

## New Zealand Rugby COVID-19 Level 2 Return to Training Requirements

This checklist is to be read in conjunction with Guidelines from the Ministry of Health, Sport NZ, and any other authority under which your club or school operates. It represents the **minimum** level of required planning by coaches/managers before training can commence for your team. Training bubbles cannot exceed 10 people (including coaches and medical staff) and should not intermingle with any other training bubbles.

**Individual Team training cannot proceed without the following requirements being in place and are subject to approval by your Provincial Union.**

Requirement	Considerations	Club Person Responsible	PU Sign Off
Is there a plan in place to require participants to avoid training if they have any COVID-19 symptoms?	<ul style="list-style-type: none"> <li>• Include in all team communications</li> <li>• Include in pre-training brief</li> </ul> <p><b>Resources:</b> See <a href="https://covid19.govt.nz/covid-19/about-covid-19/covid-19-symptoms">covid19.govt.nz/covid-19/about-covid-19/covid-19-symptoms</a></p>		
Is there a plan to co-ordinate with other sport users of designated training areas (if applicable)?	<ul style="list-style-type: none"> <li>• Make contact early with other users to plan activities.</li> <li>• Be flexible around timings and agreed usage.</li> </ul>		
Is there a plan to limit training bubbles to a maximum of 10 participants (including players and coaches) in designated training areas on training nights?	<ul style="list-style-type: none"> <li>• Consider staggering training days and times for teams.</li> <li>• Can some training bubbles be player led?</li> <li>• Be clear about designated areas for each training bubble of 10.</li> <li>• Ask caregivers etc to stay in their cars during training.</li> <li>• Avoid opposed/mixed training with other training bubbles.</li> </ul>		
Is there a plan in place for contact tracing for each training bubble prior to training commencing?	<ul style="list-style-type: none"> <li>• Consider appointing a person to manage contact tracing and control preservation of training bubble throughout training.</li> <li>• Allow enough time for contact tracing recording to be effective and orderly.</li> </ul> <p><b>Resources:</b> View the Contact Tracing resource at <a href="https://www.newzealand.rugby/covid-19">www.newzealand.rugby/covid-19</a></p>		
Is there a plan in place for the cleaning of all training equipment prior and post training?	<ul style="list-style-type: none"> <li>• Includes but is not limited to balls, hit shields, weights, RipRugby belts, tackle bags, cones, and flags.</li> <li>• Equipment is not to be shared between training bubbles without being cleaned.</li> </ul> <p><b>Resources:</b> View the Covid-19 Rugby Hygiene resource at <a href="https://www.newzealand.rugby/covid-19">www.newzealand.rugby/covid-19</a></p>		
Is there a plan in place to provide hand hygiene measures for all participants prior to and on completion of training?	<ul style="list-style-type: none"> <li>• Sufficient supplies of hand sanitiser available for all players arrive at training and on completion of training.</li> <li>• Access to soap and water to enable good hand washing measures.</li> </ul>		
Is there a plan in place for the treatment of injured players that ensures their safety and the safety of medical staff?	<ul style="list-style-type: none"> <li>• Advise injured players to be treated separate to training sessions.</li> </ul>		
Is there a plan in place to limit unnecessary contact during training?	<ul style="list-style-type: none"> <li>• Record training plans and when physical distancing is not possible.</li> <li>• Avoid unnecessary close contact situations.</li> </ul>		
Is there a plan in place to ensure players do not congregate prior to and after training unnecessarily in carparks or fields?	<ul style="list-style-type: none"> <li>• Encourage participants to come to the grounds ready to train and to depart immediately afterwards.</li> <li>• Use staggered approach to training bubbles starting and finishing training.</li> <li>• Only use changing rooms where these have been approved to open.</li> <li>• Only use clubrooms if these have been approved to open.</li> </ul>		