



ACT & SNSW Rugby Union

Return to Play Framework for Community Rugby

ANNEX 1 – NSW Based Organisations

Submitted 15th June 2020

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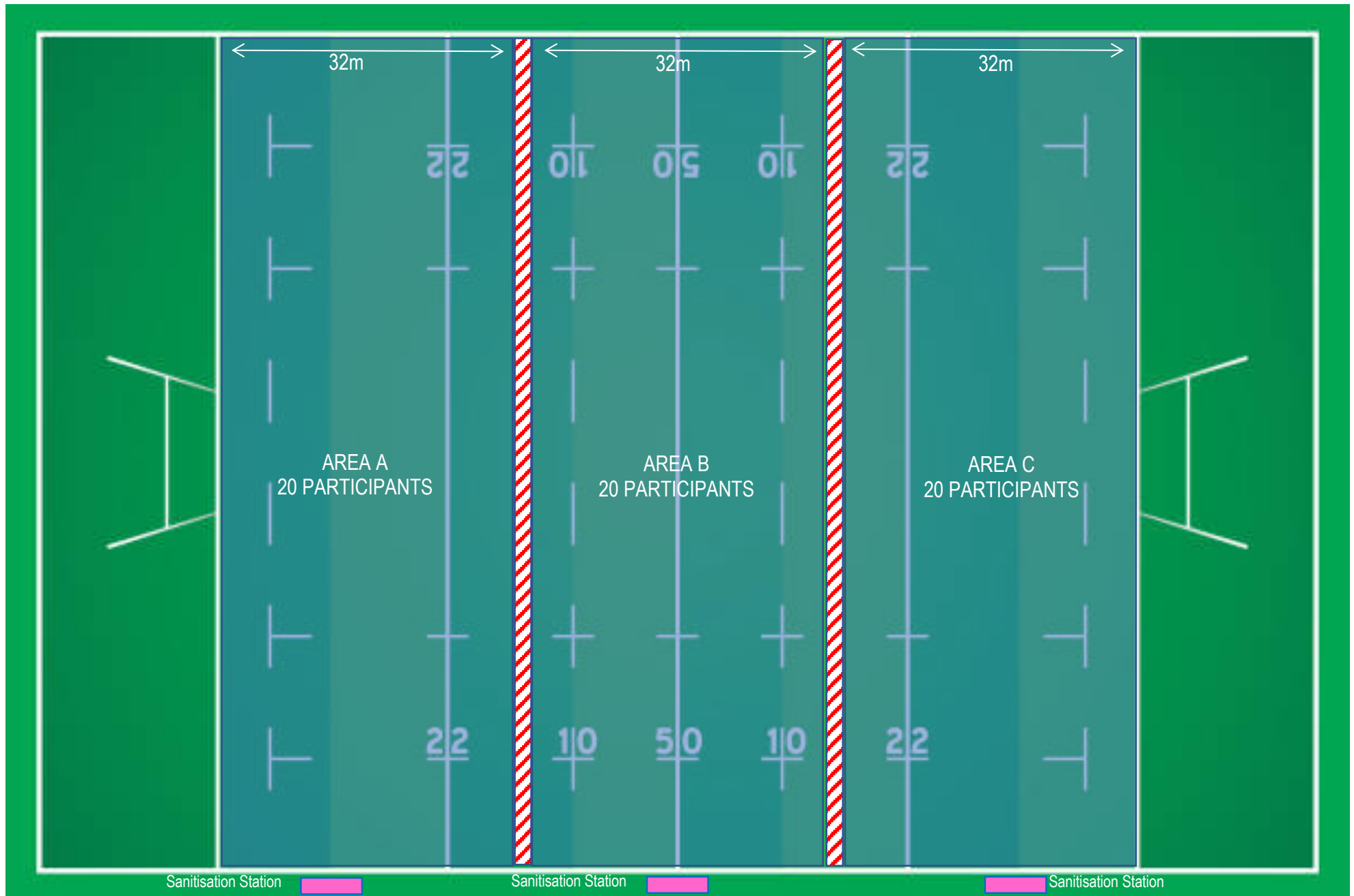
ACT & SNSW Rugby Union Operational Process for Community Rugby Return to Play – **NSW BASED CLUBS**

		Level A	Level B1	Level B2	Level C
ACT & SNSW Rugby Union Operational Process – NSW BASED CLUBS	Target Dates ³	Until 31 st May	1 st June to 19 th June	13 th June to 30 th June	1 st July
	Social Distancing	1.5 metres	1.5 metres	1.5 metres	Not Applicable
	Group Size	<ul style="list-style-type: none"> No more than 2 people 	<ul style="list-style-type: none"> No more than 20 participants PLUS one (1) coach 	<ul style="list-style-type: none"> No more than 20 participants (including staff) 	Groups of more than 20 allowed
	Logistics	<ul style="list-style-type: none"> Continue contact with all members via online forums or similar (e.g. Facebook Groups or Chats, Zoom meetings, Social Media Challenges). No Rugby during this period, this includes training sessions, matches, and face-to-face education courses. 	<ul style="list-style-type: none"> Maximum of 1 Hour training sessions, includes 50 minutes of training, 10 minutes of preparation, cleaning and pack up. Each field to be separated into 6 clearly marked areas. Minimum of 1 sanitising station per area of the field, which must include: <ul style="list-style-type: none"> Bleach Solution Alcohol Solution Soapy Water Solution All equipment must be washed before and after use No equipment to be shared between areas or groups without appropriate cleaning A record of attendance is compulsory, this will assist for Contact Tracing if required Participants will receive an attendance letter, all must be: <ul style="list-style-type: none"> Be registered, at a minimum of "Training Only" "Get in and get out", arrive ready to train, and leave immediately after Bring your own water bottle – no sharing of water bottles or personal equipment <p>Consider separation of entrance and exit points for venues, avoiding cross-traffic where possible (Refer to Appendix A2)</p>		<ul style="list-style-type: none"> All equipment to be washed between sessions A record of attendance is compulsory, this will assist for Contact Tracing if required. Participants will receive an attendance letter, all must be: <ul style="list-style-type: none"> Be registered, at a minimum of "Training Only" Bring your own water bottle
Rugby Training Specifics	<ul style="list-style-type: none"> Send out Training Content to playing members to maintain fitness and skills. Remind all members of opportunity to complete online courses such as Smart Rugby, Ground Marshall and Xplorer administration courses. 	<ul style="list-style-type: none"> Measure base fitness (e.g. Bronco, Yo-Yo) Rugby and position specific skills guidance such as individual body shape, catch / pass, kicking can be undertaken in line with government distancing advice Modified non-contact conditioning games Use of equipment including balls, tackle bags, individual equipment (e.g. tackle ring, tyre flip etc) Drills/Skills aiming at passing, kicking, fitness, individual body shape and game structure (e.g. attack and/or defence patterns) Accidental contact (maintain 1.5m apart) No scheduled person to person contact (e.g. rucks, mauls, scrums, lineouts, tackling, wrestling etc) No contact equipment (e.g. people holding hit shields) No "team runs" (i.e. need to maintain maximum 20 people in a group) 	<ul style="list-style-type: none"> Same as Level B1 	<ul style="list-style-type: none"> All training allowed 	

	<p>Personal Health</p>	<ul style="list-style-type: none"> • Maintain self-health, if feeling unwell, seek medical attention. • Recommended to download the CovidSafe App available on App Store or Google Play. • Keep up to date with Governmental and Health Authorities announcements. 	<ul style="list-style-type: none"> • Wear freshly laundered training attire – Recommend old clothing (as disinfectant used on equipment may transfer and have effect on some clothing) • Wash hands prior to and after training attending training • Use hand sanitiser before, during and after training (where available) • Avoid physical greetings (i.e. hand shaking, high fives etc) • Avoid coughing, clearing nose, spitting etc • DO NOT ATTEND IF YOU ARE FEELING UNWELL! (includes any signs/symptoms of cold, flu, COVID-19 or any other illness) 	<ul style="list-style-type: none"> • Level B recommendations apply.
	<p>Parents & Spectators</p>	<ul style="list-style-type: none"> • Not Applicable 	<ul style="list-style-type: none"> • In the instance of Junior Training, limit attendance to 1 x Parent/Guardian per family in attendance, no non-participating siblings should be in attendance. • No other non-essential persons should be in attendance. • Any non-participants should be a minimum of 1.5 metres from any training area, as well as 1.5 metres from any other persons and not actively engaging in the activities. 	<ul style="list-style-type: none"> • Level B1 recommendations apply.
	<p>Club Rooms</p>	<ul style="list-style-type: none"> • Remain Closed 	<ul style="list-style-type: none"> • Open only for Toilet Access and Medical/First Aid (If required). • Closed for all other reasons, including: <ul style="list-style-type: none"> ○ Changing, ○ Showering, ○ Bar (or other drink supply), ○ Canteen (or other food supply), ○ Social Games, ○ Common area 	<ul style="list-style-type: none"> • Level B1 recommendations apply.

³ – Target Dates are subject to change dependent on Government and Health Authority announcements. All relevant stakeholders will be notified of changes.

Appendix A1 – Rugby Pitch Layout Diagram for Level B restrictions [NSW BASED CLUBS]



Appendix C – Attendance Record Template

Club Name		Team	
Venue	Date	Session Time	

	Area	Full Name	Special Notes/Comments
1	A		
2	A		
3	A		
4	A		
5	A		
6	A		
7	A		
8	A		
9	A		
10	A		
11	A		
12	A		
13	A		
14	A		
15	A		
16	A		
17	A		
18	A		
19	A		
20	COACH		

	Area	Full Name	Special Notes/Comments
1	B		
2	B		
3	B		
4	B		
5	B		
6	B		
7	B		
8	B		
9	B		
10	B		
11	B		
12	B		
13	B		
14	B		
15	B		
16	B		
17	B		
18	B		
19	B		
20	COACH		

	Area	Full Name	Special Notes/Comments
1	C		
2	C		
3	C		
4	C		
5	C		
6	C		
7	C		
8	C		
9	C		
10	C		
11	C		
12	C		
13	C		
14	C		
15	C		
16	C		
17	C		
18	C		
19	C		
20	COACH		