

STAGE 4 - 7TH SEPT

INTRODUCTION OF LIMITED CONTACT

EVERYTHING OTHER THAN MEDIUM RISK ACTIVITY SHOULD BE SOCIAL DISTANCE OF 2M



SESSION LENGTH

60 MINUTES

RECOMMENDED TO ALLOW FOR MOVEMENT OF PEOPLE AND SAFE NUMBERS AT CLUBS

TOTAL SESSION SIZE

30

INCLUDING COACHES

MEDIUM RISK

Is where social distance is breached, however, this is limited to touch or pulling a tag (no shoulder contact) and now includes X-League

LARGE GROUP TRAINING

UP TO 40 MINUTES OF ACTIVITIES, THIS SHOULD BE LIMITED TO PODS OF 15 FOR THE WEEK OF ACTIVITIES

No limits on the number of days of activities.
The duration of activity stays at 40 minutes.

SOCIAL RL

PARTICIPANTS CAN PLAY 1 GAME OF SOCIAL RL OF UP TO 40 MINUTES, IN POD SIZES 30

No limits on days, however, this needs to be separate than any training days.
The numbers permitted are greater than a training session (15 v 30) due to standardisation of the game and known game risk and exposure.

MEDIUM RISK LIMITED CONTACT

Is where social distance is breached, which includes the use of shoulder contact

UP TO 10 MINUTES OF ACTIVITIES, THIS SHOULD BE LIMITED TO A SINGLE PARTNER FROM YOUR POD OF 15 FOR THE WEEK OF ACTIVITIES

No limits on the number of days of activities.
Any contact element should be less than 3 seconds, tackles should be around waist height or below and a 1 v 1 situation.

STAGE 4 - 7TH SEPT

INTRODUCTION OF LIMITED CONTACT

EVERYTHING OTHER THAN MEDIUM RISK ACTIVITY SHOULD BE SOCIAL DISTANCE OF 2M



TACKLING	<ul style="list-style-type: none">• Tackles should be around waist height or below.• 1 v 1 tackle only (if there's an odd number put in groups of three and rotate tacklers ensuring they get the same amount of contact practice).• Limited to pods of 15 for calendar week.	✓
	<ul style="list-style-type: none">• No upright tackles.• No tackles should exceed 3 seconds in duration.• Tackling not permitted in Small Sided Game Activity.• Coaches should not be involve in contact/demonstration of activity.	✗
SCRUM	<ul style="list-style-type: none">• None.	✓
	<ul style="list-style-type: none">• No scrum practice allowed.	✗

Step 4 which introduces full contact within training sessions, will start no sooner than the 21st September