage 3 guidelines (as of 13 July 2020, bubble max sizes are):
- Contain the same players throughout Stage 3 where possible.



### MANAGEMENT

**MIXED GROUPS**  
(boys & girls allowed)

**PLAYERS FROM SAME HOUSEHOLD SHOULD BE ALLOCATED INTO THE SAME BUBBLE**

**NO EQUIPMENT SHARING BETWEEN BUBBLES**

STAY SAFE → PROTECT OTHERS → SAVE LIVES



**#AsOne**