



Counties Manukau Rugby Football Union

COVID-19 Return to Rugby



As per Government advice NZR is implementing a structured **“Play it Safe: Return to Rugby”** process under Level 2.

This is to ensure the safety of participants and supporters is prioritised. Furthermore, this will provide Provincial Unions, Clubs and Schools adequate time to develop plans that meet Government guidelines regarding crowd control, contact tracing, physical distancing, and participant and facilities hygiene.

Based on information provided to us, Counties Manukau Rugby is implementing the follow return to rugby 3 phase plan:

Prepare to Train Phase – from now until 25 May 2020

- ❏ No rugby training or games may commence from now until further notice is provided following the next Government advisory on 25 May 2020.
- ❏ Clubs, teams and schools should use this period to develop “Prepare to Play” plans that comply with Government guidelines regarding crowd control, contact tracing, physical distancing, and participant and facilities hygiene. These will need to be signed off by your Provincial Union prior to training commencing. Refer to the below pages for detailed requirements.
- ❏ On the 26 May 2020, further advice will be provided by New Zealand Rugby based on anticipated changes to Government requirements for mass gatherings.

Counties Manukau Rugby further recommends:

- ❏ Players, Coaches and Referees can continue to register online. Go to your club or school website.
- ❏ Coaches and Referees can continue to complete RugbySmart online. Go to your club or school website.
- ❏ Keep up to date with the latest Game Development offerings www.rugbytoolbox.co.nz
- ❏ Keep in touch with your rugby community via social media and online. Follow Rugby Toolbox and NZ Rugby on social media.

Prepare to Play Phase – commencement date to be confirmed (subject to Government advice to be provided on 25 May 2020)

- ❏ Trainings may resume once clubs and schools have plans for compliance with public health guidelines regarding mass gatherings, contact tracing, physical distancing, and participant and facilities hygiene which are signed off by your Provincial Union. Refer to the next page for detailed requirements.
- ❏ Participants and spectators must adhere to public health measures.
- ❏ Contact tracing measures must be put in place for all participants and spectators.
- ❏ Mass gathering protocols must be adhered to - maximum numbers and physical distancing measures are subject to Government requirements.
- ❏ Rugby clubrooms and facilities may open so long as Ministry of Health guidelines on Health and Safety are met.
- ❏ In-person game development workshops can be conducted where physical distancing measures (1 metre) are adhered to and contact tracing measures are in place. Government limits on mass gathering numbers must be adhered to.





Counties Manukau Rugby Football Union



COVID-19 Return to Rugby

Return to Play Phase – commencement date to be confirmed (subject to Government advice to be provided on 25 May 2020)

- Pre-season fixtures may commence from one week prior to the confirmed Return to Play date.
- Competitive Rugby can resume so long as the above requirements and public health measures are observed. Refer to the next page for detailed requirements.
- In-person game development workshops can be conducted where physical distancing measures (1 metre) are adhered to and contact tracing measures are in place. Government limits on mass gatherings must be adhered to.

NZ Rugby Health Requirements that apply to Alert Level 2:

Contact tracing Requirements:

- A Contact Tracing register must be in place and it must be quickly accessible if needed by public health authorities. Particular care should be taken to record the details of any spectators at a game, and any visitors to clubrooms.
- Counties Manukau Rugby's preferred method is electronically through Sportsground's iDMe as an online contact tracing option. Please see our separate Contact Tracing Document (CMRFU_C19CT)

Requirements for Participants (for example players, coaches, managers, medical staff, referees, club/school volunteers, and Provincial Union staff)

- Stay home if you are sick and do not attend trainings or games. If you have flu-like symptoms (even if they are mild) you must self-isolate at home, contact your GP or Healthline on 0800 358 5453 and get tested immediately.
- Only use changing rooms if appropriate hygiene measures are in place.
- Disinfect equipment (particularly the rugby ball) and any shared equipment such as hit shields, tackle bags, cones, and scrum machines before and after trainings and games.
- Wash and dry hands before and after trainings and games, after going to the toilet and after coughing or sneezing.
- Cough into elbow, avoid touching your face.
- Bring your own water bottle, and do not use team water bottles.
- Avoid spitting and coughing.
- Participants should maintain physical distancing when not participating in a rugby training or game.

Requirements for Spectators and Supporters

- Stay home if you are sick. If you have flu-like symptoms (even if they are mild) you must self-isolate at home, contact your GP or Healthline on 0800 358 5453 and get tested immediately.
- Physical distancing of 2 metres must be maintained wherever possible, especially from people that you do not know. This includes seating areas where supporters should maintain at least one seat distance between each other.
- The maximum number of spectators around each full-sized rugby field must not exceed Government guidelines, and spectators should avoid moving to view games at adjacent fields. Supporters should maintain a physical distance of 2 metres from other spectators, and participants.





Counties Manukau Rugby Football Union



COVID-19 Return to Rugby

- Supporters must follow the usual personal hygiene measures such as avoid spitting and coughing, and cough into your elbow, and avoid touching your face.
- Avoid high traffic areas e.g. car parks, facilities, and entry/exit points. Move in and out of these areas quickly.
- Supporters and spectators must provide their contact details when requested for contact tracing purposes.

Requirements for Coaches and Managers in Planning Trainings

- Establish and implement a plan for limiting training numbers to the Government approved number of participants at each designated training area. Ensure that hygiene plans are in place for participants, equipment and facilities, and that contact tracing measures are in place.
- Direct participants to avoid training and stay home if they are sick. Participants with flu-like symptoms (even if they are mild) are to be advised to self-isolate at home, contact their GP or Healthline on 0800 358 5453 and get tested immediately.
- Discourage any congregation at high traffic areas e.g. car parks, facilities, and entry/exit points pre and post training. Move in and out of these areas quickly.
- Develop a plan with medical staff for the safe treatment of injured players to limit risk of transmission.
- Only plan training activities that involve contact where necessary.
- Discourage any spitting and any practice during training that may create a risk of transmission.
- Refer to the Return to Training Requirements at www.newzealand.rugby/covid-19

Requirements for Clubs and Schools for Changing Rooms on Training and Match days

- Develop and implement a plan to ensure the safe use of facilities including changing room allocations, public notices, managing traffic flows, and regular cleaning of facilities.
- Refer to the Changing Room Requirements Checklist for Training and Match Days at www.newzealand.rugby/covid-19

Requirements for Clubs, Schools, and Referees for Match Day Operations

- Develop and implement a plan to ensure the safe attendance by participants and spectators to your grounds, including volunteer management, field scheduling, traffic flows, crowd control per field, contact tracing, changing room allocations, and toilet access. •
- Refer Match Day Operations Checklist for Clubs, Schools and Referees at www.newzealand.rugby/covid-19. This resource will be available 22 May 2020.

Requirements for Clubrooms and Facilities Managers on Training and Match Days

- Develop and implement a plan to ensure compliance with public health guidelines regarding crowd control, contact tracing, physical distancing, and participant and facilities hygiene.
- Refer to the Clubrooms Requirement Checklist at www.newzealand.rugby/covid-19.





Counties Manukau Rugby Football Union



COVID-19 Return to Rugby

Important Notes

Subject to change:

- ⚔ Please note that this advisory is current as of 13 May 2020 and is subject to change. The government will make its next announcement on mass gathering restrictions on 25 May 2020 and this document will be updated following that announcement.
- ⚔ NZR continues to work closely with Sport NZ and the Ministry of Health to provide the most up-to-date information for our stakeholders.

Pre-season:

- ⚔ Providing that mass gathering restrictions are relaxed following the government's 25 May 2020 announcement, NZR has determined that the earliest start date for competition fixtures is 20 June 2020, with 13 June 2020 as the earliest date for pre-season fixtures.
- ⚔ Counties Manukau Rugby will be able to set competition start dates to suit our various playing groups, however, this earliest start date is mandatory to support player safety and well-being, as well as to allow clubs and schools the time to establish safety plans in order to meet the required public health measures.
- ⚔ For the avoidance of doubt, these dates are subject to change based on the anticipated Government advisory due 25 May 2020 regarding mass gatherings.

