



# Guidelines and recommended operating procedures

Return to training and competition following termination or reduction of COVID-19 Government restrictions

28<sup>th</sup> April 2020

## Authors

Prav Mathema<sup>1</sup>, Clint Readhead<sup>2</sup>, Dr Simon Davies<sup>3</sup>, Amy Monaghan<sup>3</sup>, Charles Wessels<sup>2</sup>, Coris Zietsman<sup>2</sup>, Max Duthie<sup>4</sup>, Charl Crous<sup>3</sup>

## Author affiliations,

1. Welsh Rugby Union, Cardiff, Wales
2. South African Rugby Union, Western Cape, South Africa
3. Celtic Rugby DAC, Dublin, Ireland
4. Bird & Bird Lawyers, London, UK

**This guidance is correct at the time of publishing. However, as it is subject to multiple updates at short notice, please confirm the information you are disseminating is accurate. It is recommended that these guidelines are reviewed weekly unless and until informed otherwise by the Competition, Union or Club.**

## 1. INTRODUCTION AND SUMMARY

- 1.1 Coronavirus disease 2019 (COVID-19) is an ongoing Worldwide pandemic caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). It will remain a potentially deadly virus until an effective vaccination programme (if it can be created) is implemented but this is unlikely to be available for several months. Governments around the World have instigated travel restrictions, social distancing requirements and self-isolation directives to slow the spread of the disease to enable health care systems to cope with the increased demands associated with managing the disease.
- 1.2 On 12 March 2020 the 2019/20 Guinness PRO14 (**Championship**) was suspended by Celtic Rugby DAC as a result of the COVID-19 pandemic and the various government restrictions that had been, or were being, put in place to deal with it. The Championship remains suspended.
- 1.3 This document sets out guidelines for players, clubs and others participating in the Championship as to how the Championship will function in the event that relevant governments terminate or reduce their respective restrictions, allowing players and clubs to train in groups and matches to be held in certain circumstances. It will not be possible to eradicate the risk of viral transmission in a contact sport like rugby union, but risk-mitigation strategies should nevertheless be implemented wherever it is reasonably practical to do so. The guidelines in this document are intended to (among other things) mitigate the risks involved in such a return to training and competition.
- 1.4 This document does not replace the 2019/20 Guinness PRO14 Participation Agreement (**Participation Agreement**), which sets out the rights and obligations of those participating in the Championship and remains in full force and effect (unless and to the extent that it is formally amended). Instead, this document provides guidance for those participants and non-playing staff as to how they should adapt their conduct when training for, and competing in, the Championship. It should be read and interpreted alongside all other relevant guidance, advice and instruction from public health and/or government authorities.
- 1.5 All Persons must at all relevant times (which includes when not at Club facilities or otherwise on Club duties) comply with the relevant advice and instruction from public health and/or government authorities, including if/when any such Person has (or suspects that he/she has) COVID-19.
- 1.6 Importantly the guidelines for returning to group training may only apply when:
  - 1.6.1 relevant public health and/or government authorities permit group interaction; and
  - 1.6.2 relevant medical facilities and personnel (including local trauma centres) can accommodate the resumption of training.
- 1.7 Importantly the guidelines for returning to in-country competition may only apply when:
  - 1.7.1 governments endorse the resumption of matches;
  - 1.7.2 players are physically conditioned to participate in matches (appendix 1); and
  - 1.7.3 relevant medical facilities and personnel (including local trauma centres) can accommodate the resumption of matches.
- 1.8 Importantly the guidelines for returning to cross-border competition may only be implemented when:
  - 1.8.1 travel restrictions between countries are not prohibited; and
  - 1.8.2 no mandated isolation or quarantine measures are implemented, where relevant.
- 1.9 In the sections below, guidance is given on (among other things):

- 1.9.1 which appointments should be made in order to ensure the guidelines can be feasibly implemented (see section 2, below);
  - 1.9.2 how relevant individual participants should appropriately return to work, including the use of ongoing COVID-19 monitoring (see section 3, below);
  - 1.9.3 how relevant facilities (for example, stadia, training venues, meeting rooms and management offices) should be prepared and maintained, while maximising infection prevention and control (see section 4, below);
  - 1.9.4 how Clubs should travel to Matches (see section 5, below);
  - 1.9.5 how stadia should operate on Match-days, while maximising infection prevention and control (see section 6, below);
  - 1.9.6 what the Championship needs to consider for the competition (see section 7, below); and
  - 1.9.7 how individuals who have been infected with COVID-19 should return to work (see section 8, below).
- 1.10 Unless otherwise provided in this document, capitalised terms will have the respective meanings given to them in the Participation Agreement.

## **2. WHICH APPOINTMENTS SHOULD BE MADE**

- 2.1 Each Union and Club should appoint a COVID-19 Manager who must have appropriate operational knowledge of, and appropriate clinical knowledge (or easy access to others who have such clinical knowledge) of, COVID-19, and who will be responsible for:
  - 2.1.1 notifying other Clubs and Celtic Rugby DAC that he/she is the COVID-19 Manager (and the identity of the relevant COVID-19 Operational Leads) for the relevant Union or Club;
  - 2.1.2 disseminating all up to date and relevant information on COVID-19 (including the guidance in this document) to the relevant individuals within the Union or Club; and
  - 2.1.3 implementing the guidance in this document (and all other relevant guidance, advice and instruction regarding COVID-19) on behalf of the Union or Club.
- 2.2 Each Club should identify and appoint one or more COVID-19 Operational Leads, to be responsible for implementing the guidance in this document (and all other relevant guidance, advice and instruction regarding COVID-19) in respect of certain discrete elements, such as particular training facilities, Match day venues and team travel.
- 2.3 Each Club should also identify key personnel integral to this guidance.
- 2.4 Each Union should determine the appropriate skills and/or qualifications to fulfil these roles.

## **3. HOW RELEVANT INDIVIDUAL PARTICIPANTS SHOULD APPROPRIATELY RETURN TO WORK**

- 3.1 Each individual (whether Player, Club Coach, Club Support Staff or otherwise) should give written confirmation to the COVID-19 Manager that he/she understands the risks of the disease to at-risk populations and the potential for unintended transmission.
- 3.2 Each Union or Club should consider a staged approach when preparing to return to work normally (i.e. by attending a communal work area with others – even if some restrictions remain in place - as opposed to working entirely remotely). In the initial stage only essential players and staff determined

by the Club should return to work followed by wider playing and a non-playing staff. The period and defined processes for each stage should be determined by each Union.

- 3.3 Clubs should also consider a staged approach when providing ancillary services at training facilities to maximise infection prevention and control, for example by excluding the use of office space, changing rooms or kitchen provisions in the initial stages of return.
- 3.4 Before returning to work normally each individual (whether Player, Club Coach, Club Support Staff or otherwise) should:
  - 3.4.1 give written confirmation (an example online form can be observed in appendix 2) to the COVID-19 Manager or nominated Operational Lead that:
    - 3.4.1.1 they are, to the best of their knowledge, currently free from COVID-19;
    - 3.4.1.2 they have not had any symptoms (high temperature or fever, a new continuous cough or new unexplained shortness of breath) related to COVID-19 in the 7 days immediately prior;
    - 3.4.1.3 they have not been in contact with a COVID-19 confirmed or suspected case in the 14 days immediately prior; or
    - 3.4.1.4 club medical personnel have taken all infection prevention measures with the addition of the appropriate Personal Protective Equipment (PPE) when reviewing patients with suspected or confirmed COVID-19 in the 14 days immediately prior.
  - 3.4.2 where available, provide written evidence of any relevant COVID-19 testing or immunisation that has been validated and recommended by the Country's Public Health authority (whether swab testing, antigen testing, antibody testing, immunisation or otherwise).
  - 3.4.3 provide the COVID-19 Manager with written confirmation that he/she has completed:
    - 3.4.3.1 an online education session on the subjects covered in this document; and
    - 3.4.3.2 has read and understood the contents of this document and will comply with them at all relevant times.
- 3.5 These declarations should be retained by the Competition/Union and Team.
- 3.6 On returning to work normally, and at all relevant times thereafter (unless and until informed otherwise by the Union or Club), each individual should:
  - 3.6.1 ensure that all appropriate respiratory and hand hygiene/sanitisation<sup>1</sup> is being undertaken when leaving home, during travel, on entry/during occupation/on exit of facilities and returning home;
  - 3.6.2 prior to leaving home, assess whether he/she has (or exhibits any symptoms of) COVID-19 (high temperature or fever, a new continuous cough or new unexplained shortness of breath) and if so should remain at home, inform a medical practitioner and the COVID-19 Manager, while following their Country's current Public Health guidance;
  - 3.6.3 prior to leaving home, inform a medical practitioner and the COVID-19 manager of any new symptoms of illness to determine the most appropriate course of action;
  - 3.6.4 where available, provide written evidence of any relevant COVID-19 testing or immunisation that has been validated and recommended by the Country's Public Health

Authority (whether swab testing, antigen testing, antibody testing, immunisation or otherwise);

- 3.6.5 where reasonably practical restrict his/her mobile telephone/tablet use and in any event frequently clean his/her mobile telephone/tablet;
  - 3.6.6 comply with all instructions of the Club and its COVID-19 Manager in respect of further testing and attendance at particular facilities;
  - 3.6.7 use personalised fluid containers for hydration and avoid communal performance supplementation; and
  - 3.6.8 travel to and from work in their own vehicle without passengers, unless they are living in the same household.
- 3.7 Where utilised, daily temperature checks of all individuals at entry points of all facilities should be undertaken.
- 3.8 Individuals with an elevated temperature (defined by the Country's Public Health Authority) should be reviewed by a healthcare professional to determine the most appropriate course of management. Standard infection prevention and control measures should be undertaken when obtaining temperatures.

#### **4. HOW RELEVANT FACILITIES SHOULD BE PREPARED AND MAINTAINED**

- 4.1 Before individuals return to work normally at any particular Club facility (including Match venues), the Club (generally) and its COVID-19 Manager and COVID-19 Operational Leads (specifically) should ensure:
- 4.1.1 that the Club is complying with all its legal obligations under relevant health and safety legislation in respect of the facility (which should continue while the facility is being used);
  - 4.1.2 that the facility should be 'thoroughly cleaned' in accordance with the latest guidance by the World Health Organisation (WHO) or relevant public health authority<sup>2</sup>;
  - 4.1.3 ensure that the facility has (all of which should be maintained at all times while the facility is being used):
    - 4.1.3.1 where reasonably practical, separate and clearly-marked entrances and exits;
    - 4.1.3.2 dedicated and clearly identified hand-sanitisation and/or hand-washing/drying points (with suitable products/equipment) at each entrance and exit and at multiple other locations in the facility;
    - 4.1.3.3 an appropriate stock of suitable products/equipment, for example hand-sanitiser, water, anti-bacterial soap and cleaning products;
    - 4.1.3.4 an appropriate stock of appropriate personal protective equipment (PPE), and a suitable method of safely disposing of that equipment<sup>3,4</sup>;
    - 4.1.3.5 appropriate controls over who enters and leaves the facility;
    - 4.1.3.6 an appropriate system for recording who enters and leaves the facility to assist the public health and/or government authorities in contact tracing<sup>5</sup>;
    - 4.1.3.7 appropriate signage (including posters) warning of the dangers of COVID-19 and the need to observe relevant guidance<sup>6</sup>; and

4.1.3.8 dedicated isolation areas for use by any individuals who exhibit symptoms of COVID-19 while at work.

4.2 Once one or more individuals have returned to work normally at any particular Club facility, the Club (generally) and its COVID-19 Manager and COVID-19 Operational Leads (specifically) should (unless and until public health guidance makes clear that this is no longer necessary):

- 4.2.1 ensure that the facility is 'thoroughly cleaned' at least once every 24 hours;
- 4.2.2 ensure that specific areas and equipment that come into frequent direct contact with individuals (for example, doorknobs, door bars, door keypads, chairs, armrests, table tops, light switches, handrails, toilet flush mechanisms, water taps, elevator buttons, medical treatment beds and surfaces, gym equipment, all rugby equipment, scrummaging machines, rugby balls, keyboards, mice, touch screen monitors, tablets and trackpads) are thoroughly cleaned even more frequently, where reasonably practical after each contact;
- 4.2.3 ensure that where practical leave all doors wedged open to limit the use of door handles, door bars, and door keypads;
- 4.2.4 ensure that all such cleaning is carried out where reasonably practical with single-use disposable cleaning equipment such as disposable wipes, or alternatively where the cleaning material (for example the cloth or sponge) is either placed in a disinfectant solution that is effective against COVID-19 or is discarded and not reused (cleaning options for different settings can be found in appendix 3);
- 4.2.5 permit only essential visitors (determined by the Club) to enter the facility;
- 4.2.6 implement a suitable system so that any visitors to the facility that subsequently exhibit symptoms of COVID-19 must notify the Club's COVID-19 Manager and/or relevant COVID-19 Operational Leads, and appropriate steps to assist the public health and/or government authorities in contact tracing and COVID-19 testing where available;
- 4.2.7 provide guidance on isolating if symptoms of COVID-19 present while at work, and give clear instructions on how to leave the facility without making contact with other individuals, surfaces or objects;
- 4.2.8 ensure that isolation rooms are thoroughly cleaned when vacated;
- 4.2.9 operate, where reasonably practical, a staggered approach to eating and gym sessions, so as to spread the numbers of people participating over a longer period<sup>7</sup>;
- 4.2.10 where laundry services are utilised, machine wash objects with warm water at 60-90 degrees Centigrade (140-194 degrees Fahrenheit) with laundry detergent is recommended<sup>8</sup>, this laundry should then be dried according to routine procedures;
- 4.2.11 ensure that Club medical departments provide an appointment based service and that medical treatment beds are positioned as far apart as reasonably possible;
- 4.2.12 where possible minimise or if practical, eliminate group meetings;
- 4.2.13 where possible ensure the length of gymnasium and field based training should be kept to a minimum and where feasible limit field based training sessions to once a day;
- 4.2.14 where possible utilise outdoor training for field based sessions;
- 4.2.15 where possible continue to observe social distancing guidelines of the Country's Public Health authority; and

- 4.2.16 provide suitable anti-doping facilities, in accordance with any instructions from that Club's union, allowing for (for example) a staggered approach and social distancing when sample collection is taking place.
- 4.3 It is recommended that all operational processes utilised to procure products/consumables and facilities maintenance should observe COVID-19 protocols, where applicable these should be included in service agreements and contracts.
- 4.4 Where a Club allows any of its facilities to be used by another Club (for example, where the home Club hosts a 'captain's run' for the away Club the day before a Match or the facility is shared by numerous stakeholders), the home Club should:
  - 4.4.1 ensure that the facility is thoroughly cleaned immediately before and immediately after the other Club's use of the facility; and
  - 4.4.2 where reasonably practical, restrict the other Club to the use of just one site or facility.

## **5. HOW CLUBS SHOULD TRAVEL TO MATCHES**

- 5.1 Before travelling to any particular Match:
  - 5.1.1 the Club's COVID-19 Manager or relevant Operational Lead should:
    - 5.1.1.1 check the Club's relevant travel insurance policies as well as the terms and conditions of relevant travel agreements so that he/she clearly understands, for example, the financial and other implications of Players or other staff falling ill and needing to be repatriated;
    - 5.1.1.2 where reasonably practical, minimise the number of individuals travelling to those deemed essential (determined by the Club) only;
    - 5.1.1.3 where reasonably practical, minimise the duration of travel and stay;
    - 5.1.1.4 if flying to and from the Match, where reasonably practical arrange for fast-track security and a separate holding room for use prior to departure by the travel party on each leg;
    - 5.1.1.5 if travelling by bus, formally arrange for the bus to have been thoroughly cleaned before and after each journey made for the entire duration of travel;
    - 5.1.1.6 if staying overnight in a hotel:
      - (i) arrange for hand-sanitisation points (with suitable products/equipment) to be installed at suitable locations in the hotel for the duration of the stay;
      - (ii) arrange for all rooms to be 'thoroughly cleaned' prior to arrival, during the stay and on departure;
      - (iii) arrange for all team members to have individual rooms;
      - (iv) where reasonably practical, arrange for the entire travel party to have accommodation on the same floor of the hotel;
      - (v) where reasonably practical, arrange for the travel party to meet in private rooms for meals and team meetings; and

- (vi) arrange for food preparation and delivery to observe infection prevention and control measures, for example by staggering meal times and limiting the use of communal buffet style food services.

5.2 Each individual intending to travel to the Match as a representative of the Club (including Players) should give written confirmation to the COVID-19 Manager or nominated Operational lead that:

- 5.2.1 they are, to the best of their knowledge, currently free from COVID-19;
- 5.2.2 they have not had any symptoms (high temperature or fever, a new continuous cough or new unexplained shortness of breath) related to COVID-19 in the 7 days immediately prior;
- 5.2.3 they have not been in contact with a COVID-19 confirmed or suspect case in the 14 days immediately prior; or
- 5.2.4 club medical personnel have taken all infection prevention measures with the addition of the appropriate Personal Protective Equipment (PPE) when reviewing patients with suspected or confirmed COVID-19 in the 14 days immediately prior.

5.3 Where available, provide written evidence of any relevant COVID-19 testing or immunisation that has been validated and recommended by the Country's Public Health authority (whether swab testing, antigen testing, antibody testing, immunisation or otherwise).

5.4 When travelling to any particular away Match, each Person travelling as a representative of the Club should:

- 5.4.1 use at all relevant times all appropriate respiratory and hand hygiene/sanitisation techniques;
- 5.4.2 have with him/her (and use) individual hand sanitisers and single-use disposable wipes; and
- 5.4.3 continually assess whether or not he/she has (or exhibits any of the symptoms of) COVID-19 (and if so that individual should go to an isolation room, notify the Club's medical practitioner and COVID-19 Manager, follow the relevant guidance, advice and instruction from public health and/or government authorities in that Country including how to travel back to the Person's home, particularly if he/she flew to the away Match).

5.5 Where appropriate Match Officials should also observe the above guidance in section 5, giving written confirmations to the COVID-19 Manager of the Championship.

## **6. HOW STADIA SHOULD OPERATE ON MATCH DAYS**

6.1 The following guidelines operate in addition to those covering the preparation and maintenance of facilities (which should be read to cover Match venues on Match days) set out above.

6.2 The practical operations of any stadium hosting Matches will depend to a significant extent on whether spectators are permitted to attend or not. This document assumes that spectators will not be permitted to attend and that the Matches will be played 'behind closed doors'. If Matches take place at which spectators are permitted to attend, the participating Clubs should seek further guidance from Celtic Rugby DAC.

6.3 Before any Match is held at a venue designated by the home Club (i.e. ordinarily each Conference Match, each Play-Off Qualifier Match and each semi-final Match), the home Club should:

- 6.3.1 ensure that the venue is 'thoroughly cleaned' immediately prior to Match day;
- 6.3.2 ensure that there are in place appropriate controls over who enters and leaves the venue and an appropriate system for recording who enters and leaves the venue (the controls and the



system ordinarily in place when Matches are not being held might need to be enhanced if the number of likely Match day attendees is significant);

- 6.3.3 ensure an itemised accreditation and operations plan with contact details of all personnel to be obtained by the COVID-19 Manager or nominated Operational lead 48 hours ahead of the match;
- 6.3.4 ensure that at the venue there is an appropriate stock of appropriate personal protective equipment (for use by all medics, including Club Medics from the away Club), and a suitable method of safely disposing of that equipment;
- 6.3.5 carefully consider which attendees at the Match are characterised as essential and only accredit these attendees;
- 6.3.6 communicate to all those likely to attend the Match (including relevant Club Managers, Club Coaches, Club Medics, Players, other Club representatives and staff members, Match Officials, Match Day Medical staff, Commercial Partner representatives and Broadcast partner representatives) relevant details of the procedures that will be in operation on Match day, including:
  - 6.3.6.1 details of the locations of the hand-sanitisation and/or hand-washing/drying points at the venue;
  - 6.3.6.2 details of the controls over who may enter and leave the venue;
  - 6.3.6.3 details of the dedicated isolation areas for use by any individuals who exhibit symptoms of COVID-19;
  - 6.3.6.4 that all attendees should, as a precondition to being granted permission to enter the venue, give written confirmation to the COVID-19 Manager or nominated Operational lead that:
    - (a) they are, to the best of their knowledge, currently free from COVID-19;
    - (b) they have not had any symptoms (high temperature or fever, a new continuous cough or new unexplained shortness of breath) related to COVID-19 in the 7 days immediately prior;
    - (c) they have not been in contact with a COVID-19 confirmed or suspect case in the 14 days immediately prior;
    - (d) club medical personnel have taken all infection prevention measures with the addition of the appropriate Personal Protective Equipment (PPE) when reviewing patients with suspected or confirmed COVID-19 in the 14 days immediately prior; and
  - 6.3.6.5 where available, providing written evidence of any relevant COVID-19 testing or immunisation of the individual that has been validated and recommended by the Country's Public Health authority (whether swab testing, antigen testing, antibody testing, immunisation or otherwise).
  - 6.3.6.6 that all attendees should:
    - (i) use at all relevant times all appropriate respiratory and hand hygiene/sanitisation techniques; and
    - (ii) have with him/her (and use) individual hand sanitisers and single-use disposable wipes; and

- 6.3.7 implement a suitable system so that any attendees (including Players) that subsequently exhibit symptoms of COVID-19 must notify the home Club's COVID-19 Manager and/or relevant COVID-19 Operational Leads, and appropriate steps to assist the public health and/or government authorities in contact tracing and COVID-19 testing where available.
- 6.4 On the day of each Match being held at a venue designated by the home Club, the home Club should:
- 6.4.1 configure the venue so as to limit and control the movement of people within the venue;
  - 6.4.2 make immediate arrangements for anyone exhibiting symptoms of COVID-19 (during or immediately after the match) to be taken to one of the dedicated isolation areas (where he/she should remain until other attendees have left the venue);
  - 6.4.3 give clear instructions on how to leave the facility without making contact with other individuals, surfaces or objects;
  - 6.4.4 'thoroughly clean' any isolation areas immediately after use;
  - 6.4.5 provide suitable anti-doping facilities, in accordance with any instructions from that Club's union, allowing for (for example) a staggered approach and social distancing when sample collection is taking place;
  - 6.4.6 advise Players and Match Officials to avoid hand shaking and to refrain from spitting during the Match;
  - 6.4.7 where utilised, daily temperature checks of all attendees at entry points should be undertaken; and
  - 6.4.8 attendees with an elevated temperature (defined by the Country's Public Health Authority) should be reviewed by a healthcare professional to determine the most appropriate course of management. Standard infection prevention and control measures should be undertaken when obtaining temperatures.
- 6.5 After each Match being held at a venue designated by the home Club, the home Club should ensure that the venue is 'thoroughly cleaned' immediately after the Match.

## **7. CONSIDERATIONS FOR THE CHAMPIONSHIP**

- 7.1 The Championship should consider the impact of single and multiple player isolation if required by teams.
- 7.2 In particular, the outcome of fixtures if unable to be fulfilled should be defined prior to competitions recommencing.
- 7.3 The recommended minimum number of stakeholders to deliver a match can be found in appendix 4.

## **8. HOW INDIVIDUALS WHO HAVE BEEN INFECTED WITH COVID-19 SHOULD RETURN TO WORK**

- 8.1 Individuals who have had confirmed or suspected COVID-19 and recovered should remain in isolation until two negative antigen tests at least 24 hours apart have been undertaken<sup>9</sup>.
- 8.2 Where testing is not practical, individuals should follow the relevant guidance, advice and instruction from public health and/or government authorities in that Country regarding their return to work<sup>10,11</sup>.
- 8.3 Where applicable, re-conditioning training periods related to an individual's role needs to be considered prior to returning to competition.

- 8.4 Due to limited but growing evidence that individuals may suffer from cardiac pathologies during or following COVID-19, it is recommended that medical practitioners should consider a cardiology assessment for previously symptomatic players with confirmed or suspected COVID-19 prior to returning to training<sup>12,13,14</sup>.

## **9. GUIDANCE CHECKLISTS**

- 9.1 Please note that example guidance checklists can be found in appendices 5 – 9.

## REFERENCES

1. World Health Organisation. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public> (accessed 02 April 2020)
2. World Health Organisation. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance/infection-prevention-and-control>]. (accessed 02 April 2020)
3. World Health Organisation. [https://apps.who.int/iris/bitstream/handle/10665/112656/9789241507134\\_eng.pdf?sequence=1](https://apps.who.int/iris/bitstream/handle/10665/112656/9789241507134_eng.pdf?sequence=1) (accessed 01 April 2020)
4. World Health Organisation [https://apps.who.int/iris/bitstream/handle/10665/331498/WHO-2019-nCoV-IPCPPE\\_use-2020.2-eng.pdf](https://apps.who.int/iris/bitstream/handle/10665/331498/WHO-2019-nCoV-IPCPPE_use-2020.2-eng.pdf) (accessed 23 April 2020)
5. European Centre for Disease Prevention and Control. <https://www.ecdc.europa.eu/sites/default/files/documents/Public-health-management-persons-contact-novel-coronavirus-cases-2020-03-31.pdf> (accessed 11 April 2020)
6. World Health Organisation. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public> (accessed 31 March 2020)
7. European Centre for Disease Prevention and Control. <https://www.ecdc.europa.eu/sites/default/files/documents/Public-health-management-persons-contact-novel-coronavirus-cases-2020-03-31.pdf> (accessed 11 April 2020)
8. World Health Organisation. [https://apps.who.int/iris/bitstream/handle/10665/331508/WHO-2019-nCoV-IPC\\_long\\_term\\_care-2020.1-eng.pdf](https://apps.who.int/iris/bitstream/handle/10665/331508/WHO-2019-nCoV-IPC_long_term_care-2020.1-eng.pdf) (accessed 09 April 2020)
9. World Health Organisation. [https://apps.who.int/iris/bitstream/handle/10665/331508/WHO-2019-nCoV-IPC\\_long\\_term\\_care-2020.1-eng.pdf](https://apps.who.int/iris/bitstream/handle/10665/331508/WHO-2019-nCoV-IPC_long_term_care-2020.1-eng.pdf) (accessed 11 April 2020)
10. Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html> (accessed 16 April 2020)
11. Public Health England. <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection#ending-isolation> (accessed 16 April 2020)
12. Bonow RO, Fonarow GC, O'Gara PT, Yancy CW. Association of coronavirus disease 2019 (COVID-19) with myocardial injury and mortality. JAMA Cardiol. 2020. doi: 10.1001/jamacardio.2020.1105 [doi].
13. Lippi G, Lavie CJ, Sanchis-Gomar F. Prog Cardiovasc Dis 2020 Mar 10. Cardiac Troponin I in Patients with Coronavirus Disease 2019 (COVID 19): Evidence from a meta-analysis.

14. Li JW, Han TW, Woodward M, Anderson CS, Zhou H, Chen YD, Neal B. Prog Cardiovasc Dis 2020 April 16. The impact of 2019 novel coronavirus on heart injury: A systemic review and Meta-analysis.

## **APPENDIX 1**

### **Re-conditioning training period**

It is expected that following a period of more than four weeks without group rugby training (contact and non-contact), there would be significant injury risk if a re-conditioning period is not observed prior to competition.

It is recommended that each Union establishes a sufficient period of time to re-condition players to minimise injury risk. It is expected that players would have been given personalised programmes to complete prior to engaging in group rugby training and the content of the re-conditioning training period is defined by multi-stakeholder consultation.

## **APPENDIX 2**

**Example online self-declaration, it is important to note that each Competition, Union, or Club should consider data protection laws within their own Country.**

<https://forms.gle/e3zdaiCxGsy!p6GCA> **[please note this link has been disabled but a version is found in World Rugby's guidance]**

### **APPENDIX 3**

#### **European Centre for Disease prevention and Control (ECDC) cleaning options for different settings**

Please note this guidance is taken from the ECDC and if required please refer to the Country's guidance

[https://www.ecdc.europa.eu/sites/default/files/documents/Environmental-persistence-of-SARS\\_CoV\\_2-virus-Options-for-cleaning2020-03-26\\_0.pdf](https://www.ecdc.europa.eu/sites/default/files/documents/Environmental-persistence-of-SARS_CoV_2-virus-Options-for-cleaning2020-03-26_0.pdf)



## APPENDIX 4

### Minimum stakeholders required to deliver a PRO14 match

Personnel	Number
Home team players	15
Visiting team players	15
Home team substitutes and bench support	11
Visiting team substitutes and bench support	11
Home team travelling reserves	3
Visiting team travelling reserves	3
Home team roving Doctor	1
Visiting team roving Doctor	1
Home team roving Physiotherapist	1
Visiting team roving Physiotherapist	1
Home team Technical box (water carriers)	2
Visiting team Technical box (water carriers)	2
Home team Coaches box	5
Visiting team Coaches box	5
Match Day Doctor	1
Immediate Care Lead	1
Medical room video viewer	1
Paramedics	6
Other medical specialists	2
Medical room video operator	1
Security guards	4
Referee	1
Assistant Referee	2
Side-line Referees, time keeper, statistics and communications	7
Television Match Official	1
Citing Commissioner	1
Ball team and ball team supervisor	7
Match Manager	1
Match Director	1
Administration	10
Broadcaster pitch-side crew (cameramen, line runners & floor manager)	20
Commentators	6
Outside broadcasting van	15
Stadium operations	8
Big screen and PA announcer	2
<b>TOTAL</b>	<b>167</b>

**APPENDIX 5****Checklist for how relevant individual participants should appropriately return to work**

<b>Criteria</b>	<b>Achieved</b>	<b>Notes</b>
Has a COVID-19 Manager and relevant Operational leads been appointed?	<input type="checkbox"/>	
Has each individual (whether Player, Club Coach, Club Support Staff or otherwise) given written confirmation to the COVID-19 Manager that he/she understands the risks of the disease to at-risk populations and the potential for unintended transmission?	<input type="checkbox"/>	
Has a staged approach when preparing to return to work normally been considered (i.e. interacting with others in the usual way)?	<input type="checkbox"/>	
Has a staged approach when providing ancillary services at training facilities to maximise infection prevention and control been considered, for example by excluding the use of office space, changing rooms or kitchen provisions in the initial stages of return?	<input type="checkbox"/>	
Has a form been created and distributed stating that all individuals must give written confirmation that;  i) they are to the best of their knowledge currently free from COVID-19 ii) they have not had any symptoms (high temperature or fever, a new continuous cough or new unexplained shortness of breath) related to COVID-19 in the previous 14 days iii) have not been in contact with a COVID-19 confirmed or suspect case in the previous 14 days iv) club medical personnel have taken all infection prevention measures with the addition of the appropriate PPE when reviewing patients with suspected or confirmed COVID-19 in the previous 14 days	<input type="checkbox"/>	
Where available, has written evidence of any relevant COVID-19 testing or immunisation been provided (whether swab testing, antigen testing, antibody testing, immunisation or otherwise).	<input type="checkbox"/>	
Has an education session been completed by all individuals?	<input type="checkbox"/>	
Have all individuals given written confirmation that all procedures have been understood and will be followed?	<input type="checkbox"/>	
Have these declarations been shared with the Union and Competition?	<input type="checkbox"/>	

**APPENDIX 5 (continued)****Checklist for how relevant individual participants should appropriately return to work**

Criteria	Achieved	Notes
Where utilised, have daily temperature checks of all individuals at entry points of all facilities been considered.	<input type="checkbox"/>	

## APPENDIX 6

### Checklist for how relevant facilities should be prepared and maintained

Criteria	Achieved	Notes
Has the facility been ‘thoroughly cleaned’ in accordance with WHO or relevant public health authority guidelines?	<input type="checkbox"/>	
Is there a process for ‘through cleaning’ every 24 hours?	<input type="checkbox"/>	
Are there separate and clearly-marked entrances and exits?	<input type="checkbox"/>	
Are there dedicated and clearly identified hand-sanitisation and/or hand-washing/drying points (with suitable products/equipment) at each entrance and exit and at multiple other locations in the facility?	<input type="checkbox"/>	
Is there an appropriate stock of suitable products/equipment, for example hand-sanitiser, water, anti-bacterial soap and cleaning products?	<input type="checkbox"/>	
Is there an appropriate stock of appropriate personal protective equipment (PPE), and a suitable method of safely disposing of that equipment?	<input type="checkbox"/>	
Are there appropriate controls over who enters and leaves the facility?	<input type="checkbox"/>	
Is there an appropriate system for recording who enters and leaves the facility to assist the public health and/or government authorities in possible contact tracing?	<input type="checkbox"/>	
Is there appropriate signage (including posters) warning of the dangers of COVID-19 and the need to observe relevant guidance?	<input type="checkbox"/>	
Is there a dedicated isolation area for use by any individuals who exhibit symptoms of COVID-19 while at work?	<input type="checkbox"/>	
Has a process of cleaning for areas and equipment that come into frequent contact been considered?	<input type="checkbox"/>	
Has a staggered approach to eating and gym sessions been considered?	<input type="checkbox"/>	
Where laundry services are utilized, has the appropriate guidance been considered?	<input type="checkbox"/>	

**APPENDIX 6 (continued)****Checklist for how relevant facilities should be prepared and maintained**

<b>Criteria</b>	<b>Achieved</b>	<b>Notes</b>
Have the length of gymnasium and field based training been kept to a minimum?	<input type="checkbox"/>	
Has the location of training been considered?	<input type="checkbox"/>	
Where relevant, has the preparation of facilities for other visiting teams been considered?	<input type="checkbox"/>	

**APPENDIX 7**  
**Checklist for how clubs should travel to matches**

Criteria	Achieved	Notes
Has the Club's relevant travel insurance policies as well as the terms and conditions of relevant travel agreements been reviewed?	<input type="checkbox"/>	
Has the number of individuals travelling been deemed essential only?	<input type="checkbox"/>	
<p>Has written confirmation been obtained by the COVID-19 manager that travelling representatives of the club;</p> <p>i) are to the best of their knowledge currently free from COVID-19            ii) have not had any symptoms (high temperature or fever, a new continuous cough or new unexplained shortness of breath) related to COVID-19 in the previous 14 days            iii) have not been in contact with a COVID-19 confirmed or suspect case in the previous 14 days            iv) club medical personnel have taken all infection prevention measures with the addition of the appropriate PPE when reviewing patients with suspected or confirmed COVID-19 in the previous 14 days</p>	<input type="checkbox"/>	
Has duration of travel and stay been minimised?	<input type="checkbox"/>	
Has fast-track security and a separate holding room for use prior to departure by the travel party on each leg been considered?	<input type="checkbox"/>	
Has formal cleaning of the team bus been considered?	<input type="checkbox"/>	
Have hand-sanitisation points (with suitable products/equipment) been installed at suitable locations in the hotel for the duration of the stay?	<input type="checkbox"/>	
Will rooms to be 'thoroughly cleaned' prior to arrival, during the stay and on departure?	<input type="checkbox"/>	
Have all communal performance supplementation methods been prohibited?	<input type="checkbox"/>	
Have all team members been assigned individual rooms on the same floor?	<input type="checkbox"/>	
Have private rooms been arranged for meals and team meetings?	<input type="checkbox"/>	

**APPENDIX 7 (continued)**  
**Checklist for how clubs should travel to matches**

<b>Criteria</b>	<b>Achieved</b>	<b>Notes</b>
Have food preparation and delivery been considered?	<input type="checkbox"/>	

## APPENDIX 8

### Checklist for how stadia should operate on match days

Criteria	Achieved	Notes
Has the venue been 'thoroughly cleaned' immediately prior to Match day?	<input type="checkbox"/>	
Are there appropriate controls over who enters and leaves the facility?	<input type="checkbox"/>	
Is there an appropriate system for recording who enters and leaves the facility to assist the public health and/or government authorities in contact tracing?	<input type="checkbox"/>	
Is there an itemised accreditation and operations plan in place?	<input type="checkbox"/>	
Has the stadium been configured to limit and control the movement of people within the venue?		
Is there an appropriate stock of appropriate personal protective equipment (for use by all medics, including Club Medics from the away Club), and a suitable method of safely disposing of that equipment?	<input type="checkbox"/>	
Is there a dedicated isolation area for use by any individuals who exhibit symptoms of COVID-19 during or after the Match?	<input type="checkbox"/>	
Is Personal Protective Equipment available to all medical and emergency match day personnel?	<input type="checkbox"/>	
Has the isolation room been identified and processes supporting isolation been communicated?	<input type="checkbox"/>	
Has written confirmation been obtained by the COVID-19 manager that attendees of the Match;  i) are to the best of their knowledge currently free from COVID-19 ii) have not had any symptoms (high temperature or fever, a new continuous cough or new unexplained shortness of breath) related to COVID-19 in the previous 14 days iii) have not been in contact with a COVID-19 confirmed or suspect case in the previous 14 days iv) club medical personnel have taken all infection prevention measures with the addition of the appropriate PPE when reviewing patients with suspected or confirmed COVID-19 in the previous 14 days	<input type="checkbox"/>	



**APPENDIX 8 (continued)**  
**Checklist for how stadia should operate on match days**

<b>Criteria</b>	<b>Achieved</b>	<b>Notes</b>
Have all procedures been communicated to all attendees of the Match?	<input type="checkbox"/>	
Has a system to manage attendees that exhibit symptoms during or after Matches been considered?	<input type="checkbox"/>	
Where utilised, have temperature checks of all individuals at entry points been considered?	<input type="checkbox"/>	
Has the process been 'thoroughly cleaned' following the match?	<input type="checkbox"/>	

## APPENDIX 9

### How individuals who have been infected with covid-19 should return to work

Criteria	Achieved	Notes
Have individuals who have had confirmed or suspected COVID-19 and recovered should remain in isolation until two negative antigen tests at least 24 hours apart have been undertaken	<input type="checkbox"/>	
Where testing is not practical, have individuals followed the relevant guidance, advice and instruction from public health and/or government authorities in that Country regarding their return to work	<input type="checkbox"/>	
Has a re-conditioning training period been considered prior to returning to competition?	<input type="checkbox"/>	