



SRU/SRSP/V3/23June2020

## **SINGAPORE RUGBY UNION**

### **SAFE RETURN TO SPORT PLAN**

#### **General safe practice guidelines**

1. If you are feeling unwell STAY AWAY
2. If you have come in contact with someone who has, or suspects they have, COVID-19, STAY AWAY
3. If you have been issued with a Stay at Home or Quarantine Order STAY AWAY

We must protect our players, coaches and other stakeholders as well as the wider community, so if in doubt STAY AWAY, and seek medical advice.

#### **Symptoms of COVID-19**

1. Fever
2. Cough
3. Shortness of breath
4. Sore throat

Covid-19 is a respiratory illness. Any symptoms that cause stress to your respiratory system should be alerted to the correct medial professional and you must stay away from all training and matches

#### **What if I have been in contact with a COVID-19 patient?**

- Immediately you should isolate yourself for 14 days and monitor for symptoms
- Alert the health authorities of your condition, and any changes or symptoms you develop
- Where possible get tested

#### **General ways to stay safe**

1. Wash your hands frequently
2. Wear a face mask in public
3. Maintain social distancing (as guided by health authorities at the time)
4. Avoid touching eyes and face – transmission of virus can occur from surfaces we have touched and transferred by touching our face
5. Encourage safe respiratory hygiene
  - a. Sneeze/cough into your elbow
  - b. Do not talk/shout over people
  - c. Dispose of soiled tissues immediately
  - d. No spitting
6. If you have a fever, cough, sore throat or difficulty breathing isolate yourself and seek medical advice immediately



## **10 Rules of engagement (WR) for safe restarting of Rugby:**

1. Education – the following resources are available for your information  
<https://playerwelfare.worldrugby.org/covid-19>  
  
<https://www.moh.gov.sg/covid-19>  
  
<https://www.myactivesg.com/>
2. Daily screening
  - a. Safe Entry App
  - b. Recommend all players, coaches and staff use “Trace Together” app
  - c. Temperature screening of all participants on entry to training facility
3. Adhere to Good Hygiene rules
4. Observe social distancing
5. Reduce body contact to a minimum
6. Change/shower at home
7. Temporary suspension of car-pooling
8. Eliminate all social interactions and meetings
9. Reduce size of training groups – all non-essential personal removed from training
10. Where possible outside training is safer

## **Return to sport**

### **Phase 1** – up until 18<sup>th</sup> June 2020

No gatherings outside of home, no sports activity allowed. Facilities closed.

### **Phase 2** – From 19<sup>th</sup> June 2020

Sport facilities and activities are allowed again. Please refer to SportSG Advisory for the full set of criteria with regards to starting back with sports activities.

Clubs must complete “CLUB SAFE RETURN TO SPORT PLAN”. A template is provided by SRU or clubs can develop own plan. Clubs must share this document with SRU and all club stakeholders, and must make it available to authorities upon request.

Clubs must adhere to “Facility Safety Plan” when using rented or borrowed facilities

Club must appoint a Safety Management Officer who will be the club representative responsible for the implementation and adherence to CLUB SAFE RETURN TO SPORT PLAN. This person(s) must be available to provide updates to SRU and SportSG on request.



**Phase 2: Small groups, Social Distancing still inforce**

- Group Size: 5 players (+1 coach for designated area)
- Min. Pitch area: 24m X 22m = 528m<sup>2</sup> - see appendix 1 below
- Max. person/field 50 athletes/coaches/managers/support staff
- Social distancing: 2m – No contact training  
Groups must be 3m apart at all times and no mixing during the session  
No rucks, mauls, lineouts or scrums, no tackling/wresting
- Mask: To and from venue, not while training
- Equipment: Share of equipment within groups allowed  
Pads and shields can be used, but modify activities to minimise physical contact  
Wash hands before start, disinfect equipment before start, no sharing of equipment between groups  
Equipment disinfected before next group
- Team meetings: On line
- Social gatherings: No
- Showering on site: No
- Coaching: Coaches to wear masks at all times  
Coaches to be counted in total participants (max. 50 participants at any time)



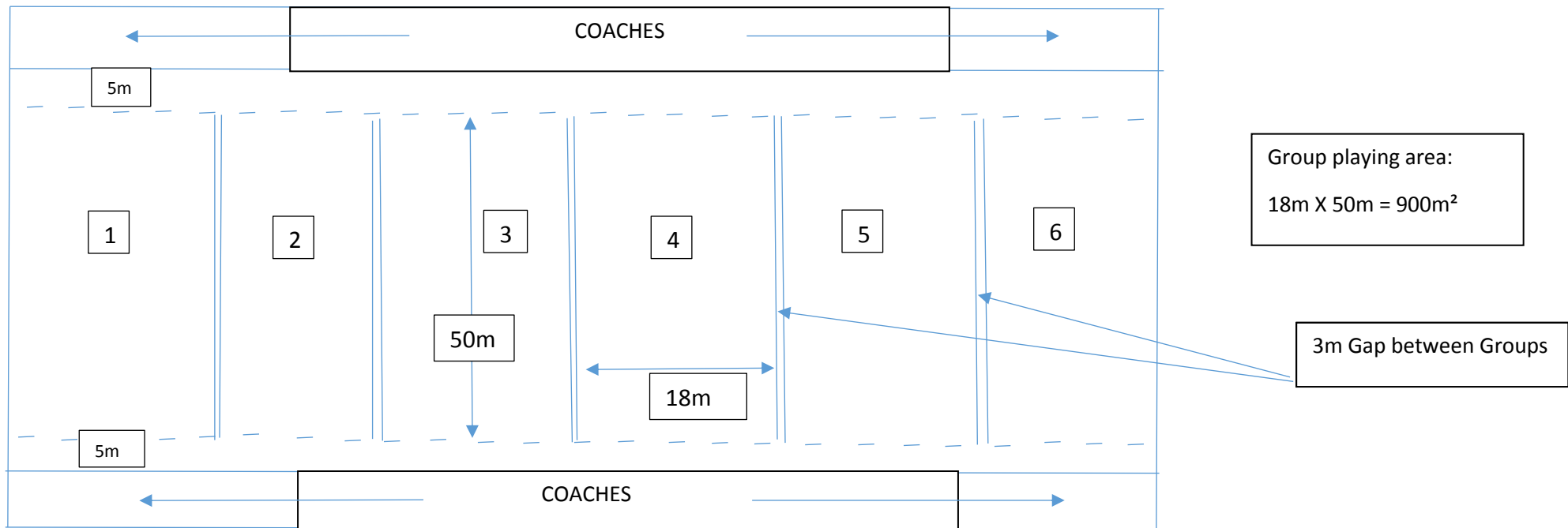
Appendix 1:

**Phase 2:** Option 1 (adults)

Group size 5 athletes (+1 coach in the designated area)

Number groups 6

Max 30 athletes per session





**Phase 2:** Option 2 (kids)

Group size 5 Athletes (+1 Coach in the designated area)

Number groups 9

Max 50 athletes/coaches per session

