

New Zealand Rugby COVID-19 Level 2 Return to Training Guide

New Zealand Rugby has developed the Return to Rugby Requirements which prioritises the safety of participants and supporters and provides rugby clubs with guidance on what they need to do to be ready for kick off.

As part of the Return to Rugby requirements and to meet Government COVID-19 guidelines, all rugby club will need to develop a health and safety plan in four key priority areas: trainings, changing rooms, club rooms and match days.

This guide helps Rugby Clubs develop a Return to Training health and safety plan to support coaches and managers. Your local Provincial Union can provide you with support and will need to approve the plan before clubs can return to training.

Helpful information and resources on health and safety plans can be found on the [Worksafe New Zealand website](#).

COVID-19 Alert Level 2 Controls: Rugby training bubbles cannot exceed 100 people (including coaches and medical staff). Bubbles should remain separate at all time and observe 2 metre social distancing. People should wear masks if they can.

It is now mandatory to ensure recordkeeping at venues and events is completed. NZR recommends using the Covid Tracer App.

Health & Safety Considerations	Potential Health & Safety Actions	Club Person Responsible	PU Sign Off
<p>Who is Responsible? Each club and school will need to develop, implement and monitor the return to training plan.</p>	<ul style="list-style-type: none"> Consider Director of Rugby or Coach Development if one is available. Alternatively, a committee member or staff member. Develop a club/school plan and then require coaches/managers to develop their individual plans for sign off by club/school. Regularly check in with your coaches and manages to make sure the plans are understood, working and effective. 		
<p>Managing Illness Participants need to know they can't attend training if they are feeling unwell.</p>	<ul style="list-style-type: none"> Include in all club/school and team communications Include in pre-training brief <p>Resources: See covid19.govt.nz/covid-19/about-covid-19/covid-19-symptoms</p>		
<p>Managing other Sports Have you considered other sports that use your facilities?</p>	<ul style="list-style-type: none"> Make contact early with other users to share Health and Safety plans and co-ordinate activities. Be flexible around timings and agreed usage. 		
<p>Training Bubbles Training bubbles include players and coaches and currently need to be limited to 100 people</p>	<ul style="list-style-type: none"> Consider staggering training days and times for teams. Can some training bubbles be player-led? Be clear about designated areas for each training bubble of 100. Consider coning these off to be clear. Ask caregivers etc. to stay in their cars during training. Avoid opposed/mixed training with other training bubbles. Equipment is not to be shared across training bubbles without being sanitised. Note the 50 person maximum for indoor training venues. 		

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<p>Contact Tracing All training participants need to be part of a contact tracing process.</p>	<ul style="list-style-type: none"> • Appoint a person to manage contact tracing and control preservation of training bubble throughout training. • Create a registration point at each training session. • Allow enough time for contact tracing recording to be effective and orderly before training commences <p>It is now mandatory to ensure recordkeeping at venues and events is completed. NZR recommends using the Covid Tracer App. Resources: View the Contact Tracing resource at https://qrform.tracing.covid19.govt.nz/</p>		
<p>Equipment Cleaning All rugby equipment must be cleaned before and after training.</p>	<ul style="list-style-type: none"> • Includes but is not limited to balls, hit shields, weights, RipRugby belts, tackle bags, cones, and flags. • Equipment is not to be shared between training bubbles without being cleaned. • Disinfecting equipment can be achieved with a solution of 1:10 bleach to water solution in a spray bottle. Ensure that your bleach has not expired. Reminder: Your 1:10 bleach solution is only effective for 24 hours. 		
<p>Hand Hygiene There must be hand hygiene measures in place before and after training.</p>	<ul style="list-style-type: none"> • Sufficient supplies of hand sanitiser available for all players before and after training. • Access to soap and water to enable good hand washing measures. 		
<p>Injured Players A plan should be in place for the treatment of injured players.</p>	<ul style="list-style-type: none"> • Advise injured players to be treated separate to training sessions. 		
<p>After Training Socialising Is there a plan in place to ensure players do not congregate prior to and after training unnecessarily in carparks or fields?</p>	<ul style="list-style-type: none"> • Encourage participants to come to the grounds ready to train and to depart immediately afterwards. • Use staggered approach to training bubbles starting and finishing training. • Only use changing rooms where these have been approved to open. • Only use clubrooms if these have been approved to open. 		
<p>Club Communication The club/school should regularly communicate with coaches, managers, players, parents, and other parties.</p>	<ul style="list-style-type: none"> • Keep members informed through regular updates. • Reinforce good behaviour and correct misunderstandings. • Conduct coach and manager sessions to ensure that risk controls are working. 		
<p>Monitoring the Plan It is important that all health and safety plans are monitored and adjusted to keep participants safe and as Government guidelines change.</p>	<ul style="list-style-type: none"> • Monitor your plan in its early stages to ensure that is effective and understood. • Stay updated with New Zealand Rugby and Provincial Union COVID-19 advisories. • Set regular updates to ensure that it remains sustainable and relevant. 		