Rugby and COVID-19
Return-to-play guidelines

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

2. **Clean** and disinfect your hands before, after and during training.

3. **Bring** and use your own water bottle only.

4. **Bring** and use your own clothing and training equipment only.

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

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.

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.

PLAY SAFE