

Return to Play Checklist – Step 1 (National), Level B (AIS)

This checklist will assist Rugby Clubs in preparation for returning to play following COVID-19 restrictions.

This checklist should be used in conjunction with Government advice.

Any person showing signs and symptoms of COVID-19 must not attend clubs or training and must seek medical advice.
We also recommend strongly that any person who is sick or ill should not attend clubs or training.

Questions for Coaches, Managers and Players before any training occurs:

<p>1 Do I currently have any of these? Symptoms of acute respiratory disease (including Cough, sore throat, or shortness of breath) OR fever over 38 degrees OR sudden loss of smell or taste?</p>	<p>2 Do I currently have COVID -19 or did I have it in the past 2 months, to the best of my knowledge?</p>	<p>3 Do I have a history of cardiac problems or other pre-existing health conditions?</p>
<p>YES → Don't start training, follow instructions of local health authorities...get tested. NO → Proceed to next Question</p>	<p>YES → Don't start training, seek medical advice from Doctor and see if/when you can start NO → Proceed to next Question</p>	<p>YES → Don't start training, seek medical advice from Doctor and see if/when you can start NO → OK you can go to training starting with Level A</p>

ADMINISTRATION	
Facilities (Club President &/or Designated COVID Manager – can be the same person)	<input type="checkbox"/> Have you received approval from council/ground owner to use facilities for training? <input type="checkbox"/> Are all utilities ready for use?
Registration and Accreditation (Club President, Registrar, Team Managers)	<input type="checkbox"/> All players, coaches, managers and other Club volunteers must be registered through Rugby Xplorer <input type="checkbox"/> No players to attend training if they are not properly registered on Xplorer <input type="checkbox"/> Have you ensured that all Coaches have registered on Xplorer so you can run Accreditation Reports and check their status? <input type="checkbox"/> All Coaches (U8 and up) must have current Smart Rugby accreditation <input type="checkbox"/> Encourage players to keep in regular communication via online groups and club platforms

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HANDS ON TASKS	
<p>Club Facilities (Club President/ Committee)</p>	<p>COVID-19 items:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Have you appointed a designated Manager for COVID-19? <input type="checkbox"/> Have the facilities been thoroughly cleaned? <input type="checkbox"/> Have any external contractors been advised of changes to the season (eg. Cleaners, caterers)? <input type="checkbox"/> Have coaches, manager and players been informed that changerooms will remain closed during Step 1 restrictions? <input type="checkbox"/> Have you ensured that access to toilet facilities is arranged at all training venues (particularly where change rooms are closed)? <input type="checkbox"/> Have all attendees with phones been advised to download the COVIDSafe app? <input type="checkbox"/> Have you taken steps to order and install signage to promote the COVIDSafe phone app and COVIDSafe hygiene practices? <input type="checkbox"/> Have you developed and communicated the plan for a potential positive COVID—19 test result? (include all teams if training only, and opposition team if after match day). Use link to Protocols here.
<p>Fields (Club President/ Committee/ Council)</p>	<p>Rugby Specific items:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Is the field or fields mowed and ready for training? <input type="checkbox"/> Are the field markings completed, these may be required (unless the Club has an alternate plan) to assist with allocating training group areas and maintaining physical distancing?
<p>Training (Club President/ Committee/ Council)</p>	<p>COVID-19 items:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Is there a plan, facilities and supplies for cleaning equipment at all training venues? <input type="checkbox"/> Have you reviewed your training schedules and access to venues to accommodate your teams, whilst remaining on groups of no more than 10? <input type="checkbox"/> Have all players and coaches been advised to bring their own water bottles? <input type="checkbox"/> Have all coaches been advised of the Club system for dividing field space during training? [<i>Simplified Template provided</i>] <input type="checkbox"/> Is Hand sanitiser available at all training venues to cover all planned sessions?

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COACHES, MANAGERS & PLAYERS	
<p>Step 1 – National Roadmap to Recovery/Level B AIS (remains subject to State Government advice – allowed from Friday May 15th)</p> <ul style="list-style-type: none"> - Groups of no more than 10 (including coaches/trainers) - Physical distancing required - Equipment (balls, cones, tackle bags etc.) allowed - Skill drills using a ball, kicking and passing - No touch football, rucks, mauls, lineouts or scrums, no contact or breakdown drills, no tackling/wrestling - Gyms cannot be used. <p><i>NB. State government details shall be sought and followed.</i></p>	<p>COVID-19 items:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Have players been informed to prepare for training prior to arrival at the ground (ie. change, complete strapping)? <input type="checkbox"/> Coach or Manager to maintain an attendance list at all trainings and note participant well-being [<i>Template provided</i>] <input type="checkbox"/> All equipment is to be cleaned/disinfected before, during and after training in line with Environmental Cleaning and Disinfection Principles for COVID-19 . <input type="checkbox"/> Players and coaches to bring own water bottles to trainings, be responsible for and do not share any their drink bottles <input type="checkbox"/> Ensure players have washed their hands prior to commencing training as well as post training and during toilet breaks. <input type="checkbox"/> Encourage players not to spit, cough or do any physical greetings (e.g. handshakes, hugs, high fives). <input type="checkbox"/> Players should avoid touching their eyes, nose and mouth as much as possible <input type="checkbox"/> Players should be reminded that a 1.5m social distancing space should be maintained during non-contact training <input type="checkbox"/> Equipment cannot be shared between training groups, and drills should not rotate using the same equipment <input type="checkbox"/> Rugby balls will be touched by many hands during a training session. Balls and cones should be thoroughly washed post training using soapy water <input type="checkbox"/> Multiple groups of no more than 10 people can be accommodated on a field per template <input type="checkbox"/> All players (and their parents) to be advised that training is done on a “Get in, Get out” basis, players to be dropped off and picked up at conclusion of training <input type="checkbox"/> All non-essential volunteers should not attend training <p>Rugby Specific items:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Recommended focus on safety and correct technique <input type="checkbox"/> Graduated training sessions with no contact.

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	<ul style="list-style-type: none"> <input type="checkbox"/> Rugby and position specific skills guidance such as individual body shape, catch / pass, kicking can be undertaken in line with government distancing advice. <input type="checkbox"/> Modified non-contact conditioning games, but no touch football or Oztag style games <input type="checkbox"/> <i>Focus all sessions on Fun, Inclusivity and Safety</i> <p><u>Under 6's - Under 7's – Non Contact</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Sessions to include - <ul style="list-style-type: none"> • Fundamental movement skills – running and catching • Basic ball handling <input type="checkbox"/> When planning sessions remember to modify drills and games for non-contact training - observing the 1.5 m social distancing protocols <input type="checkbox"/> For useful Coaching video resources RugbyAu Coaching Resources - Learn including; <ul style="list-style-type: none"> ○ Momentum, Movement & Agility; ○ Run & Evade; and ○ Catch & Carry <input type="checkbox"/> For useful Kids Pathway Skills Manual pdf. – RugbyAu Coaching Manuals (Kids Pathway U6-U12) <p><u>Under 8's - Under 9's – non Contact</u></p> <p><i>Recommended focus includes safety and correct technique</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> <i>Sessions to include -</i> <ul style="list-style-type: none"> ○ Balance and stability ○ Introduce Track to Tackle (shadow drill) ○ Catch and Pass ○ Introduction to basic Set piece body shape technique <input type="checkbox"/> When planning sessions remember to modify drills and games for non-contact training - observing the 1.5 m social distancing protocols. <input type="checkbox"/> <i>For useful Coaching video resources go to Coaching Resources - Learn including:</i> <ul style="list-style-type: none"> ○ Carry & Protect; ○ Pass & Throw;

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	<ul style="list-style-type: none"> ○ Kick; and ○ Defence <ul style="list-style-type: none"> <input type="checkbox"/> For more advanced Coaching video resources go to Coaching Resources - Play <input type="checkbox"/> For useful Kids Pathway Skills Manual pdf. – Coaching-manuals (U6-U12) <p><u>Under 10's - Under 18's – Non Contact</u></p> <p>Recommended focus on safety and correct technique graduated training sessions with no contact, observing 1.5 m Social distancing</p> <p><i>Sessions to include -</i></p> <ul style="list-style-type: none"> ● Balance and stability ● Prep to perform – Strength and Conditioning ● Catch, pass and support ● Kicking ● Introduce Track to Tackle (shadow drill) ● Introduction to basic set piece - Scrum body shape (Individual technique) and Line out - throw and jump (Individual technique) <ul style="list-style-type: none"> <input type="checkbox"/> When planning sessions remember to modify drills and games for non-contact training - observing the 1.5 m social distancing protocols. <input type="checkbox"/> Under 10's – Under 12's - useful Coaching video resources go to – Coaching Resources - Play <input type="checkbox"/> Under 10's – Under 12's - useful Kids Pathway Skills Manual pdf. – Coaching-manuals Foundation <input type="checkbox"/> Under 13's – Under 18's – useful Coaching Videos resources including 'Skills in Isolation' video's– Coaching Resources - Compete <input type="checkbox"/> Under 13's – Under 18's - useful Foundation Coaching Manual – Coaching-manuals Foundation
Additional Resources	<ul style="list-style-type: none"> <input type="checkbox"/> Laws of the Game <input type="checkbox"/> Pathway (U6-U12) Law

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	<ul style="list-style-type: none"> <input type="checkbox"/> National Skills Curriculum <input type="checkbox"/> Rugby AU Referee website (includes online Game Management Guidelines review) <input type="checkbox"/> World Rugby Activate <input type="checkbox"/> Active Rugby Hubs Workouts <input type="checkbox"/> Australian Government Department of Health <input type="checkbox"/> AIS Framework for rebooting Sport

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