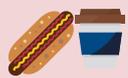
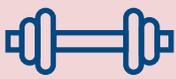


LEVEL 4 OVERVIEW

Within Level 4 we would expect to see very high or rapidly increasing incidence, and widespread community transmission which may pose a threat to the NHS to cope. It is likely that this level would see the introduction of measures close to a return to full lockdown. Measures would be designed to be in place for a short period, to provide a short, sharp response to quickly suppress the virus.

Level 4 permits Youth (17 and under) and Adult rugby (18+) to undertake touch rugby activities only at this stage. At this stage, modified and/or full contact training and matches are not permitted.

LEVEL 4	PERMITTED 	NOT PERMITTED 
RUGBY ACTIVITY 	<ul style="list-style-type: none"> Youth (17 and under) and Adult (18+) rugby - All Touch Rugby training activities only. Max groups of 30 players coached at any one time (all age groups). Coaches must remain 2m from players. All traditional rugby equipment can be used and shared (with regular cleaning). 	<ul style="list-style-type: none"> No modified or full contact training activities (all ages). No competitive match play until January 2021 at the earliest (all age groups).
CATERING & HOSPITALITY 	<ul style="list-style-type: none"> Takeaways permitted for alcohol and food. 	<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"> Individual exercise only (except for 17 and under). Changing rooms can open in line with existing guidance. 	<ul style="list-style-type: none"> Gyms must close. Socialising rules apply. No indoor group contact activity (all ages). No spectators.
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 3 area. If necessary, limits on travel distance, or a requirement to stay at home. 	

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



To help stop coronavirus spreading, it is vital that we all **download** the free Protect Scotland app.