

## Marlborough RFC Stage D Guidance for Youth Rugby

The RFU has declared a move to Stage D in its return to rugby pathway. The following direction is provided for all involved in the delivery of youth rugby at Marlborough RFC. It is primarily based on the guidance provided by the RFU and available at: [englandrugby.com](http://englandrugby.com) supplemented by direction related to the Club. It is specific to rugby training and focuses on: players; parents; coaches; and first aiders. Further guidance is available for volunteers, officials and spectators at [englandrugby.com](http://englandrugby.com) but the basic tenets of this direction should be followed by all involved.



### Pre-Arrival

#### All

- Conduct a CV-19 self-assessment. No-one should leave home to participate in any type of rugby activity if they, or someone they live with, has any of the following CV-19 symptoms:
  - A high temperature;
  - A new, continuous cough;
  - A loss of, or change to, their sense of smell or taste;
- People should follow best practice when travelling to the Club which includes walking/cycling where possible, and avoiding car sharing and public transport.

#### Parents

- Confirm your child(s) attendance at training following receipt of the calling notice from your age-grade lead. Coaches will need to design training based around numbers attending therefore players should not arrive at training unannounced;

- Ensure your child has their own water bottle, hand/face towel, personal hand sanitiser (all clearly labelled) and arrives at the Club changed and ready for rugby (extra kit such as hoodies/rain tops should be kept to a minimum);
- Understand that by allowing your child to attend, you have confirmed that they/you have conducted a CV-19 self-assessment.
- Only park in The Common car park. **DO NOT** park in the Club or cemetery car parks.

#### **Coaches (including Team Managers)**

- Conduct risk assessment for activity;
- Send out calling notice to your parents detailing timing and location of training session and request returns for attendance;
- Design training based on numbers attending so that you can confirm you have the necessary space/supervision for the players involved. Ensure training is conducted in 15-minute segments and each segment concludes with a self/equipment sanitisation session;
- Conduct initial sanitisation of equipment (all to be kept to a minimum).

#### **At Club/during rugby activity**

##### **All**

- Maintain social distancing measures at all times.

##### **Players**

- Arrive changed for rugby and carrying own water bottle, hand sanitiser, hand/face towel and boots;
- Go directly to your training area and place kit in designated area;
- Sanitise hands regularly (minimum of every 15 minutes and this should be directed by a coach);
- Avoid huddles and try celebrations;
- React quickly to coach guidance;
- If you feel ill during a session, speak immediately to a coach;
- **HAVE FUN AND ENJOY IT!**


##### **Parents**

- Watch only from a designated area and avoid huddles with other parents;
- Be prepared to extract your child immediately if they display any symptoms of CV-19.

##### **Coaches**


- Arrive early to ensure preparation is conducted without distraction of dealing with players;
- Set out game zone, skill zone, briefing and spectator areas (maximum use should be made of existing pitch markings to reduce need for cones – only one coach should put out and bring in the cones and cones should be sanitised before and after play);
- Prepare ball buckets with water and disinfectant/soap (ideally one for each half of pitch and one for skill zone) – place balls in ball buckets in preparation;
- Ensure contact equipment is sanitised and sanitising kit left with equipment;
- Establish briefing area where players can maintain social distancing and have own location for water, towel, hand sanitiser and surplus kit;
- Take register of attendees;
- Ensure effective warm-up conducted (use Activate);

- Conduct activity in line with [Ready4Rugby](#) direction:
  - Minimum 6 vs 6 (4 vs 4 for U7s and U6s);
  - Maximum 10 vs 10;
  - Rolling substitutions;
  - Ball size 3/4/5;
  - Maximum 15 mins continuous game time;
  - Minimum space 70m x 50m plus in goal area;
  - Maximum space 80m x 70m plus in goal area;
  - Min 5m and max 5m in goal area;
  - Tackle is one or 2 handed-touch below the waist;
  - Phase is 2 tackles by different players;
  - After 2<sup>nd</sup> tackle, ball carrier must throw ball in air above head, catch then pass to team mate;
  - Tacklers must retreat 2m;
  - Attacking team start behind half way line and have 4 phases to get to attacking zone (zone is different for age groups). Once in attacking zone, have further 4 phases to score;
  - Attacking team can kick below head height when in the attacking zone;
  - Usual touch turnover rules apply;







## STAGE D - ADAPTED CONTACT RUGBY ACTIVITY

**THE DIFFERENT TYPES OF RUGBY ACTIVITIES AND WHAT IS/ISN'T PERMITTED DURING TRAINING SESSIONS.**



**TOTAL TIME OF ALL CONTACT ACTIVITY MUST NOT EXCEED 15 MINUTES PER SESSION  
ALL CONTACT ACTIVITY MUST BE CARRIED OUT IN SMALL GROUPS (MAXIMUM 6 PLAYERS PER GROUP).**

<div style="margin-bottom: 10px;">  <h3 style="color: red; margin: 0;">RUCK</h3> <ul style="list-style-type: none"> <li>• Maximum 2 v 2 players in a ruck (ball carrier and tackler, plus 1 v 1 on their feet over the ball). <span style="float: right; color: red;">✓</span></li> <li>• No team game play activity. <span style="float: right; color: red;">✗</span></li> </ul> </div>	<h3 style="color: red; margin: 0;">TACKLING</h3> <ul style="list-style-type: none"> <li>• Tackles at the waist or below only. <span style="float: right; color: red;">✓</span></li> <li>• 1 v 1 tackles only. <span style="float: right; color: red;">✓</span></li> <li>• Small group activity, preferably with players working in pairs for the entire activity. <span style="float: right; color: red;">✓</span></li> <li>• Use of tackle bags, shields and pads that are cleaned and sanitised after each player use. <span style="float: right; color: red;">✓</span></li> <li>• No upright tackles. <span style="float: right; color: red;">✗</span></li> <li>• No tackling above the waist including trying to hold the ball carrier up or prevent an offload. <span style="float: right; color: red;">✗</span></li> <li>• No team game play activity. <span style="float: right; color: red;">✗</span></li> <li>• No equipment such as tackle pads, bags and shields to be used by multiple people without cleaning and sanitising. <span style="float: right; color: red;">✗</span></li> <li>• Coaches must NOT hold pads or shields or bags for age grade players. <span style="float: right; color: red;">✗</span></li> </ul>	
<div style="margin-bottom: 10px;">  <h3 style="color: red; margin: 0;">LINEOUT</h3> <ul style="list-style-type: none"> <li>• Unopposed lineout drills. <span style="float: right; color: red;">✓</span></li> <li>• Lifting of a jumper (under 16 and above only). <span style="float: right; color: red;">✓</span></li> <li>• Ball thrown to a catcher. <span style="float: right; color: red;">✓</span></li> <li>• Reduce the time the front lifter and a jumper are face to face in lineout set up to under 3 seconds. <span style="float: right; color: red;">✓</span></li> <li>• No opposed jumping. <span style="float: right; color: red;">✗</span></li> <li>• No maul to be formed after ball secured. <span style="float: right; color: red;">✗</span></li> </ul> </div>	<div style="margin-bottom: 10px;">  <h3 style="color: red; margin: 0;">SCRUM</h3> <ul style="list-style-type: none"> <li>• None <span style="float: right; color: red;">✓</span></li> <li>• No scrum practice allowed, including use of scrum machines, sleds and unit practice. <span style="float: right; color: red;">✗</span></li> </ul> </div>	<div style="margin-bottom: 10px;">  <h3 style="color: red; margin: 0;">MAUL</h3> <ul style="list-style-type: none"> <li>• None <span style="float: right; color: red;">✓</span></li> <li>• No maul practice activity allowed, including from a lineout. <span style="float: right; color: red;">✗</span></li> </ul> </div>

- Contact activity in line with [Stage D](#) guidance;
- No more than 6 players (appropriately matched in terms of size, skill and experience);
- No more than 15 minutes of your 75 minute session;
- 1 vs 1 tackling;
- 2 vs 2 rucking;
- Lineout lifting (unopposed);
- Sanitise contact equipment in between individual use;
- Ensure self/equipment sanitisation is conducted every 15 minutes;
- Ensure effective cool down is conducted.

### **First Aiders**

- Wear appropriate PPE and have correct equipment ready;
- Remember and follow 3Ps of first aid: preserve life; prevent worsening; promote recovery;
- Try and assist from a safe distance, promote self-treatment by players;
- Avoid close face-to-face contact;
- Wash and sanitise hands regularly especially before and after treatment of a player (when coaches are acting as first aiders, unless against the 3Ps – ie immediate life-saving treatment is required - they must sanitise and don PPE before treating a player);
- If a player is inconsolable or requires non-technical manipulation, a parent can be invited onto the field of player to assist. Social distancing should be maintained between the first aider and parent where possible and the parent must wear a face mask and self-sanitise;
- Be aware of changes to first aid protocols during CV-19.

### **Post-session**

#### **All**

- Sanitise at end of session;
- Observe safe travelling arrangements;
- If you become aware of experiencing any CV-19 symptoms, self-isolate and report details to the Club (through your Team Manager) immediately.

#### **Coaches (including Team Managers)**

- Sanitise equipment;
- Produce list of attendees (players and coaches) to Club Safeguarding Officer (Bob Lillywhite);
- And relax...

#### **Clubhouse Rules (for all)**

- Currently the only Clubhouse areas that are open are the toilets and the coffee machine;
- Follow the one-way system and sanitise on entry and exit;
- Shop merchandise available [on-line](#) – collection available from the double doors at the front of the Clubhouse every Sunday (along with registration forms for newcomers).