



COMMUNITY  
RUGBY LEAGUE  
**RETURN TO PLAY**  
COMMUNITY  
GAME GUIDANCE

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# COMMUNITY GAME GUIDANCE



This guidance provides measures that should be taken by players, clubs, match officials, volunteers, coaches, and spectators before, during and after all Rugby League activity as well as specific advice relating to clubs, coaches, and matches.

It should be read in conjunction with the latest UK Government guidance.

For all activity, the relevant UK Government social distancing guidance should always be adhered to (including throughout warm-ups) save for when there are any changes in the Government guidance.



# COMMUNITY GAME GUIDANCE



## THIS GUIDANCE FOR STEP THREE COMES INTO EFFECT FROM MONDAY 17TH MAY

The guidance has been updated to reflect the changes to national restrictions. The key changes to note are in relation to spectators, travel, use of changing rooms and outdoor hospitality. This guidance document applies to all youth and adult rugby league, including all formats of the game.

### TRAVEL

As organised sport can resume, all participants may travel to games but should avoid travel at the busiest times and routes, as well as minimising any unnecessary journeys where possible. All participants must follow the Government's guidance on safer travel. Participants should note that this guidance will be updated as we move through the different steps of the Government's roadmap. All participants should therefore regularly review this guidance to make sure they are following up to date information.

Car sharing, minibuses, coaches are now permitted however they must again follow Government's guidance on safer travel.

### CHANGING ROOMS & TOILETS

Changing rooms can be used as part of step three of the Government's roadmap out of lockdown.

However, participants should minimise their use of changing facilities where possible. You should inform participants that these are areas of increased risk and that they should shower and change at home where possible.

If participants do need to use changing rooms,

they should minimise time spent inside, maintain social distancing from people they do not live with (or share a relevant bubble with). More than one household can use changing facilities at one time, but they must ensure that social distancing rules are followed. Any relevant capacity limits must be adhered to at all times. Clubs should also note that the maximum occupancy of each indoor facility should be limited by providing a minimum of 100sqft per person.

Toilets will be allowed to open, 30 minutes before and 30 minutes after training and/or matches.

You should follow any relevant measures in the sport facility guidance.

### SPECTATORS

From Step 3, spectators will be permitted to view events on both public and private land but need to adhere to social distancing rules and social gathering limits set at groups of 30 outdoors and six people/two households indoors. Please note that multiple numbers of these group sizes are permitted as long as social distancing rules are followed.

### INDOOR/OUTDOOR HOSPITALITY

As part of step three of the Government's roadmap out of lockdown both outdoor and indoor hospitality at community rugby league is permitted.

All participants must follow Government guidance on hospitality settings and specific advice for sport facility operators available on the Government's website.

People using clubhouses and hospitality facilities must adhere to legal gathering limits and wider government guidance.

# 1. CLUB PREPARATIONS



Clubs are only allowed to return when directed by the RFL. All activity must be authorised. All clubs need to develop a COVID-19 plan and risk assessment, this should be in conjunction with the Covid Officer and the Club Committee, prior to activity and must ensure they have the following measures in place. A template risk assessment can be found [HERE](#).

Each Club shall ensure that they have provisions in place for the following:

- Entry exit and parking arrangements in place at venues that ensures social distancing can be maintained.
- Clubs must display the appropriate signage, at all entry and exit points, to ensure that people maintain social distancing rules.
- Clubs shall implement traffic flow systems where possible and appropriate.
- Outline socially distanced areas for teams, officials, and spectators.
- Clubs must also have appropriate hygiene provisions in place.

For Clubs reliant on third party owned or managed facilities adherence to these guidelines should be worked out collaboratively between club and facility. Each facility shall ensure that they have a specific facility operations plan that incorporates a full risk assessment.

All participants prior to returning to train and play in Rugby League matches must have re-registered or registered to play Rugby League and have reviewed and completed the opt in terms and conditions. This will ensure that participants are aware of the increase in transmission risk associated with partaking in even socially distanced group activity and

should ensure that all participants are clear that they are opting to participate in Rugby League.

All participants (players, coaches, officials, volunteers and spectators) should check for symptoms of COVID-19 prior to attending any activity at Clubs. In line with current UK Government Guidance, if an individual is symptomatic and/or living in a household with a possible COVID-19 infection they should remain at home and follow UK Government guidance. In addition, any participants who have been asked to isolate by NHS Test and Trace because they are a contact of a known COVID-19 case, or they have returned from a Country that doesn't have travel corridor exemption, must not exercise outside their home or garden and must not exercise with others.

Personal hygiene measures should be carried out at home before, during and after Rugby League activity.

Participants should always bring their own hand sanitiser where possible and maintain strict and frequent hand hygiene measures.

Participants should follow UK Government guidance on travel, ([HERE](#)).

Clubs are required to maintain records of all staff, volunteers, members, and visitors in attendance at their venue. This information should be collected via an NHS QR code or a paper form. Further information can be found [HERE](#).

For advice on reducing the risk of infection when outside your home see [HERE](#).

## 2. CLUB COVID OFFICER



Each Club should appoint a Club Covid Officer to help assist in ensuring that the Club has taken the appropriate measures to resume activity. The Club ultimately has the responsibility to ensure that there are risk assessments in place for the Club and the activity that is taking place, however, to assist in the implementation of these a Covid Officer should be introduced to ease the burden and be a lead in this area.

The Club Committee shall ensure that the appointed person will receive all necessary support to undertake the role.

The Covid Officer should not put themselves at risk whilst carrying out the role. Duties of the role should include:

- Being aware of and understanding government guidelines, first aid protocols, communicating these with relevant club volunteers and monitoring that these are strictly adhered to especially in terms of the 2m social distancing rules and the training activity undertaken by the Club. (This is subject to change)
- Ensuring that players have completed the Return to Play health questionnaires for each training session and match and shall ensure the Club keeps records of these as they may be requested by the RFL.
- Providing safety information and protocols to all players, coaching personnel and parent/guardians prior to the reopening of Club grounds.
- Having a central system to monitor the record of attendees at training within the Club
- Ensuring relevant club volunteers are aware of the need to regularly clean and sanitise all relevant welfare facilities and equipment after each session (e.g. balls, door handles, cleaning toilet).
- Making necessary representations to the Club Committee about any COVID-19 concerns.
- Reporting any areas of non-compliance immediately to the Club Committee and ensuring that these are addressed.
- Keeping up to date on all relevant guidelines issued by HSE and the RFL. In the case of players or coaching personnel experiencing or displaying COVID-19 symptoms the Covid Officer should Inform the Club Committee if there is a confirmed case or if they have been made aware of an individual with COVID-19 symptoms.
- To brief their players and the opposition clearly and regularly (before every game/ match) on the rules and to report any non-compliance to the RFL.
- Understand the implications non-compliance of the protocols could have on not only the Club but the game itself.
- The COVID-19 Officer will be included on completed Team Sheets.
- If there is a confirmed case ensuring that track and trace protocols are followed (see section 4).





### 3. PRE-ATTENDANCE SYMPTOM CHECK/GENERAL HYGIENE



All players, officials, volunteers and spectators must undergo a self-assessment for any COVID-19 symptoms. No-one should leave home to participate in sport if they, or someone they live with, has symptoms of COVID -19 currently recognised as any of the following:

- A high temperature
- A new, continuous cough
- A loss of, or change to, their sense of smell or taste

Should an individual have demonstrated any such symptoms, they must follow NHS and PHE guidance on self-isolation

All Individuals should:

- Wash their hands thoroughly before and after sessions (and when returning home);

- Use hand sanitiser at regular intervals (N.B. Children, particularly younger ones, are not always as aware about good hygiene, so special attention should be paid to children's hand hygiene.) More advice can be found [HERE](#).

There is further guidance on cleaning available [HERE](#).

#### **Self- Screening Check List for Training and Matches**

There is a requirement for all participants to complete a health screening form which includes a temperature check and a review of potential symptoms before starting activity. There is a template Health Check Form which can be found [HERE](#) (PDF) or [HERE](#) (EXCEL).



## 4. TEST AND TRACE



All Clubs must ensure that they familiarise themselves with RFLs Test and Trace Protocol

which can be found [HERE](#).

## 5. SAFEGUARDING

Please see separate guidance on Safeguarding which can be found [HERE](#).

## 6. BEHAVIOURS AT THE CLUB – DURING TRAINING & PLAYING

It is expected that Clubs will draw up their own detailed protocols, however all participants (players, coaches, officials, volunteers and spectators) should observe the following.

- Must comply with the RFL's Return to Play Guidance
- Must abide by social distancing measures at all times, except during essential risk assessed training and matches, keeping a 2m distance between themselves and others at all times where reasonably practical in and out of the sporting environment.
- Should avoid any unnecessary congregation in communal areas at the Club as directed by the Club.
- Must wear PPE as set out by RFL and/or the government.
- Must carry out before and after use cleaning of equipment used as directed by the Club.
- Must not share towels, clothing, water bottles, boots, headgear, guards, etc.
- Must not share lip balm, suncream, shampoo or any other toiletry product.
- Must not share disposables such as strapping etc.
- Spitting is prohibited and Clubs should enforce a complete ban on chewing gum.
- Must avoid shouting or raising voices when facing each other during, before and after games
- As the virus is transmitted from respiratory secretions, mouthguard etiquette is very important. Players should refrain from touching or removing their mouthguard, and if they do so must wash their hands. Mouthguards must not be left on shared surfaces or public places but be placed in a personal container and stored with personal possessions.

## 7. ARRIVING AT GAME OR TRAINING



7.1 Clubs are advised to continue to limit the time spent congregating at a venue before activity begins. Meet-up times should reflect this. Where possible players should arrive changed and ready to begin the warmup. If changing rooms are to be used Clubs should follow the guidance as outlined in section 9.4 of this document.

7.2 Designated entrance and exit points to the building:

- Identified entry point and exit point with clear signage and use of one-way systems where possible.
- Assign specified drop off and pick up times for different groups / teams linked to your kickoff time to reduce crossover of players from different teams.
- 2m spacing at entry points to filter players/coaches as they arrive.

7.3 All individuals must wash or sanitize their hands upon arrival into the facility.

7.4 In accordance with section 3 participants must undertake a Health Screening Check. There is a requirement for all participants to complete a health screening form which includes

a temperature check and a review of potential symptoms before starting activity. There is a template Health Check Form which can be found [HERE](#) (PDF) or [HERE](#) (EXCEL).

7.5 In the event that a changing room cannot be used in line with government guidelines then Clubs may wish to consider introducing holding areas. These should be external and used for a minimal amount of time and well ventilated, with social distancing maintained at all times. Clubs may wish to consider the following:

- Use of any external covered areas for team talks ensuring social distancing can be maintained.
- Away team contact home venue to find out if there is an area, they can use to hold team talks prior to game – share information with team prior to travelling.
- Team talks before the game should take place in holding areas, on the pitch or during the warmup. At half time, this must be done on the pitch.
- After the game, team talks should happen on the pitch or in a holding area. Team talks should not take place in changing rooms or indoors.





## 8. DURING RUGBY LEAGUE ACTIVITY



### 8.1 WARM UP

In preparation for play, the warm-up for all players should still adhere to social distancing guidance whilst being drawn from the principles of Raise, Activate, Mobilize and Potentiate model. (Till, 2019)

- Raise – To increase the body temperature and consider sport specific motor skills. e.g. jogging/running to include ball control, catching, and passing.
- Activate / Mobilize – The muscles and joints using stability, mobility, object control and strength activities e.g. movement activities, holding balances, dynamic balance activities, getting up and down with a ball.
- Potentiate – Increasing the activity to more resemble the game, which introduces some power activities e.g. tackling activities that remove face to face interactions, use of tackle bags/shield and running at increased speeds with inclusion of start and stop requirements. This would also see the introduction of passing and catching of the ball between players and consider fomite transition and hygiene measures pre/post activity.

### 8.2 DURING BREAKS

8.2.1 All participants must remain socially distanced during breaks in play with spaced areas for equipment and refreshment storage for everyone including officials and substitutes. Coaching staff and substitutes, should, for example, spread out and avoid sharing a dug out or bench if social distancing cannot be observed.

8.2.2. Water bottles or other refreshment containers should in no circumstances be shared. Participants are advised to bring their own, in a named container.

### 8.3 USE OF EQUIPMENT

8.3.1 The sharing of equipment must be

avoided where possible, where equipment is shared, equipment must be cleaned before use by another person. This will include tackle bags and shields.

8.3.2 Pitch surroundings such as post protectors and corner posts must be washed before, during half time and after.

8.3.3 All players should have their own water bottles.

8.3.4 Goal kickers who use a kicking cone shall bring their own. It is their responsibility to collect this from the bench area. In an occurrence where the kicker changes and they do not have their own, then the original kicking cone should be well cleaned before it is shared.

8.3.5 Participants should take their kit home to wash it themselves, rather than have one person handling a large quantity of soiled materials. Where kit absolutely must be shared or kept together (e.g. last-minute stand-in players, shortage of kit, or an essential club function), each person handling it must wash or sanitise their hands immediately after.

8.3.6 Tags as used for Wheelchair RL and Try Tag Rugby will be treated as a fomite transmitter and subject to the hygiene and preparatory guidance utilised for balls. All tags will be sanitised, in the same way as hands and balls, prior to the game taking place. Each player will be responsible for a single set of tags for the duration of the game. Each game will factor in at 8/10/15/20 minutes (delete as appropriate) a hygiene and sanitisation break in that each set of tags will be sanitised in preparation for continuation or substituted for new (pre-sanitised tags) whilst the starting tags are re-sanitised. Half-Time will be used as a natural break point for further hand, ball and tag hygiene and sanitisation protocols to be completed.

## 8. DURING RUGBY LEAGUE ACTIVITY



### 8.4 BALLS

8.4.1 Teams will warm up using their own sanitised Rugby League balls.

8.4.2 Match Balls will be provided by the Home Club. It is recommended that 4 balls are to be used in rotation during the Match. All balls must be sanitised before use.

8.4.3 The following processes (with equipment to be provided by the Home Club) should be followed:

- a. one bucket with clean water and soap on each side of the field.
- b. air dry or single use towels to dry the balls on both sides of the field.

8.4.4 In the event a ball leaves the field of play then it should be collected and returned to the nearest bucket to be cleaned before it can be returned to the field of play.

8.4.5 The ball shall be cleaned at every stoppage where this is possible, with minimum disruption to the match. When the ball goes out of play it must be retained and cleaned and a new sanitised ball used for the restart. If there is no natural stoppage after each period of 10 minutes, the Match Official shall temporarily call time off whilst the ball is changed for a clean one.

8.4.6 If a Match Official suspects that the cleaning of balls process has not been followed then they can hold up play.

8.4.7 In the event that these protocols are not followed then the Clubs may find themselves guilty of a misconduct charge.

### 8.5 MATCH OFFICIALS

8.5.1 Match officials should observe the governing body guidance in the same way as participants are required to. Match officials must remain socially distanced from players where possible during play. Guidelines for match officials can be found [HERE](#)

8.5.2 If a Match Official suspects there have been breaches to the rules, then they must take this up with the appropriate COVID-19 Officer in attendance and/or the Game Day Manager who would escalate to the COVID-19 Officer. The Match Official must report any breaches to the relevant League/RFL.

8.5.3 The Match Official, when checking team sheets, must also ensure that there is a named COVID-19 Officer listed.

8.5.4 The RFL will deal with any reported breaches to the agreed Return to Play Action Plan.

### 8.6 INJURY TREATMENT

8.6.1 Injuries during play should still be treated as participant wellbeing is utmost. The best way to protect yourself and others is through rigorous cleaning, personal hygiene and regular hand hygiene. An increased frequency of cleaning and disinfection of all surfaces and equipment, using standard household cleaning and disinfection products, is recommended. Face Coverings and disposable gloves must be worn by the person administering first aid.

8.6.2 Clubs must follow the RFL's guidance on First Aid which can be found [HERE](#).

8.6.3 After contact with an injured participant, clean your hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. This advice is applicable to all situations, regardless of whether there was close contact, or the minimum 2 metre social distancing was maintained. Avoid touching your mouth, eyes, and nose.

8.6.4 Physios or their equivalent, should keep a record of each participant they have treated.

## 8. DURING RUGBY LEAGUE ACTIVITY



### 8.7 SPECTATORS

8.7.1 Supporters, parents, and other spectators, will be permitted depending on current government and/or local authorities.

8.7.2 Spectators will be permitted to view events on both public and private land but need to adhere to social distancing rules and social gathering limits set at groups of 30 outdoors and six people/two households indoors. Please note that multiple numbers of these group sizes are permitted as long as social distancing rules are followed.

8.7.3 It is important that all spectators (including supporters, parents and others) adhere to the legal gathering limits. In addition to being legal requirements punishable by fines, those violating the measures are endangering public safety and undermining the case for safe sport to be allowed to take place.

8.7.4 Records of spectators, on private land, are required to be kept. This information should be collected via an NHS QR code or a paper form. Further information can be found [HERE](#).

8.7.5 Clubs must ensure that the following guidelines are adhered to:

- Have clear 2m spacing at entry points to filter visitors as they arrive.
- Display internal and external signage reminding visitors of the requirement to maintain a safe social distance at all times

whilst on the premises.

- Crowd numbers must comply with current government guidelines.
- Teams with elevated viewing areas will be able to accommodate more spectators by using the height of the surrounding landscape.
- All spectators must ensure they have logged their attendance, on arrival, at the training session and or match.

8.7.6 Any spectators using indoor thoroughways and toilets if open, must ensure social distancing measures are followed. Clubs should ensure:

- Due to the increase frequency of use these areas should be cleaned regularly and a cleaning log completed.
- High contact points are given particular attention including toilets, door handles, light switches, chairs, tables etc.
- Any unnecessary items, especially if they are hard to clean are removed.
- Additional lidded bins are provided around the area and increased emptying.

8.7.7 All visitors are encouraged to wash their hands with soap and water or use hand sanitizer, especially upon arriving and prior to leaving the facility.

8.7.8 Only use, where appropriate, the touchlines as spectating areas, to leave entry and exit points clear for teams to access the field.

## 9. AFTER RUGBY LEAGUE ACTIVITY



9.1 After activity participants must follow the Government guidelines on social distance rules.

9.2 After match refreshments should not be offered. Players from both teams must bring their own refreshments and eat them after leaving the facility.

9.3 It is the responsibility of Clubs to manage the house of their hospitality areas in line with Government guidelines.

### 9.4 Changing Rooms and Toilets

9.4.1 Changing rooms can be used as part of step three of the Government's roadmap out of lockdown.

9.4.2 Clubs should inform participants that these are areas of increased risk and that they should shower and change at home where possible.

9.4.3 If participants do need to use changing rooms, they should minimise time spent inside, maintain social distancing from people they do not live with (or share a relevant bubble with). More than one household can use changing facilities at one time, but they must not mix. Any relevant capacity limits must be adhered to at all times.

### 9.5 Toilets

9.5.1 Toilets will need to be opened for pre-match, during match and for 30mins following.

9.5.2 Toilets should be cleaned regularly in line with the government guidance for clubhouses/indoor facilities.

9.5.3 Toilets capacity should be managed via entry and exit as per government guidelines.





## 10. COMPLIANCE WITH THE GUIDELINES



10.1 During training it is the responsibility of the Coach and the Club COVID-19 Officer to ensure that all guidelines are always adhered to. Parents must also assist in ensuring any children are following instructions.

10.2 In the event there are any material breaches to the Action Plan or Guidelines this could jeopardise the team or the club's involvement in activity whilst COVID-19 restrictions are in place.

10.3 The RFL have received approval to return based on our approved Action Plan and Guidelines. In the event there are any breaches to these rules the RFL will be obliged to investigate and take action against any league, club, team or participants. Any serious breaches could result in all Rugby League activity being suspended.

## 11. RESPECT

11.1 Rugby League prides itself on being a family game which is inclusive, uncompromising and passionate. The RFL continue to promote the RESPECT Code of Conduct and the Enjoy the Game Campaign, further details can be found via the link [HERE](#).

11.2 The game will take positive action to ensure that high standards of behaviour are always maintained in Rugby League. For the avoidance of doubt this includes matches, training and at all other times, and includes comments or behaviour made in person or by any other means, including, but not limited to social media. RESPECT sets out the standards of behaviour which the game expects from

the entire Rugby League family. The Game is an inclusive sport and is committed to the principles of equality, diversity and inclusion and will not tolerate any form of discrimination.

11.3 Due to the ongoing situation with COVID-19 we encourage participants and spectators to respect the social distancing rules of 2 metres on and off the field of play to ensure that there is a safe and welcoming environment for all.



