

# Return to Rugby

## Level 1 guidelines

As of 2 November 2020 (updated 10 November 2020)

### LEVEL 1 OVERVIEW

Within Level 1 we would expect to see low incidence of the virus with isolated clusters, and low community transmission. Broadly, Level 0 and 1 are the closest we can get to normality, without a vaccine or effective treatment in place. Level 0 and 1 are designed to be sustainable for long periods.

Level 1 permits both youth and adult rugby continue up to modified contact training, with all formats of touch rugby also permitted. At this stage, unrestricted full contact training and matches are not permitted (all age groups) until further notice.

LEVEL 1	PERMITTED 	NOT PERMITTED 
<b>RUGBY ACTIVITY</b> 	<ul style="list-style-type: none"> <li>All Modified contact training activities permitted (all age groups):               <ul style="list-style-type: none"> <li>1v1 tackle (+1 player from each team) training.</li> <li>1v1 scrum training.</li> <li>Lineout throw, jump, catch training.</li> </ul> </li> <li>All Touch Rugby training activities (all age groups).</li> <li>Max of 30 people, including coaches, per training bubble (all age groups).               <ul style="list-style-type: none"> <li>P5/U10 and below - max 30 people per 1/4 pitch.</li> <li>P6/U11 and above - max 30 people per 1/2 pitch.</li> <li>Multiple training bubbles permitted.</li> </ul> </li> <li>Max 30mins of modified contact activity per session.</li> <li>No time limit for touch rugby activities.</li> <li>Coaches must remain 2m from players.</li> <li>All traditional rugby equipment can be used and shared (with regular cleaning).</li> <li>Max 1 parent/guardian can stay to observe their child train.</li> </ul>	<ul style="list-style-type: none"> <li>No full contact training activities (all ages).</li> <li>No maul activities (all ages).</li> <li>No competitive match play until January 2021 at the earliest (all age groups).</li> <li>No club v club / school v school activity</li> </ul>
<b>CATERING &amp; HOSPITALITY</b> 	<ul style="list-style-type: none"> <li>Alcohol on-sale outdoors permitted (time restrictions may apply).</li> <li>Alcohol on-sale indoors (time restrictions may apply).</li> <li>Food for consumption on premises (time restrictions may apply).</li> <li>Max 6 people from 2 households outdoors or in hospitality settings.</li> <li>Takeaways permitted for alcohol and food.</li> </ul>	<ul style="list-style-type: none"> <li>Time restrictions may apply to permitted areas.</li> </ul>
<b>RUGBY FACILITIES</b> 	<ul style="list-style-type: none"> <li>Gyms can open in line with existing guidance - <a href="#">click here</a>.</li> <li>Youth Indoor group exercise (inc. contact) permitted.</li> <li>Changing rooms can open in line with existing guidance - <a href="#">click here</a>.</li> <li>Stadia – open with restricted numbers.</li> </ul>	<ul style="list-style-type: none"> <li>Socialising rules apply.</li> </ul>
<b>TRAVEL &amp; TRANSPORT</b> 	<ul style="list-style-type: none"> <li>Avoid car sharing with people outside extended household wherever possible.</li> <li>No non-essential travel to/from level 3 or higher areas in Scotland and equivalents in rest of UK.</li> <li>Youth participants can travel to and from Level 0, 1, 2 and 3 areas (but not Level 4) to take part in rugby activity.</li> <li>Parents may transport their children for sport into a Level 3 area however must not congregate or attempt to spectate.</li> <li>Adult participants who live in Levels 0-2 areas can travel to and from other Level 0-2 areas (but not Level 3 and 4) for rugby activity.</li> </ul>	

For enquiries, please contact [rugbydevelopmentadmin@sru.org.uk](mailto:rugbydevelopmentadmin@sru.org.uk)



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