To ensure we are taking every precaution possible, the following plan will be implemented for *SRL* Athletes:

**PHASE 1 (Athletes training in separation)**

* All rugby balls sanitised before session wearing appropriate PPE
* Each individual only using own rugby ball 2m distance throughout practice
* Max of 10 athletes per half, maintaining social distancing
* Focussing on fundamental movement and skill-based work, reducing any opportunity for interaction between athletes
* No coaching demanding physical contact is permitted
* Any interactions closer than 2m between athletes and coaches will require appropriate PPE to be worn
* All rugby balls sanitised after practice wearing appropriate PPE

All athletes working individually so all athletes to maintain social distancing while on court. 10 player / half court.

**PHASE 2 (4 Groups of 5)**

* All rugby balls sanitised before session wearing appropriate PPE
* Non-contact drills sharing rugby balls, rugby balls sanitised every 30 minutes and replaced
* Physical contact at this stage is limited to rugby ball sharing, no physical or technical coaching permitting
* Any interactions closer than 2m between athletes and coaches will require appropriate PPE to be worn
* All rugby balls sanitised after session wearing appropriate PPE

**PHASE 3 (4 Groups of 5)**

* All rugby balls sanitised before session wearing appropriate PPE
* Sharing rugby balls but involved in minimal contact, rugby balls sanitised and replaced every 30 minutes
* All tags sanitised after each removal
* Athletes will be required to wear a face mask while doing any contact work
* Limited physical coaching/technical coaching allowed in this phase, minimising extended periods of doing so.
* Any interactions closer than 2m between athletes and coaches will require appropriate PPE to be worn
* All rugby balls sanitised after session wearing appropriate PPE

**PHASE 4 (2 Groups of 10)**

* All rugby balls sanitised before session wearing appropriate PPE
* Sharing rugby balls, engaging in full contact, balls sanitised and replaced every 30 minutes
* Small groups from Phase 3 expand, with full contact being permitted during training provided that athletes still separate between drills.
* All tags sanitised after each removal
* Physical & Technical coaching expanded upon, introducing basic plays and style of play to develop roots for future phases.
* Any interactions closer than 2m between athletes and coaches will require appropriate PPE to be worn
* All rugby balls sanitised after session wearing appropriate PPE

**PHASE 5 (2 Groups of 10)**

* All rugby balls sanitised before session wearing appropriate PPE
* Sharing rugby balls, engaging in full contact, balls sanitised and replaced every 30 minutes
* Groups engaging in full contact drills in larger groups, but avoiding elongated times of doing so. Focussing primarily on distanced drills and introducing play-based drills to introduce coach’s desired play style
* All tags sanitised after each removal
* Physical & technical coaching being used regularly, but still coaches still reminded to limit extended periods of physical interaction or contact.
* Any interactions closer than 2m between athletes and coaches will require appropriate PPE to be worn
* All rugby balls sanitised after session wearing appropriate PPE

**PHASE 6 (1 Group of 20)**

* All rugby balls sanitised before session wearing appropriate PPE
* Sharing rugby balls, engaging in full contact, balls sanitised and replaced every 30 minutes
* Athletes return to full contact, engaging in scrimmages and full contact drills.
* Physical & technical coaching used throughout, but still advised to reduce extended periods of contact
* All tags sanitised after each removal
* Any interactions closer than 2m between athletes and coaches will require appropriate PPE to be worn
* All rugby balls sanitised after session wearing appropriate PPE

This process is used to provide a gradual return to full training and will be in constant review through discussions between coaches and athletes, following this there will be meetings between coaches and the *SRL* COVID-19 officer to evaluate the appropriateness of progression. Group sizes will also be monitored by the Head Coach and assessed by the *SRL* COVID-19 Officer to ensure adherence to the above plan. The *SRL* COVID-19 Medical Officer will also engage in these reviews to further assess the potential risks and provide additional precautions for these further stages to ensure safety of all involved.

Entrance

Exit

Temperature testing (outside)

Medical

Coaches Area

Group A

Group C

Group B

Group D