



Return to Rugby **Clubs & Schools**

Stage 4 Guidance (Live as of Monday 14 September)

Return to Rugby Stage 4 Guidance

Clubs and schools will be able to resume modified full contact rugby training as of 14 September 2020 as the game moves into Return to Rugby Stage 4.

The Stage 4 guidance has been developed through Scottish Rugby's Threat Management Group and has been approved by the Scottish Government.

The reinstatement of modified full contact activity is important to ensure players are able to start preparing and conditioning themselves appropriately for the return to normality with regular training and matches.

Specific training conditions will allow the return of 1v1 tackling, 1v1 scrums, modified lineouts and rucks, ensuring players are prepared to perform these skills safely and effectively with some restrictions. Mauls and full scrums are still not permissible as the transmission exposure risk, due to prolonged face to face contact, remains high. Modified full contact training sessions must only be carried out in small training groups of no more than 5 players, whilst small-sided modified full contact games (1v1 +1 tackle only) can take place with up to 20 (10v10) max per half pitch (or per AGLVs).

Clubs and schools are also now able to organise other touch rugby formats and should ensure they are appropriately set up and prepared for safely welcoming back players to their environments.

Spectators are still not permitted to observe these activities, apart from 1 parent or guardian per child.

For up to date Return to Rugby information please visit scottishrugby.org

A playlist of all previous webinars can be [viewed here](#)

UPDATED RETURN TO RUGBY ROADMAP

The Scottish Government have confirmed that Stages 4, 5 and 6 Return to Rugby can proceed without the need for the government to have entered route map phase 4. The illustration below outlines the indicative dates for each stage which are subject to change at any time.

SCOTTISH RUGBY RETURN TO RUGBY STAGES	STAGE 1 <input checked="" type="checkbox"/>	STAGE 2 <input checked="" type="checkbox"/>	STAGE 3 <input checked="" type="checkbox"/>	STAGE 4 <input checked="" type="checkbox"/>	STAGE 5 <input type="checkbox"/>	STAGE 6 <input type="checkbox"/>
	INDIVIDUAL TRAINING ONLY FACILITIES REMAIN CLOSED	INDIVIDUAL TRAINING IN SMALL GROUPS	SMALL GROUP NON-CONTACT TRAINING	LARGER GROUP TRAINING - MODIFIED CONTACT ACTIVITIES	TEAM TRAINING & FRIENDLY MATCHES FACILITIES FULLY OPEN	RETURN TO COMPETITIVE RUGBY
INDICATIVE EARLIEST DATES		END JUNE	YOUTH = 13 JULY ADULT = 24 AUG	14 SEPTEMBER	5 OCTOBER (FRIENDLIES FROM 19 OCTOBER)	31 OCTOBER

Please note that at any time Scottish Rugby's Return to Rugby guidance could change as updates are received from the Scottish Government.

REMEMBER FACTS FOR A SAFER SCOTLAND



F Face coverings



A Avoid crowded places



C Clean your hands regularly



T Two metre distance



S Self isolate and book a test if you have symptoms



nhsinform.scot/coronavirus
#WeAreScotland

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1. Overview

Scottish Rugby Return to Rugby Stage 4

From Monday 14 September modified full contact training and small sided games can resume for all age groups (Excluding P1-3).

Whilst the progression to modified full contact activities is a positive step towards the resumption of traditional rugby activities, this should not be seen as a return to normal. The COVID-19 virus is still a major public health emergency and we encourage the whole rugby community to follow Scottish Government guidance at all times – Stay Safe, Protect Others, Save Lives.

Please click on the links below to access updated guidance documents as well as relevant documents released in previous stages.

DOCUMENT TOPIC	TITLE	DATE CREATED
Stage 4 Guidance	Stage 4 Infographic	10 September 2020
	Stage 4 Modified Full Contact Guidance	10 September 2020
	Stage 4 Coaching Guidance	10 September 2020
	Stage 4 Player Guidance	10 September 2020
	Stage 4 Age Grade Law Variation Guidance	10 September 2020
	Stage 4 Small sided games resource	10 September 2020
Facility re-opening	Gym re-opening guidance	31 August 2020
	Indoor spaces guidance	31 August 2020
	General Operational Points for Multi Use Facilities	31 August 2020
	Pitch Re-opening Checklist	29 June 2020
Catering / Hospitality	Outdoor Catering Club Guidance	29 June 2020
	Outdoor Catering Re-Opening Process	29 June 2020
	Tennents Local & Guidance	29 June 2020
	Opening Indoor Space for Catering / Hospitality	29 June 2020
Player Welfare	First Aid Responder Guidance	21 August 2020
	Safeguarding & Wellbeing Guidance	10 July 2020
Posters	Covid-19 Hygiene Posters	29 June 2020
	Safeguarding & Wellbeing Poster	10 July 2020
Risk Assessment	Risk Assessment Completing a Risk Assessment Guidance	29 June 2020
	Risk Assessment Example	29 June 2020
	Risk Assessment Outdoor Catering	29 June 2020
	Risk Assessment Template	29 June 2020
Covid-19 Safety Coordinator	Covid-19 Safety Coordinator Role description	29 June 2020
	Covid-19 Team Lead Role description	29 June 2020
	Training Checklist	29 June 2020
	Player Attendance Register	29 June 2020
	FAQs	On going
	Covid-19 Return to Rugby E-Learning Course	

In line with previous guidance, clubs can already reopen the following (as per Stage 2 and 3 guidance):

- Outdoor pitch spaces for training
- Outdoor and indoor hospitality / catering areas
- Indoor toilets
- Indoor gyms
- Indoor multi use spaces

Please note: Clubs should be aware that the easing of restrictions does not mean that all facilities/venues can open immediately. Owners/operators (e.g. local authorities) require time to consider implications of opening facilities and venues and put plans in place to ensure the safety of participants, staff and volunteers.

2. Covid-19 Safety Coordinators

- 2.1. To support a Return to Rugby, Scottish Rugby has asked every club to appoint a Covid-19 Safety Coordinator to address the Covid-19 pandemic. The filling of this role will be a requirement of the Minimum Operating Standards for season 2020/21.
- 2.2. Clubs must appoint someone to this role before any official club activity takes place. Schools can also nominate someone to fill this role.
- 2.3. To nominate a Covid-19 Safety Coordinator, please [click here](#)
- 2.4. Regular 'check in' sessions will be arranged with all safety coordinators at times when relevant information is available.

3. Modified Full Contact Rugby (as of 14 September 2020)

- 3.1. Scottish Rugby has gained approval from the Scottish Government for the use of a specific set of modified full contact activities in Stage 4.
- 3.2. Out with the permitted modified full contact activities and small sided game, no other form of full contact rugby can resume during this time.
- 3.3. In addition, all forms of non-contact rugby (e.g. touch rugby variations) can resume.

4. Coaching

- 4.1. Coaching is permitted as long as government guidelines are followed at all times.
- 4.2. Coaches are reminded that activities should be age and stage appropriate, and the well-being of players should be a priority.
- 4.3. Physical distancing and hygiene measures must be fully implemented and maintained.
- 4.4. Coaching of people who are shielding is now permitted, provided it takes place outdoors and physical distancing and hygiene guidelines are strictly observed.
- 4.5. When participating in training or coaching, where possible, avoid touching surfaces and sharing equipment and touching your mouth and face.
- 4.6. Coaches should risk assess and plan appropriately for the session in advance, be aware of responsibilities and be clear on expectations with participants. They should also build in a review period to reflect on effectiveness and safety of the session.
- 4.7. All youth coaches are required to be a PVG member before coaching.
- 4.8. Coaches and other adults supporting organised activity should attempt to keep physically distant where possible, but it is recognised that this will not always be possible. In such circumstances the club Covid-19 Safety Coordinator should consider appropriate mitigating actions as part of the risk assessment.
- 4.9. Further guidance on appropriate steps for providing coaching are [available here](#)

5. Gym Re-opening

- 5.1. Indoor gyms can reopen (as of 31 August 2020).
- 5.2. Further Scottish Rugby Guidance can be found [here](#)
- 5.3. [sportscotland](#) have also produced some guidance on reopening indoor gyms which can be found [here](#)

6. Changing Rooms

- 6.1. Where possible, participants should arrive already changed for activity and leave without showering.
- 6.2. Changing rooms are an area of increased risk of transmission and should remain **closed for now** other than for people with disabilities, additional needs or in exceptional circumstances.
- 6.3. If clubs need to open changing facilities, they should adhere to the following guidance;
 - 6.3.1. Reduce capacity to accommodate physical distancing.
 - 6.3.2. Water tests should be completed for showers before allowing access.
 - 6.3.3. Shower capacity reduced to one person at a time with full cleaning carried out after each use.
 - 6.3.4. Whole changing area must be cleaned before and after use.

7. Safeguarding

As government restrictions ease and we gradually move out of lockdown, supporting children and young people to reintegrate back into rugby will be a key focus for your club.

7.1 Protection of Vulnerable Groups

- To recap, No PVG = No coaching
- There will be no alteration to the standards we had in place pre-covid-19, therefore PVGs will still need to be in place for designated roles, or new recruits to roles prior to any activity resuming with children and youth teams.
- Scottish Rugby are liaising with Volunteer Scotland Disclosure Service to ensure all PVG applications are processed during this time.
- A new online disclosure check process is in place – coaches can view an electronic form [here](#) and should then send onto their CPO.
- Child Protection Officers may wish to recap on their Club Safeguarding Policy and/or refer to the [Scottish Rugby Safeguarding webpage](#) in advance of any return.

7.2 Post COVID-19

Experiences of lockdown will have varied significantly for children and young people. Many families may not have had access to a garden or a safe space to continue exercising. Rather than home being a safe and secure environment, for some children it may have been chaotic and stressful.

It is reported that the number of referrals of domestic abuse and child abuse increased during the lockdown period. There will be many children who have heard, seen or experienced some traumatic or difficult events during this time. Coaches and Child Protection Officers will have to be alert to the signs and indicators of possible abuse or stress, and be prepared for potential disclosures.

Coaches and CPOs will know what to do if they observe something that causes them concern or if they are approached with a concern, and who they should speak to; but as a reminder, there are many signs and indicators that a child is being harmed. Often one of these signs alone is not cause for concern however cumulatively they should form a picture and be taken seriously.

If a child discloses something to you, or you have any concerns or are told about concerns from someone else, follow the 4 Rs.

- **RECOGNISE**
- **RESPOND**
- **REPORT**
- **RECORD**

You can email Scottish Rugby directly with any concerns or advice at safeguarding@sru.org.uk

External Contacts which may be useful

- Children 1st | 08000 282223 | www.children1st.org.uk/ Includes information on Safeguarding in Sport
- ChildLine | 0800 1111 | www.childline.org.uk 24/7 helpline
- NSPCC | 0808 800 5000 | www.nspcc.org.uk 24/7 helpline
- CEOP | www.ceop.police.co.uk Online concerns/protection/reporting
- Police Scotland | 101 non emergency

8. Wellbeing

These are uncertain times for everyone with routines disrupted and more people spending time alone.

- In these uncertain times it's important for all of us to try to maintain our mental health as well as our physical health. [Click here for a few resources to help you](#)
- The Performance Psychology team at the **sportscotland** institute of sport regularly uses mindfulness techniques to support athletes and staff. [Click here for their top tips](#)
- If you feel like your mental wellness is worsening, if you feel like you are struggling to stay connected or that you feel more low or anxious you are not alone. Self-help resources that may be helpful:
- [Scottish Government's Clear Your Head campaign](#)
- [SAMH has useful information on maintaining mental wellness](#)
- [Young Scot this a difficult time for young people too](#)
- If these measures do not help and you feel that your mental health is worsening or is a concern to you or others:
- Tell someone how you are feeling.
- Contact your GP practice (8am - 6pm week days).
- Out of hours – NHS 24 on 111 (6pm - 8am weekdays and 24 hours at weekends).
- [Samaritans](#) 116 123 (open 24/7).
- [Breathing Space](#) 0800 83 85 87 (open Mon to Thurs 6pm to 2am, 24 hours over the weekend. Online chat also available).

9. Insurance

Scottish Rugby's Club Accident Insurance Scheme provides catastrophic injury Personal Accident cover to those participating with each team declared by the club on its insurance proposal form. Those participating for clubs opting to take out the Temporary Disablement cover have access to additional policy benefits. The Club Accident Insurance Scheme operates on a twelve-month basis, however, please note that whilst this is a 12-month policy there is an operative time during which cover applies. This is:

"Whilst an Insured Person is participating in Rugby Union as a Member of an Insured Team playing in any scheduled fixture, friendly match, charity match, coaching or training or practice game organised by an Insured Club or whilst at any ground or premises where a scheduled fixture, friendly match, charity match, practice game, coaching or training session has been organised by the Insured."

The key points to note are the phrases "organised by an Insured Club" and "organised by the insured". Please remember that in the event that someone sustains a serious injury whilst participating in a training session or game not officially organised by the Club or Scottish Rugby, then policy cover may not apply.

For more on the Club Accident Insurance Scheme [please click here](#).

Scottish Rugby provides member clubs with Public Liability cover in respect of the rugby risk associated with playing and training through the Union's own Public Liability policy. Many of a club's activities go beyond the actual playing of the game and clubs should therefore have in place Public Liability cover in respect of other activities and in relation to other appropriate insurable risks. To read more on the Public Liability cover provided through Scottish Rugby [please click here](#).

10. References

- [Scottish Government Coronavirus guidance and routemap](#)
- [Test and Protect](#)
- [NHS Coronavirus \(COVID-19\) General advice](#)
- [NHS Coronavirus \(COVID-19\) check your symptoms](#)
- [sportscotland Coronavirus \(COVID-19\) information and resources](#)

Please be aware guidance can change and restrictions may be reintroduced at any time.