



Return to Rugby Club & School Game

Phase 3 Guidance Adult Rugby (18+)

It is everyone's responsibility to adhere to the Scottish Government guidelines on the Covid-19 pandemic. Rugby training and matches can only return when it is safe to do so. For now - STAY SAFE, PROTECT OTHERS and SAVE LIVES.

Scottish Rugby will communicate further guidelines in line with Scottish Government plans.

Everyone must follow Scottish Government guidelines at:

[GOV.SCOT](https://www.gov.scot)

Stay up to date on the latest Return to Rugby guidelines for the community game at:

[SCOTTISHRUGBY.ORG](https://www.scottishrugby.org)

#AsOne

Live on Monday 13 July 2020
(in line with Scottish Government Phase 2 roadmap)

STAY SAFE

PROTECT OTHERS

SAVE LIVES



Clubs are required to have a COVID-19 Safety Co-ordinator in place, and a full risk assessment carried out before pitches can open

**NO ORGANISED LARGE
GROUP RUGBY TRAINING
OR GAMES**



No small sided games
or touch rugby activities permitted.

No close contact activities
(e.g. tackle, scrum) permitted.

Min 2m physical distancing at all times.

**MAX 10 PLAYERS PER 1/4 PITCH
OR 15 PLAYERS PER 1/2 PITCH**
(max 5 households per pitch)



Players can pass a ball to undertake
skill and fitness type activities (whilst
2m apart at all times)

Players should (where possible) be
allocated into training 'bubbles'

**OUTDOOR CATERING & INDOOR
TOILETS
OPEN**



All other Indoor facilities, including
changing rooms to remain closed.

Indoor catering can open as of 15 July.

Covid-19 Safety Coordinator in place
before any activities can begin.

Check in / out process to aid
contact tracing.

**EQUIPMENT SHARING
IS PERMITTED**



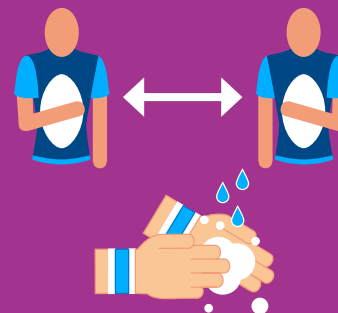
Equipment (inc. balls) should be
cleaned/sanitised before and after use.



NO CAR POOLING

Players must travel individually to
training, unless they are from the
same household.

**PHYSICAL DISTANCING
MUST BE MAINTAINED
AT ALL TIMES**



**FOLLOW GOVERNMENT
HYGIENE PROTOCOLS**

No handshakes, spitting etc.

**NHS TEST
AND PROTECT**



If you, or any of your household
have been showing Covid-19
symptoms you should adhere to
NHS Test and Protect.

[NHSINFORM.SCOT](https://www.nhs.uk)