



Return to Rugby Roadmap

Club & School Game Updated 3 July 2020

The Return to Rugby Roadmap outlines a staged return to competitive rugby amidst the current Covid-19 pandemic. It carefully highlights how rugby could return and is aligned to Scottish Government, sportsScotland and World Rugby guidelines. Detailed information on each stage of the Return to Rugby Roadmap will be communicated when appropriate, and in line with Scottish Government roadmap phases.

While we are all eager to Return to Rugby, the welfare of our friends, family, teammates, communities and protecting the NHS must remain a priority.

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



| SCOTTISH GOVERNMENT ROUTEMAP CRITERIA / CONDITIONS | PHASE 1 R is below 1 for at least 3 weeks and the number of infectious cases is starting to decline | | PHASE 2 R is consistently below 1 and the number of infectious cases is showing a sustained decline | | PHASE 3 R is below 1 for at least 3 weeks and the number of infectious cases is starting to decline | | PHASE 4 Virus remains suppressed to very low levels and is no longer considered a significant threat to public health, but society remains safety conscious. All WHO criteria continue to be met. A vaccine and/or effective treatment may have been developed. | |
|----------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| SCOTTISH RUGBY RETURN TO RUGBY STAGES | STAGE 1 INDIVIDUAL TRAINING ONLY FACILITIES REMAIN CLOSED | STAGE 2 INDIVIDUAL TRAINING IN SMALL GROUPS | STAGE 3 SMALL GROUP NON-CONTACT TRAINING | STAGE 4 LARGER GROUP TRAINING - MODIFIED CONTACT ACTIVITIES | STAGE 5 TEAM TRAINING & FRIENDLY MATCHES FACILITIES FULLY OPEN | STAGE 6 RETURN TO COMPETITIVE RUGBY | | |
| INDICATIVE EARLIEST DATES | | END JUNE | START / MID JULY | START AUGUST | SEPTEMBER | OCTOBER | | |
| HOW RUGBY COULD LOOK AT EACH STAGE | RETURN TO TRAIN | | | | RETURN TO PLAY | | | |
| CONTACT LEVEL | NON-CONTACT | NON-CONTACT | TOUCH RUGBY | MODIFIED CONTACT | FULL CONTACT | FULL CONTACT | | |
| GROUP SIZE | INDIVIDUAL | INDIVIDUAL | SMALL GROUP | LARGE GROUP | FULL SQUAD | FULL SQUAD | | |
| FACILITIES | CLOSED | PITCHES OPEN 29 JUNE | OUTDOOR CATERING OPEN 6 JULY | GYMS OPEN | FULLY OPEN | FULLY OPEN | | |
| COMPETITION | NO FIXTURES | NO FIXTURES | TOUCH RUGBY ALTERNATIVES NO FIXTURES | TOUCH RUGBY ALTERNATIVES NO FIXTURES | INTERNAL AND / OR LOCAL FRIENDLIES | INTERNAL AND / OR LOCAL FRIENDLIES | | |
| WHAT COULD THIS LOOK LIKE? | Players can stay active locally outdoors with people from their own, or 1 other household (with physical distancing). Max group size of 8. No shared equipment. | Individual outdoor training at rugby facilities with people from own household, or from 2 other households (with physical distancing). Max group size increased. No shared equipment. | Small group non-contact training with potential relaxation of physical distancing measures. Touch games with physical contact restrictions. | Larger group training with potential for further relaxation of physical distancing measures. Potential for modified contact rugby activities to be permitted. | Team training with physical distancing no longer required. Unrestricted physical contact permitted. Local friendly matches permitted. | Team training and matches permitted with physical distancing no longer required. National and / or regional competitive matches permitted. | | |
| LIKELY TRIGGERS TO TRANSITION TO THIS PHASE | Individuals able to exercise. | Individuals able to exercise in small groups. | Equipment sharing permitted, with physical distancing measures and travel restrictions (for leisure) relaxed. | Risk of close contact exposure deemed low enough to allow participation in modified contact training activities. | Risk of close contact exposure deemed low enough to allow participation in restricted contact training and local match activities. | Removal of physical distancing & relaxed travel restrictions. Risk of close contact exposure deemed low enough to allow participation in unrestricted contact training and match activities. | | |
| WHAT MIGHT CLUBS NEED TO HAVE IN PLACE? | Shutdown | <ul style="list-style-type: none"> Covid-19 Safety Co-ordinator in place Facility risk assessment Hand sanitising stations next to pitch Check in & out process for club members using pitches | All of previous plus: <ul style="list-style-type: none"> Physical distancing & hygiene measures for gyms + signage Equipment cleaning protocol Updated first aid guidance PAT and Fire safety testing Updated risk assessments PVG checks on coaches | All of previous plus: <ul style="list-style-type: none"> Indoor facility signage PPE for staff Timetables to avoid peaks in facility use Coaches complete Scottish Rugby Covid-19 course Updated risk assessments | All of previous plus: <ul style="list-style-type: none"> Match day risk assessments Updated risk assessments Player welfare policy review with coaches and medics | All of previous plus: <ul style="list-style-type: none"> Updated risk assessments | | |

The transition between Return to Rugby stages will be determined by Scottish Government guidelines which are subject to change at any time.

#AsOne

STRONG HAND HYGIENE TO BE ADHERED TO AT ALL STAGES

Updates on each phase will be issued by Scottish Rugby in line with Scottish Government guidance, and is subject to change at any time.