



COVID RULES

RUGBY RETURN TO PLAY

Make your safety a priority



1 STAY AT HOME!

If you feel sick or if you, or anyone in your household, experiences COVID symptoms



2 SANITISE YOUR HANDS

All players and coaches MUST sanitise their hands before and after each session. Please bring your own hand sanitiser.



3 TOILETS

The changing block door will be propped open. Toilets can only be used one person at a time. Please wash hands thoroughly before and after use.



4 NO CHANGING FACILITIES

Please arrive and leave in training kit



5 BRING YOUR OWN WATER

Please do NOT use the drinking water taps



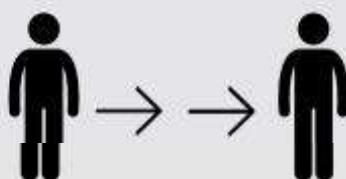
6 MAX CAPACITY: 2 GROUPS OF 10

Groups must be spaced apart. Groups can comprise up to 9 players + 1 coach. All individuals must maintain 1m distance at all times.



7 SHARING KIT (EG BALLS)

Limited kit sharing is allowed if strict hand sanitising is performed before and after the session



8 NO PHYSICAL CONTACT

Maintain 1m distance at all times

9 PARENTS/CARERS

Must allow maintain 1m distance at all times