

Rugby and COVID-19

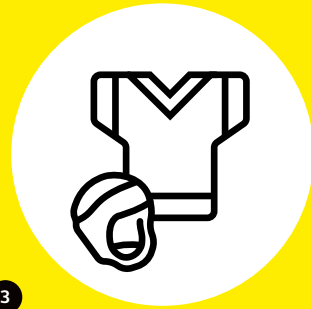
Return-to-play guidelines



1 **Respect** government rules and guidance: anyone displaying any symptoms should not train or play



2 **Bring** and use your own water bottle only



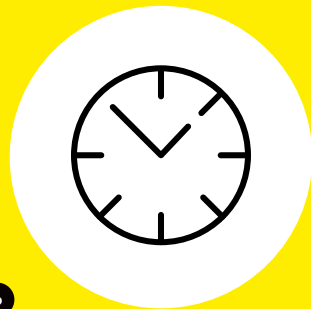
3 **Bring** and use your own clothing and training equipment only



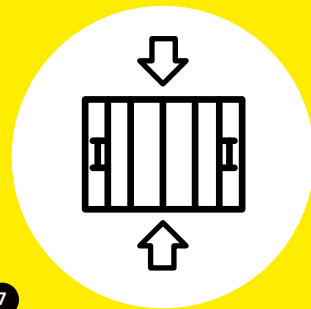
4 **Arrive** at training on your own by walking, bike or car. Try to avoid public transport and do not car share



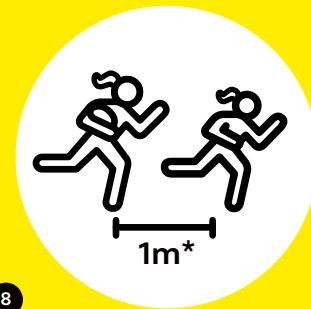
5 **Clean** and disinfect your hands before, after and during training



6 **Arrive** shortly before training and go straight to the pitch



7 **Follow** directions for entering and leaving the pitch



8 **Respect** social distancing when training and follow union guidance
* local variation of WHO guideline



9 **Have fun**, but do not celebrate with or high-five team-mates



10 **Clean** and disinfect rugby balls, changing them regularly



11 **Enjoy** being back playing rugby



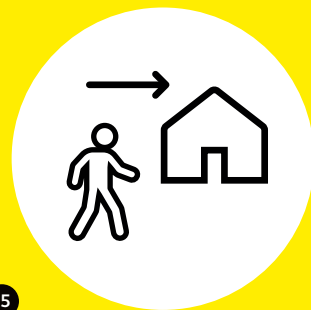
12 **Only** scrummage against scrum machines at training



13 **Keep** any tackling low to reduce transmission risk



14 **Do not spit** or clear your nose, where possible do not handle your gumshield, until after training



15 **Return** home immediately after training

