



## ROAD BACK TO PLAYING

### **COVID-19 SELF-SCREENING & TEST AND TRACE**

All CRF clubs should have a process in place to confirm and record that participants and parents have undertaken a COVID-19 self-assessment. Ideally this should be completed prior to arrival at the venue to prevent participants with symptoms coming into contact with other participants. There are a number of different options in the way in which clubs could collate this information:

- Paper-based: Each participant is asked to print off, complete and bring with them a hard copy of the self-screen checklist prior to training/matches.
- Online form: Clubs set up a form online using a platform such as survey monkey or google forms to collate responses. Clubs must take the necessary precautions to ensure this data is stored securely for at least 3 months.

The following checklist/questions should be included in any paper-based/online forms:

Each participant should self-screen prior to leaving home for training/matches to ensure they do not have any of the following symptoms (confirmed by a parent for those under 18 years old).		
Potential indicators of COVID-19 infection:	Check Negative	Check Positive
A high temperature		
A new continuous cough		
Short of breath		
A sore throat		
Loss of or change in normal sense of taste or smell		
Feeling generally unwell		
Persistent tiredness		
Been in close contact with /travel from a high-risk region / living with a suspected or confirmed case of COVID-19 in the previous 2 weeks.		



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**Prior to attending training and matches, all players, officials, volunteers and spectators should undergo a self-assessment for any COVID-19 symptoms.**

No-one should leave home to participate in any type of rugby activity if they, or someone they live with, have any of the following COVID-19 symptoms:

- A high temperature
- A new, continuous cough
- A loss of, or change to, their sense of smell or taste

**You should be aware ALL actions below are taken from the protocol sent to the CRF by the Cyprus Government and KOA and they must be complied with. Any new national restrictions imposed by the Cyprus Health Authorities will take precedence over everything written below.**

### **FACILITY**

Each facility shall have one entrance and one exit where the contact details of every person entering and exiting the facility shall be recorded in special forms or electronic system to facilitate the tracing of any COVID-19 case by the competent authorities. The details shall be kept for **at least 3 months**. The details of minors may be provided by their guardians or accompanying persons.

The manager of the sport facility shall establish a procedure for compulsory measuring of body temperature of each sportsman/woman at the entrance of the sport facility using an infrared thermometer. A record with the measurements shall be kept where possible.

A liquid antiseptic solution for hand sanitising should be in a prominent point of the training area and in the toilets. Toilets should be naturally or artificially ventilated at all times.

All sportspeople and staff are obliged to sanitise their hands before and after every activity. During training, coaches, assistant coaches and other persons guiding or advising sportspeople should wear masks.

NO changing rooms or showers are to be used. The guidelines of the Ministry of Health and of the Cyprus Sports Organisation **MUST** be observed.



# ROAD BACK TO PLAYING

## PITCH AREAS

		<b>GAME RECOMMENDATIONS</b>
<b>MIN</b>	<b>70M X 50M PLUS IN GOAL AREA</b>	<ul style="list-style-type: none"><li>• <b>MINIMUM 6 PLAYERS V 6 PLAYERS*</b></li><li>• <b>MAXIMUM 10 V 10</b></li><li>• <b>ROLLING SUBSTITUTIONS</b></li><li>• <b>BALL SIZE 3/4/5</b></li><li>• <b>MAXIMUM 15 MINS CONTINUOUS GAME TIME</b></li></ul> <p><b>* UNDER 7'S 4V4</b></p>
<b>MAX</b>	<b>80M X 70M PLUS IN GOAL AREA</b>	
<b>AGE GRADE RUGBY</b>	<b>FOLLOW PITCH SIZE GUIDANCE, PLAYING NUMBERS AND DURATIONS FOR EACH SPECIFIC AGE GROUPS</b>	
<p>*A min of 5m and max of 10m in-goal area must be provided</p>		

### Phase 1

### SMALL GROUP TRAINING

1. Exercise within small groups (up to 8) and maintain social distancing.
2. NO face to face (F2F)/close contact.
3. Equipment sharing kept to a minimum and frequently cleaned with disinfection between groups.
4. Club changing rooms are not used.





## ROAD BACK TO PLAYING

### Phase 2

### LARGE GROUP TRAINING

1. Exercise with larger group up to 12.
2. Limited F2F & close contact exposure can now be permitted. (Tackle bags and contact shields) (NOT 1 on 1).
3. Equipment sharing kept to a minimum and frequently cleaned with disinfection between groups.
4. Club changing rooms are not used.



### Phase 3

### WHOLE TEAM TRAINING

1. Exercise with larger group up to 30
2. Increase in level F2F & close contact exposure can now be permitted.
3. Equipment sharing kept to a minimum and frequently cleaned with disinfection between groups
4. Club changing rooms are not used





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## **Phase 4**                      **GAME ZONE/ SKILL ZONE (MAXIMUM 20 PLAYERS)**

1. Touch and Ready4Rugby are the only approved activities for training and match play.
2. Maximum 15-minute continuous activity at any one time.
3. All activity should be non-contact, comply with the risk exposure framework and CRF guidance.
4. Equipment sharing should be kept to a minimum.
5. Players should remain socially distanced during breaks and after a score.
6. Team huddles should be avoided.
7. Spitting and chewing gum should be avoided by all.

## **Phase 5**                      **CLUB FIXTURE**

1. 10-a-side game World Rugby laws apply
2. 3 periods x 15 minutes each way
3. Maximum number of players per side 13

## **Phase 6**                      **CLUB FIXTURE**

1. 15-a-side game World Rugby laws apply
2. 40 minutes each way, 10 minutes break
3. Maximum number of players per squad 23



# ROAD BACK TO PLAYING

## Entry and Exit Form to Club Facility

Club \_\_\_\_\_

Date \_\_\_\_\_

Number	Name	Temperature	Phone number	Entry	Exit
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**To be kept for at least 3 months**