

Return to Rugby

Enhanced Level 4 guidelines

As of 5 January 2021







UPDATE

In line with Scottish Government guidance all mainland local authority areas will move to enhanced Level 4 restrictions as of 5 January 2021.

To minimise the risk of spreading the virus, you must stay at home as much as possible.

It is the responsibility of the club COVID-19 Safety Coordinator to ensure that full risk assessments, processes and mitigating actions are in place before any rugby activity takes place.

There should be an overall focus on minimal numbers to allow activity to take place and reduce risk. Particular attention should be paid to ensuring no parents/guardians gather and sessions should be staggered to avoid congestion.

LEVEL 4	PERMITTED 	NOT PERMITTED 
RUGBY ACTIVITY 	All age groups - Individual training (physically distanced) only: <ul style="list-style-type: none"> • Players must not encroach within 2m of each other • Age 12 & above - up to 2 people from a max of 2 households, per 1/4 pitch. No equipment can be shared (e.g. balls). • Age 11 & below - up to 15 people, including max 2 adults, per 1/4 pitch. Balls may be used and shared as long as strict hand hygiene and ball cleaning is followed. • Coaches must remain 2m from players. • Coaching will be restricted to 2 people (including the coach) for those 12 years or over. • Max 1 parent/guardian can stay to observe their child train. 	<ul style="list-style-type: none"> • No use of tackle shields, scrum machines/sleds. • No touch rugby (all ages). • No modified or full contact training activities (all ages). • No competitive rugby match play (e.g. club v club) • No club v club or school v school activity.
CATERING & HOSPITALITY 	<ul style="list-style-type: none"> • Takeaways permitted for alcohol and food only. • For up to date hospitality Scottish Government hospitality guidance please click here. 	<ul style="list-style-type: none"> • No alcohol sales indoor or outdoors. • No food sales for consumption on premises permitted. • Time restrictions may apply to permitted areas.
RUGBY FACILITIES 	<ul style="list-style-type: none"> • Changing rooms and showering facilities should remain closed in Level 4 areas, although they may be made available for participants who require additional support such as disabled people or those with special needs - for further guidance click here. 	<ul style="list-style-type: none"> • Gyms must close. • Socialising rules apply. • No indoor group contact activity (all ages). • No spectators. • No indoor physical activity or exercise (all age groups). • Changing rooms remain closed (exemptions apply).
TRAVEL & TRANSPORT 	<ul style="list-style-type: none"> • Avoid car sharing with people outside extended household wherever possible. • No use of public transport, except for essential purposes. • No non-essential travel into or out of the level 4 area. If necessary, limits on travel distance, or a requirement to stay at home. • Participants (all ages) who live in a level 4 area cannot travel out of their local authority area to take part in rugby activity. 	

For enquiries, please contact rugbydevelopmentadmin@sru.org.uk



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