



Return to Rugby Stage 3 Guidance

In line with the Scottish Government Phase 3 announcement on Thursday 30 July, Scotland Rugby League will continue to progress its Return to Rugby Stage 3 for clubs and schools on Monday 3 August. The updated stage 3 guidance has been developed by Scotland Rugby League and its specific Return to Rugby Clubs & Schools sub-group. This updated Stage 3 guidance comes into effect from Monday 3 August 2020.

Please note that at any time Scotland Rugby Leagues Return to Rugby guidance could change when updates are received from the Scottish Government.

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1. Overview

Scottish Government Phase 3

From Friday 10 July:

- People can meet in extended groups outdoors (with physical distancing). Max 15 people from max 5 households.
- Households can meet indoors with up to a maximum of two other households at a time (with physical distancing).
- A house can meet up to 4 other households per day in total.
- The limit on the number of other households you can meet per day (indoors or outdoors) does not apply to young people who are under 18.
- Children aged 11 or under no longer need to physically distance. Young people aged 12-17 must continue to physically distance.
- Only people from the same household can travel together.
- Where possible avoid using public transport.

From Monday 13 July:

- Organised outdoor contact sports, play and physical activity can resume for children and young people under 18 (subject to guidance).

From Wednesday 15 July:

- Indoor hospitality (subject to physical distancing rules and public health advice).

From Thursday 30 July:

- Those testing positive should self-isolate for 10 days (increased from 7 days previously). No change to 14 days self-isolation for those in contact with someone who tests positive or entering/returning from international travel from relevant countries.

From Saturday 1 August:

- Shielding will be paused from 1 August. At that point those currently shielding can follow guidance for general public

Information on the Scottish Government's approach to managing Covid-19 is available at www.gov.scot/coronavirus-covid-19

Scotland Rugby League Return to Rugby Stage 3

From Monday 20 July

- Mini & Youth players (players aged 17 and under) can participate in training activities and restricted touch rugby activities.
- Adult players (players aged 18 and over) can participate in restricted small group activities (maintaining 2m physical distance at all times and with a maximum of 15 people from 5 households involved).

From Wednesday 15 July

- Indoor hospitality can reopen in line with Scottish Government guidance.

From Monday 3 August

A coaching session for adult players can now include up to 15 people from 5 households (including the coach). Coaches can now deliver more than one session per day.

Clubs can already (as per Stage 2 guidance):

- Re-open outdoor pitch spaces for training.
- Re-open outdoor catering areas

2. Mini and Youth Game

- 2.1. Players aged under 18 on 1st September 2020 are permitted to undertake restricted touch rugby activities in line with Scotland Rugby League guidance.
- 2.2. Only players aged 17 and under can participate in these activities due to their reduced risk profile associated with Covid-19 transmission and infection.
- 2.3. Scotland Rugby League has created a specific set of Touch Rugby rules during Stage 3, which are to be adhered to at all times. No other form of touch rugby can be played during this time.
- 2.4. Players can participate in max groups of 10 per 1/4 pitch or 15 per 1/2 pitch. Please see separate touch document for details.
- 2.5. The limit on the number of other households you can meet per day (indoors or outdoors) does not apply to young people who are under 18.
- 2.6. In addition to touch rugby, mini and youth players are also permitted to undertake skill development activities (e.g. ball handling practices).
- 2.7. During these activities, players are not required to physically distance from one another, unlike those in the adult game. However, players aged 12-17yrs must physically distance before and after the activity when with adults.
- 2.8. No traditional rugby contact activities (e.g. tackle practices) are permitted at this time.
- 2.9. Players/Parents or Guardians must not arrive more than 5 minutes prior to their allocated training time and must leave immediately after training.
- 2.10. All youth coaches are required to be a PVG member before coaching.
- 2.11. Players should only use their own water bottle.
- 2.12. Players and coaches must not mix with another training bubble.
- 2.13. 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.
- 2.14. Players must turn up changed and be ready to train, no changing facilities will be available.

3. Open Age Game

- 3.1. Players aged 18 and over (on the day of activity) are permitted to undertake restricted small group activities (maintaining 2m physical distance at all times) in line with Scotland Rugby League guidance.
- 3.2. Players aged 18 and over cannot participate in touch rugby activities (like the mini and youth game) due to their increased risk profile associated with Covid-19 transmission and infection.
- 3.3. Adult players are permitted to undertake skill development activities (e.g. ball handling practices), as well as fitness related sessions.
- 3.4. Players can participate in max groups of 10 per 1/4 or 15 per 1/2 pitch (from maximum of 5 households). Please see separate adult activity document for details.
- 3.5. No traditional rugby contact activities (e.g. tackle practices) are permitted at this time.
- 3.6. Passing a ball is permitted and sharing equipment is permitted as long as strict cleaning protocols are in place prior to and after activity.
- 3.7. Players must not arrive more than 5 minutes prior to their allocated training time and must leave immediately after training.
- 3.8. Players should bring and only use their own water bottle.
- 3.9. Players and coaches must not mix with another training bubble.
- 3.10. Players must turn up changed and be ready to train, no changing facilities will be available.

4. Adult coaching (Over 18)

- 4.1. Coaching activities should be age and stage appropriate.
- 4.2. A coaching session for adult players can now include up to 15 people from 5 households (including the coach). Coaches can now deliver more than one session per day.
- 4.3. Coaching of people who are shielding is now permitted, provided it takes place outdoors and physical distancing and hygiene guidelines are strictly observed.
- 4.4. When participating in training or coaching, where possible, avoid touching surfaces and sharing equipment and touching your mouth and face.
- 4.5. 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.
- 4.6. Coaches should maintain a 2 metre physical distance at all times from all participants.

Further guidance on appropriate steps for providing coaching are available through the [sportscotland Getting coaches ready for sport](#) document.

5. Mini and Youth coaching (Players aged 17 and under)

- 5.1. Coaching activities should be age and stage appropriate.
- 5.2. A maximum of 15 people per ½ pitch, with no limit to the number of households may be coached at one time.
- 5.3. Coaching of people who are shielding is now permitted, provided it takes place outdoors and physical distancing and hygiene guidelines are strictly observed.
- 5.4. When participating in training or coaching, where possible, avoid touching surfaces and sharing equipment and touching your mouth and face.
- 5.5. 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.
- 5.6. Coaches should maintain a 2 metre physical distance at all times from all participants.

Further guidance on appropriate steps for providing coaching are available through the [sportscotland Getting coaches ready for sport](#) document.

6. Covid-19 safety coordinators

- 6.1 To support a Return to Rugby, Scotland Rugby League will support each club to appoint a Covid-19 Safety Coordinator to address the Covid-19 pandemic.
- 6.2 Clubs are to appoint someone to this role before any official club activity takes place.
- 6.3 To nominate a Covid-19 Safety Coordinator, please complete and return a nomination form to info@scotlandrl.com

7. Parent behaviours

- 7.1. No spectating should take place other than where a parent is supervising a child or vulnerable adult.
- 7.2. All parents and guardians must check in and provide their contact details
- 7.3. All parents and guardians must maintain 2 metre physical distancing from anyone else attending the session at all times
- 7.4. They must stay outside the pitch that is being used. They must not enter the pitch other than if invited onto the pitch by the coach to assist with an injury
- 7.5. They must not enter the area between quarter/half pitches. They must stay outside the playing area for what would be a full sized pitch

8. Recording attendance

- 8.1. All players, coaches and support staff must sign in and have their contact details recorded at each session.
- 8.2. This is absolutely crucial if contact tracing is required
- 8.3. Any parents or guardians who is supervising the session must also sign in and have their contact details recorded
- 8.4. These details should be kept by the lead coach for each year group and the Covid-19 safety officer
- 8.5. Please consider the GDPR regulations when managing this data

9. Health, safety & hygiene

All individuals and clubs must:

- In the event of first aid treatment being required it is recognised that a suitably qualified coach/supervising adult may require to attend to a child. The sports organisation 'Covid Officer' should consider processes for managing this as part of the risk assessment. This could include but not be limited to;
 - Provision of suitable PPE
 - Training of coaches/supervising adults
 - Presence of one parent/guardian being required at the activity
- Ensure access to first aid and emergency equipment is maintained. Where equipment is stored indoors please ensure public access to enclosed indoor areas is restricted as much as possible with hygiene and safety protocols reviewed as part of the risk assessment.
- Please ensure that first aid equipment has been updated appropriately for the COVID pandemic and first aiders have appropriate training.
- Regularly clean and disinfect surfaces and equipment, before and after every training session. Cleaning products should conform to **EN14476** standard.
- Ensure that the use of communal facilities such as stands/patios and toilets is limited.
- Wash hands thoroughly and often, with soap and water or an alcohol based sanitiser. Allow for participants to wash hands before and after training sessions.
- Establish a regular monitoring and cleaning routine for essential communal areas such as public toilets.
- Be mindful when sneezing or coughing; cover with your elbow or tissue and turn away from others.
- Display prominent signage at the venue specifically related to Personal Hygiene and Transmission; Cold and Flu Symptoms and Social Distancing.
- Upon entering activity site all players must sanitise their hands before play. Hand sanitiser will be provided by each organising club, but players can also bring their own. Hand sanitiser should be at least 60% alcohol based.
- At regular moments throughout a session, all players should sanitise their hands.
- Avoid touching your face throughout the session.
- There is a strict no spitting policy at all times

- Ensure that you follow access protocols to leave the pitch. e.g. if your club has introduced a one way system
- You must leave the venue immediately once training has concluded no social activity is to occur. Wash any clothing that may have come into contact with the balls or common touch points

10. 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.

10.1. 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 PVG's 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.
- Child Protection Officers may wish to recap on their Club Safeguarding Policy and/or refer to the Scotland Rugby league Safeguarding webpage in advance of any return.

10.2. 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 CPO's 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 or you observe any concerns or are told about concerns from someone else, follow the 4 R's.

- RECOGNISE
- RESPOND
- REPORT
- RECORD

sportsscotland have released guidance on the Delivery of sport at a distance: Child wellbeing and protection considerations in the return of children and young people to sport which can be found [here](#).

You can email Scotland Rugby league directly with any concerns or advice at safeguarding@scotlandrl.com
External Contacts which may be useful

- ChildLine | 0800 1111 | www.childline.org.uk 24/7 helpline
- NSPCC | 0808 800 500 | www.nspcc.org.uk 24/7 helpline
- Children 1st | 0800 282223 | www.children1st.org Includes information on Safeguarding in Sport
- Police Scotland | 101 non-emergency

11. 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).

12. Opening indoor space for catering/hospitality

Clubhouses

- 12.1. Changing rooms cannot be opened at this stage
- 12.2. Check licensing information
- 12.3. Check club insurance documentation
- 12.4. Complete a Risk Assessment which must be signed by the Club Committee and Covid-19 Safety Coordinator
- 12.5. Check in/check out sheet for patrons to support track and trace of any local outbreak of the virus
- 12.6. Have qualified personnel carry out key safety checks such as; water safety testing, gas safety testing, fixed wire testing & fire safety

Indoor Space

- 12.7. Maintain a high-level cleanliness throughout the opening times
- 12.8. High level of cleanliness maintained in the toilets with regular checks throughout opening times to ensure the standards are maintained
- 12.9. Hand sanitiser must be provided on entry & exit
- 12.10. Seating areas should be set out at a minimum of 2m apart
- 12.11. Staff & patrons must adhere to Scottish Government guidance on PPE & Face Masks
- 12.12. Club should workout the maximum number of individuals that can safely be in indoors at the one time whilst complying with physical distancing. This number must be adhered to

Recommendations for Operation:

Booking system in place for tables

Guidelines of 2 hours per session usage

Mobile ordering system for all catering with table service to reduce contact points

Contactless payment only

Entry and exit points managed to ensure maximum number not exceeded

Each table to be treated to ensure ease of cleaning. If this is not available, then table coverings would be required

Sanitising Boxes and bins at each table. Each box to consist of disinfectant spray, anti-bacterial hand gel, paper towel roll

Only drink/food purchased on the premises to be consumed

Guidance for the tourism and hospitality sector, including procedures for staff and customer safety and an operations checklist can be found [here](#).

13. 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](#)
- [Health Protection Scotland: General guidance for non-healthcare settings](#)
- [Health Protection Scotland: Cleaning in a non-healthcare setting](#)
- [Health Protection Scotland: Hand hygiene techniques](#)
- [St. John's Ambulance: Covid-19 advice for first aiders](#)
- [HSE: First Aid during the coronavirus](#)
- [Getting your Facilities Fit for Sport](#)

Please be aware guidance can change and restrictions may be reintroduced.