



## **SINGAPORE RUGBY UNION**

### **SAFE RETURN TO SPORT PLAN- UPDATED 28<sup>TH</sup> DECEMBER 2020**

#### **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 for maintaining safe return to 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 3 – From 28<sup>th</sup> December 2020**

Sport facilities and activities remain open. Please refer to SportSG Advisory for the full set of criteria with regards to maintaining sports activities.

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

No facility, regardless of size, shall admit more than 50 persons without specific approval by Sport Singapore. Requests for such approval may be considered for large facilities that can be organised into separate facilities, each with its own limit.

Clubs shall be expected to share the details of SportSG Advisories and supporting documents with their Safety Management Officer as they are released. This person(s) must be available to provide updates to SRU and SportSG on request.

Any updates to the CLUB SAFE RETURN TO SPORT PLAN must be communicated to SRU via email to the SRU General Manager.



### **Phase 3: Small groups, Social Distancing still enforced**

#### **Facilities & Persons on site**

- Group Size: 8 players (additional 1 coach is permitted)
- Max. person/field: 50 athletes/coaches/managers/support staff
- Field layout: Must have 3 metres space between each group

#### **Training activities**

- Activities: Contact training for rugby is permitted (tackle/ruck/scrum/lineout, etc).
- Cohorting: Cohorting arrangements are strongly advised to manage infection risk
- Intermingling: Groups must be 3m apart at all times and no mixing of coaches or athletes between groups during the session.

#### **Additional**

- Mask: Masks should be worn as a default. Masks can be taken off when performing strenuous exercise. Coaches/non participants to wear masks.
- Equipment: No sharing of equipment between groups.  
Equipment disinfected before next group.  
Wash hands before start, disinfect equipment before start and at end of training.  
No limitations on usage of equipment (tackle bags/shields, etc.).
- Team meetings: On line
- Social gatherings: No
- Showering on site: No



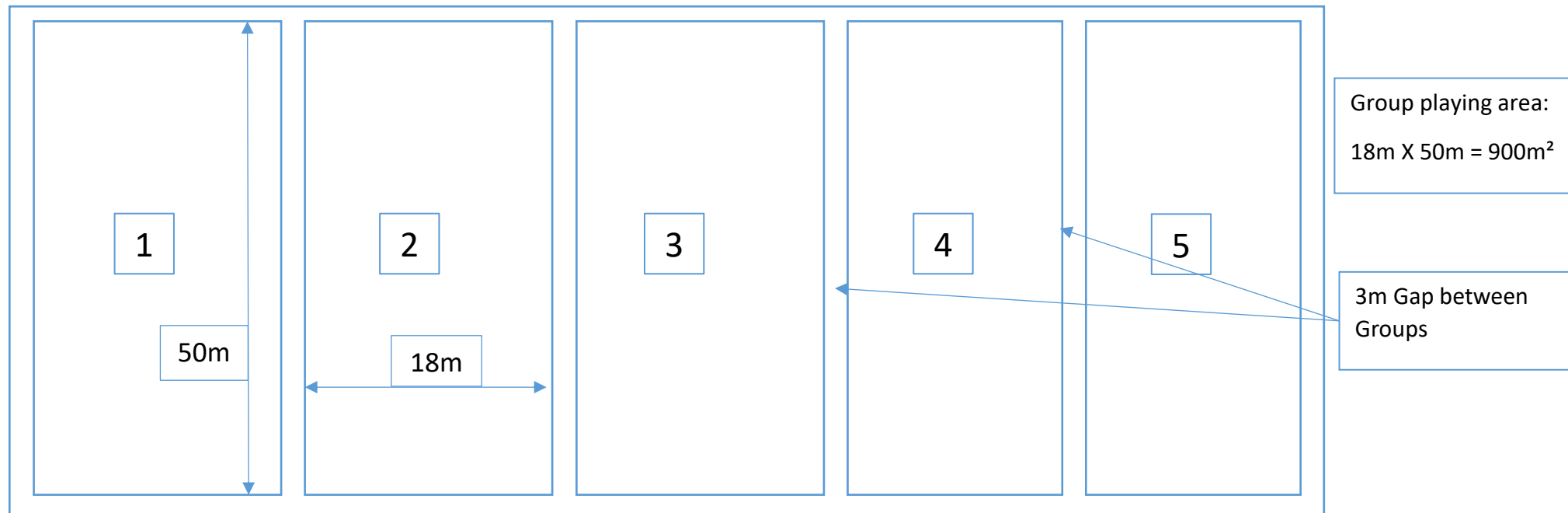
## Appendix 1: Sample Field Layouts and maximum numbers

### Phase 3: Option 1 (Junior)

Group size: 8 Athletes & 1 Coach (entering one group only)

Number groups: 5

Max 45 coaches/athletes per session





**Phase 3:** Option 2 (Adults)

Group size: 8 Athletes & 2 Coaches (not entering any groups)

Number groups: 6

Max 50 athletes/coaches per session

