

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

**These requirements are applicable to all levels of Rugby except for Investec Super Rugby Aotearoa.**

## Government Alert Level 2

**Reduce:** disease is contained but risk of community transmission

**Outcome:** Physical distancing and restrictions on gatherings to address sporadic cases or a cluster in New Zealand.

**Summary:** Businesses open, but physical distancing applies.

**Public Health Measures:** Gatherings are currently limited to 10 people. Community sports involving contact (e.g. rugby) can resume only if good contact tracing and hygiene measures for participants, equipment, and facilities are in place. People should keep their distance from people they do not know in public (ideally 2 metres), with 1 metre physical distancing in other environments (e.g. workshops).

## NZ Rugby Measures – Play it Safe: Return to Rugby

As per Government advice, New Zealand Rugby is implementing a structured “Play it Safe: Return to Rugby” process under COVID-19 Alert Level 2. This process ensures the safety of participants and supporters is prioritised and 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.

### 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 recorded in a COVID-19 Health and Safety Plan and will need to be signed off by your Provincial Union prior to training commencing. **Refer to the next page for detailed requirements.**
- Putting safe training protocols in place should be the **priority** for clubs and schools so our participants can get involved in the game. Use of changing rooms and clubrooms can and should be delayed until the Prepare to Play phase commences.
- On the 26 May 2020, further advice will be provided by New Zealand Rugby based on anticipated changes to Government requirements for mass gatherings.

#### New Zealand Rugby also 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](http://www.rugbytoolbox.co.nz)
- Keep in touch with your rugby community via social media and online. Follow RugbyToolbox 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 written COVID-19 Health and Safety 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. Priority should be given to the return of rugby training.
- 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.

### 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 and captured in a COVID-19 Health and Safety Plan. **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.

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

**These requirements are applicable to all levels of Rugby except for Investec Super Rugby Aotearoa.**

## NZ Rugby Health Requirements that apply to Alert Level 2:

### Requirements for Participants

Participants include: 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. This should be 1 metre in situations where contact tracing is in place and 2 metres where it is not.

### 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.
- 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 Organising Committees and Provincial Unions on Competition Planning

- Plan competition and fixture scheduling with regard for Clubs and facilities abilities to manage likely player and spectator numbers as required by Government approved number of participants
- Plan competition and fixture scheduling with regard to matches played at public grounds with no domiciled club to manage likely player and spectator numbers as required by Government approved number of participants.

## COVID-19 Rugby Health and Safety Plan: Clubs and Schools

Clubs and schools are required to develop plans that comply with Government guidelines regarding crowd control, contact tracing, physical distancing, and participant and facilities hygiene. These will need to be recorded in a COVID-19 Health and Safety Plan and will need to be signed off by your Provincial Union prior to training commencing.

To assist clubs in developing the COVID-19 Rugby Health and Safety plan NZ Rugby has developed guidelines in four key priority areas: trainings, changing rooms, club rooms and match days. These are outlined below and the guides can be found at [www.newzealand.rugby/covid-19](http://www.newzealand.rugby/covid-19)

Helpful information and resources on health and safety plans can be also found at [Worksafe New Zealand](#) and [Sport New Zealand](#).

### Priority 1: Trainings: Requirements for Clubs and Schools

- Establish and implement a COVID-19 Health and Safety 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 for each training bubble of no more than 10 participants (including coaches and medical staff)
- 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 Guide at [www.newzealand.rugby/covid-19](http://www.newzealand.rugby/covid-19)

### Priority 2: Changing Rooms: Requirements for Clubs and Schools on Trainings 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 Guide for Training and Match Days at [www.newzealand.rugby/covid-19](http://www.newzealand.rugby/covid-19).

### Priority 3: Clubrooms: Requirements for Clubs and Facilities Managers on Training and Match Days

- Develop and implement a COVID 19 Health and Safety 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 Guide at [www.newzealand.rugby/covid-19](http://www.newzealand.rugby/covid-19).

### Priority 4: Match Day Operations: Requirements for Clubs, Schools, and Referees

- Develop and implement a COVID-19 Health and Safety 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 Guide for Clubs, Schools and Referees at [www.newzealand.rugby/covid-19](http://www.newzealand.rugby/covid-19). This resource will be available on 22 May 2020.

### Requirements for Contact Tracing

- 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 training bubbles, any spectators at a game, and any visitors to changing rooms and clubrooms.
- Although NZ Rugby recommends the use of Sportsground's [iDMe](#) as an online contact tracing option, please work with your Provincial Union to ensure a consistent approach to contact tracing as this needs to be signed off as part of your Return to Rugby COVID 19 Health and Safety plans.
- To understand the options available to you for contact tracing, including manually, please refer to the NZ Rugby Contact Tracing Guidelines at [www.newzealand.rugby/covid-19](http://www.newzealand.rugby/covid-19)

## Important Notes

### Subject to change:

- Please note that this advisory is current as of 18 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.
- NZ Rugby continues to work closely with Sport New Zealand 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, NZ Rugby 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.
- Provincial Unions will be able to set competition start dates to suit their various playing groups. However, the earliest start date is mandatory to support player safety and well-being, as well as to allow Provincial Unions, clubs and schools the time to establish safety plans in order to meet the required public health measures.
- These dates are subject to change based on the anticipated Government advisory due 25 May 2020 regarding mass gatherings.