

PHASED RETURN

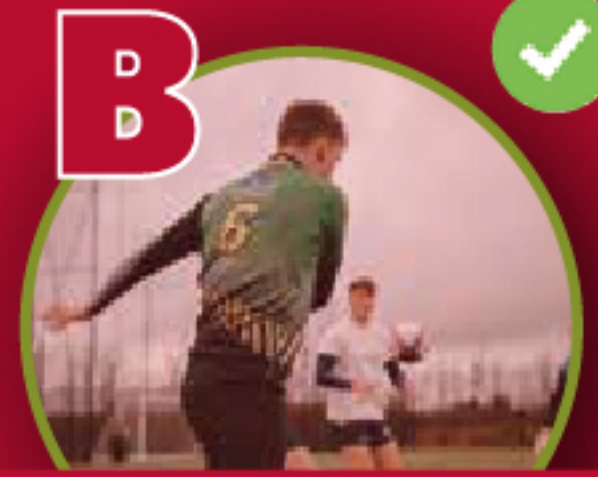


A INDIVIDUAL TRAINING WITH ONE OTHER PERSON

Exercise with one other person: fitness training or physical development

Maintain social distance

No equipment sharing



B SMALL GROUP TRAINING

Exercise within a small group (Up to 6) & maintain social distance

No face to face (F2F) /close contact

Equipment sharing kept to a minimum



C LARGER GROUP TRAINING: LIMITED F2F/ CLOSE CONTACT

Exercise with a larger group

Social distancing potentially not required at all times

Limited F2F & close contact exposure could now be permitted



D WHOLE TEAM TRAINING: INCREASED F2F/ CLOSE CONTACT

Exercise with a larger group

Social distancing potentially not required at all times

Increase in level of F2F & close contact exposure could be permitted



E WHOLE TEAM TRAINING: IN PREPARATION FOR MATCHES

Social distancing could no longer be required

Unrestricted F2F & close contact exposure could be permitted

Rugby contact could be permitted



F RETURN TO MATCH PLAY

Competitive rugby can recommence.

Could include some form of adapted activity dependent on COVID-19 mitigation

WHAT IT COULD LOOK LIKE

STRONG HAND HYGIENE TO BE ADHERED TO AT ALL STAGES

LIKELY TRIGGER TO MOVE TO THIS STAGE

Individuals allowed to exercise with someone from another household



Expansion in numbers allowed to meet together

Equipment sharing allowed if supported by hand hygiene



Further expansion of group size rules & relaxation of social distancing

Risk of rugby training F2F & close contact exposure deemed low enough to allow limited introduction to some traditional training activities



Further easing of group size rules & social distancing

Risk of rugby training F2F & close contact exposure deemed low enough to allow increased participation in more traditional training activities



Removal of social distancing

Risk of F2F & close contact exposure low enough to allow progression to unrestricted F2F & close contact training activities



Social distancing removed completely

Risk of F2F & close contact exposure low enough to allow unrestricted F2F & close contact match activities

