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Scottish Rugby Clubs & Schools Communications

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Dunbar RFC

In this latest edition of Club Communications you'll find a reminder of the Scottish Rugby Return to Rugby and facilities guidance, three fantastic community stories, plus an update from the Threat Management Group.



Return to Rugby & facilities guidance

Scottish Rugby would like to remind clubs of the current **Return to Rugby and facilities guidance** which was updated at the beginning of January as a result of the Scottish Government's decision to move mainland Scotland and some island areas from Level 4 to a temporary lockdown.

At this time, we would encourage everyone to **stay at home** as much as possible and maintain daily, outdoor physical activity within the Scottish Government temporary lockdown guidance of **no more than two people from two households**.

Areas in temporary lockdown - Level 4

- All group rugby activity **must stop for people aged 12 and above**. Individual, physically distanced, outdoor exercise can continue with no more than two people per 1/4 pitch. Equipment sharing (incl. balls) is **not** permitted.
- Children **under the age of 12** are permitted to participate in physically distanced group

activity in groups of **up to 15 people, including two coaches**. It has been approved that up to two coaches may be present for safeguarding purposes, which is deemed essential for this activity to go ahead. Balls may be used and shared as long as strict hand hygiene and ball cleaning is followed.

- Participants of all ages **cannot** travel out of their local authority area to take part in rugby activity.
- **Indoor hospitality facilities must remain closed, unless offering takeaway food and drink to be consumed off of the premises.**

Island areas in Level 3 (Orkney Islands & Shetland Islands)

- **Can continue** rugby activity within the Scottish Rugby Return to Rugby Level 3 guidance.
- **Indoor hospitality facilities may only operate under certain conditions and cannot serve alcoholic drinks.** [Click here](#) to view the **Scottish Government's Level 3 hospitality guidance**.

Scottish Rugby will continue to review the Return to Rugby guidance in line with updates from the Scottish Government.

To view all updated guidance in full, please click the link below.

Return to Rugby
guidance

Community stories



Ben Liddall, 17, from BATS Rugby in Edinburgh is now 36 days into a 100-day long running challenge for My Name's5 Doddie Foundation.

Ben is running the equivalent distance between the U.K home nation's rugby stadiums - from BT Murrayfield to the Aviva Stadium in Dublin, to the Principality in Wales, to Twickenham and back to BT Murrayfield.

Find out more about Ben and the motivation behind his 1,000 mile challenge in our article on the [Scottish Rugby Fan Zone, here](#).

From everyone at Scottish Rugby, we wish Ben all the best of luck for the rest of his challenge.



On Wednesday 3 February, Scottish Rugby Coach Development Officer Gordon Lyon swapped handling drills for handle bars in a 24-hour long indoor cycling challenge for Doddie Gump.

Over the course of the day Gordon represented 24 different rugby groups by donning a different shirt on the hour every hour.

Racking up 259 miles and burning more than 9,000 calories, Gordon has raised over £5,100 for My Name's5 Doddie Foundation!

We hope you'll join us as we say a huge well done to Gordon for his incredible effort.

[Find out more & donate here.](#) [Find out more & donate here.](#)



Players from Aberdeen Taexali Rugby Club have also taken on a Six Nations inspired fundraising challenge!

Grouped into teams, players have been walking, running and cycling equivalent distance - 502 miles - from Aberdeen to Twickenham Stadium in time for the Calcutta Cup fixture, and have so far raised over £1,400 for SAMH and Team Jak.

The challenge has been so popular that the club is now aiming to complete the roundtrip and collectively clock up 1,004 miles before kick-off tomorrow.

Well done, from everyone at Scottish Rugby!



Online learning resources

Did you know, World Rugby offers a wide range of free online courses and resources. If you or your players have some downtime, why not take a look at their website to find out what's available.

[Click here to visit the World Rugby website.](#)

And don't forget, the Scottish Rugby website also has free online resources for children. [Click here to check out Kids Corner.](#)

Anti-doping: Illicit drugs

We would ask clubs to remind their players that many recreational drugs are prohibited in-competition under the World Anti-Doping Code.

This means that if they are found in a player's system, they face **a potential four year ban from all sport.**

Traces of such drugs can stay in a player's system for days or even weeks after use. [Click here for Scottish Rugby's Illicit Drugs Policy.](#)

Funding opportunities

The Rugby Development department has sourced additional funding options to further help clubs during the current period of financial uncertainty.

Find the latest information on funding opportunities on our website. The page is regularly updated to ensure the latest information is available.

Funding opportunities

Threat Management Group update

Sent on behalf of the Threat Management Group

Good afternoon all,

Hope this email finds you and your families well.

We are beginning to see a decline in hospital admissions from 2,500 to around 1,800.

It is the first time in over a month that test positivity rates have been under 5%. We are still being encouraged to stay at home and maintain the progress. The R number remains below 1, which is also encouraging.

There was also some positive news around schools this week, with a possible gradual return at the end of February, starting with nursery and P1 to P3 pupils. More details will emerge in the coming

weeks.

Please see further updates from each of the TMG's subgroups below:

Return to Rugby Clubs & Schools

This group will in due course communicate updated guidelines for clubs and schools in line with any changes announced by the First Minister.

The current Return to Rugby Clubs and Schools guidance, can be accessed [here](#).

Return to Rugby

This group continue to support training programmes and camp logistics for our national squad, who are now training at Oriam.

It has now been confirmed that the Women's and U20's Six Nations tournaments have been rescheduled for later in the year having been previously postponed, full details are contained in [this link](#).

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Once again, we would urge you all to continue following the Scottish Government's guidance **FACTS, stay at home and protect others**.

Many thanks for your continued support and patience, hope you can all get to watch some international rugby this weekend, we are all looking forward to it.

Best wishes to you all.

Dom McKay
Chief Operating Officer

Dr James Robson
Chief Medical Officer



Leadership Engagement Achievement Enjoyment Respect

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