



# Tasmanian Rugby Union

## Return to Play Process for Community Rugby

Version 1: 12 May 2020

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# Overview

## Scope

The following Plan provides an overview of the training progressions and associated social distancing and hygiene protocols required as Tasmanian community rugby moves closer to a return to play. The standards have been developed from the AIS Framework for Rebooting Sport (01 May 2020) and the Rugby Australia Community Rugby Training Progression (05 May 2020)

The target dates listed enable suitable preparation for the start of competition and have been influenced by the State Governments advice at the time of drafting and are considered conservative. Teams will not be able to begin each new level of training until State Government restrictions allow and are approved by the Tasmanian Rugby Union.

## Contact Training for Community Rugby

Contact sports including Rugby carry an inherent risk of injury due to the contact aspect of the sport. Rugby has several components of its game that require close proximity and contact with other people, and significant skill to be able to perform them safely, e.g. scrums, lineouts, tackling, breakdown, rucks and mauls.

Rugby Australia believes its participants should not return to playing rugby without an appropriate level of skill training that allows them to participate in the contact aspects of the sport whilst minimizing the risk to participants. These components require athletes to come into close proximity and contact (ie therefore breaking the 1.5m distancing required in society).

Rugby Australia has designed a framework to incorporate and graduate skill and contact elements into training to allow for an appropriately graded approach which responsibly manages the risk of spreading infection whilst mitigating the risk of injury in all participants.

The Tasmanian Rugby Union has further developed this framework information to provide a return to play process in line with both the "AIS Framework for Rebooting Sport" and the Tasmanian State Governments "Roadmap to Recovery". These are split into 4 components:

- Level B1 - in which there is no direct contact from person to person
- Level B2 - in which there is no direct contact from person to person, but the use of Hit pads and shields are acceptable with appropriate hygiene measures
- Level C1 – a graduated introduction of skills requiring close proximity and contact
- Level C2 – a revised training and playing environment with close proximity and contact

Additional Rugby Australia and Tasmanian Rugby Union requirements to limit the risk associated with close contact at training include:

- The time that individual players undergo close contact skills training (hit shields or tackle bags) is limited in Level B2 to 15 minutes per session, with equipment sanitized post each session
- All individuals (players and staff) arrive to training prepared to train and immediately leave training on completion without use of communal facilities such as change rooms during B1 and B2; there is no lingering at the training venue before or after training.
- Liberal use of hand hygiene measures, rotation and sanitization of equipment including balls
- Training attendance and surveillance conducted of all individuals by team personnel to detect early acute viral illness, arrange testing of any individuals with signs or symptoms of COVID-19 (no matter how mild) and procedures to facilitate management of individuals who report illness and their close contacts

## **Requirements to Achieve a resumption of Community Rugby in Tasmania**

The Tasmanian Rugby Union Framework and operational process to achieve a successful return to community Rugby are outlined in the following sections. These provide the required information to achieve an operational process for clubs and the union during a Covid -19 environment.

These requirements and guidance has been developed from the National Principles for resumption of sport and Recreational Activities, the AIS Framework for rebooting sport in a COVID-19 environment and Rugby Australia framework for Community Rugby Return to Play. Relevant items from these documents are located in Appendix E.

## Tasmanian Rugby Union framework for Community Rugby Return to Play – 11 May 2020

Element	Level B1	Level B2	Level C1	Level C2
<b>Target Dates*</b>	18 May – 01 June	02 May – 15 June	16 June – 13 July	14 July onwards
<b>Target Times</b>	2 weeks	2 weeks	4 weeks	Ongoing
<b>Social Distancing</b>	1.5m	1.5m (except shield training)	1.5m (except contact training)	1.5m (except contact training)
<b>Group Size players + coaches</b>	< or equal to 10	< or equal to 10	< or equal to 20 (Limited team training)	>20 (full team training possible)
<b>Meetings (indoor)</b>	Observe hygiene measures, social distancing and group size (ie 1.5m distance / groups <10, 4m <sup>2</sup> Rule)	Observe hygiene measures, social distancing and group size (ie 1.5m distance / groups <10, 4m <sup>2</sup> rule)	Observe hygiene measures, social distancing and group size (ie 1.5m distance / groups <20, 4m <sup>2</sup> rule)	Observe hygiene measures, social distancing and group size as determined by the Department of Health
<b>On Field Activities</b>	Skill drills using a ball, kicking and passing possible. No player on player contact incl tackling, rucks, mauls, lineouts or scrums. <b>No touch football or Oztag or tackle bags to be used</b>	Skill drills using a ball, kicking and passing possible. Contact in groups <10 possible with the use of tackle bags and hit shields. No person to person contact, 15 min contact session limit. <b>No touch football or oztag. No lineouts, scrums, mauls or individual tackling.</b>	Level B requirements and contact in groups < 20 possible incl tackling, rucks, mauls, lineouts. Lineouts (max 7-man L/O), scrums (max 10 people), 15 min contact session limit. Oztag and touch football permitted	Full training possible 15 min contact session limit.
<b>Indoor Gym Activities</b>	No	No	Observe hygiene measures, social distancing and group size (ie 1.5m distance / groups <20, 4m <sup>2</sup> Rule)	Observe hygiene measures social distancing and group size as determined by the Department of Health
<b>Playing Matches</b>	No	No	No	Yes
<b>Hygiene Measures</b>	Communal facilities can be used after a sport-specific structured risk assessment and mitigation process undertaken. “GET IN, TRAIN AND GET OUT” – be prepared for training prior to arrival at venue (minimize need to use/gather in change rooms, bathrooms). Minimise use of communal facilities (eg change rooms) with limited numbers (not more than 10 athletes and other personnel in total). Have cleaning protocols in place for equipment and facilities. Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap before and after training at home. Where possible maintain distance of 1.5m while training. <b>No socializing or group meals.</b>		Return to use of training facilities. Continue hygiene and cleaning measures as per Level B. Management and use of training facilities to be in accordance with Department of Health advice. Limit unnecessary social gatherings	Return to use of training facilities. Continue hygiene and cleaning measures as per Level B. Management and use of training facilities to be in accordance with Department of Health advice. Limit unnecessary social gatherings
<b>Medical Servicing</b>	History taking and training attendance is to be maintained. No player, coach or official is to attend a session if displaying Covid-19 symptoms. Medical clearance required. Face to face consults should be conducted from at least 1.5m apart when possible, and hands on should be for essential conditions only. A single source therapist is recommended. All non-essential personnel and other athletes must avoid the treatment area, and the number of people in treatment areas should be kept to a minimum, following social distancing guidelines.		Full manual therapy services can be conducted. Non-essential personnel and other athletes must avoid treatment areas. Enhanced hygiene measures and social distancing is to be maintained.	

## Tasmanian Rugby Union Operational Process for Community Rugby Return to Play

The Tasmanian Rugby Union took early steps during the Covid-19 pandemic to cease all forms of training as a sporting group. The resumption of any form of training in a Covid-19 environment will not occur until the Union is satisfied all relevant Public Health and Government requirements are met. Subsequently this framework is only activated at Level B and small group trainings. Any Level A of the AIS framework, training is the responsibility of the individual to manage.

The below table outlines the operational requirements for clubs to be able to manage their return to play.

		Level B	Level C
Tasmanian Rugby Union Operational Process	Logistics	<p><b>B1 - no more than 10 people / area</b>  <b>Physical distancing required</b>  <i>~ Get in, Train, Get out ~</i></p> <p><b>B2 - no more than 10 people / area</b>  <b>Physical distancing required</b>  <b>Tackle bags and hit shields permitted (15 min)</b>  <i>~ Get in, Train, Get out ~</i></p> <ul style="list-style-type: none"> <li>• Recommend 1-hour training sessions (60min training, 10min end of session equipment clean)</li> <li>• Each Rugby Pitch is to be divided in to 2 distinct areas, limiting any one training block to 2 groups (<b>Refer Appendix A</b>)</li> <li>• 1 x sanitising station per area (<b>Refer Appendix B</b>) to include:               <ul style="list-style-type: none"> <li>○ Bleach Solution (for sanitising majority of equipment)</li> <li>○ Alcohol Solution (for hand sanitisation, metal surfaces)</li> <li>○ Soapy Water Solution (for cleaning soiled items)</li> </ul> </li> <li>• All equipment to be washed/wiped down (sanitised) before and after sessions.</li> <li>• Tackle bags and hit shields to be washed/wiped down before and after each drill.</li> <li>• No equipment to be shared between areas (unless sanitised first)</li> <li>• Attendance record must be kept and filed (easily referred to for Contact Tracing) (<b>Refer Appendix C</b>)</li> <li>• Participants are to:               <ul style="list-style-type: none"> <li>○ Be registered (minimum “training only” insurance)</li> <li>○ Arrive ready to commence training (appropriately dressed, strapping done at home etc)</li> <li>○ Bring own water bottle to session</li> <li>○ Leave personal effects at sanitising station for their area</li> <li>○ Example attendance letter is included (<b>Refer Appendix D</b>)</li> </ul> </li> </ul>	<p><b>C1 - no more than 20 people</b>  <b>Person to person contact permitted for a 15min session</b>  <b>All usual rugby equipment permitted</b>  <b>C2 – normal training numbers permitted</b></p> <ul style="list-style-type: none"> <li>• All equipment to be washed/wiped down (sanitised) between sessions</li> <li>• Attendance record must be kept and filed (easily referred to for Contact Tracing)</li> <li>• Participants are to:               <ul style="list-style-type: none"> <li>○ Be registered (minimum “training only” insurance)</li> <li>○ Bring own water bottle to session</li> </ul> </li> </ul>
	Rugby Training Specifics	<p><b>Recommended</b></p> <ul style="list-style-type: none"> <li>• Measure base fitness (e.g. Bronco, Yo-Yo)</li> <li>• Rugby and position specific skills guidance such as individual body shape, catch / pass, kicking can be undertaken in line with government distancing advice.</li> <li>• Modified non-contact conditioning games</li> </ul> <p><b>Permitted</b></p> <ul style="list-style-type: none"> <li>• Maximum 10 people per area (inc. coach / support staff)</li> <li>• Use of equipment including balls, tackle bags, individual equipment (e.g. tackle ring, tyre flip etc)</li> <li>• Drills/Skills aiming at passing, kicking, fitness, individual body shape and game structure (e.g. attack and/or defence patterns)</li> <li>• Accidental contact (maintain 1.5m apart SFAIRP)</li> <li>• At level B2 tackle bags and hit shields can be utilised for individual tackle or ruck shape/ technique drills</li> </ul>	<p><b>Recommended</b></p> <ul style="list-style-type: none"> <li>• Re-do base fitness assessment (e.g. Bronco, Yo-Yo)</li> <li>• Smart Rugby principles transferred to players and applied in coaching techniques E.g. Mayday, AABC, sensible selections</li> <li>• Unit specific programming (i.e. effectively preparing players in their specific positions)</li> <li>• Gradual build up in contact training (volume and intensity, controlled to uncontrolled environments)</li> <li>• Where possible, continue to maintain 1.5m distance from each other</li> </ul>

		<p><b>Not Permitted</b></p> <ul style="list-style-type: none"> <li>• Deliberate/planned person to person contact (e.g. rucks, mauls, scrums, lineouts, tackling, wrestling etc)</li> <li>• Use of contact equipment at level B1 (e.g. people holding hit shields)</li> <li>• No "team runs" (i.e. need to maintain maximum 10 people in a group)</li> </ul>	
Rugby Union SA Operational Process	Personal Health	<ul style="list-style-type: none"> <li>• Wear freshly laundered training attire – Recommend <b>old clothing</b> (as disinfectant used on equipment may transfer and have effect on some clothing)</li> <li>• Wash hands prior to and after attending training</li> <li>• Use hand sanitiser before, during and after training (where available)</li> <li>• Avoid physical greetings (i.e. hand shaking, high fives etc)</li> <li>• Avoid coughing, clearing nose, spitting etc</li> <li>• <b>DO NOT ATTEND IF YOU ARE FEELING UNWELL!</b> (includes any signs/symptoms of cold, flu, COVID-19 or any other illness)</li> </ul>	<b>Same as for Level B</b>
	Parents & Spectators	<ul style="list-style-type: none"> <li>• For Junior Training, recommend at most 1 x parent or caregiver attend (no non-participating siblings etc)</li> <li>• No other spectators should be present</li> <li>• Any non-participating personnel should be a minimum of 1.5m from any training area and maintain minimum 1.5m between each person</li> </ul>	<b>Same as for Level B</b>
	Club Rooms	<p>Open for:</p> <ul style="list-style-type: none"> <li>• Toilets – cleaned after sessions</li> <li>• Medical / First Aid (only if required)</li> </ul> <p>Closed for all other amenities, including:</p> <ul style="list-style-type: none"> <li>• Change rooms / showers</li> <li>• Bar (or other drink service)</li> <li>• Canteen (or other food service)</li> <li>• Games (e.g. pool tables, darts, video games etc)</li> <li>• Common areas (tables, chairs etc)</li> </ul>	<p>Open and available for use, however:</p> <ul style="list-style-type: none"> <li>• Higher levels of sanitisation/cleaning required after each use of the Club Rooms</li> <li>• Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training</li> <li>• Preferably shower at home</li> <li>• If any massage beds being used, hygiene practises to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each athlete and hand hygiene.</li> <li>• Reasonable social distancing practices to be observed</li> <li>• Limit unnecessary social gatherings.</li> </ul>

# Club Implementation Plan Covid-19 Restrictions

- Tasmanian Rugby Union staff will engage with each of our member Clubs to work through the detail of Level B and C Return to Play implementation.
- Each Club will have a Return to Play training plan similar to the below. This will be monitored and updated centrally by the Tasmanian Rugby union.

## Level B Return to Play Club Training Plan

Club Name: \_\_\_\_\_

Plan Updated: \_\_\_\_\_

	Session Time (From / To)	Team	Area/s	Coach/s	Person Responsible for recording attendance	Notes/Comments
<b>Monday</b>						
<b>Tuesday</b>						
<b>Wednesday</b>						
<b>Thursday</b>						
<b>Friday</b>						
<b>Saturday</b>						
<b>Sunday</b>						

# Tasmanian Rugby Union – Planned 2020 Competition (following Return to Play process)

## Planned Competition Dates:

- 9 rounds state-wide (abridged from 15 rounds and 2 divisions for 2020), plus 3 weeks of finals
- Competition will include all Juniors, Senior Women and Senior Men
- Minor rounds planned for 25 July 2020 to 19 September 2020
- Finals planned for 26 Sept to 10 October 2020

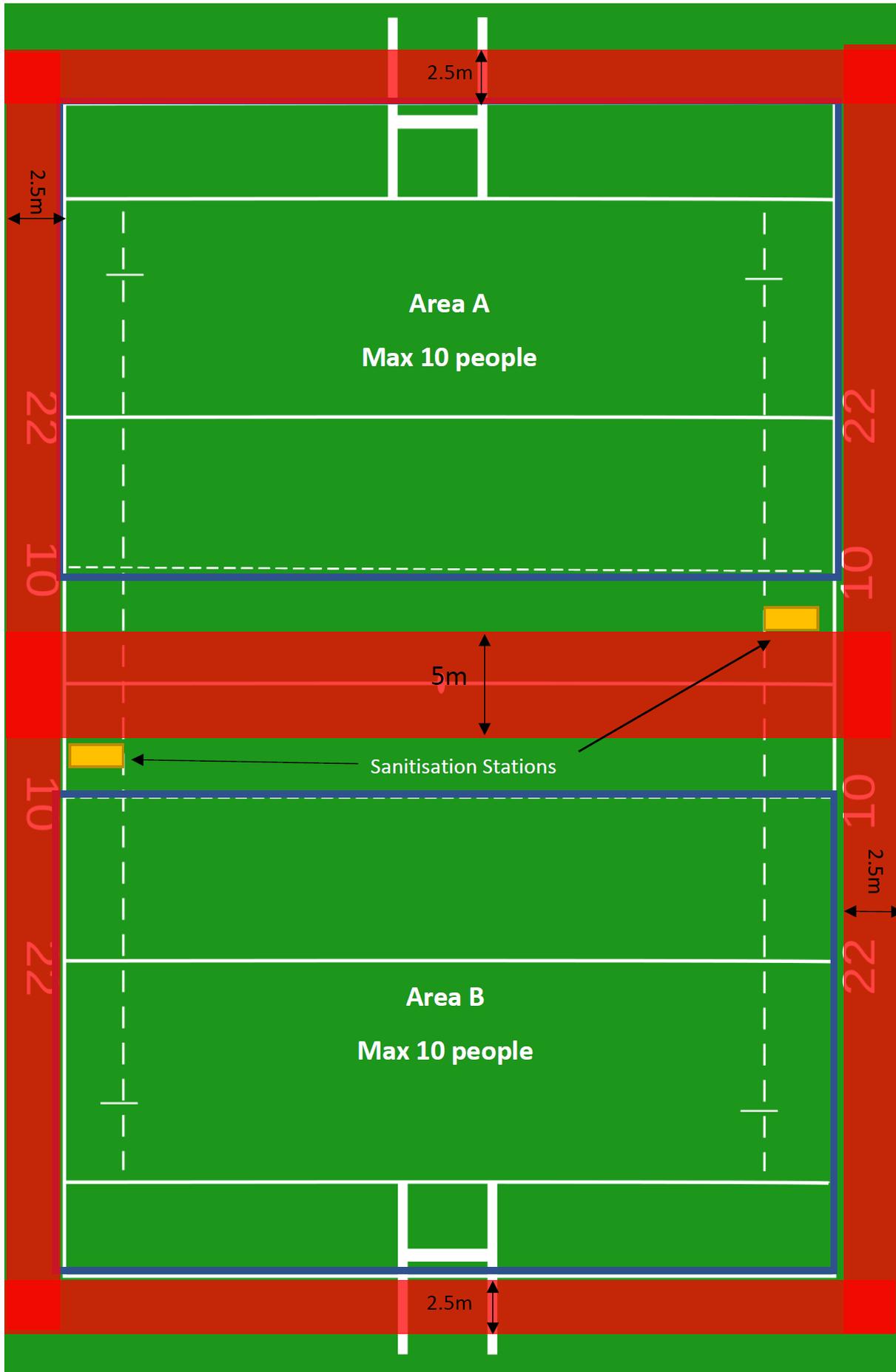
## Engagement with Summer Sports:

- Some Rugby Union venues in Tasmania are shared with Summer Sports (namely Cricket)
- Tasmanian Rugby Union has engaged with clubs to identify any potential clashes with their venues
- No foreseeable clashes during minor round competition. Rugby Union Finals can be played at locations that do not compete with Cricket.

## Venue Logistics:

- Venue logistics (e.g. spectators, venue attendance numbers, change rooms, club room utilisation etc) to be determined prior to competition start date, following review of Return to Play process and further National, State and Sporting Body requirements and recommendations closer to the competition start date.

# Appendix A – Rugby Pitch Layout Diagram for Level B restrictions



## Appendix B – Sanitising Guidelines

### Bleach Solution

**Reference:** Australian Government | Department of Health  
Environmental cleaning and disinfection principles for COVID-19

<https://www.health.gov.au/sites/default/files/documents/2020/03/environmental-cleaning-and-disinfection-principles-for-covid-19.pdf>

**Use For:** Majority of rugby equipment (e.g. balls, tackle bags, marker cones etc). At minimum done before and after each session.

#### Steps:

1. Gloves should be worn when handling and preparing bleach solutions, and protective eye wear needs to be worn in case of splashing
2. Use freshly made bleach solution and follow manufacturer's instructions for appropriate dilution and use (see below for dilution instructions)
  - a. NOTE – Bleach solutions must be prepared daily. They lose their strength after 24 hours. Anytime the odour of chlorine is not present, discard the solution.
3. Wipe the area with bleach solution with a disposable cloth
4. Wash hands thoroughly using soap and water – or decontaminate hands using alcohol-based rub or gel
5. Allow sufficient time for the bleach solution to kill any germs/virus (**minimum 10 minutes** contact time)

Household bleach comes in a variety of strengths of the active ingredient – hypochlorous acid – and you can find this information on the product label.

#### Recipes to achieve a 1,000ppm (0.1% bleach solution)

Original Strength of Bleach		Disinfectant recipe		Volume of bleach in a standard 10 litre bucket
% Concentrate	Parts per Million (ppm)	Parts of Bleach	Parts of Water	
1 %	10,000	1	9	1000 ml (1 L)
2 %	20,000	1	19	500 ml
3 %	30,000	1	29	333 ml
4 %	40,000	1	39	250 ml
5 %	50,000	1	49	200 ml

#### Notes:

- The manufacturer's recommendations for use (usually written on the container) and occupational health and safety instructions (Safety Data Sheet) should be followed
- Bleach should be used mainly on hard, non-porous surfaces
- Bleach can damage textiles and are corrosive to metals

## Alcohol Solution

**Reference:** Australian Government | Department of Health  
Therapeutic Goods Administration  
Hand Sanitisers and COVID019  
<https://www.tga.gov.au/hand-sanitisers-and-covid-19>

**Use For:** Minimal use – can use on hands when not visibly soiled (i.e. maintenance of clean hands after washing with soap and water).  
Alcohol swabs/wipes are best for metal surfaces (e.g. whistles, metal gym equipment etc)

### **Recommendations:**

1. **Avoid** General Consumer Products, for example:
  - a. Products which are for personal or domestic use only (i.e. not for use in a health care setting)
  - b. Have claims that are limited (e.g. kills 99.9% of germs)
  - c. Have no claims against viruses
  - d. Do not contain the ingredients listed in point 3 below
2. Instead, use hand sanitiser regulated by the Therapeutic Goods Administration (TGA), for example:
  - a. Claim to kill specific organisms (e.g. E.coli or viruses) and/or
  - b. Are to be used in clinics or hospitals
  - c. Items claiming “antiseptic handwash/rub” or “Hygienic handwash/rub” or “Healthcare personnel antiseptic handwash/rub”
3. Another option is to use specific formulations which have been excluded from TGA regulation for the duration of the COVID-19 pandemic. These are formulations which **must contain only** the following ingredients:
  - a. **EITHER** ethanol 80% v/v (pharmacopoeial grade or food standard grade) OR isopropyl alcohol 75% v/v (pharmacopoeial grade) in an aqueous solution
  - b. Sterile distilled water or boiled cold water
  - c. Glycerol 1.45% v/v (pharmacopoeial grade)
  - d. Hydrogen peroxide 0.125% v/v (pharmacopoeial grade) and
  - e. Does not contain any other active or inactive ingredients, including colours, fragrances or emollients

### **Notes:**

- Alcohol is flammable. Limit use as a surface disinfectant to small surface-areas and use it in well-ventilated spaces only.
- Prolonged and repeated use of alcohol as a disinfectant on rubber and certain plastics can cause discolouration, swelling, hardening and cracking.

# Soapy Water Solution/ Hand Washing

Reference: Tasmanian Government | Hand Washing Procedure

[https://coronavirus.tas.gov.au/data/assets/pdf\\_file/0035/86759/Hand\\_Washing\\_Procedure\\_-\\_COVID-19\\_Fact\\_Sheet.pdf](https://coronavirus.tas.gov.au/data/assets/pdf_file/0035/86759/Hand_Washing_Procedure_-_COVID-19_Fact_Sheet.pdf)

**Use For:** Anytime to clean soiled equipment (before disinfecting)  
Soap and water is effective for hand washing **if done properly**

## Recommendations:

1. Have a bucket of soapy water available to wash soiled equipment
  - a. Mix powdered laundry detergent according to the instructions on the packet
2. Have access to a tap to wash your hands as follows:

Version 1.1 | 7 April 2020

Protecting yourself and others from coronavirus

# Hand Washing Procedure

COVID-19 INFO

**1** Wash with water and soap, ensuring the entire back and front hand surface is covered

**2** Lather palms together

**3** Lather between fingers

**4** Focus on both front and back of thumbs

**5** Make sure to reach the back of your hands

**6** Lather wrists and rotate

Frequently missed spots when washing hands

FRONT

BACK

● MOST FREQUENTLY MISSED

● FREQUENTLY MISSED

For more information visit [www.coronavirus.tas.gov.au](http://www.coronavirus.tas.gov.au)

Tasmanian Government

## Appendix C – Attendance Record Template

<b>Club Name</b>			<b>Team</b>	
<b>Venue</b>		<b>Date</b>	<b>Session Time</b>	

	<b>Area</b>	<b>Full Name</b>	<b>Special Notes/Comments</b>
1			
2			
3			
4			
5			
6			
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# Appendix D – Letter Template for Training Attendee during Level B Restrictions



TEAM: \_\_\_\_\_

## NOTICE TO RETURN TO TRAINING ON RESTRICTED CONDITIONS

Following the lifting of some restrictions due to the COVID-19 pandemic and in consultation with National and State organisations, including Tasmanian Rugby Union and Rugby Australia, we are pleased to be able to commence training again for Rugby Union at our Club.

At this stage, we are required to follow protocols described in “Level B1” restrictions. While this may seem inconvenient in the short-term, these protocols have been developed with your health and wellbeing at the forefront and will allow us as a Sport and as a State to effectively monitor our return to the sport we love.

During Level B1 restrictions, we will be limited to:

- Training in groups of 10 or less;
- Training in a defined area of the pitch (to maintain social distancing requirements in small groups);
- Non-contact training (i.e. only practicing passing, kicking, fitness, body shape and game structure);

The Club will also be following recommended sanitisation of equipment and effective social distancing required under Level B restrictions. This means that the Club rooms **will not** be available for use at this time.

### Attending Training (Get in, Train, Get out process):

You will attend training on:

**Day/s of the Week:** \_\_\_\_\_

**Start/Finish Time/s:** \_\_\_\_\_

**Training Area:** \_\_\_\_\_

### You must be prepared for training as follows:

1. Be registered in Rugby Xplorer (minimum “Training Only” registration)
2. Arrive to training on time and ready to train (dressed appropriately, strapping done at home etc)
3. Bring your own water bottle!
4. Notify your coach/manager on arrival (so your attendance can be recorded on an attendance sheet)
5. Leave any personal effects (including water bottle) at the sanitisation station for your training area

### Spectators / Parents / Guardians:

During Level B restrictions we need to keep attendees to our Club at an absolute minimum. As such, we request that we do not have any spectators to training sessions at this time.

For **parents and guardians**, please limit attendance to at most 1 parent/guardian where possible. Please also note that our Club Rooms remain closed at this time, meaning we do not have food or beverages available, and do not have indoor shelter available. However, our toilet facilities will be available if required. We will also require any persons at the Club to observe a minimum 1.5m distance from each other.

This is our first step back to playing Rugby in our State. If we can effectively stick to these current restrictions (and effectively monitor any change in the pandemic) we trust we can return to play our competition this season.

Thank you for your cooperation.

## Appendix E: Guiding Principles and Frameworks

### National Principles for the resumption of Sport and Recreation Activities

Published 2 May 2020 - How we will resume sports and recreation activities in Australia following the COVID-19 shutdown.

1. Resumption of sport and recreation activities can contribute many health, economic, social and cultural benefits to Australian society emerging from the COVID-19 environment.
2. Resumption of sport and recreation activities should not compromise the health of individuals or the community.
3. Resumption of sport and recreation activities will be based on objective health information to ensure they are conducted safely and do not risk increased COVID-19 local transmission rates.
4. All decisions about resumption of sport and recreation activities must take place with careful reference to these National Principles following close consultation with Federal, State/Territory and/or Local Public Health Authorities, as relevant.
5. The AIS 'Framework for Rebooting Sport in a COVID-19 Environment' provides a guide for the reintroduction of sport and recreation in Australia, including high performance sport. The AIS Framework incorporates consideration of the differences between contact and non-contact sport and indoor and outdoor activity. Whilst the three phases A, B and C of the AIS Framework provide a general guide, individual jurisdictions may provide guidance on the timing of introduction of various levels of sport participation with regard to local epidemiology, risk mitigation strategies and public health capacity.
6. International evidence to date is suggestive that outdoor activities are a lower risk setting for COVID-19 transmission. There are no good data on risks of indoor sporting activity but, at this time, the risk is assumed to be greater than for outdoor sporting activity, even with similar mitigation steps taken.
7. All individuals who participate in, and contribute to, sport and recreation will be considered in resumption plans, including those at the high performance/professional level, those at the community competitive level, and those who wish to enjoy passive (non-contact) individual sports and recreation.
8. Resumption of community sport and recreation activity should take place in a staged fashion with an initial phase of small group (<10) activities in a non-contact fashion, prior to moving on to a subsequent phase of large group (>10) activities including full contact training/competition in sport. Individual jurisdictions will determine progression through these phases, taking account of local epidemiology, risk mitigation strategies and public health capability.
  - a. This includes the resumption of children's outdoor sport with strict physical distancing measures for non-sporting attendees such as parents.
  - b. This includes the resumption of outdoor recreational activities including (but not limited to) outdoor-based personal training and boot camps, golf, fishing, bush-walking, swimming, etc.
9. Significantly enhanced risk mitigation (including avoidance and physical distancing) must be applied to all indoor activities associated with outdoor sporting codes (e.g. club rooms, training facilities, gymnasias and the like).
10. For high performance and professional sporting organisations, the regime underpinned in the AIS Framework is considered a minimum baseline standard required to be met before the resumption of training and match play, noting most sports and participants are currently operating at level A of the AIS Framework.
11. If sporting organisations are seeking specific exemptions in order to recommence activity, particularly with regard to competitions, they are required to engage with, and where necessary seek approvals from, the respective State/Territory and/or Local Public Health Authorities regarding additional measures to reduce the risk of COVID-19 spread.
12. At all times sport and recreation organisations must respond to the directives of Public Health Authorities. Localised outbreaks may require sporting organisations to again restrict activity and those organisations must be ready to respond accordingly. The detection of a positive COVID-19 case in a sporting or recreation club or organisation will result in a standard public health response, which could include quarantine of a whole team or large group, and close contacts, for the required period.
13. The risks associated with large gatherings are such that, for the foreseeable future, elite sports, if recommenced, should do so in a spectator-free environment with the minimum support staff available to support the competition. Community sport and recreation activities should limit those present to the minimum required to support the participants (e.g. one parent or carer per child if necessary).
14. The sporting environment (training and competition venues) should be assessed to ensure precautions are taken to minimise risk to those participating in sport and those attending sporting events as spectators (where and when permissible).
15. The safety and well-being of the Australian community will be the priority in any further and specific decisions about the resumption of sport, which will be considered by the COVID-19 Sports and Health Committee.

AIS Framework for rebooting sport in a COVID-19 environment (Community Rugby Union relevant content) – 01 May 2020

Element	Level A	Level B	Level C
<b>General Description</b>	<ul style="list-style-type: none"> <li>Activity that can be conducted by a solo athlete or by pairs where at least 1.5m can always be maintained between participants. No contact between athletes and/or other personnel. Examples for all sports — general fitness aerobic and anaerobic (e.g. running, cycling sprints, hills).</li> <li>Strength and sport-specific training permitted if no equipment required, or have access to own equipment (e.g. ergometer, weights).</li> <li>Online coaching and resources (e.g. videos, play books).</li> </ul>	<p><b>As per Level A plus:</b></p> <ul style="list-style-type: none"> <li>Indoor/outdoor activity that can be conducted in small groups (not more than 10 athletes and/or other personnel in total) and with adequate spacing (not more than 1 person per 4m<sup>2</sup>).</li> <li>Some sharing of sporting equipment permitted such as kicking a football, hitting a tennis ball, use of a skipping rope, weights, mats.</li> <li>Non-contact skills training. Accidental contact may occur but no deliberate body contact drills. No wrestling, holding, tackling or binding.</li> <li>Commercial gyms, bootcamps, yoga, Pilates, dance classes (e.g. barre, ballet, hip hop, not partnered), cycling ‘spin’ classes permitted if other measures (above) are met.</li> </ul>	<p><b>As per Level B plus:</b></p> <ul style="list-style-type: none"> <li>Full sporting activity that can be conducted in groups of any size including full contact (competition, tournaments, matches). Wrestling, holding, tackling and/or binding (e.g. rugby scrums) permitted.</li> <li>For larger team sports, consider maintaining some small group separation at training.</li> <li>For some athletes full training will be restricted by commercial operation of facilities.</li> </ul>
<b>General Hygiene Measures</b>	<ul style="list-style-type: none"> <li>No sharing of exercise equipment or communal facilities.</li> <li>Apply personal hygiene measures even when training away from group facilities — hand hygiene regularly during training (hand sanitisers) plus strictly pre and post training. Do not share drink bottles or towels. Do not attend training if unwell (contact doctor).</li> <li>Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings must be strongly discouraged.</li> </ul>	<ul style="list-style-type: none"> <li>Communal facilities can be used after a sport-specific structured risk assessment and mitigation process is undertaken.</li> <li>‘Get in, train and get out’ — be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms). Minimise use of communal facilities (e.g. gym, court) with limited numbers (not more than 10 athletes/staff in total). Have cleaning protocols in place for equipment and facilities.</li> <li>Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap before and after training (preferably at home). Where possible maintain distance of at least 1.5m while training.</li> <li>No socialising or group meals.</li> </ul>	<ul style="list-style-type: none"> <li>Return to full use of sporting facilities.</li> <li>Continue hygiene and cleaning measures as per Level B.</li> <li>If any massage beds being used, hygiene practises to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each athlete and hand hygiene.</li> <li>Limit unnecessary social gatherings.</li> </ul>
<b>Spectators, Additional Personnel</b>	<ul style="list-style-type: none"> <li>No spectators unless required (e.g. parent or carer)</li> </ul>	<ul style="list-style-type: none"> <li>Separate spectators from athletes. Spectators should maintain social distancing of at least 1.5m.</li> </ul>	<ul style="list-style-type: none"> <li>Minimum contact of non-essential surfaces to occur and hands on treatment should be kept to essential only. Non-essential personnel should be discouraged from entering change rooms.</li> </ul>
<b>Rugby Union Specifics</b>	<ul style="list-style-type: none"> <li>Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, passing, ball skills (e.g. against wall) to self.</li> </ul>	<ul style="list-style-type: none"> <li>Skill drills using a ball, kicking and passing.</li> <li>No rucks, mauls, lineouts or scrums, tackling/wrestling.</li> <li>Small group (not more than 10 athletes/staff in total) sessions.</li> </ul>	<ul style="list-style-type: none"> <li>Full training and competition</li> </ul>

## Rugby Australia framework for Community Rugby Return to Play – 05 May 2020

Element	Level B1	Level B2	Level C
Target Dates*	11 May – 24 May	25 May – 7 June	8 June - onwards
Target Times	2 weeks	2 weeks	2 weeks
Social Distancing	1.5m	1.5m (except contact training)	N/A (full team training possible)
Group Size players + coaches	< or equal to 10	< or equal to 10	>10 (full team training possible)
Meetings (indoor)	Observe hygiene measures, social distancing and group size (ie 1.5m distance / groups <10)	Observe hygiene measures, social distancing and group size (ie 1.5m distance / groups <10)	Observe hygiene measures
On Field Activities	Skill drills using a ball, kicking and passing possible. No player on player contact incl tackling, rucks, mauls, lineouts or scrums. No touch football or Oztag Tackle bags can be used	Skill drills using a ball, kicking and passing possible. Contact in groups <10 possible incl tackling, rucks, mauls, lineouts (max 7 man L/O) or scrums (max 10 people). Tackle bags and hit shields can be used	Full training possible
Indoor Gym Activities	Observe hygiene measures, social distancing and group size (ie 1.5m distance / groups <10)	Observe hygiene measures, social distancing and group size (ie 1.5m distance / groups <10)	Observe hygiene measures
Playing Matches	No	No	Yes
Hygiene measures	<p>Communal facilities can be used after a sport-specific structured risk assessment and mitigation process undertaken.</p> <p>“GET IN, TRAIN AND GET OUT” – be prepared for training prior to arrival at venue (minimize need to use/gather in change rooms, bathrooms). Minimise use of communal facilities (eg gym, court) with limited numbers (not more than 10 athletes and other personnel in total). Have cleaning protocols in place for equipment and facilities.</p> <p>Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap before and after training at home. Where possible maintain distance of 1.5m while training.</p> <p>No socializing or group meals.</p>		<p>Return to full use of training facilities. Continue hygiene and cleaning measures as per Level B.</p> <p>Limit unnecessary social gatherings.</p>
Medical Servicing	<p>History taking, or full consultations should be conducted via telehealth if practical. Face to face consults should be conducted from at least 1.5m apart when possible, and hands on treatment should be for essential conditions only. A single source therapist is recommended.</p> <p>All non-essential athletes and other personnel should avoid the treatment area, and the number of people in treatment areas should be kept to a minimum, following social distancing guidelines.</p> <p>No skinfold testing.</p>		<p>Full manual therapy services can be conducted. Non essential athletes and other personnel should continue to avoid treatment areas. Enhanced hygiene measures and social distancing should be maintained.</p> <p>Skinfold testing possible.</p>

NB: Standards adapted from the AIS Framework for Rebooting Sport; \*Dates are indicative only