

Rugby and COVID-19

What you need to know

COVID-19 is typically spread in cough or respiratory droplets

You could get the virus if you:

- Come into close proximity with someone who has the virus, especially if they are coughing or sneezing
- Touch surfaces that someone who has the virus has coughed or sneezed on and bring your unwashed hands to your face (eyes, nose or mouth)

Close contact means spending more than 15 cumulative minutes within one metre of an infected person (WHO guidance)

- The risk is higher indoors or in enclosed spaces
- Outdoor activity has a lower transmission risk than indoor activity
- Airborne droplets transmit the virus rather than physical contact
- Rugby has natural social distancing in an offside line
- Typical rugby cumulative high transmission-risk contact is between 13 minutes for the tight five and one minute for outside backs

How you can reduce the risk in rugby:

- Encourage lower tackling height, to limit face-to-face contact
- Get the ball away from the base of the scrum and ruck quicker
- Change headgear, jerseys and shorts at half-time
- Arrive at training or matches on your own
- Do not share water bottles
- Avoid unnecessary contact in training and game celebrations or huddles
- Respect social distancing during breaks in play
- Disinfect rugby balls and hands before, during and after training and matches
- Disinfect hands before, during and after training and matches
- Do not spit, clear noses or take out mouthguards
- Go straight to the training pitch and leave immediately after
- Cover your face with your sleeve or elbow when coughing or sneezing