

# RETURN TO RUGBY ROADMAP

GOVERNMENT RESTRICTIONS	Gatherings restricted <2 Social distancing >1.5m restriction LCSD Facilities/ Pitches Closed	Gatherings restricted (<2/<8) Social distancing >1.5m restrictions LCSD Facilities/ Pitches Closed	Gathering restrictions gradually relaxed (e.g. 50) Social distancing >1.5m restrictions LCSD Facilities/ Pitches open	Gathering restrictions increasing (e.g. 50<100) Social distancing limitations lifted LCSD Facilities/ Pitches open	
PHASE TRANSITION REQUIREMENTS	INDIVIDUALS able to exercise indoors and outdoors	INDIVIDUALS/ SMALL GROUPS able to exercise indoors and outdoors	PITCHES OPEN	PITCHES OPEN & CONTACT SPORT	PITCHES OPEN & CONTACT SPORT & GROUP SIZE >50



HKRU RETURN TO RUGBY PHASES	PHASE 1	PHASE 2	PHASE 3	PHASE 4	PHASE 5
LOCKDOWN	Individual/ small group fitness training only	SMALL GROUP Non-contact training Individual fitness and contact preparation training	CONTACT READY Group large enough to allow rugby	FULL SQUAD & CONTACT TRAINING Full squad large enough to allow rugby	DOMESTIC COMPETITION
FACILITIES	PITCHES CLOSED	PITCHES CLOSED	PITCHES OPEN	PITCHES OPEN	PITCHES OPEN
GROUP SIZE	INDIVIDUAL/PAIRS as per govt restrictions	SMALL GROUP as per govt restrictions	LARGER GROUP as per govt restrictions	LARGER GROUP as per govt restrictions	FULL SQUAD Minimum 50 required
CONTACT LEVEL	NON-CONTACT	NON-CONTACT	MODIFIED CONTACT/TOUCH	GRADUATED RETURN TO FULL CONTACT	FULL CONTACT
COMPETITION	NO FIXTURES	NO FIXTURES	TOUCH RUGBY ALTERNATIVES NO FIXTURES	INTERNAL AND/OR PRESEASON	COMPETITION
WHAT COULD THIS LOOK LIKE	Players stay active locally in their home or in their local area Max groups of 2 No shared equipment	Individual outdoor training such as pre-season running programme and contact preparation programme	Small group non-contact training within govt group size restrictions Contact Ready training	Larger group training with graduated return to full contact rugby activities	Team training and rugby matches with no physical distancing limitations
SUGGESTED ACTIVITIES	Pre-season Running	Preseason running and Contact Preparation Programme	Non-contact and/or Modified contact training ('Contact Ready Programme')	Graduated return to full contact	Normal club activities
WHAT CLUBS MIGHT NEED TO HAVE IN PLACE	Shutdown	Covid-19 Manager appointed	1. Covid-19 Manager appointed 2. Club Checklist completed 3. Entry/ exit processes 4. Sanitizing equipment	1. Covid-19 Manager appointed 2. Club Checklist completed 3. Entry/ exit processes 4. Sanitizing equipment	1-4. All previous requirements 5. Updated club checklist assessments if crowds will be allowed at games



CLUB SPECIFIC RETURN TO PLAY	PHASE 1	PHASE 2	PHASE 3	PHASE 4	PHASE 5
MINIS	Individual fun	Individual fun	Graduated minis return to play guidelines		Mini Tournaments permitted
YOUTH/SCHOOL	Individual fitness	Small group non-contact	Graduated age-appropriate contact training		Youth/School matches permitted
SENIOR	Individual fitness	Individual fitness and contact preparation	Graduated contact ready & full squad training		Senior rugby matches permitted