



# Return to Rugby Update

## Temporary Measures for Central Belt NHS Board Areas

Updated (Friday 9 October 2020)

As per the Scottish Government announcement on 7 October 2020, Return to Rugby guidance has been updated for clubs and schools in the following NHS Health Boards covering the Central Belt area - **Greater Glasgow & Clyde, Lanarkshire, Ayrshire & Arran, Lothian and Forth Valley.**

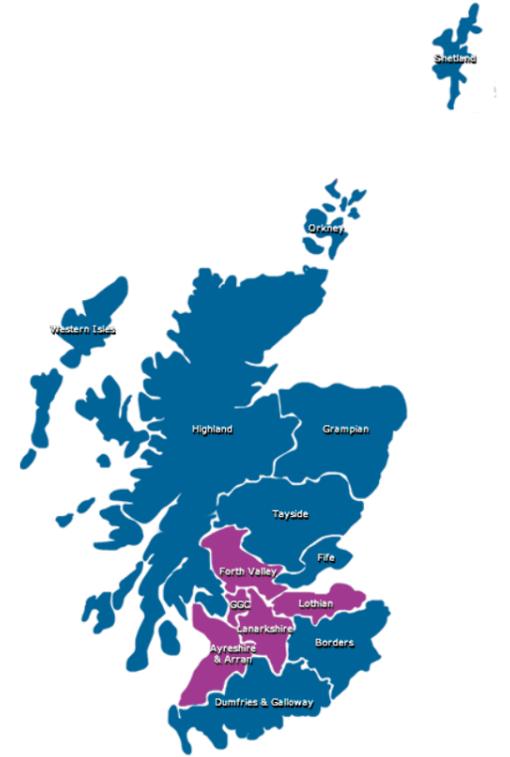
Restrictions on licensed premises will be applied from 18:00 on Friday 9 October, with restrictions on adult contact rugby and indoor group exercise applying from Saturday 10 October until Sunday 25 October (inclusive).

It is anticipated that from Monday 26 October, all restrictions will be lifted, and activities can resume as per Scottish Rugby Stage 4 guidance.

These restrictions aim to halt the increase in Covid-19 transmission within the identified NHS Health Board areas. **People living in Greater Glasgow & Clyde, Lanarkshire, Ayrshire & Arran, Lothian and Forth Valley should not travel outside the health board area they live in. Likewise people in other parts of Scotland should not travel to these areas if they don't need to.**

For a full list of Scottish Government restrictions please visit [www.gov.scot/coronavirus](http://www.gov.scot/coronavirus).

For up to date Return to Rugby information please visit <https://www.scottishrugby.org/clubs-and-schools/return-to-rugby>



### TEMPORARY RESTRICTIONS & GUIDANCE

#### ADULT (18 AND OVER) OUTDOOR RUGBY ACTIVITY



From 00:01 Saturday 10 October:

- Stage 4 modified contact rugby activity for adults (players aged 18 and over on day of activity) is postponed until Sunday 25 October (inclusive).
- As a result, adult rugby training moves back to Stage 2 'individual training' during this period:
  - Individual training only (no touch or contact games).
  - Coaches and players must keep 2m apart at all times.
  - Max of 8 players plus 1 coach per full pitch (unlimited households).
  - Equipment cannot be shared (including balls).

#### INDOOR GROUP EXERCISE



From 00:01 Saturday 10 October:

- No group exercise classes or activities for indoor gyms and sports courts or pools, with an exemption for under 18s.
- Gyms can remain open for individual exercise only.

#### OTHER RESTRICTIONS AND GUIDANCE



- Current meeting rules; maximum of six people from two households, continue to apply in non-rugby activity settings.
- People living in Greater Glasgow & Clyde, Lanarkshire, Ayrshire & Arran, Lothian and Forth Valley **should not** travel outside the NHS health board area they live in.
- Likewise people in other parts of Scotland should not travel to these areas if they don't need to (including for rugby training).

#### MINI & YOUTH (UNDER 18) OUTDOOR RUGBY ACTIVITY



- Activity is unaffected for players aged 17 and under on the day of activity, and can continue in line with Stage 4 guidance.
- Players aged 18 and over on the day of activity cannot participate in youth rugby activities.

#### LICENSED PREMISES



From 18:00 on Friday 9 October:

- All licensed premises are required to close indoors and outdoors until Sunday 25 October (inclusive).
- Takeaways are permitted.
- Unlicensed premises will be able to stay open until 6pm to support social isolation.

All the current regulations and the limits on meeting a maximum of 6 people from 2 households in indoor public places will still apply.

#### REMEMBER FACTS FOR A SAFER SCOTLAND

- F** Face coverings
- A** Avoid crowded places
- C** Clean your hands regularly
- 2** Two metre distance
- S** Self isolate and book a test if you have symptoms



[nhsinform.scot/coronavirus](https://nhsinform.scot/coronavirus)  
#WeAreScotland



To help stop coronavirus spreading, it is vital that we all **download** the free Protect Scotland app.

STAY SAFE

PROTECT OTHERS

SAVE LIVES



#AsOne